



23rd July / Hōngongoi 2010

MICHAEL PARK SCHOOL
TE KURA O WAIATARUA

The Spiral

Our School
Community Newsletter

*“Man is effective in the world not only
through what he does, but above all
through what he is.”*

- Rudolf Steiner



WHAT'S ON?

Important Dates to Remember

Date	Event	Time Place
Monday 26 th July 2010	Kindergarten Parent Evening	7.30pm Kindergarten
Tuesday 27 th July 2010	Parent Interviews Lower School	
Monday 26 th July 2010	BOT Meeting	7pm Staffroom
Tuesday 7 th July 2010	Class 8 Parent Evening	7pm Class 8
Wednesday 28 th July 2010	Class 1 Violin Meeting	7.30pm Class 1
Thursday 29 th July 2010	Class 12 Parent Evening	7pm High School
Tuesday 3 rd August 2010	Lower School Parent Interviews	
Wednesday 4 th August 2010	Open Afternoon	
Thursday 5 th August	Class 11 Parent Meeting	7pm High School
Friday 6 th August	Class 2 Lunch Bar	
Monday 9 th August	Class 9 Parent Meeting	7pm High School
Tuesday 10 th August	Lower School Parent Interviews	
Wednesday 11 th August	Class 10 Parent Meeting	7pm High School
Tuesday 17 th August	Class 2 Parent Meeting	7pm Class 2

Greetings / E ngā mātua, e ngā tūpuna, ngā hoa maha o Waiatarua, tēnā koutou. He mihi maioha ki a tātou katoa. Heoi anō ngā mihi.



A Word from Dee

Greetings and Welcome to Term 3

During the holidays many of our teachers and some members of our community attended the Kolisko Conference in Cambridge. The focus of the conference was making connections with children who have particular needs. We know that this now relates to a growing number of children. The Kolisko Conference is a time when the medical world and educators come together to share their expertise and to learn together. We were privileged to hear speakers of the calibre of Florian Oswald, Robert Sims, Dr David Ritchie, Mary Willow, Dr Mike Sargent, and others. We have come away from the conference with some very important threads that have enlivened our professional dialogue and will be at the forefront of our ongoing discussion about what we do. The conference has reminded us of how important the role of parenting is in supporting our curriculum. The parents' role in ensuring that children have proper rhythms of sleep, protection from over-sensitization through television and computers, and that they make time to listen to their children is vital. Every medical expert stressed the importance of laying down foundations of health and rhythm in the lower school to ensure better health for our teenagers.

The opening speaker was the Commissioner for Children, John Angus. The statistics he gave us about the status of children in New Zealand were a wake-up call for us all.

The ones that struck the deepest chord in me were:

Families have fewer children, yet these same children are having far less time with their parents.

In the past children and young teenagers would say that their parents were the most important people in their lives. Today's teenagers say that their friends are the most important.

We can do something about this in our community. Please take a moment to consider how much time you spend with your child and what is actually happening in that time.

In the coming weeks our teachers will be reflecting about our timetabling and the rhythm of our day for the different ages.

Have a crisp, refreshing winter term.

Regards,

Dee Whitby

Tree Harvest

Te wao tapu nui a Tane.

We give thanks to the pine trees that have grown at Michael Park School.
We give thanks to the school parents who planted them many years ago.

During the school holidays our last six Monterey pine trees (*Pinus radiata*) were harvested. Why have we cut them down? There are several reasons. It was time. Commercially, *radiata* is harvested at 25 to 35 years after planting. Although they live to be eighty to one hundred years old in New Zealand, they often die out or blow over at that age. If left, they would have become far too huge for the small site they were planted on. By taking them out now we have eliminated the potential for damage to our neighbours' or our property. We are also developing the woodlot area as part of our outdoor education facilities and need a bit more light and space for a variety of learning activities.

Among the pines, the same parents also planted two other slower growing species that we have retained for their beauty, shelter, and future harvesting at maturity. There is one redwood (*Sequoia sempervirens* – a couple of thousand years to go with this one) that has shot away since it was exposed to more light after we removed three pines a couple of years ago, and there are four Japanese cedar (*Cryptomeria japonica*), known as sugi in Japan where it is their national tree and is esteemed for its colour, light weight, strength and durability. In addition, I under-planted the woodlot several years ago with silviculture in mind and a few of these trees have survived. There is one yellow Stringybark (*Eucalyptus muelleriana* – durable from a young age), two Mexican cypresses (*Cupressus leusitanica* – fast growing, durable and suitable for many purposes), and three Tasmanian Blackwoods (*Acacia melanoxylon* – very good for furniture).

