Kia Ora Whanau,

As Waldorf parents, teachers, and administrators we are all challenged to be “co-responsible” for both the social health of our children’s classes as well as the school and kindergarten community as a whole and in doing so we become part of an active learning community. A pivotal aspect of this challenge for us all is to be proactive in developing effective listening habits and establish clear pathways to understanding. “The door of the classroom is the portal through which both child, parents and teachers pass. It marks the threshold of moving from the old to the new, from what we are to what we can become. It contains both the ordinary and the loftiest portion of human experience” A Second Classroom: Parent – Teacher Relationships in a Waldorf School by Torrin Finser.

So on that note, I wonder if any of you remember David Garb coming last year to help us to work on our communication? As part of that on-going project, David is returning to us on Friday 11th April to work with the staff and governance groups. On Saturday 12th April at 9:30am he will work with all parties in our community. This is your opportunity to continue the work already started or be a new participant in taking up the challenges and learning offered by this Waldorf community facilitator and developer.

Last year when David was with us he brainstormed communication types likely to be needed between the various parties in our community, such as…

- Agreements – remembering that silence can be taken as agreement
- Requests – an invitation for people to contribute – in the event of no response, refer to Agreements above.
- Demands – a call for immediate action which, whilst it may be the most important thing for the person demanding, may not be the same for the person to whom the demand is being put, or in the interests of all parties.

David involved us in exercises which led us in turn, to some important conclusions as a community about how to work towards better and more positive communication. Some of these conclusion points were:

- Accept that there are other points of view which may be as, or even more, valid than yours
- Go to the right person to get the correct information. Wrong person = wrong information. Don’t assume you have the whole story in advance
- If you are speaking with a person, clarify the length of time required for the conversation you seek.
- Use the I statements
- Acknowledge what the other person is saying
- Keep the communication confidential if appropriate
- Keep to the correct lines of communication e.g. agreed pathways
- Meet Ego to Ego
- Both agree at the end of the meeting what the outcome is.

David also mentioned the importance of responsibility regarding self and others. If someone tells you something that they are or continue to be unhappy or confused, you can help by directing them back to clarify that information from the person concerned or through correct channels via our communication protocols.

Having agreed to some basics on that first visit, our next work together will be to look amongst other things as to whether our community’s communication protocols need further tweaking, description or direction. Because connection is at the heart of what we stand for as a community, I encourage all parents and members of the Waldorf community to take time out to meet with and hear David, and help us all together, build a better future for the school, its children and ourselves.

Sheryl Jenkins

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**Diary Dates**

<table>
<thead>
<tr>
<th>Thursday 3rd April</th>
<th>Saturday 5th April</th>
<th>Monday 7th April</th>
<th>Friday 11th April</th>
<th>Saturday 12th April</th>
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<tbody>
<tr>
<td>C4 Trip</td>
<td>501 Bio Dynamic</td>
<td>Rescheduled</td>
<td>Teacher Development</td>
<td>David Garb Community</td>
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<tr>
<td>Library &amp; The Elms</td>
<td>Preparation 6.15am</td>
<td>photo day 9am</td>
<td>Day School</td>
<td>Development Day</td>
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<td></td>
<td>ALL WELCOME</td>
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<td>HOLDING CLASS</td>
<td>All Welcome 9.30am</td>
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<td>(Book at Office)</td>
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<tr>
<td>Monday 14th April</td>
<td>Thursday 17th April</td>
<td>Friday 18th April</td>
<td>Sunday 19th April</td>
<td>Monday 5th May</td>
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<tr>
<td>- Wed. 16th April</td>
<td>Last Day of Term</td>
<td>Good Friday</td>
<td>Easter Sunday</td>
<td>Term 2 Commences</td>
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<td>Class 4 Camp</td>
<td>School Finishes</td>
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<td>Ngatuhoa</td>
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<tr>
<td></td>
<td>Market Day</td>
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**Market Day**
Easter Market Thursday 17th April.

We invite you to bring something from your culture for the Easter Market.

This can be food or a particular beverage, something traditional. Please contact Jane 54 22257 as I can organise a table / space for you or bring a small table if you have one.

Date: Wednesday 23rd - Thursday 24th April and then Monday 28th – Friday 2nd May 2014

Time: 8:30 am to 5:30 pm
Cost: $40 per day flat rate

We will provide morning and afternoon tea.
The programme is WINZ registered.

Email Paulene: oscar@rudolfsteinertga.ac.nz
Or book at the office.

