

FROM THE PRINCIPAL'S DESK



When we fail to nurture a child's ability to imagine and create, we fail to help them see the world differently. We fail to help them imagine themselves as the problem solvers that can punch above their weight on the global stage.

- Jan Tinetti

Kia ora e te whānau

Welcome back to a new school year! We trust you had a fabulous summer holiday with friends and whānau. We came back to a campus lush with grass and bees! As I am writing this, it is a glorious day outside and the hum of cicadas can be heard above the droning of the lawn mower.

This term we are celebrating a number of anthroposophical events, including Rudolf Steiner's birthday and the centenary of his death. The students will be engaged in numerous activities around this theme, including a display at the Motueka Library towards the end of the term. To mark the centenary of Rudolf Steiner's death, the Motueka/Nelson Anthroposophical Group has organised a weekend of rich and informative lectures and workshops at the beginning of March. Please see information about this further on in the newsletter.

We are streamlining our behaviour management procedures. All behaviour incidents will now be entered into our student management system, eTap. If students are

referred to me for further action, I will follow this up with a phone call, an email or even a meeting with the student's parents. In this way, we will remain in touch with each other and ensure that behaviour is modified swiftly to accommodate a safe learning environment for all the students.

The Ministry of Education is continuing to focus on school attendance this year. The government's target is for 80% of students to attend regularly; that is, to attend school more than 90% of the time. If a student misses one day of school every two weeks, they miss more than a whole year of school by 16 years of age. Parents and caregivers, alongside the school, play a key role in building strong habits of regular school attendance. Please continue to notify the school if your child is going to be absent or intends to be absent for a portion of the school term for valid reasons, like a tangi or a medical procedure. Family holidays or taking time off for extracurricular activities (not organised by the school) are not acceptable reasons for being absent.

A warm welcome to all our new families as well as to our two new teachers, Helen Webster in Kohatu and Helga Reissmann in Class 5&6. They will introduce themselves to you in our next newsletter.

We wish you a wonderful start to the school year and enjoy the weather while it lasts!

*Kia mau ki te tūmanako,
te whakapono me te aroha.*

Elizabeth



Term 1 dates

Click [here](#) to view full calendar online

Tuesday 13 February	BoT Meeting	5:00 pm
Sunday 23 February	Working Bee	9:00 am to 1:00 pm
Thursday 27 February	Rudolf Steiner's Birthday	
Tuesday 25 March	BoT Meeting	5:00 pm
Friday 11 April	ToD/Last day of term 1	No School

CLASSROOM CORNER

AHI—CLASS 7

Kia ora koutou,

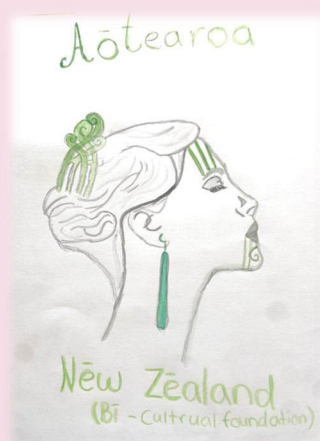
We have been waiting patiently in the wings for this year to begin, to become 'the almighty Class 7!' New opportunities to shine begun with hosting the Rose Ceremony in Ahi class to welcome the Class 1 children. Later that day, we started building our tuakana-teina relationship with Putiputi during buddy reading.

Our first Main Lesson for 2025 is Aotearoa-New Zealand, Bi-cultural Foundations which has us looking back in time to study the events that led to the creation of He Whakaputanga o te Rangatiratanga o Nu Tirenī - The Declaration of Independence, and Te Tiriti o Waitangi | The Treaty of Waitangi. To understand what happened in our rohe (region) we are off to learn about 'The Nelson Tenth's' at the Nelson Provincial Museum.

'This term we are going to be working on our passion projects, which is where we pick a skill we want to master and we practise it every week.'
(Veda-Sara)

Wishing you all a wonderful 2025!

Paula



END OF YEAR CEREMONY



HAERE MAI TAMARIKI

Kohatu	Mahana (C3/4)	Ahi (C7)
Luana	River	Jayan
Fergus	Kaleo	
Harrison		
Henry		
Phoebe		
Ren		
Arlo		
Eliano		
Awhia		
Malakai		
Isabella		
Taavi*		

* International Student

SCHOOL NOTICES

WORKING BEE

Sunday 23 February from 9:00 am to 1:00 pm

Save the date for our term 1 working bee.



