



# BRIGHTON STEINER SCHOOL NEWS LETTER

3rd June 2015  
SUMMER TERM, ISSUE 6

"Be yourself. Everybody else is already taken"

## Conscious Parenting and Creative Discipline Talk

Inspirational parenting ideas to enrich family life

By International Author of *Happy Child, Happy Home*,  
Lou Harvey-Zahra

Tuesday: 9<sup>th</sup> June 5.30- 7pm  
Venue: Brighton Steiner School  
Cost: Suggested donation £5

Book a place in our free creche  
01273 386 300  
email: [enquiries@brightonsteinerschool.org.uk](mailto:enquiries@brightonsteinerschool.org.uk)

[www.brightonsteinerschool.org.uk](http://www.brightonsteinerschool.org.uk)  
Registered Charity No 802036

### GCSE ART EXHIBITION - Open to All

1<sup>st</sup> Week in June

Tues 2<sup>nd</sup>

Wed 3<sup>rd</sup>

Thurs 4<sup>th</sup>

The exhibition of the artwork will be in the School Hall

Dear School Community,

The PTA has some big events coming up in June and July and we all looking for help in putting them together.

***Bike Ride 21<sup>st</sup> June 2015 ~ The Massage Tent*** ~ Help is needed in finding people to massage the tired bike riders, setting up and decorating the tent. Collecting and transporting of all the equipment to and from the event and to see that all runs smoothly, we need a coordinator – Interested?

***The Whitehawk Festival 18<sup>th</sup> July 2015*** ~ Volunteer parents to help serve our delicious home-made cakes with tea and coffee. Get creative in helping in the children's craft activity or if you're feeling energetic there will be set up and take down which will need volunteers too.

***Family Camp 2015 ~ 27<sup>th</sup> July – 3<sup>rd</sup> August*** ~ The PTA are in the last stages of negotiation on a beautiful camp site with all its eco-friendly aspects~ a new venue for this year!

Without taking away from the community spirit of Family Camp, we are looking to run it with a dedicated crew (+/- 15 people) – who will be rotated on shifts for the duration of the camp, with time off too.

Each day will vary with kitchen duty, site cleaning, fire duty, running children's activities, child care for other crew members on shift.

It will also include the set up and the take down of the camp onsite and possibly other duties relating to set up and take down – the before and after offsite. In return you will get a full free adult camp ticket.

Yes - that means those of you who are wanting to come to Family Camp 2015, we will not be asking you to volunteer for washing up duties!

Those of you interested in any of the above events or if you require more information for your decision making please contact the PTA via email:

[thebrightonsteinerschoolpta@outlook.com](mailto:thebrightonsteinerschoolpta@outlook.com)

(with *subject* filled in with the particular event name.)

Thank you  
Margie Thys (on behalf of the PTA)

THE  
**BRIGHTON**  
STEINER SCHOOL

**PTA**



## FORTHCOMING EVENTS

### June

Thursday 4<sup>th</sup> – Class 1 Parents Evening

Saturday 13<sup>th</sup> – Class 4 Fundraiser

Sunday 21<sup>st</sup> – Bike Ride

### Early years

Saturday 13<sup>th</sup> – Singing Tree Summer Fair

Friday 26<sup>th</sup> – Strawberry Fair

### Reminder re: Playground Supervision

- **All** pupils must be supervised in the playgrounds during and after school. This includes during parent meetings / evenings / open days etc
- **Exceptions:** Pupils from Class 4 upwards can wait unsupervised for school to begin.

### Class 4 Fundraiser - Jumble sale in school hall Saturday 13th June 10am - 1 pm

JUMBLE NEEDED for Class 4 Fundraiser!!

Please bring to school on Friday 12th June, from 3 pm onwards, clearly labeled.

Mark bags as: baby stuff; boys; girls; men; women; electrical; toys; books

Thank you.

### SAINSBURYS ACTIVE KIDS VOUCHERS

Please bring all your vouchers in as it is now time to count them up and order our free sports equipment.

