

FROM THE PRINCIPAL'S DESK



*If ever there were
a spring day so perfect,
so uplifted by a warm
intermittent breeze
that it made you want
to throw open all the
windows in the house...
well, today is just that
kind of day.*

Billy Collins

Kia ora e te whānau

As you know, I attended the biannual Steiner Principals' hui in Taupo last week. The revised and updated SEANZ Steiner/Waldorf curriculum was confirmed as the official curriculum for Aotearoa New Zealand, and all schools are expected to use this curriculum for planning and implementation. We discussed the recent updates on the new curricula as announced by the MoE. We will work towards implementing this in our schools within the parameters of Steiner education. Agreement has been reached regarding a national induction programme for teachers new to Steiner education. This programme will be conducted in-house by the individual schools. We also approved our workplan for 2025 and look forward to continuing our work together as Steiner principals within the context of Aotearoa New Zealand.

If you have not yet signed up to help at the *Spring Fair*, please do so here: <https://signup.zone/xNGrqRdJdAjKJWdkp> Our *working bee* to prepare the campus for the Spring Fair is on Sunday 10 November. Please look out for further information from the office

regarding the tasks that need to be completed.

E hāra taku toa i te toa takitahi, he toa takitini

Ngā mihi

Elizabeth



Confirmed Staffing 2025

Kohatu	Lotti Henehan: Helen Webster
Class 1 and 2	Yolande Terry
Class 3 and 4	Blessing Biran
Class 5 and 6	TBC
Class 7	Paula Finch
Handwork	Davina Clarke
Farm to Table	Jolie Simpson
Outdoor Classroom	Lindsey Ellison Jamie Nicoll
Teacher Aides and Learning Support	Yuki Bier; Lis McCracken
Administrative Staff	Sorie Stone; Tracey Wood
Caretaker	Richard Bier

Term 4 dates

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

Sunday 10 November

Monday 11 November

Saturday 16 November

Sunday 17 November

Monday 18 November

Friday 13 December

Working Bee

Sports Day

Fair Set-Up Day

SPRING FAIR

TOD/Post-Fair Tidy

End of year Assembly and Graduation

9:00 am-3:00 pm

11:30am ~

9:30 am ~

10:00 am ~ 4:00pm

No School

CLASSROOM CORNER

CLASS 2 AND 3

Mahana started the term with a fabulous visit from 'Marine Maestro' Richard de Hamel who taught us about the seashore and seashore creatures. He told us how their placement on the shore shows us how much oxygen or water they need and he dressed us up in all manner of crazy hats that he made himself with beautifully sculpted sea creatures on them.



Then, off to the beach we went! The children loved rediscovering all the myriad creatures that live on rocks and in rock pools, and also digging trenches in the sand and drawing sand murals!

Blessing



OUTDOOR CLASSROOM



In the outdoor classroom we have started working in the new forge area. Changing the shape of metal using hot fire and human force is a process that aims to meet the developmental stage of the seniors who are about to move off into high school. It is hot, noisy and exciting work and watching this class work so well together as a team in this space has been amazing. It has been a couple of years in planning so to see the students actually getting to grips with all the safety equipment and managing the fire and the space has been a highlight of my time with them. I'm looking forward to watching their projects emerge. A massive thanks to Chris (parent) for making the forge and Jamie for organising the blowers and sharing his forging skills with us.

Lindsey



INTERNATIONAL STUDENTS



TREE PLANTING

Traditionally out International Student Families get the opportunity to plant a tree on our School Land.

This gives the families the opportunity 'to leave something behind' when traveling back to their home countries, to contribute to the school community, to have something to come back to, and also to create a connection between the two sides of the world between their home and us: the trees remind us of our visitors, and the roots of the trees grow towards them.

This time Moana and Leilani with their mum Wibke got to plant their trees, a Kōwhai and a Pōhutukawa, early during their time at MSS.

An Ex-International-Family, Suzan and Friedrich with Marcel who are currently travelling through Aotearoa joined in and finally got to plant their tree after missing out in March 2020, when they had to leave the country in a hurry because of Covid regulations.

Moana and Leilani are enjoying looking after their trees during their time with us!

A warm THANK YOU to both families from all of us for donating and planting your trees on our land!