START OF YEAR OFFICE NOTICES

- **Absences** Please notify the office with reason of absence by 9am.

Email: absences@motuekasteiner.school.nz

Text: 022 308 9008

Voicemail: 03 528 0246 (option 1)

- **Tardiness** Starting this year, we ask that parents accompany children to the office if they are late by 10 minutes or more.
- **Termly Attendance Report** As per MoE recommendations, we will be sending out termly attendance reports to keep you updated on your child's attendance.
- **No parking in the island of the roundabout** Please refrain from parking in the island of the roundabout. There are daffodils waiting to bloom again in Spring.
- **School phone and messages**—Children are instructed not to use the school phone unless it is for an emergency. Please ensure your child knows how they are returning home on the day (bus or by car). We ask that no playdates are arranged during the day as we do not have the capacity to deliver messages to children. We understand that there may be out of the ordinary situations, and we will do our best to accommodate those.

REMINDER FROM

SCHOOL BUS PROVIDER

Caregivers are responsible for getting their children to school, which may involve getting the children to and from their nearest bus pick-up and drop-off location. Please either stay with your children while they are waiting for their school transport in the morning or keep in contact with them to make sure that they are picked up safely. It is recommended students and caregivers be at the bus pick-up/drop-off locations five to 10 minutes before the bus is scheduled to arrive. If you wish to discuss any school transport related issues, please contact your school office.

PARENT INITIATIVE

☘ Friday Coffee Mornings
Starting this week Fri 14th! ☘

Kia Ora Whanau!

A few of us have come together with the intention to foster school community connection and fun! There is something about sharing food that allow people to connect on a deeper level!



We invite you all to join us at the outdoor kitchen on Friday mornings from 9am to connect, chat and nibble. We will have hot drinks and yummy things available.

Please bring your own cups and take them home again too. We'll have a koha jar ready - for people who'd like to - as it'll help us as a parent lead initiative to cover expenses for baking, milk, coffee, etc.

We are also planning to invite you all to come together for a shared potluck later in the term and will be in touch with more details.

It was great fun meeting and brainstorming with like-minded parents! If you'd like to be a part of this, contact us or chat to us in the car park.

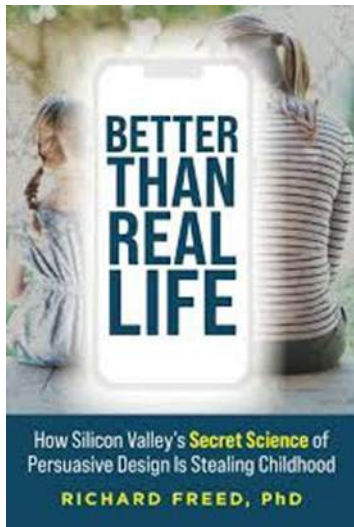
Lots of love,

Anna, Dunja, Karuna and Devon ♥



BETTER THAN REAL LIFE

Richard Freed PhD



Psychologist and author Richard Freed reveals in *Better Than Real Life* the untold story of Silicon Valley joining forces with world-leading psychology experts to create the hidden science of persuasive design that is pulling kids away from the real world onto screens.

The science is so powerful that it is able to persuade youth, at a genetic level, that sitting sedentary on social media, video games, and online video is better than running and playing, better than engaging with school, better than spending time with family.

Dr. Freed has devoted his career to revealing how Silicon Valley industry is using psychology—a discipline that we associate with healing—as a weapon against kids in order to pull them online and keep them there.

Robbed of the real-world lives that must be the foundation of childhood, our kids are suffering from epidemic levels of physical, psychological, and academic problems.

Who's protecting the kids? As a parent, an educator, a health-care provider, or other person involved in raising children, why aren't you being informed about the risks that supposed "child-safe" technologies pose to youth?

Why has the industry been able to steal so much of childhood with little to no resistance?

Freed shows that the leading pop-culture "health-based" institutions claiming to protect kids from unhealthy technology are actually aligned with industry, often financially, and act as promotional bodies for consumer tech products.

Freed uncovers how a small, privileged group of parents is providing their own kids a science-based low-screen childhood while the remainder of kids are

pushed toward a screen-cantered existence.

This is wrong. Science-based parenting must be made available to all families.

Better Than Real Life shows how we can provide our kids the healthy childhood they need—in the real world.

The book is now available on [Amazon.com](https://www.amazon.com).

