



MOUNT BARKER
WALDORF SCHOOL

Term 1
Week 1 – 2025
Newsletter

From the Principal

Dear Mount Barker Waldorf School Community,

Welcome back to 2025! While the start of the year is set to be hot and we will start slowly to make sure we don't over-exert in the heat, we are also excited to be back and learning again.

This year, the theme of the teachers' conference was 'The Courage to Teach', and we spent three days last week with keynote lectures, workshops and meetings, discovering the many aspects of courage in our Waldorf Education. Our teachers were taken through exercises to support their inner development, and ways in which they can grow. These will have direct impact on the classroom, and we are supporting all our teachers and support staff to have the courage to be what our school and students need from them. A daunting task which will need support from all of us.

Courage is also something that we talked about in our work with Virginia Moller as we discussed the values that live within our school. Virginia was here to start the strategic planning process for our school.

What is a Strategic Plan? It is something that guides the medium to long-term direction of the school. It is aspirational, while also being real. It sits underneath our Mission/Vision, Purpose and Values, so it is not something that can radically alter what our school is about – Waldorf Education – but it is something that can help us to become better and to understand what that might look like. Through the process we hope to surface what is living within our school and what it is that we do well, as well as recognising that which we can do better.

As part of understanding where we are as a school, we need to hear from as many people as possible. While Virginia was here, we met with a group of parents who came to give us some insight into their experience of our school. Out of this discussion we refined a survey for all parents that will help us to understand our school from your perspective. We would like everyone to participate in this survey as it is important for us to hear all voices to truly be able to surface what is living. Please [use this link](#) to the survey (all responses are anonymous).

I look forward to a slow and measured week in the heat – keep cool wherever you are.

Kind regards,
Liam Waterford, Principal

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Mount Barker SA 5251

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mbws.sa.edu.au

Key dates this week

Friday 31 January

School start for High School

All school starts Monday 3 February

Monday 3 February

Rose Ceremony

MBWS Oval

9.15am - 10.45am

Class 12 SCUBA Camp

Edithburgh, SA

3 - 7 February 2025

Wednesday 5 February

Nightingale Parent/Teacher Meeting

Nightingale Kindergarten

7pm-8pm

Saturday 8 February

Nightingale Kindy Working Bee

Nightingale Kindergarten

9.30am - 11.30am

OSHC

Monday-Friday AM

6.30am-School start
(\$20 flat rate)

Monday-Friday PM

School finish-6.00pm
(\$30 flat rate)

To book, please email
oshc@mbws.sa.edu.au

TERM 1

Monday 3 February to
Friday 11 April

Last day of term 12.30pm finish

Cover Image: 2024 Summer Festival, Bush Kindy

Online Steiner Education

MELBOURNE
RUDOLF
STEINER
SEMINAR
50 years of teacher training



Nourishing and Supporting Family Life

Term 2 online course - 10 May to 14 June, 2025
Saturday mornings 10.00 - 11.00am

The early years of a child's life are crucial for laying the foundation for the future development of the child's mind, body, and soul. The home environment can be a safe and reassuring place to grow a healthy body, learn about the world, foster capacities for curiosity and imagination, and educate the heart.

This short course is for parents and carers with young children up to the age of 4 years old. We will explore the importance of family culture, rhythm, play, storytelling, music and festivals to nurture the young child and support healthy development through a warm and nourishing home life. The weekly sessions run over 6 Saturday mornings from 10.00 – 11.00am Melbourne time. **Click the pink box to enrol and for further information.**

Upcoming important dates

Monday 10 February

Class 6 Parent/Teacher Meeting
Classroom
6pm-7pm

Tuesday 11 February

Class 3 Parent/Teacher Meeting
Classroom
7pm-8pm

Class 7 Parent/Teacher Meeting
Classroom
7pm-8.30pm

Thursday 13 February

Class 8 Parent/Teacher Meeting
Classroom
6pm-7pm

Class 4 Parent/Teacher Meeting
Classroom
7pm-8pm



Eurythmy for adults

Mondays
9.15am - 10.15am

NEW TIME



Friends of the Plant Nursery

Tuesdays:
9.15–10.45am

Meet at School
Plant Nursery

NEW DAY



Beehive

Wednesdays
9–11am: Cafe & Shop

Fridays
9–11am: Craft for
beginners (*all welcome*)



Yoga Thursdays

A slow pace yoga class
suited for everyone.

