



# BRIGHTON STEINER SCHOOL

## NEWS LETTER

20th May 2015  
SUMMER TERM, ISSUE 5

"Life isn't about finding yourself. Life is about creating yourself"

Huge congratulations to Class 10 for their high quality, gripping and stunning pieces of theatre for their GCSE Drama.

They performed 6 plays including:

- Of mice and men
- Caucasian chalk circle
- IT Crowd
- Step Brothers
- My Mother said I never should



As their Drama teacher and examiner I laughed, cried and held my breath as they took me on an incredible journey into the worlds of their characters and stories.

I am overwhelmed by their skills as actors and devisers. So very proud.

Lisa Douglas



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

### May

Thursday	14 <sup>th</sup>	Class 9 Parents Eve
Saturday	16 <sup>th</sup>	School Open Day
Tuesday	19 <sup>th</sup>	Class 4 Fundraiser
Thursday	21 <sup>st</sup>	Whitsun Festival – MS
Monday	25 <sup>th</sup>	No School – Half Term

### June

Tuesday	2 <sup>nd</sup>	School Begins
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### Early years

Friday	22 <sup>nd</sup>	Whitsun Celebration
Monday	25 <sup>th</sup>	No School – Half Term
Tuesday	2 <sup>nd</sup> June	School Begins

### 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.

### Infectious diseases

There is one case of each of the following diseases in the Early Years department:

Hand, Foot and Mouth  
Chicken Pox

Please promptly inform Reception should your child be suffering from these diseases or any other infectious disease.

### 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.

## TERRIFIED KATHMANDU

Although the people were experiencing aftershocks of smaller magnitudes, almost all have begun or getting ready to come back to normalcy. In fact, the people started to give it a damn care to the aftershocks of smaller magnitudes. We all believed in what the experts had to say. Their unanimous version was that Nepal probably would not be hit by another bigger earthquake than the previous one (7.6 Richter scale) as this has been trend so far in the history of earthquake and the nature has started to settle down. It is obvious to feel such small tremors in the settling down process of the earth.

Based on the versions of the experts, we at Tashi Waldorf School also had started to counsel the parents and children whom we could contact informing them to normalize their daily lives. We were also ready to reopen our school on the 14<sup>th</sup> May 2015 as per the government's direction. But proving the experts and us wrong, a very powerful earthquake hit Nepal once again. Following the second massive earth quake of Tuesday the Education Ministry has also decided to suspend the opening of all the educational Institutions until 1<sup>st</sup> of June. Thus we also will reopen our school for new academic session if everything goes fine from the above date.

After the 17 days of devastating earthquake that virtually destroyed Nepal, when the people were gradually starting to return back to their normal life, we experienced yet another massive aftershock (we felt it as an earthquake) of 6.8 Richter scale magnitude (but according to an American agency UGSS it was 7.3 Richter scale) on the 18<sup>th</sup> day at about 1 O'clock in the afternoon. This aftershock did the rest of destruction left over by the first earthquake of the 25<sup>th</sup> April. All the houses that had developed cracks during the first quake have been collapsed and many new buildings have developed severe cracks. Landslides have come in many places sweeping out the entire village. Evacuation works done by the government were not sufficient. The geological structures of most of the hilly villages have been weakened by the earthquake. In one month's time monsoon will start which apprehensively will sweep those villages. Apart from these, avalanches have occurred in Mountainous villages killing many Nepalis and a few foreign nationals also.

The total death toll due to the first earth quake is almost nine thousand and injured number is around nineteen thousand and the second hit caused death of ninety one person already and injured is more than two thousand so far. According to local media the death toll is going to escalate in the near future.

We feel that the Nature God had been very angry and upset with Nepal and the Nepalis this time. That is why such devastating incidents are taking place in Nepal one after another. We just pray and request you to pray for us to end such catastrophe as soon as possible. What is the most terrifying things for us is that the epicenter of the smaller tremors has been coming closer to Kathmandu. We feel even a tremor of 4 Richter scale magnitude will be enough to destroy the ancient city of Kathmandu.