Konstanca

International Student Liaison

SCHOOL NOTICES

TERM DATES 2025

There has been a slight change in our 2025 term dates—First day of school is Tuesday 4 February as

Monday is Nelson Anniversary Day. For more information please visit:

<https://motuekasteinerschool.nz/a/smXAzZG>

TERM 4 COMMUNITY SURVEY

This term's community survey is on Effective Teaching.

<https://forms.gle/Bu6ccEEx2XWhUxdm7>

Your feedback is much appreciated .

WORKSHOP

**The human being between
earth and cosmos and all
that is around and within**

Penelope Snowdon-Lait from Christchurch and around the world is offering this workshop for teachers, parents, young and older adults from the wider community.

We will explore the elements of earth, water, air and fire, and the human temperaments: melancholic, phlegmatic, sanguine, choleric.

The approach will be through movement, colour, sound and excerpts from literature.

Friday 8 November: 7 to 9 pm
Saturday 9 November: 9.30 to 12.30
Venue: Motueka Steiner School

Suggested donation \$50 (you are welcome to give more or less)

You can contact Penelope for more information on: 022 093 1098
penelope.snowdon.lait@gmail.com

To register for the workshop please sign up here: <https://signup.zone/285FQuuG9KtBuESqH>

SPRING FAIR 2024

The Spring Fair Steering Group and the Proprietors' Trust hosted a community meeting on Monday focused on planning for the Fair. It was great to see such a healthy turnout and a spirit of constructive collaboration on the remaining tasks to get us over the line on 17 November. We are well placed for a successful Fair, but need all hands to the pump as much as possible at the following key events.

Working Bee

Sunday 10 November, 9am – 3pm

This will be a chance to get the campus looking its best for the Fair, and get ahead of a few jobs to make set-up day less busy. There will be jobs big and small for all capabilities. Please sign up here:

<https://signup.zone/DZC6gKKMTbtgWufF8>

Health and Safety online induction

Sunday 10 November, 8pm

Area coordinators and other volunteers in key roles with health and safety responsibilities will receive a separate invitation and information pack, but this is open to any interested volunteers through the log-in details below.

Platform: Zoom
Meeting ID: 407 750 9300
Passcode: 196500

Set-up Day

Saturday 16 November, 9am onwards

Please set aside time to help with set-up day. There are dozens of gazebos/marquees/tents to erect, along with decorations to hang, tables to move etc. Please indicate your intent to be involved on the sign up sheet ("Other including set up/pack down" tab).

<https://signup.zone/xNGRqRdJdAjKJWdkp>

Finally, a few other key messages:

- We have a full list of volunteers for the medieval games, but we are still looking for someone to put their hand up as overall games co-ordinator. This will not be an overly onerous task – it will just require a chat with last year's coordinator, attendance at the health and safety induction, and a willingness to act as the point of contact on the Fair day itself.
- Please bear in mind that on Fair day there is a separate parking area for volunteers in the vicinity of the gum tree. Please use this area if possible.
- We have a great list of cake and salad donations on the sign-up sheet, but can always use more. Please add your name if you can provide something on the day. Dishes should be clearly labelled (ingredients and maker).
- If you expect to incur expenses that you will want to be refunded, please contact accounts@mssproprietors.nz to discuss pre-approval before they are incurred.

Thank you for all that you are doing to make the Fair memorable for our children, and to support the special character of our school.



Student Art Exhibition

The student pictures are now ready to exhibit, and soon Sorie will send a visual of your child's picture so you can forward it to whanau to sponsor them in their exhibition!

The exhibition will be set up in the new kindy building open from 10-4 on the fair day. The students' pictures will be handed back in the week after to take home!

We do need more volunteers to monitor this space during the day. Let us know if you can help.

Art Auction

In the same room the artwork for the Art auction will be displayed and auctioned off at 1.30. Pre bids and registration is able prior to the sale! We have now up to 20 pieces to sell!

Thank you for your support on this new spring fair venture.

Fred Robertson, Hilda Mazza, Pieter Swanepoel.



Artwork by Katie Gold (left) and Nick Duval-Smith (right)



MOTUEKA STEINER SCHOOL BOARD OF TRUSTEES

Kia ora koutou

The Board of Trustees most recently met on Tuesday 5 November with a full agenda. Among other things the Board discussed staffing, budget recommendations for 2025 and the plans this term for our tamariki in the curriculum area of sports.