### No Dogs on the premises please

- There are members of the school community who are highly allergic to dog hair.
- Please use the 2 rings on the fence to tie up your dogs, the main gates must be left clear for use.

## LONDON TO BRIGHTON TREK!

Dear Colleagues, Fellow Parents, Students and Friends,

I am writing to ask if you will consider sponsoring me: I will be taking part in a **sixty mile "Trek" from London to Brighton**, this summer, 27/28 June. It is a charity event organised by the **British Heart Foundation**. I will have 30 hours in which to complete the walk from Kempton Park in London to Brighton race course, **63.9 miles/102.9km** in all!

The BHF seems to me to be a worthy cause. I imagine all of us are affected by heart disease at some point in our lives; certainly I lost a dear uncle to heart disease when I was quite young and my good friend has a 19 year old son who has attended Great Ormond Street Hospital for operations, treatment and heart monitoring since he was only a few days old.

No doubt my fitness, stamina and resolve will be considerably tested, especially in the climb over the Downs towards the end, but I also see this as a wonderful opportunity for an adventure - we have to wear head torches to enable us to find our way as we keep going through the night! I also like the idea of investing my time and energy in a good cause and one that looks beyond our immediate community.

If you are able to support me, **any amount of money will be gratefully received**. I have left a **Sponsor Form at Reception** - or you can donate on line using the link below.

Very best wishes,  
Lesley

<http://www.justgiving.com/owner-email/pleasesponsor/lesleymarshallsproat>



# Singing Tree Summer Fair

Singing Tree Summer Fair Saturday 13th June 11- 3pm. Put it in your diary now!

Do come to our family friendly Summer Fair. We will have a cafe serving light lunches and cakes, children's crafts and activities, stalls with fun things to do as well as Weleda and other stalls.

There is a mini Jumble sale and storytelling. It will be a lovely day out for all ages, do tell your friends and extended family! The more the merrier.

Falmer Village Hall, Falmer BN1 9PT: to find us just go past the farm shop in Falmer off the Falmer Road (opposite the entrance to the Amex Stadium) keep going round the pond and the hall is in the white single storey building at the far end of the Pond.

We still have a couple of stall spaces. Only £15 for a table for the day with free tea for stall-holders!

Text Jasmin on 0744 398 1560 to book.



## SINGING TREE STEINER SUMMER FAIR FALMER

**Saturday 13th June  
11am - 3pm**

**Falmer Village Hall, Falmer BN1 9PT**

**Café games    children's activities    storytelling**

**Market stalls- including Weleda & mini jumble sale**

**Entrance: adults 50p children free**

*"The setting makes outstanding provision in meeting the needs of the range of children who attend."* Schools Inspection Service Report, June 2013.

Charity registration number 802036



# **School Crossing Patrol**

**£7.85 per hour**

The location of the vacancy is:

**WHITEHAWK ROAD, WHITEHAWK**

Hours:

**8.15 to 9.00 a.m. & 15.00 to 15.45 p.m.**

Monday to Friday during school term times.

Successful applicants receive full training plus winter and summer uniform provided.

If you or any family members or friends would be interested please  
contact: -

**Emily Tester**

Road Safety Team,  
Kings House,  
Grand Avenue  
Hove BN3 2LS.

Telephone (01273) **293847**

E-mail: [emily.testers@brighton-hove.gov.uk](mailto:emily.testers@brighton-hove.gov.uk)

or

[road.safety@brighton-hove.gov.uk](mailto:road.safety@brighton-hove.gov.uk)

# NoticeBoard

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*Brighton Steiner School does not necessarily endorse the courses or adverts included in the newsletter.*

## Au Pair:

**My name is Jule** Luisa Bender and I am 18 years old. I live in Germany and attend the last class of the Freie-Waldorfschule Haan-Gruiten.

I would like to work as an au pair in England for the summer of 2015. I have some experiences with children because I have two brothers and one sister. I have different families where I babysit and I did my social internship two years ago in Carries Kindergarten. In my free time I like to play the guitar, sports and photography.