The people of Nepal in earthquake affected districts and specially in Kathmandu valley are very much terrified. No one feels safe enough to be alive. The recent trend of the earthquake has caused more terror in the minds of the people. Even a small noise that comes from moving a table, closing window or shutting door is sufficient to cause terror in our minds. I am terrified (from within myself) even my colleague coughs or sneezes loudly let alone other people. If you talk of the recent earthquakes to anyone, all have the same voice that they do not have any idea how long they will be alive. This kind of feeling of insecurity has prevailed in the minds of all of us. No one believes to be alive any longer. We all feel shattered.

Those who have started to come to sleep at their houses have once again went to sleep under makeshift shelters like temporary tents and many spent their nights under the open sky. One can imagine how cruel the nature has been when we had heavy rain with thunderstorms scaring people almost to death.

The number of people leaving Kathmandu for their home town is also on the rise day by day, thinking of living together and dieing together with their own family members and beloved ones . In fact it has crossed more than 1.3 million.

On the other hand, relief materials and money are being poured in Nepal from international community but due to the poor management of the government the deserving and the neediest people were not able to get the relief materials whereas some people having access got the same more than once – we have read this in the news.

#### **REQUEST TO OUR WELLWISHERS:**

It has been noticed in Kathmandu that all money sent by generous people/organization around the world to help Nepal will go direct to **THE PRIME MINISTER'S NATURAL CALAMITY FUND** if the earthquake is mentioned anywhere while sending the money. If your donations go to that fund we will never know how and when the fund will be utilized.

Therefore, we would like to request you not to mention any word like earthquake anywhere in the form while sending your support to us **OR** you can deposit your support to the following:

**RSF Social Finance:** Please write in the memo portion of the cheque: "Children of Nepal" 1002A O'Reilly Ave. San Francisco, CA 94129-1101 USA Tel: 415.561.3900, 1.888.RSF.3737 Email: [mail@rsfsocialfinance.org](mailto:mail@rsfsocialfinance.org) RSF Social Finance also accepts donations made via other means, including credit cards. For more information, please visit their website: [www.rsfsocialfinance.org/donate-now/](http://www.rsfsocialfinance.org/donate-now/)

**Freunde der Erziehungskunst Rudolf Steiner e.V.** Please write in the memo portion of the cheque: "Children of Nepal – Project # 4405" Weinmeisterstr. 16 Berlin, D-10178, Germany Tel: 030 61 70 26 30, Email: [berlin@freunde-waldorf.de](mailto:berlin@freunde-waldorf.de)

**Internationaal Hulpfonds** Please write in the memo portion of the cheque: "Children of Nepal" Herengracht 276, 1016BX, Amsterdam, THE NETHERLANDS Tel: 020- 6274856 Email: [info@internationaalhulpfonds.nl](mailto:info@internationaalhulpfonds.nl)

**Waldorf School Association of Ontario** Please write in the memo portion of the cheque: "Children of Nepal" 9100 Bathurst Street, No. 2 Thornhill, Ontario, L4J 8C7, Canada Tel: 905 889 2066 Email: [manager@waldorf.ca](mailto:manager@waldorf.ca)

**Prometheus Ethical Finance** Please write "Children of Nepal - Account#4144" in the memo. P.O. Box 969 Napier, NEW ZEALAND Telephone 06.835.7138 Fax 06-8351628 Email: [ethical@prometheus.co.nz](mailto:ethical@prometheus.co.nz)

**Hem Rai and Rajen Syangden**

**Taashi Waldorf School/Children of Nepal**

### **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

# NoticeBoard

***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 hearing from you.

Theresa Mülverstedt

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

## **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)

Dear colleague, parents and students, to benefit my internationale emergencypedagogics it is absolutely essential to prove my english. There fore I am looking for a place for a while from 2 till 3 month for bed and meal. In return I offer my participation (like wwoofen) or a Student-/adultexchange my place in germany. I am 57 years old an I growed up in a gastronomy. I am an educator, eurythmy and I have a Master of Art for healeurythmie. I am open for ideas and stimulation every typ.