Teachers: 8–8.30am
Students: 8.30–8.55am
Parents: 9.15–10am

2025 MBWS Staff Conference

The Courage to Teach

Our conference theme this year was 'the Courage to Teach'. Before the hurly burly of term, we had time to begin together and intentionally connect. We worked with the impulses of Steiner education and on cultivating the inner resources we need for the important work we do with children every day. You can see some of the areas we worked with below.

These staff conferences are attended by all of our staff and offer us a rich way to learn and grow together and to deepen our connections as a staff community. Some of our staff led experiences for their colleagues on aspects of our therapeutic pedagogies. We offer the children such rich learning! It took courage to step from where we were comfortable and be open to learning or to teach our colleagues; there was soul-nourishment for everyone.

An aspect of the conference I particularly appreciated was working with Noela Maletz who guided us through self-reflective and touching work of the heart. The poem (below) is an excerpt she shared with us. It exemplifies some of our discussions and the tensions of leaning into courage as we will again this year. We look forward to continuing to grow and learn as a staff community as we walk alongside you and your children and encourage you to join us in being courageous and open to learning too. Blessings on 2025!

Eleanor Waterford
Assistant Principal

The Courage to Teach Staff Conference 2025

Speakers:

Noela Maletz- the Courage to Teach: who are we to be, and how are we to be together?

Liam Waterford- Waldorf Education: beyond the temperaments

Elise Duffield, Eleanor Waterford- Wellbeing pedagogy

Virginia Moller- Strategic Planning in our school

Nurturing the inner life workshops:

Anna Kotanidis- Eurythmy to support the inner life of the teacher

Julie Board- Form drawing for the primary classes

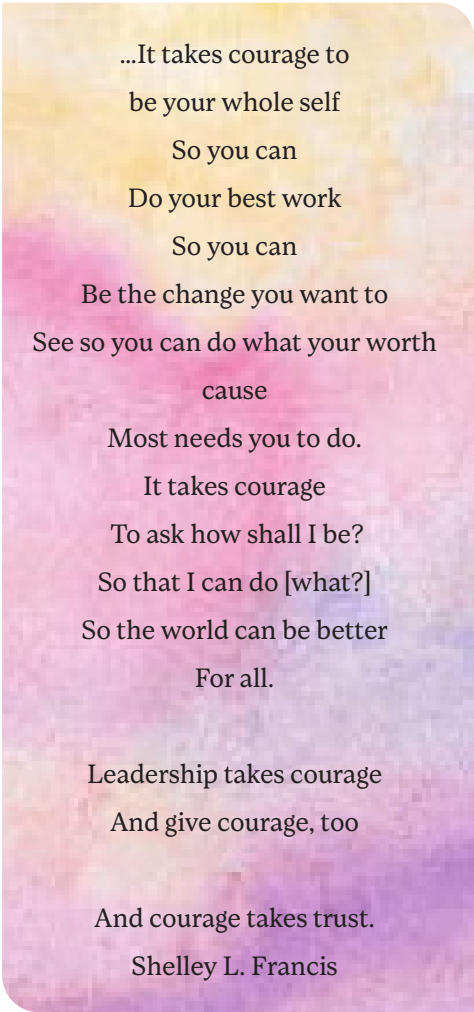
Willow Meline- Artistic activities to support teaching,

Eleanor Waterford- Working with the riddle of the child,

Elise Duffield- Bothmer Gym for adults, movement games for the classroom,

Leesa Kerr- Circle Pedagogies

Elise Duffield- Working with Restorative Practice.



...It takes courage to
be your whole self
So you can
Do your best work
So you can
Be the change you want to
See so you can do what your worth
cause
Most needs you to do.
It takes courage
To ask how shall I be?
So that I can do [what?]
So the world can be better
For all.