Please email me if you need an au pair or if you know any family that needs one. Thank you.

[Jule.Luisa@gmx.de](mailto:Jule.Luisa@gmx.de)

**My name is Grace** Pambu Pesa and I am 16. I live in Switzerland and am currently in year 9. I would like to work as an Au Pair in July and August. I am very patient with children and often baby-sit my neighbours 5 year old child, creating various activities to keep them entertained!

For further details please contact me, Grace Pambu Pesa at [nyotapambu@yahoo.fr](mailto:nyotapambu@yahoo.fr) or my linguistic exchange teacher Christine Racine 024 441 49 72 / 079 935 38 31

**My name is Theresa** and currently I'm a student at the Steiner school in Frankfurt, Germany.

In June I will finish my school career with my Abitur (A-levels). After this, I want to spent a year as an Au-Pair in the UK.

I thought about ways how I could find my perfect family. At my school I often see postings from students who want to come as an au-pair to Germany, or from around the world.

Are there are families who need an au-pair? I look forward to hearing from you.

Theresa Mülverstedt

[theresa-muelverstedt@web.de](mailto:theresa-muelverstedt@web.de)

**I have been in charge of linguistic exchanges** in Lausanne Steiner School (Switzerland) during many years and that's the reason why I permit myself to send to you the present request.

In my new job, I had the opportunity to meet a young girl, Grace, aged 15. Very serious, kind, responsible and tactful she wants to improve her english and would love to have the possibility to come to England or Ireland during next summer holidays (a few weeks between July 4th and August 22nd). She loves and is used to taking care of small children and would be a real help for young parents.

Although she hasn't followed the waldorf curriculum, I warmly recommend her. I really hope that she will find a nice family to stay with.

Please get in touch with me if you are interested

With warm regards.

Christine Racine Cornuz

Rue du Collège 10  
CH - 1373 Chavornay

[chris.blum@bluewin.ch](mailto:chris.blum@bluewin.ch)

Tél. 004179 935 38 31

## Families Wanted

We are an Italian - German Family living in a small town nearby Munich. We have a daughter (12) and a son (9). Since our daughter attends a Steiner School in Germany, we would like to get in touch with English families with children for a cultural exchange.

If interested please contact Simona Collin, e-mail: [s.collin@hotmail.de](mailto:s.collin@hotmail.de)

## **Wanted**

We are a family of 5 (plus a dog) and we are looking for a gentle person who would be interested to improve her/his French while looking after the children during the summer holidays.

We have a boy of 13 years, a daughter of 11 years and a son of 7 years, they all attend the Waldorf school in Ependes, close to Yverdon-les-bains. It is a beautiful Swiss region with a lake and the mountains very close.

It is not a full time job, it is a part time. There would be of course days off and excursion with us.

We would prefer a responsible person around 17 years (+/-). We are pleased to offer "cost and logis" for the months of July and August (or only one month of both). If two friends want to come together I am sure to find a second family close to us who would be happy as well to have an exchange-au pair to help out.

Sincerely

Isabelle and Gael ISELIN HEDOU

**We are a spanish family in Madrid** looking for a female au pair who would like to stay with us from the end of June to the first week of September 2015 (11 weeks approximately)

We are looking for a caring and friendly person who likes being with children to help us mainly with child care. We would like someone who is familiar with the Waldorf Education and preferably has attended a Waldorf School.

We have two little girls: Adriana, who is 4 years old, and Aurora, who is 19 months. They both attend a Waldorf kindergarten.

We live in a residential area in a little town called Guadarrama in the countryside just outside of Madrid. It is a beautiful and peaceful place very well communicated to Madrid City Center, 40-50 minutes by bus or train, so you can enjoy both environments easily.

Our home is a detached house with a big garden and a little guest house/studio which is an old train wagon totally renovated with its own bathroom.

We have two big dogs. We love going for walks, watching films, bike riding, cooking and enjoy very much spending time with our children and friends.