Richard Freed, PhD, is a child and adolescent psychologist, author, and leading expert on how our kids' increasingly screen-focused lives affect their physical and mental health as well as academic success. His insights have been featured in the New York Times, Wall Street Journal, and other media outlets. He lives in Walnut Creek, California, and is the proud father of two daughters.

Contact information for Dr. Freed: To request an interview, book a speaking event, or read more about Freed's work, visit www.RichardFreed.com

Praise for Better Than Real Life

"This book will haunt you, but in all the best ways. It's not enough to know our kids are being tricked and manipulated, it's knowing how they are being tricked that will help parents—and kids themselves—make smarter screen-time decisions." —Victoria Dunckley, MD, integrative child psychiatrist and author of *Reset Your Child's Brain*

"Dr. Freed courageously exposes the 'puppet masters' hiding behind kids' screens, shedding light on how technology and gaming companies employ neuropsychologists and neuroscientists to implement manipulative designs in their digital products." —Andrew P. Doan, MPH, MD, PhD, neuroscientist and author of *Hooked on Games*

"This beautifully written and accessible book will give you calm, clear, and courageous information that cuts through profit-driven marketing, tech-industry manipulation, and media hype." —Kim John Payne, MEd, author of *Simplicity Parenting*, *The Soul of Discipline*, and *Emotionally Resilient Tweens and Teens*

NATIVE TREE NURSERY

Summer report and perspective of the native tree nursery

Dear School Community

After having cared for the little native tree children for a year, I am now in the process of trying to find new carers for them, since my path is leading me elsewhere, and I will not be around for quite some time.

It would be good for a small group of parents to take on this project together and share in the tree care with the perspective to work together with the Tasman Environmental Trust and plant the little trees out into the Te Mamatū project, where their further growth can be watched with pride and enjoyment, "Some of these are our trees!", the children can say, when they sit in their cars going on the highway between Tasman and Mapua towards Nelson. Thousands of native trees are already growing there despite hot and dry weather conditions. They have been planted by volunteers in the last three years in a project organised by Michael Markert, supported by Elliot Easton, and many volunteers.

So, from the Motueka Steiner School angle some volunteers are needed to see to it that the little trees are being watered (a sprinkler system is installed!), that they are not overgrown by weeds, and that the root trainers that have been growing in for a year now, are big enough. This is not a hard job, but it requires some continuity and consistent awareness. Otherwise, the little trees are well on their way.

Aside from the environmental perspective of the native trees, many trees are also planned for plantings on the school farm property. Among many other projects, Mihau, the new farm manager, wants to start growing a shelter belt for protection against spraying from the neighbouring orchards and is looking into the nursery for suitable plants.

If you are inspired to step into the picture and get involved for the future, please give me a call or get in touch by mail:

Edith Bulle (02 256 28571) or edith-bulle@gmail.com.

We can then organize to meet at the nursery soon! Thank you for your interest.

Edith

MRSST

Earth & Ether Market Garden

Kia ora koutou

We are Mihau and Valetta Sówka, parents of Rafael (Class 1), Lila (Kindergarten), and Zelia Rose. Mihau has stepped into the role of farm manager for the non-school-integrated farmland, and we're excited to announce a new initiative on behalf of the Motueka Rudolf Steiner School Trust (MRSST): the creation of a vibrant market garden to help the land reach its fruitful potential.

With a background in applied environmental science from Vienna University, Mihau's skillset spans regenerative practices including permaculture, biodynamics, bio-intensive gardening, and syntropic agroforestry. Valetta has a background in the arts and teaching and has worked overseas for various permaculture institutes. She is currently studying horticulture at NMIT. Since 2021, we've worked as a team running *Matariki Mushrooms*, focusing on native mushroom cultivation, education, and mycore mediation (using fungi to restore soil health).

Mushrooms will continue to be part of our offerings, alongside a diverse range of fresh, nutrient-dense, spray-free produce for school families and the wider community. We also plan to host workshops and events to share knowledge and grow connections.

We've named our project *Earth & Ether CSA*. CSA stands for *Community-Supported Agriculture*, a model where farmers and community support one another in partnership. *Earth & Ether* reflects Rudolf Steiner's vision of harmonising the physical and spiritual in cultivation, a principle that guides our work.

We're deeply grateful to the MRSST, especially Ian Dorney and Lachlan Grey, for their support and dedication in bringing this vision to life.

We will be updating via the newsletter our progress and how and when produce will be available later in the year. Stay connected as we grow!