There have been some changes to who is on the Board. Benjamin Rudolph and Megan Savageau have stepped down for personal reasons. We thank both Benjamin and Megan for their contributions. Both were Proprietors' Trust (PT) nominees and the PT has appointed Philippa Treerise in one of these positions. We welcomed Philippa at our recent meeting.

The Board has recently addressed an action by some members of our community expressing dissatisfaction in the school's management. The Board received four communications of this nature and considered these and other contrary views at our recent meeting, then communicated its response to the people concerned. The Board has full confidence in the school's management and staff.

Finally the Board would like to acknowledge the mahi of all of our school staff. It's become clear to us as a relatively new Board that at a small school like ours the staff go above and beyond in their efforts to create an environment that allows for the positive growth and development of our children.

Nga mihi nui

MSS Board of Trustees

PROPRIETORS TRUST COMMUNITY SUPPORT FUND 2025

Applications are now open to the Community Support Fund for 2025. The purpose of the fund is to enable students to attend the school from families who would otherwise not be able to afford the Attendance Dues or who would be put into hardship by the fees. The main source of funding into the fund comes from donations and fundraising. Contact the Proprietors Trust to receive an application form office@mssproprietors.nz. Applications for assistance in 2025 close on 30 November 2024.

KINDERGARTEN

The kindergarten has been buzzing with activities this term! With the spring having fully landed, we are doing a lot of nature-based learning and spending lots of time getting to know our plants, tending the garden, and planting vegetables and flowers. The tamariki are so curious and engaged as they explore our beautiful environment. It's quite exciting having our first spring on the farm and seeing how much the garden has changed in the short time we've been here. Many thanks especially to our kaiako with the green thumbs!

Thank you for ensuring that your children have sunhats, layers and plenty of spare clothes to facilitate their full engagement in our outside play.

Much gratitude to you all for being part of our wonderful community. We look forward to the rest of the term ahead together.

Amy Weber

Team Leader

Motueka Steiner Kindergarten



Susan R. Johnson MD, FAAP, 2/3/2000 (rev 3/8/09)
www.youandyourchildshealth.org

I still struggle getting my almost 7 year old son asleep by 8:00. It seems there is a magic window. If we eat by 5:00 and I start slowing down his activities by 6:00 then there is a good chance that he will fall to sleep soon after reading stories at 7:30. If I don't have dinner ready until 6:00 or 7:00 and slow down doesn't begin until 8:00 or 8:30 then my son seems to get a second wind that keeps him awake and active til 10:00 or 10:30 at night. The next day is difficult for him. It is hard for him to get up, eat breakfast, and get to school on time. He is tired and more irritable the entire day. What is happening?

If you go to see an anthroposophical physician with these complaints, then chances are your child will end up with a remedy for the liver. Often *Hepatodoron* (made from the leaves of the vine, *Vitis vinifera*, and the wild strawberry, *Fragaria vesca*) is given. It seems that the liver is involved in our ability to have a good nights sleep. It regulates our energy level for the next day and relates to our overall feelings of contentment or depression. The liver follows the cycle of the sun. Around 6:00 in the evening it wants to go to sleep and starts to store up the sugars (glycogen) to be used for the next day. It doesn't want to process any big meals (especially ones high in protein or fat after 3 pm).

When our children (and us) stay up late at night we affect the liver's metabolism. It can no longer simply store sugar. Our body, by being awake and active, needs sugar in the blood stream and so we force the liver to reverse its process and breakdown glycogen to provide this sugar. We get a second wind, a burst of sugar in our blood stream, and yet we are really depleting our energy for the next day. Our liver can't store up the glycogen it needs for the next day and so the next day we have a liver that is depleted of glycogen. Our body THEN requires us to release stress hormones from our adrenal glands to keep us functioning. These hormones act to provide more sugar in the blood, but they also accelerate our heart rate, increase our blood pressure, and suppress our immunity (we get colds more easily). You can tell when stress hormones are acting since one also develops cold hands and cold feet during the day from the vasoconstriction of the blood vessels to the hands and feet.

The combination of stress hormones and too little glycogen in the liver makes us develop a craving for sugar. When we eat something really sweet (like candy or cookies), especially on an empty stomach, the excess load of sugar over stimulates our pancreas to produce too much of another hormone, insulin. Too much insulin causes our cells to take up or absorb too much sugar so that there isn't much sugar left in our blood. We become hypoglycemic with a low blood sugar. We feel tired, irritable and lightheaded and, for children, their body movements become more impulsive and overactive (less purposeful). Being hypoglycemic makes us crave sugar again and the whole process repeats itself throughout the entire day.