Many greetings

Ulrike von Tschammer

[ulrike.tschammer@bewegtekommunikation.de](mailto:ulrike.tschammer@bewegtekommunikation.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.

**FOR SALE** - wooden play kitchen handmade by My-KEA. £25. Call or text Gail 07776 250667.

### **CAMPING GEAR**

Almost all you need for a camp set-up: 4-berth tent; mats, cooker, kettle, toaster, sleeping bags, fold-up armchairs, picnic set, sundries.

Selling this week-end at sensible prices. Phone 01273 474596 for further details and to view in Lewes. Patrick & Hazel Collinson.

**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)

### **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)

### **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..."*

**Are you interested in supporting people towards change?**

**Would you like to engage on a path of self-development?**

The **Diploma Course in Biographical Counselling** offers both these things and more.

*Year 1, Foundations in Biographical Counselling* starts September 2015 is a course complete in itself, providing social and health care professionals with deepening skills for their personal and professional lives.

This first year is also a foundation for further training in the full three year *Diploma Course in Biographical Counselling* which is accredited by the BACP (British Association for Counsellors and Psychotherapists).

**An introduction to the course will be held on 29<sup>th</sup>-30<sup>th</sup> May**, Emerson College, Sussex. **Biography and Social Development Trust**, +44 (0)1342 822907 [biogsocru@aol.com](mailto:biogsocru@aol.com) [www.biographywork.org](http://www.biographywork.org)

**Fitness Fridays.** 10-11am Happy Valley Park, Woodingdean.

Bootcamp class – all fitness levels. £5

**Mums on the run – Term Time Only!**

Mondays 9am – 9.45am, meet at the entrance of East Brighton Park.

Fitness class for Mums with or without kids in buggies.

Beginners welcome. £5

For more info call Lisa 07790 538 958



**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!

### **Weleda Natural Skin & Body Care**

Great offers for many. Spend £60 and get a free 'Body Oil'. Spend £40 and get a free 'Skin food'. Catalogue by the School notice boards.  
Call Christine – 07985985520 – or call in at 2 Henley Road after drop off.

**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)

**On Saturday 23<sup>rd</sup> May 2015 the World Foundation for Natural Science presents an afternoon that will literally change your life.**

Today's man-made world is harming our health and it is wreaking havoc on Nature too. Find out the real causes of Colony Collapse in Bees, and solutions to this most pressing issue. Discover how you can help your family and friends to live a healthier, happier life - and in the process help Nature too.

Dr Zac Cox BDS Holistic dentist will share his over 20 years experience and expert knowledge of how to prevent and reverse disease - naturally. Find out why your mouth's health is absolutely vital to the health of your whole body. There are many natural, simple steps that you can take to improve your health - Nature really does have all the answers!

Dr Karl Cox PhD will share his experience of 19 years in information technology and will reveal the very real threats to our physical and emotional health from social media and the internet. Karl will also share his expertise on GMO, pesticides and industrial farming and why and how we can return to natural farming, healing ourselves and our planet at the same time.

For further information, please contact Dr Zac Cox at 07591036084 and Dr Karl Cox 07800990265. Look at the World Foundation for Natural Science website: [www.naturalscience.org](http://www.naturalscience.org).

Seminar date: Saturday 23<sup>rd</sup> May 2015, 2-6 p.m., Brighton Steiner School hall.

# ARTHUR AND JAKE'S HOLIDAY CLUB 2015



The birds are singing, the blossom is blooming the forest is calling.....

More physical feats, forest fun, nature games on the lawn, whittling projects, awareness and tracking skills, wild forest food, fireside stories, natural discoveries and much more.

Dates: Tuesday 26<sup>th</sup> May - Thursday 28<sup>th</sup> May

Time: 10am - 4pm

Where?: Stanmer Park

Drop off: Lawn opposite Stanmer House (9.45-10.30am)

Pick up : Lawn opposite Stanmer House (3.30-4pm)

Cost: £20/day

Ages: 5-10 years

To book or for further info contact Jake at  
warsarnay@yahoo.com or 07517697499