U R G E N T

Parent support /WST Pledge Deed Volunteers needed
We need help looking after our children’s classrooms, which must be cleaned daily for our teachers

- 3 classrooms on any or all of Tuesday, Wednesday & Thursday which takes about 1.5 hrs a day
- Weekend clean for kindergartens preferably, but not necessarily, done Friday about 3 hrs
- We are also looking to build up a relievers’ pool to cover if someone is sick to set up for the Friday Market and cleaning up afterwards as well as cleaning the staffroom (cowshed at the moment) and the offices. Starting about 2 pm and it will take 2 – 2.5 hrs

Please get in touch with Marlis to coordinate the parent support. I usually am at the office on Wednesdays. It’s always a good idea to email me if you intend to see me pledges@rudolfsteinertga.ac.nz or you can txt me on 021 588 301. If you find are struggling to pay what you have committed to, or if you are unable to meet the amount the school needs to deliver the education you are wanting for your child. Thank you so very much for stepping up in this way.

OSCAR

We are pleased to be offering a 2 week holiday programme over the Easter break. We aim to provide a relaxing and fun programme with a holiday feel. There is a programme provided though we will be flexible depending on the weather and the group of children. We will be providing a fun range of outdoor and indoor activities suited to children. So, if you need to work or simply need a break, you can book as many or as few days as you need. Please book early as it makes it easier to prepare.

Date: Wednesday 23rd - Thursday 24th April and then Monday 28th – Friday 2nd May 2014

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Cost: $40 per day flat rate

We will provide morning and afternoon tea.
The programme is WINZ registered.

Email Paulene: oscar@rudolfsteinertga.ac.nz
Or book at the office.

ANNUAL LIBRARY BOOK AMNESTY

Please search your book shelves at home for any books that have the Tauranga Steiner School bar code or stickers on them. Return them to the box outside the office so they can be re-shelved into our library & enjoyed by other children. Thanks!

A REMINDER TO PARENTS:

Teacher only day FRIDAY 11TH APRIL 2014. Please contact the office to book your child into the holding class if required.

LAST DAY OF TERM is Thursday 17th April 2014. School will finish at 1pm

ABSENCES: Please let the office know if your child will be absent. You can phone, email or text to 027 513 3304.

SCHOOL PHOTO DAY: MONDAY 7TH APRIL If you wish to have a photograph of your child, Friday is the last day to return your photo envelope. Thank you!

A REMINDER TO KINDERGARTEN PARENTS:

Kindergarten will be closed the week after Easter 18-27 April 2014.
A Mindfulness Based Stress Reduction Course

Your opportunity to learn and experience Mindfulness over 4 evenings and a guided silent day retreat

This course is suitable for everyone who would like to make a difference to their lives, be more resilient and have greater compassion for themselves and others. Positive emotions are strongly linked with a longer and more fulfilling life; mindfulness can also reduce the impact of chronic pain, stress and illness.

Where: The Whare Tauranga Waldorf School, R364 Welcome Bay Road, Tauranga

When:
- Friday 9th May, 5 – 9.30 pm
- Friday 23rd May, 5 – 9.30 pm
- Friday 6th June, 5 – 9.30 pm
- Friday 23rd May, 5 – 9.30 pm
- Saturday 14th June, 9 am – 5 pm
- Friday 20th June, 5 pm – 9.30 pm

About the teacher: Dr Nick Penney PhD is an Auckland based experienced mindfulness teacher who has taught mindfulness in New Zealand for more than 20 years.

What is Mindfulness?

Mindfulness involves learning to direct our attention to our experience as it unfolds, moment by moment, with open-minded curiosity and acceptance. Rather than worrying about what has happened or might happen, it trains us to respond skillfully to whatever is happening right now, be that good or bad.

Brain imaging studies show that mindfulness practice stabilises and profoundly alters the structure and function of the brain to improve the quality of thought, feeling and concern for others.

What's the point of mindfulness?

In adults, mindfulness has been proven time and again to improve health and wellbeing. It also helps people of all ages to learn more effectively, think more clearly, perform better and to feel calmer, less anxious and less depressed.

Mindfulness is now recommended by the National Institute of Clinical Excellence, and GPs are referring adults to 8 week courses that reduce stress and help prevent recurrent depression. It is increasingly being used in business to improve staff wellbeing and satisfaction, in sports training to improve performance, and with children and young people in schools to enhance wellbeing and learning.

Is it difficult?

At first the mind wanders constantly, but with practice we learn to notice and direct it more skillfully. This helps break the grip of unhelpful mental habits, judgements and impulses, making way for greater calm, and for more helpful, kinder and wiser thinking about all aspects of life. However, this takes practice!

How do people learn mindfulness?

Mindfulness is always learned in a highly practical way, through experience rather than talk. We gradually learn to direct our attention in a more focused way to whatever is actually happening - whether it be our breathing, the sensations in our body, thoughts, and feelings, or everyday activities, such as walking and eating.