PROPRIETORS TRUST

Bookarama Fundraiser



CALLING ALL HELPING HANDS!

Valetta Sówka has stepped up as this year's Bookarama coordinator, taking over from Peter Garlick. The event is set for **Sunday, April 13th** at the Motueka Recreation Centre—mark your calendars!

Got books to donate? We're still accepting them, so it's the perfect time for a home book clean-out! Plus, we're running a **coffee & cake stall** at the entrance to boost our fundraising efforts.

A huge thank you to everyone who's already volunteered for book sorting—we're all set there. Now, we just need a few more enthusiastic folks to make this event a success:

Roles We Need Filled:

- **Social Media Whiz** – Help post flyers online and keep our Bookarama Facebook page buzzing. (*Just 30-60 mins a week.*)
- **Muscle Crew (6 people)** – Help with setup (April 12) and pack-down (April 14). **Must be able to lift heavy boxes.** *Perks: First dibs on books + beer & chocolate!*
- **Event Cashiers/Helpers (4 people)** – Cover shifts from 8 AM–5 PM (with breaks). You'll handle cash and keep the book tables tidy. *Perks: Catered lunch + unlimited coffee/tea.*

Coffee & Cake Stall Team – Looking for one awesome, reliable person to co-organise this with Valetta, plus keen bakers to whip up treats (freezer-friendly bakes welcome in advance!).

KINDERGARTEN

Kia ora koutou,

A warm welcome back to the beginning of another year at Motueka Steiner Kindergarten! It has been wonderful to see familiar faces returning and to meet new families joining us. We are excited to journey together through the year ahead and look forward to all that 2025 will bring.

Our first-day-of-term picnic was a lovely way to reconnect and welcome new whānau. Thank you all for turning out and bringing your warmth and enthusiasm. The tamariki, kaiako, and parents alike enjoyed the time spent together. Your presence is what makes our kindergarten such a special place.

This year, we are focusing on fostering *manaakitanga*—nurturing a culture of care, kindness, and belonging, where everyone feels welcomed and at home. Community is at the heart of what we do, and we are excited about more opportunities to strengthen those connections, from whānau gatherings to shared experiences that bring us closer together.

We are incredibly grateful for our amazing team of kaiako (teachers), who bring so much heart and dedication to their work. Their creativity, warmth, and deep care for the tamariki ensure that the kindergarten is a safe and inspiring place to grow.

Ngā mihi nui,
The Kindergarten Team



COMMUNITY NOTICEBOARD

MRSST GUM FIREWOOD FOR SALE

Great time to stock up your wood supply for Winter 2025. MRSST has two piles of cut Gum on the School's seaview paddock. Price negotiable depending on your trailer or container size. To schedule a pick-up please email: accounts@mrsst.nz or call Mauricio on 021 173 1153

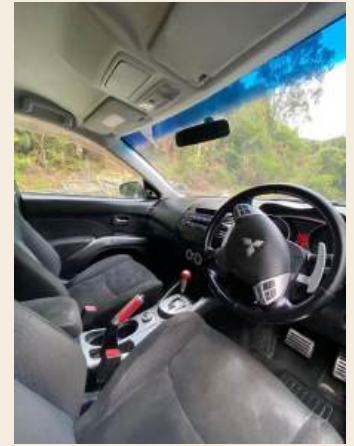
2 Bedroom house for rent



Two bedroom house available on an organic farm in a rural setting in Brooklyn Valley, 20 mins from Motueka. Car pooling available with a Steiner kindy family living next door. Available immediately. \$350p/w. Please contact Lucy on 0278723569 or lucy.stuthridge@gmail.com

Car for Sale

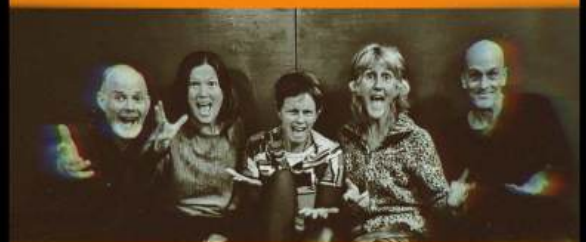
Make: Mitsubishi
Model: Outlander
Selective 2WD and 4WD
Vehicle year: 2008
Fuel type: petrol
Transmission: Auto and selective paddle shift
Number of seats: up to 7
Mileage: 195,271
WOF expiry: 17/06/25
Rego expiry: 01/03/25
Tow bar
Roof rack
Drives well on all surfaces
Has served us well for the last 12 years
Reason for selling: upgrading family car
Location: Marahau/Motueka
Price: \$ 7,000
Contact: Karen Church –
027 290 6469/WhatsApp



Playback Theatre Workshop

The Imaginarium Theatre
Saturday, February 22nd
10am - 3pm

With Tell Tales Collective



Book at Humanitix
Playback-Theatre-Workshop

Tell Tales Collective invites you to learn the ropes of Playback Theatre – improvised theatre based on stories from the audience. Whether you are an experienced performer, or just want to have fun... Come and play for a day!