We need help taking care of our girls mainly in the mornings.

Some light housework and cooking might be required, however we already have someone helping us with housework every week.

We offer a friendly, charming and healthy family environment; loads of privacy since the Wagon would be available; free time to study Spanish, visit the city, enjoy the mountains, travel, etc.; and a weekly fee of 75 Euros.

If you are interested please do not hesitate in contacting us on: [paolabontempi@gmail.com](mailto:paolabontempi@gmail.com)

And...if you have a friend and you would like to share this experience with her let us know. We have a family friend who is also looking for an au pair during the summertime and they live very close to us.

**We are an ex Steiner family** of 5 looking for a flat from the 20<sup>th</sup> – 27<sup>th</sup> July. Please email [turutu\\_1@hotmail.com](mailto:turutu_1@hotmail.com) with any information. Many thanks. Karin, Maya, Noah, James and Theo.

## **Child Minder**

I am an ex Steiner school pupil and am currently studying Sociology at the University of Sussex.

I'm 20 years old and am an experienced child-minder. If anyone needs any part time child-minding please contact me at [faith.rtd@live.co.uk](mailto:faith.rtd@live.co.uk)

**Personal Assistant Required** to support a disable mother living with two young children.

Enthusiastic female who's reliable and able to help with cleaning, shopping, preparing meals, ironing and going out. Non-smoking, driver essential; own car preferred.

Part-time £8.02 per hour.

Contact Mandy at [mgsproull@gmail.com](mailto:mgsproull@gmail.com)

**COTTAGE IN MALLORCA** (Campanet, north-east of Inca) surrounded by orchards, with swimming pool, looking out towards the mountains. It is off the tourist track but 5 mins from the village and the main road to Palma airport, mountains and beaches (15 to 20 mins in many directions eg: Alcudia, Pollensa) and equally ideal for a family holiday or a personal retreat. There is also some separate accommodation in the grounds, so that two families could share, while living independently - a total of 6 single beds (3 twin rooms) and one double room + spare mattresses and a cot. Phone Graham 01452 812537 or email [kennish46@gmail.com](mailto:kennish46@gmail.com)



### **Accommodation Needed**

Part time Steiner School Teacher needs accommodation for Monday nights. Please call Sam - 07518296129

### **Living**

#### **Homeopathy at Rock Clinic**

270 Eastern Road. Maggie O'Riordan RSHom.

Appointments 07793200959; [www.homeopathyinbrighton.co.uk](http://www.homeopathyinbrighton.co.uk)

Email: [Maggie@homeopathyinbrighton.co.uk](mailto:Maggie@homeopathyinbrighton.co.uk)

Concessionary rates available

**Scenar Therapy** - A non-invasive biofeedback device to help the body self regulate.

Do you or your children suffer from any of the following?

- Stress
- Anxiety
- Sleep problems
- IBS
- Pain
- Depression
- Fatigue

Available for adults and children.

For more information please contact Jake Thompson (School Reception) - 07517697499

**Classical trained and very experienced flute and recorder teacher gives lessons near the school.**

For further details please contact Katrin Heymann on 01273 622338 or email [katrin.flute@gmail.com](mailto:katrin.flute@gmail.com) or visit [www.musicteachers.co.uk](http://www.musicteachers.co.uk)

### **CREATIVE PSYCHOTHERAPY with Lisa Douglas MA, BA (Hons)**

#### ***Dramatherapy - Creativity is the key to communication and change.***

Therapy is often about talking our problems through. Dramatherapy offers something different and unique: the chance to explore challenging feelings that may be holding us back in our lives and relationships, in creative and dynamic ways.

It is a intended safe form of reality where we can begin to make experiments and rehearse change.