I would also like to thank the former students who helped me prune the pines over 10 years ago. From the growth rings, they look to be about 30 to 32 years old (see photo). Unfortunately, pine trees are not worth much in small blocks nowadays and it is uneconomic to have them professionally milled. Without chemical treatment the timber is subject to borer and rot; nevertheless, we are going to make good use of them. During enviro week last year students made a bridge over the creek in tree land, and this year, Class Nine students have already made some slab seating. The Property group aims to make full use of all crops grown on site – not just to reap the benefits of a harvest, but in order to bring real and holistic practice into the outdoor education curriculum.



Phil Bonham

MICHAEL PARK SCHOOL

Daffodil Day



Cancer Society Daffodil Day 2010

We are celebrating Daffodil Day on



Friday 27th August 2010

We are having a Round Day! We are asking that all children bring a round gold coin donation which will allow them to bring something to get round on for the day, e.g. rollerblades, unicycle, skateboard, etc. Children will be given a fabric daffodil for their donation.

There will also be daffodils for sale at the office if you wish to purchase them.

Many of our families and our staff have been affected by cancer;
we hope you will help us support this cause.

GREETINGS

E te whānau o Waiatarua, tēnā koutou katoa. He mihi nui tēnei ki a koutou katoa. Heoi anō ngā mihi.

Playground After School

Students are not allowed to be at school unsupervised by an adult after the school day has ended; students need to be off the school grounds 15 minutes after the last bell goes.

Dee Whitby

Lunch Bar

Joe is away for the week starting Monday 23rd August.

This is a chance for your class to fundraise and to keep the lunch bar open for our students.

The lunch bar operates from Monday until Thursday.

Please contact Cathy to book your slot or email cathyd@michaelpark.school.nz

School-links

We really encourage you to register on our School-links site. With School-links you can ..

- Receive time-critical two-way TXT and email alerts for all general communications such as school closures and school emergencies.
- Receive TXT and email alerts when your child is marked absent.
- Notify us of your child's absences; parents log-on to our School-links portal to notify school of absences, which avoids needing to leave a phone message.
- Receive all your newsletters and general notices online.

We will also use School-links to enable the continuation of communications between school and home if we need to close the school in the event of a pandemic or emergency.

To register, please follow the simple steps below.

Go to www.school-links.org.nz

- In the blue area labelled 'Find Your School', type our name then click 'Find School'.
- On our school portal page, click the 'Sign Up Now!' link on the right hand side.
- Enter your name, e-mail address, and other details in the fields provided.
- Once you have finished, click 'Register Now' to submit your details.

Any personal data you supply to School-links is used for school purposes and will be visible only to our administrative staff.

Next Step:

Once we have your submitted details, we will enable your School-links account, and in due course you will receive an email confirmation from School-links containing a username and password that you may use to gain access to our school portal.

Thank you for helping us to improve our school communications.

If you have any queries, please contact Cathy on cathyd@michaelpark.school.nz

LOST!!!!

ASICS SOCCER BOOTS - Black and red, size 8

ADIDAS SHIN PADS - Medium

**If you have found or seen them, please contact:
Ella van Kan (Class 9) phone 377 8594.**



Congratulations to former Michael Park School students who graduated from the University of Auckland during the May 2010 graduations.

Jovanka	Hall	PGDSC-DP	Postgraduate Diploma in Science	1998
Phoebe	Heddell Stevens	BA-DG	Bachelor of Arts	2006
Francis	Hunter	BSC-DG	Bachelor of Science	2003
			Graduate Diploma in Teaching	
			(Secondary)	
Emma	Johnston	GDTSE-DP		1998
Daniel	McNicoll	BSC-DG	Bachelor of Science	1997
Liana	Middeldorp	PGDSC-DP	Postgraduate Diploma in Science	2001
Liese	Thomson	BAS-DG	Bachelor of Architectural Studies	2003

Up Coming Parent Education

The Spiritual Task of the Mother

The challenge of home-making today can bring stresses, problems and questions. Join us in exploring the spiritual basis of the mother's role. Our group holds monthly workshops on the last Saturday of every month. Morning tea is provided.

This month's topic is:

The Significance of Childhood Illnesses - Working with Fever

With Guest Speaker: Nicole Adams NZRN Comp. Cert. Anthroposophical Nurse. Registered

On: **Saturday 31st July from 9.15am to 12.30pm**

At: Rudolf Steiner House, 104 Michaels Ave, Ellerslie

Registration Fee (sliding scale) \$20 - \$30

For further information contact Trisha Glover on 570 9720.

Music

I would like to share an amazing experience I had last week.