Contribution \$30 - \$50 sliding scale

Email: ntabamama@gmail.com, ph. 027 4490 422, or book through Humanitix

MARCH WORKSHOP WEEKEND- MARCH 7TH, 8TH & 9TH 2025
MOTUEKA STEINER SCHOOL, 165 ROBINSON RD, LOWER MOTUERE
FACILITATOR'S SYNOPSIS

DR RENÉ DE MONCHY- Guest Speaker: 'WHAT DOES IT MEAN TO BE HUMAN?'

René was born and educated in the Netherlands. At age 12, René knew he wanted to be a doctor and work in Africa. After his medical studies, however, destiny had him going with his family to New Zealand instead. He met an experienced Anthroposophical doctor, Dr Friedlander, who lived nearby. That encounter changed his life. As a father of five all going through Steiner education, René started his own holistic anthroposophical GP practice. He worked for 26 years and was also very active in many aspects of life. At the age of fifty he finally got to experience living and working in the bush in rural Africa.

He is now a consultant psychiatrist in Tauranga.

PENELOPE SNOWDON-LAIT - DRAMA/SPEECH/ THERAPIST
'SPEAKING THE FOUNDATION STONE MEDITATION'

Through movement and speech exercises we will tune into our bodies and our instrument for speaking as a preparation for speaking this mighty meditation. Penelope earned a BA hons GB, Acting diploma Mountview Theatre London, Speech diploma and Speech Therapy diploma.

SIMONE HAMBLETT - CURATIVE EURYTHMY
'SOCIAL EURYTHMY'

Eurythmy, as visible speech, helps us bring consciousness into our movements, nourish the soul, and build a bridge to the spiritual world. In this process, we may deepen the connection to ourselves, and fellow human beings and feel embedded within and united with the world as a whole. Simone graduated from the Helicon Hoogeschool for Eurythmy in The Hague and did some performance Eurythmy. Since 1999 she taught at Steiner School in Christchurch and Hohepa Homes. In 2014 Simone completed the Eurythmy Therapy Training and worked as a therapist at Helios Medical Centre in Christchurch. As well as teaching adult courses and as a guest tutor at various Steiner schools, she now holds online Eurythmy courses. At present Simone is into social Eurythmy to bring people together and build communities.

EDITH BULLE - SPECIAL NEEDS EDUCATOR
'BACK TO THE BEGINNING'

An introduction to early child development, starting in utero. Including the role parents/carers and teachers play in helping the infant/child become independent in exploring his/her movements and surroundings. Edith obtained a MA in Special Education teaching, MA in Disability and Inclusion Studies and Steiner teacher training diploma. She worked for forty years as class and gardening teacher in Germany at the Steiner High School for Special Education and has founded Steiner Schools and Kindergarten. In South Australia Edith was a Learning Support Coordinator and teacher trainer in various Steiner Schools around the world.

KARIN CROLL - SPEECH THERAPY
'WHAT RESOUNDS THROUGH HUMAN SPEAKING?'

We will explore the art of Speech formation, through exercises and poetry; how our body, the instrument of our being, is created out of the same laws as our speaking and language. After Steiner school, Karin did a seamstress training. In 1989 graduated with a Speech / Drama diploma from the Goetheanum in Dornach. Then in 2002 she received a diploma in Speech Therapy. Karin worked several years in private practice, in Steiner Schools and for Special Needs people. In the last sixteen years she toured the world as speaker to The Light Eurythmy Group.

BRIGITTE FISCHER - CURATIVE EURYTHMY
'EURYTHMY MEDITATIONS'

We will explore the theme of 'What Does It Mean To Be Human' with meditative Eurythmy movements. Some of the basic exercises will be our guide to help us deepen the experience of the etheric, the life force energy which is the basis of all life and wellbeing. Please wear comfortable clothes and be prepared to move ideally with socks or very soft soled shoes. Teaching Eurythmy has been Brigitte's passion and profession for close to thirty years. The last ten years have been dedicated mostly to Eurythmy Therapy, some artistic work and teaching workshops. Since arriving in Golden Bay from Auckland two and a half years ago, the therapy work has become her main focus.