Some children and adults are more sensitive to these changes than others. Their pancreas may release more insulin in response to sugar. Some children and adults release more stress hormones in response to sleep deprivation, but this physiologic response occurs in all of us. For children that are already very active and have difficulties paying attention in school, going to bed early and cutting down on sugar really can help the child and family function better.

They say that any sleep you get before midnight is restorative and counts for double, and therefore it is far better to go to bed early (7:00 to 8:00 for a young school-age child and 9:00 to 10:00 for an adult) and wake up early to get your work done. Maybe this is the truth in that saying by Benjamin Franklin: Early to bed, early to rise, makes (one) healthy, wealthy, and wise.

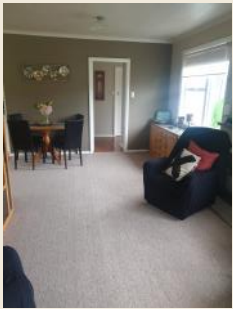
COMMUNITY NOTICEBOARD

2 bedroom unit available to rent in Thorp Street

Update: Available from 31 November

Fully furnished with heat pump and fire. All linen provided. Gas, power, rubbish, water, gardens and internet included. Has plenty of room for parking. Storage shed. Situated in quiet back section 3/4 acre. With fruit trees, veggie garden, etc.

It has a queen bedroom. And a double bunk bedroom. So would be suitable up to a family of four. The rental would be \$ 610.00 per week.



Bond of 2 weeks rent and then rent to be paid weekly in advance. Contact: kcsthe.one1@gmail.com

Holiday House, Waimarama, Hawkes Bay

Available December, January and February
Escape to a charming, hand-built strawbale house with recycled, shabby chic décor. Nestled in a 9-hectare, spray-free, regenerating wilderness garden with abundant wildlife, this peaceful retreat offers off-grid (solar) living with wonderful views of the ocean and hills.

- Spacious open-plan living area and large sunny verandas
- 3 double bedrooms plus a sunroom on the veranda (sleeps 8)
- 1 large bathroom
- Eco friendly
- Just 20 minutes from Havelock North and 10 minutes to nearby beaches, rivers, and bush reserves.

Rates: \$325 per night, 3-night minimum.
Call 0272633735 for information and bookings.

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

News from the Komitimiti Team

Dear friends and supporters of the Komitimiti Project

Our community hub is thriving and evolving as we are working our way through the challenges of running a Café and organising events to bring the community together. Thanks to our amazing staff and all our wonderful volunteers, we have survived the quiet winter times and are now preparing for a busy summer season.

We are happy to announce that we have found a new chef! Lenny will hold this important space in the kitchen with the great support from Leenas and Frank.

Together they will continue to create beautiful, nutritious meals at affordable prices. A wide selection of yummy home-made baking to go with your coffee and tea is provided by our friendly front staff Lisa, Selina and our volunteers.



Our cultural community meals on Friday evenings are growing in popularity, with many families coming together to enjoy the ambience of sharing great food and company while listening to live music from local musicians. Dinner starts at 5pm, adults \$10 and \$5 for kids over 6yrs. Music starts around 6.30pm with a variety of local artists providing entertainment.

Another exciting initiative has just started in the Komitimiti hub on Mondays. **The Ako Collective**, a group of enthusiastic home-schoolers are coming together to create an innovative learning space for their children where the kids explore the joys of being together in an environment of free play while engaging in many different activities of their choice. For more information contact Verena on 0211449513

Café opening times: Friday 10 am to 8.30pm, Saturday and Sunday 10am to 4pm

Upcoming events:

Friday, 1st November: Indian dinner provided Navtej Vincent Dhillon, musical entertainment by young amazing local singer/songwriter KC PENELOMAY

Friday, 15th November: Our first kids open mic. We are very excited about this idea and invite children who are keen to perform to get in touch with Verena or just join spontaneously.

Friday, 22nd November: Open mic with Florian and supporters. Come along and share your songs with a backing band.

Friday, 29th November: Hila and friends will share and teach Brazilian rhythms and songs.

For more information about events, check out our Facebook page and come along to enjoy the ambience of the Riverside Café.

We are looking forward to your visit.

Aroha nui from the Komitimiti team