Most days I pick up our children from the bus and bring them home, get on with the meal and encourage (cajole) them to get on with their homework – as I am sure many parents do. Last week, the boys spent regular time playing their trombones and at several points in the week I had occasion to stand back in awe at what was happening. Here are two boys who are not musically inclined, who were reading music and playing in harmony on instruments to which they would never have usually been exposed. It was a very profound and special moment.

Having had the privilege last year of receiving Mr Collinge and Mr Dubignon's presentation on music I had a context in which to place the children's experience, and I have to say that I am really impressed. The vision and ideas seem to be flourishing; I know as a parent that this experience would not have been possible without the brave stance you and the rest of the faculty have taken to make music a differentiator for our school.

Please pass on to Mr Collinge, Fatemeh and Adam our sincere gratitude for having the courage to bring the music impulse into our children's lives.

Yours sincerely,

Michael and Jo Hartley

News from Other Steiner Schools

Titirangi Rudolf Steiner School

During July we are delighted to host Julian Pook, who is visiting Auckland for a limited time and invites you to take part in a variety of events for a deepening exploration of music in relation to the world and the human being. Originally from the UK, Julian studied at the Royal College of Music, with the BBC Training Orchestra and Emerson College, where he was later responsible for music for 12 years. He now lives in the Hawke's Bay, teaching locally and working with the Diploma in Rudolf Steiner Education students at Taruna College.

1. Evening Talks:

Mysteries in Music through the Ages - Friday 23rd July, 7.30pm.

Anthroposophy and Music - Friday, 30th July, 7.30 pm.

Koha appreciated.

Venue: Titirangi Rudolf Steiner School.

For bookings please contact Katrina Wolff: katrinawolff@gmail.com or phone 817 8448.

2. Workshop:

The Language of Music.

Working slowly and meditatively to enter the mood of the fifth, major and minor, intervals and scales; experiencing elements of music as the grammar of a soul-spiritual feeling language.

No previous musical experience necessary.

Cost: \$30.

Saturday 24th July, 9.30am-3.30pm.

Venue: Titirangi Rudolf Steiner School.

For bookings please contact Katrina Wolff: katrinawolff@gmail.com or phone 817 8448.

3. Course:

Journeys Through Music.

A journey through different styles, cultures, moods and epochs using the voice.

Simple experiences to awaken musical appreciation.

Tuesday and Thursday mornings 27th July to 5th August, 9am to 10.30am.

\$10 per session or \$30 for full course.

Venue: Titirangi Rudolf Steiner School.

For bookings please contact Katrina Wolff: katrinawolff@gmail.com or phone 817 8448.

4. An afternoon family concert of music and poetry

Sunday 1st August at 3pm given by Julian Pook, Astrid Anderson and Rod Green.

Adults: \$10, Child: \$5.

Venue: Titirangi Rudolf Steiner School.

For more information visit www.titirangi.steiner.school.nz/calendar

For more information on all these events visit

www.titirangi.steiner.school.nz/calendar

Fundraiser for the Waiheke Island Rudolf Steiner Education Trust

On **Saturday 31st July** the monthly original music night, Acoustic Cafe, will run a very special one-off event at Artworks Theatre celebrating one year of original music at Nourish Cafe. A few of the many talented artists will perform their material on what promises to be a highly entertaining night.

This event is a **fundraiser for the Waiheke Island Rudolf Steiner Education Trust**, part of the largest network in New Zealand of independent education providers for children.

We are very pleased that the following artists have agreed to support a worthwhile cause and be part of a magical night;

Waiheke's very own -

Aaron Carpenter

Nikki Ngatai

Ian Simpson

And visiting from Auckland -

The Two Daves (as part of a North Island tour Dave Alley and Dave Khan will showcase their immense musical talents)

Luckless (aka Ivy Rossiter)

Eden Roberts (sparkling young talent who wowed Acoustic Cafe audiences earlier this year)

VIP tables are available for \$250 for up to six people, with yummy finger food and some wine provided.

Seating \$20 in advance. Tickets available from Prashanti in the Kindy Office.

\$25 tickets available on the door.

Don't miss this special event.

To view more detail, visit www.acousticcafe.co.nz

BEAUTIFUL MUDBRICK HOUSE TO RENT ON WAIHEKE ISLAND for two weeks over Xmas/New Year. Three bedrooms, gas cooking, vege garden, simple living, surrounded by nature, birds, ducks, beautiful walks, on the site of the Rudolf Steiner kindy and local accommodation; close to vineyards, Oneroa village, cafes, cinema, Big Oneroa Beach. Can sleep up to four. \$100 per night.