HILDA MAZZA - ANTHROPOSOPHICAL NURSE
'HOW TO USHER IN GOOD HEALTH'

We will be looking at the life and soul stages of development from childhood onwards. What supports health and a healthy development? Included will be active participation as we learn about Dr Steiner's therapies. He developed with Dr Wegman therapies that strengthen the etheric body / life force, to promote self healing and wellbeing. Hilda trained as a Registered Nurse and received her BS in Nursing, in California. She worked for thirty years in emergency care and hospice. After moving to New Zealand she obtained from Taruna in Havelock North her Anthroposophical Nurse diploma.

WARWICK SANDLER - STEINER EDUCATOR
'NAKED APE OR DIVINE ANGEL?'

The eternal struggle within the soul to find who and what we really are in this contemporary age of materialism. A huge task! Addressing some misguided myths driven by science. By clearing the air and finding a freer way of thinking, we may be able to be more ready to find our paths towards our True Self. Warwick taught senior biology in State and Waldorf Schools. He has a postgraduate in microbiology and in teaching sexuality for pubescent children.

Author of books -Story Poems for Children and The Epistle of Sex.

TREVOR CROLL - CHOREOCOSMOS/ School of Cosmic and Sacred Dance
'AWAKENING OUR UNDERSTANDING OF THE STARRY HEAVENS ABOVE AND THE EARTH MOTHER BELOW'

We will practice threefold walking and prayer sequences in Eurythmy gestures, as part of the Shambala Path developed by Robert Powell, co-founder of the Sophia Foundation. The Shambala Path is a path of ever deepening love towards the Earth mother in the heart of the earth. As well as seeking an understanding of the Sophia Being and our connection to the stars. Trevor explored the quality of movement throughout his life. At the age of fifteen he attained his black belt in Judo. Later in life he became a yoga teacher and flight steward for thirteen years. He also trained in Bothmer Gymnastics and Presselmassage. In 1995 Trevor graduated in Social Therapy and worked for many years with Special Needs people. He did many years of Eurythmy and Curative Eurythmy. Recently, graduated in Choreocosmos from the school of cosmic and sacred dance.

GITA KRENEK - BIODYNAMICS
'BIODYNAMICS: TAKING ORGANICS TO THE NEXT LEVEL'

Gita will introduce the basic concepts underlying the biodynamic approach to farming and gardening. Followed by some hands-on work with the biodynamic soil and plant preparations. She will talk about how biodynamics can change you as a person, and change the way you relate to your land. Where do we, as humans, fit into the interlocking jigsaw puzzle that is our world? Is there a living conversation that human beings can consciously have with the land? Gita has been involved in biodynamics since 1980, when she and her husband took over a large sheep farm in North Canterbury and converted it to a biodynamic farm. Now retired to Golden Bay since 2019, Gita takes care of a large vegetable garden and some fruit trees. She can be reached at gitakrenek@gmail.com

THE MOTUEKA/NELSON ANTHROPOSOPHICAL GROUP

warmly invites you to an evening talk with
Dr Renē De Monchy
on the theme:

'WHAT DOES IT MEAN TO BE HUMAN?'

this fits well with Renē's personal motto:

"If in doubt, be human"

Venue: Motueka Steiner School

165 Robinson Rd, Lower Moutere

Time: Friday 7th March, at 7.00 pm

KOHA

we ask for a koha to help cover travel expenses



THE MOTUEKA/NELSON ANTHROPOSOPHICAL GROUP

warmly invites you to March Workshop Weekend
Motueka Steiner School, 165 Robinson Rd, Lower Moutere
SATURDAY MARCH 8TH 2025- 9.00 am - 2.00 pm



'WHAT DOES IT MEAN TO BE HUMAN?'