Tel: 07799 738449

Email: [dramatherapy1@talktalk.net](mailto:dramatherapy1@talktalk.net)

Web: [dramatherapy.yolasite.com](http://dramatherapy.yolasite.com)

*"You have this amazing natural ability to 'hold' the therapy and make me feel safe. You are so gentle, yet you challenged me to work with my inner negative perceptions in a concrete and productive way, thank you so much..."*

**Raw food coaching** and classes available by experienced raw foodist, teacher and coach, Natalie Heath.

Do you want to learn how to incorporate more raw, living foods into your family's diet? Would you love to discover how to make delicious wheat, gluten, dairy and egg free cakes and desserts? Would you like help losing weight or increasing energy and vitality utilising a raw, live, whole foods approach?

I can teach personalised raw food classes and provide one to one, supportive coaching including menu plans, recipes and educational resources, either at your home or mine (5 mins from the school). Reasonable rates, group and block booking discounts available. Contact Natalie 07738 538094 / [mrsnatalieheath@yahoo.co.uk](mailto:mrsnatalieheath@yahoo.co.uk) to chat about how I can help you discover the exciting and transformational world of raw food cuisine!

**We are parents of a pupil of the Steiner School** in Avignon (South of France) and want to give to rent our house during next summer holidays. For 5/6 or persons, it is an ideal spot to discover Provence, with swimming-pool, ping-pong table, trampoline. Rent price 760 euros a week. <http://maisonprovence84.canalblog.com> . In addition to that, you can rent a Mobile-Home for 4 persons. Rent price for the house + mobilhome 1250 a week. <http://mobilhome84.canalblog.com> For information 00.33.490.51.97.17 / 00.33.668.40.50.01 - [maisonprovence775@gmail.com](mailto:maisonprovence775@gmail.com) "

Thank you very much  
Bruno and Sylvie Hildesheim Duchateau

**I am Giancarlo Mochino**, and my wife is Fabiana Gonzalez Arcila, we have three daughters, Esmeralda 17 years old, Isabella 15 years old and Rocio 11 years old, all three go to a Waldorf School. My daughter Esmeralda is attending Waldorf Oberstufe Bolzano School and I am looking to help her improve her English. I am looking for a family where she can spend this summer (3 or 4 weeks) or au pair for a family that may have a son or daughter interested in spending some time in Italy.

We live in Sermoneta half an hour by train from Rome and 20 km from the seaside. Esmeralda, loves cooking and she has experience with babies. She is free from the 10th of July.

Please contact me if you are interested. Giancarlo Mochino

Telephone: 39 0773318098 **mobile:** 39 3291918316 **e-mail:** [mfabianaga@libero.it](mailto:mfabianaga@libero.it)

**My name is Hermelinda Delgado Sanchez.**

I'm a Waldorf spanish teacher in Escuela Libre Micael de las Rozas (Madrid)  
Ctra. de La Coruña Km. 21,3 – 28232. Las **Rozas** de Madrid.  
Tfno 034 916 37 52 87.

I'm looking for a young English speaking person who loves working with little children. Maybe you know some student or ex-student interesting in learning Spanish language living in my nephew home with his family in Toledo. Toledo is historical city where Jewish, Christian and Arabian culture lived a long time ago...and the international artist EL GRECO.

If you know of anybody that may be interested, please, contact us:

- **Maria Jesus Infante Gonzalez:** [mariajesus.infante@enel.com](mailto:mariajesus.infante@enel.com),  
- **Luis Miguel Delgado Pérez** [luismi.gardentalavera@hotmail.com](mailto:luismi.gardentalavera@hotmail.com)  
**Mobile: +34 655142627**

Thank you very much.  
Hermelinda Delgado Sánchez

### **HUSKIE CROSS FREE TO GOOD HOME**

Boris is a very friendly, loving and playful dog. He's a cross between a husky and a Labrador and has the best traits of both breeds. He is stunning to look at with warm brown eyes and black and white markings on his face and body.

He is just under five years old, has had all necessary injections, and has never been poorly. He loves playing with a ball, exploring and, most of all, cuddles and attention.

He is well trained and would be a fabulous addition to any family, with children or without.

Free to a good home.

Contact 07901617685 or [lauraking14@hotmail.com](mailto:lauraking14@hotmail.com)