What Mindfulness Is

- A training in paying attention to experience as it happens
- A rigorously researched treatment for anxiety and depression
- A way of enhancing well-being and performance
- Recommended by the National Institute of Clinical Excellence

In this powerful two hour presentation, you will go beyond the norms of making lists and setting objectives. You will:

- Understand why the future you want often stays in the future
- Get clear on what you really want to experience in life now
- Learn tools for creating the experience you want right now

To register: Register online at www.olaf.co.nz, email info@olaf.co.nz, or phone (07) 572 4341 or 027 472 8929

When:
- 7pm, Tuesday 15th April, 2014

Where:
- Trinity Wharf, 51 Dive Crescent, Tauranga

Cost:
- $45 Earlybird $35 (before March 29th)
- Group price $35 per person

SLIPPERS FOR HOME & SCHOOL

TOP QUALITY SLIPPERS
IN BEAUTIFUL COLOURS & STYLES. THICK FELT WITH STRONG SUEDE SOLES. THESE DURABLE, WARM, ATTRACTIVE SLIPPERS ARE POPULAR WITH WALDORF SCHOOL PARENTS & STUDENTS, BEING FAIRTRADE & MADE FROM NATURAL MATERIALS. SIZES TODDLER TO ADULT.

BUY ONLINE AT WWW.PIGPOGDG.COM OR PHONE LYN VIGRASS ON 04 5650354

April Holiday Swim Course Special

Otumoetai Community Pool

April Tue 22nd - Fri 25th  April Mon 28th - May Fri 2nd

$30 per week @ $6 per ¼ per group session

P: 07 578 2457  M: 021 2924021

FOR SALE

2 x King Single Beds with mattresses. In very good condition. View and collect from Pyes Pa. $150 each ONO

Contact Marlis 021 588301 or email: marlise@ihug.co.nz

The above advertisements are a community service only & do not necessarily reflect the operations & philosophy of the Tauranga Waldorf School
This is a notice for those of you still at the school that knew the Davis family who attended there many years ago now with there 4 children at the time - Ben, Chahna, Atlanta and Aria. I am sorry to say Paul passed away on Tues 25th March after an illness. Elizabeth says Paul died peacefully at the Wellington hospice. Paul was a member of the Waldorf Trust for a time while they were here in Tauranga. We are planning a small gathering for Tauranga friends if anyone would like to be there you can email me kim.hutchings@hotmail.com or ph 021 2717652. Blessings Kim Hutchings

Expressions of Interest…
for a Painting workshop for Parents with Maria Melino
Art in Waldorf Schools Advisor
*Working with Wet on Wet
watercolour painting & seasonal themes.
*At Tauranga Waldorf School
*10 a.m. - 12.00 Saturday OR Sunday May 24th or 25th
• $25 per person all materials included
Come & explore this joyful method of painting and share resources for understanding the child’s journey in colour.
No prior experience needed
Please contact the office reception@rudolfsteinertga.ac.nz
If you would be interested in attending

Do you have a living space available?
Mum and two daughter (8 & 11yrs) are looking for a simple home in return for rent/work trade.
Ideally sustainable living & close to nature.
Kirree 07 544 4987

Help! Hair Models Required
Keeghan McCall needs hair models to help him pass his hair dressing qualification.

Wednesdays 9.00 – 3.00pm (not during Easter Holidays)
Book at : Hair to Train
9 Anson Street, Tauranga
Ph 578 5747

Only $4 for a treatment.
Head massage, conditioning treatments, hair braiding and pin curls

CLEANSE & RECHARGE DETOX WEEKEND
Friday 4th April 6pm - Sunday 6th April 4pm
REJUVENATE, REST, RECHARGE—Body, Mind & Soul.
Join us for a 48hr detox process & sweatlodge ceremony. Kaimai Ranges Tauranga
Cost $300 inc. all food/ juice & accommodation
Ellie@bodywisdom.co.nz or phone 0210343154

COMPASSIONATE COMMUNICATION 2 day training
10-11th May
Receive effective communication & conflict resolution skills. Transform your relationships into ones you dream of having with this powerful method of communication. $300 inc. accommodation
Please contact Ellie 0210343154 & visit www.susiespiller.com for more details

Tauranga City Library Easter Holiday Events
• Fly Your Flag - enjoy stories & songs, learn about flags and make your own flag to wave in our parade - suitable for children 3 - 6 years
• Make a Map - Find out about different types of map & use collage materials to create your own map of either a real place or the setting of your favourite book - suitable for children 7-12 years
• Lego & Learning Activity - Children move around activity stations, which include free play LEGO, LEGO building kits, stories & puzzles (we supply the LEGO) - suitable for children 6 - 12
• Stories at Our Place – Come and listen to some great interactive stories & maybe even be a part of one of them. - suitable for children 4 - 7 years.
• Sound Engineering - create a book track – Learn to create a soundtrack for a written story including music, atmospheric sound and sound effects - suitable for 11 - 13 years

For further details contact the library: Ph: 577 7177
library@tauranga.govt.nz or check the library website www.library.tauranga.govt.nz