Coffee and tea provided, please bring a morning tea plate to share

Koha for each workshop

Book your workshops choices with Hilda Mazza - HMazza@gmail.com
before February 21st, 2025. Limited space

SESSION ONE: 9.15 am - 10.30 am, choose one workshop

1. 'Speaking the Foundation Stone Meditation' Penelope Snowdon-Lait,
Drama/Speech/ Therapy

2. 'Social Eurythmy' Simone Hamblett, Curative Eurythmy

3. 'Back to the Beginning' Edith Bulle, Special Needs Educator

SESSION TWO: 11.00 am - 12.15 pm, choose one workshop

4. 'What Resounds Through Human Speaking?' Karin Croll, Speech Therapy

5. 'Eurythmy Meditations' Brigitte Fischer, Curative Eurythmy

6. 'How to Usher in Good Health' Hilda Mazza, Anthroposophical Nurse

SESSION THREE: 12.15 pm - 1.45 pm, choose one workshop

7. 'Naked Ape or Divine Angel?' Warwick Sandler, Steiner Educator

8. 'Awakening Our Understanding of the Starry Heavens Above and the Earth
Mother Below' Trevor Croll, Coreocosmos/Eurythmy

9. 'Biodynamics: Taking Organics to the Next Level' Gita Krenek, Biodynamics

MOTUEKA/NELSON ANTHROPOSOPHICAL GROUP

warmly invites you to celebrate Rudolf Steiner's Life
Motueka Steiner School, 165 Robinson Rd. Lower Moutere

'WHAT DOES IT MEAN TO BE HUMAN?'

Sunday March 9th 2025 9.00am - 10.30am

'CELEBRATION OF RUDOLF STEINER'S CONTRIBUTION TO THE HUMAN JOURNEY-
100TH YEAR OF HIS DEATH'

The festive programme includes music, poetry, his biography, presentations and Eurythmy



11.30a - 1.00p Eurythmy workshop TBA

Coffee and tea provided, please bring a morning tea plate to share. Contact Hilda Mazza- HMazza@gmail.com **RSVP**
KOHA for each event

Kia ora

I wanted to share details of a **9-week course** that may be of interest to your school community—both parents and teachers.

It offers an insightful and beginner-friendly exploration of **the spiritual and material evolution of the Earth and human consciousness**, core anthroposophical principles that underpin Waldorf education.

It's one of my favourite anthroposophical courses, and Cleone, the teacher, is a wonderful guide. I help run the online side of the course, so I'll be there too!

If you feel it's relevant, I'd love for you to pass it on to your community. Or place it in your community newsletter? Here are the details:

Evolutionary Stages of the Earth and Human Consciousness

9-week lecture series + optional art experience

Feb 11 – Apr 8, 2025 | \$170 lectures | \$230 including art

Attend online or in person in Hastings, NZ

Access the online course with lecture recordings and notes anytime

Free lesson preview & more details:

<https://anthro.thinkific.com>

Thanks for your time, and please feel free to reach out if you have any questions!

Warmly,
Amaali

Incredible Years Parenting Programme



 **Pūtangitangi Greenmeadows
Centre, Main Road Stoke, Stoke,
Nelson**

 **Wednesday 12 March -
Wednesday 25 June 2025**

Held every Wednesday.

A two-week break occurs during school
holidays - 16th and 23rd April 2025.

6.00pm - 8.30pm

This course is suitable for parents/carers of children aged three-to-eight years.

Incredible Years is a free 14-week
programme for parents and caregivers of
children aged three-to-eight years old,
to grow their positive parenting skills.

It provides practical help and support
focused on:

- enhancing children's social skills
- child-led play
- using praise and enhancing positive
behaviours
- establishing routines
- setting clear rules and boundaries.

The purpose of this course is to resource
parents and caregivers with tools to
understand their children's behaviour and
development, promote positive parenting
and healthy communication within the
family.

If transport or childcare is a barrier, please let us know as we may be able to help with this.

If you would like any more information please contact Barnardos.

 1/186 Queen Street, Richmond, Nelson  nelson@barnardos.org.nz
 barnardos.org.nz  03 539 0019

Kia eke ai te hunga taitamariki ki ngā rangi tūhāhā



Atamai Heritage Orchard

Providing fresh, local, tree-ripened fruit
grown using organic practices

Atamai Heritage Orchard, nestled in the Motueka Valley
on Mytton Heights Road, cultivates a diverse mix of
heritage fruit varieties. Our high organic matter soil,
enhanced with organic fertilisers, produces fruit that is
nutrient-dense and delicious.