For more information, please contact Mandy on 372 9865 or 021 205 7595.

Free Natural Health Seminar: CHILDREN'S HEALTH. Sunday 25th July 2010, 1pm to 4pm at the Mother-Well Clinic, 820 Mt Eden Rd. The Seminar will consist of four talks:

- Cranial Osteopathy. Supporting your child's structural development.
- From Behaviour to Recurrent Infections, the effect of food on your child.
- The Mind-Body Connection in Children.
- The importance of Touch for the Young.

There will also be the opportunity for the public to have short free sessions of natural health modalities such as acupuncture, live blood analysis, massage, BodyTalk and iridology.

For more information go to www.mother-well.co.nz or call 630 0067

Bellydance Classes

Starting in term 3 for 10 weeks.

Tuesday 10am

Ellerslie Masonic Hall, 9A Roberts Street, Ellerslie.

Tuesday 7pm

Christ Church Hall, 169 Ladies Mile, Ellerslie.

Wednesday 7.45pm

Pause Wellbeing Studio, Unit L, Ellerslie Business Centre, 101 Main Highway, Ellerslie.

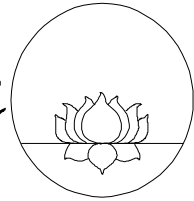
\$15 per class or \$100 for a term (10 weeks)

Contact Massarah on 021 234 5266 or email shimmywithmassarah@gmail.com

Volunteers Needed For

Amitabha Hospice Service

"Caring for families with love, wisdom and integrity"



Enjoy new friends and experience a rewarding
time helping others, in your area!

FREE TRAINING STARTS

Wednesday 4th August

The training is given on seven consecutive Wednesdays
from 6.30pm to 9.00pm, at our office in Avondale.

Amitabha Hospice provides free care to the elderly
and to people with life-limiting illness
in every area of Auckland for a few hours a week
(*a car is recommended to drive short distances*).

For information please

phone 828 3321

email amitabhahospice@gmail.com

or apply on-line www.amitabhahospice.org

Proverb. He Whakatauki

Pursue your heart's desire; if you should be deterred let it be by a great obstacle.

Whāia e koe te iti kahurangi; ki te tuohu koe, me he maunga teitei.

Term 3 2010 Calendar

Date	Day	Kindergarten	Lower School	High School	Whole School
26-Jul	Mon	Parent Evening - 7.30			Board Meeting
27-Jul	Tue		Class 8 Parent Meeting		
28-Jul	Wed		Class 1 Violin Meeting 7.30pm		
29-Jul	Thu			Class 12 Parent Meeting	
2-Aug	Mon			Class 11 & 12 Art Trip	
3-Aug	Tue		Parent Interviews		
4-Aug	Wed	Open Afternoon			
5-Aug	Thu			Class 11 Parent Meeting	
6-Aug	Fri			Careers Expo Classes 10,11,12	Class 2 Lunch Bar
9-Aug	Mon			Class 9 Parent Meeting	
10-Aug	Tue		Parent Interviews		
11-Aug	Wed			Class 10 Parent Meeting	
17-Aug	Tue		Class 2 Parent Meeting Class 3 & 4 Folk Dancing		
20-Aug	Fri	Teacher Only Day	Teacher Only Day	Teacher Only Day	Teacher Only Day, NZSTE
24-Aug	Tue		Class 1 & 2 Folk Dancing		
25-Aug	Wed		class 4 Play 6pm		
26-Aug	Thu				Trust Meeting
27-Aug	Fri				Daffodil Day - Gold Coin donation - Round Day
30-Aug	Mon				
31-Aug	Tue		Class 5 Parent Meeing		
1-Sep	Wed	Open Afternoon	Spring Festival	Spring Festival	
6-Sep	Mon				Board Meeting
7-Sep	Tue				
8-Sep	Wed		Class 2 Concert		
13-Sep	Mon		Class 7 Play		
16-Sep	Thu				Parent Voice
17-Sep	Fri				
20-Sep	Mon		LS Sports	Independent Study (After ML)	
21-Sep	Tue		LS Sports		
22-Sep	Wed		LS Sports		
23-Sep	Thu			Independent Study Presentations	Trust Meeting
24-Sep	Fri	Spring Festival		Independent Study Presentations	End of Term Three Whole School Closes at 1pm

Celebrating our Community!

Former Michael Park student Christian Heinigen who has been employed to help with the Outdoor Education Programme. In the photo below Christian is using an adze to carve a fruit bowl from the willow tree that was in the kindergarten grounds.



*Kia tere te kārohirohi i mua i tō huarahi. Arohanui.
May the light guide you on your path through life.*