You can buy directly from our fruit stall on Mytton Heights
Road or by contacting: atamai.contact@gmail.com



Love to paint & create



Afterschool Kids Art Classes & Events

Held at our new Studio Gallery, Ground Floor, Sprig & Fern Building
67 Aranui Road, Mapua

Classes for the Term start Monday 11th February 2025 3-5pm



Art & Craft Club

Monday-Friday 3pm-5pm
Select a day afterschool
Bookings for Term 1 x 9
weeks @ \$30 = \$270
Ideal for budding creatives
with a genuine interest to
create & have fun!
Afternoon tea pre-orders
avail from restaurant



Teenagers T-Shirt Workshop

Thursdays 5-7pm
Bookings for the Term x 9
weeks \$315 @ \$35 = \$315
Design & create your own
T-shirt every week.
Great social vibe, snacks &
beverages can be ordered
from restaurant at break.



Kids/Teenagers Birthday Parties

Saturdays & Sundays
10-11.30 or 12 - 1.30pm
1.5 hrs bookings essential
Bring your cake & presents
Party food can be arranged
prior from restaurant.
10 guests \$300.
Parent must be present.

Homeschooling Classes also available during the day

Book: 021 2788463 (021 ARTVINE)

bookings@artvine.co.nz

Like to dance?



Would you like to try something new?

Have-a-go classes

being run for children by the

Motueka Scottish Country Dancing

Club on Wednesday

12th, 19th and 26th February 2025

4-5pm Lower Moutere Community
Hall.

For further details please contact

Fay on 021 039 3559 or email

motueka@dancescottish.org.nz

Gold coin donation.

No special clothes or previous experience
required, and you don't need to be Scottish!

MOTUEKA



REPAIR CAFE

AT THE MOTUEKA LIBRARY

Bring your mending, electrical goods, toys, etc, for fixing. Our volunteers may be able to help.

REDUCE WASTE & SAVE



15 FEB

10am - 1pm

WIM HOF METHOD

WIM HOF METHOD 2025 OFFERINGS

Come and join us this year as we explore the practice and benefits of the WHM.

WORKSHOPS

FUNDAMENTALS: 22 FEB; 10 MAY; 7 JUNE; 26 JULY - (9AM - 1PM).
ADVANCED: 29 MARCH; 13 SEPT - (9AM - 3PM).
WEEKEND: 23/24 AUGUST (TBC).

GROUP COURSE

ONE 90 MINUTE CLASS FOR 6 WEEKS: EXPLORING THE BREATH, MIND AND COLD. MARCH - APRIL. DATES AND TIMES TO BE CONFIRMED. PLEASE CONTACT US IF INTERESTED.

WEEKLY CLASS

WEDNESDAY EVENING 1 HOUR CLASSES (6 - 7PM).
MUST HAVE PRIOR WIM HOF METHOD BREATHING EXPERIENCE.

PRIVATE CLASS - \$300 (1-2 PERSONS)
GROUP / CORPORATE BOOKINGS ON DEMAND
- \$120 PP (5 PERSON MINIMUM)

WORKSHOPS AND CLASSES ARE HELD AT THE STUDIO IN KINA BEACH.
PRIVATE AND GROUP SESSIONS CAN BE ORGANISED REMOTELY

CONTACT DETAILS, BOOKINGS AND INFORMATION:
HELLO@SAGEHEALTH.CO.NZ
[HTTPS://WWW.WIMHOFMETHOD.COM/INSTRUCTORS/TIMOTHY-FORD-1](https://www.wimhofmethod.com/instructors/timothy-ford-1)

SHOW YOUR LOVE WITH...

Zumba for a cause!

Saturday 15th February
Motueka Memorial Hall
5pm-6:30pm (Doors open at 4:30pm)

Dance with us to raise funds to provide free counselling for our local wāhine

Base ticket price is \$15
Koha is greatly appreciated as all proceeds go to Women's Support Motueka

Dress code: Valentines
Think pink, hearts, red and love

There will be spot prizes and a raffle

Bring cash for door sales and raffle
Contact EJ ZUMBA Motueka on Facebook to secure a ticket

EJ
ZUMBA

Women's Support
MOTUEKA

Karen Church



Massage Therapy & Wellness Coaching

*Experienced, qualified massage therapist, I.T.E.C
Alleviate pain, restore balance, enhance wellbeing*

Personalised Treatments Include:

- Self Massage Coaching & Workshops
- Deep Tissue Massage
- Holistic Relaxation Massage
- Abdominal Massage
- Pregnancy Massage
- Injury Prevention and Rehabilitation
- Pulsing
- Trigger Point Therapy
- Emotional Healing



027 2906 469

karenmassage@outlook.co.nz