Leadership takes courage
And give courage, too

And courage takes trust.
Shelley L. Francis

Anxiety is real...a few helpful tips!

from Mark Le Messurier

Senior South Australian of the Year 2022

Welcome to the new school year. After being in somewhat of a COVID bubble over the Christmas holidays, and having online and staggered starts, returning to school is fuelling anxiety in both parents and children! Even some of the teens I work with are feeling a little wobblier as they begin to wrap their heads around the uncertainties.

So, my starting point is ... "their separation anxiety is real" and here are 10 helpful tips. Just 10, it's not exhaustive!

1. Anxiety is triggered by feelings of risk, insecurity, and lack of control. It is usually emotionally driven and that's why being totally rational is not the only solution. This is our call to forge a poised, logical, and loving connection.
2. Identify what's happening and the triggers. Don't shy away from discussing their anxiety with them. Sometimes, just getting kids talking about their worries, validating their feelings, and pulling a simple plan together is a huge step forward.
3. Create a goodbye ritual. Goodbye rituals are a beautiful way to give them comfort and a constructive start to the day. It can be a special hug, a weird handshake or crazy dance you do together. A goodbye ritual reinforces that as we disconnect, our hearts remain with each other throughout the day, and we'll share our experiences when we reconnect later in the afternoon.
4. Transitional objects can make a difference. These include - a woven bracelet, a favourite lunchbox item, a special hair band or scrunchie, something small you've made together, even a photograph to keep in their backpack. It's simply a loving reminder they carry with them over the school day. Just knowing it is their boosts feelings of security.
5. As best you can, establish a regular morning routine or schedule as this reassure children that all is going to plan and will go to plan. It boosts feelings of safety and security.
6. Be strategic in how you go about saying "goodbye". Be kind and stick to the routine you've established. A short and sweet goodbye at school can be something like, "We will walk to school together, you hang your bag up, give me one hug and one kiss, then, you walk to your teacher and I walk away."
7. Practice your language. Think through the exact language, the precise words, you'll use. And, if your child becomes wobbly have 2 or 3 stock standard phrases you use with kindness, rather than kneeling down, hugging them and passionately overexplaining everything once again. The truth is when their emotional brains are switched on they will not hear your wise words.

Continued next page...

8. Allow teachers to work their wonderful magic. Clever teachers know how to slow down children's anxious brains by;
- Giving them a helping task at the start of the day. This eases their anxiety as their mind shifts to processing other things.
 - Organising a friend to walk and talk with them as they ease into the day.
 - Teaching them the magic of slow, deep breathing because this seriously calms discombobulated brains.
 - Letting them know they are available for check-ins and chats because they 'have their back'. They will keep them safe.
 - Building a positive and trusting relationship.
 - Organising a trusted school staff member to be present on arrival.
 - It can be useful to have a special place for children to retreat to on arrival. It might be with a friend and is all about giving them structure, time, and dignity to regroup their emotions!
9. It's critical to radiate a strong, trusting relationship with your child's teacher. Children quickly pick up on your trust in their teacher.
10. Finally, why not make a 5 part 'anxiety/ separation plan' to replace frightened thinking with realistic thinking.
1. Ask your child to RATE how high this anxiety feels for them (1 to 5 continuum).
 2. Get them to ask someone they love or trust (mum, dad, teacher, grandparent) to RATE how anxious they should be on the same 1 to 5 continuum. There are no right or wrong answers here. This is simply offering a reference point and an opportunity for discussion.
 3. Challenge the anxious thinking by doing a simple 'RISK ASSESSMENT' –
 - 'What usually happens?'
 - 'What's most likely to happen?'
 - 'What's the worst that can happen?'
 - 'What plans can we make together to help?'
 - 'What's the plan if the very worst happens?'
 4. Teach kids to accept the worried thought, let it sit with them, discuss it and talk about solutions. Then replace it with a happy thought, an activity or just getting on with the day!
 5. Record HOW and WHEN you will say goodbye.

Goodluck! It is all a beautiful and messy work in progress, and I hope this helps!

Contact Mark

Phone: 0459 418 090

mark@marklemessurier.com.au

www.facebook.com/LeMess2021

Information on OSHC

Dear New Families to the Mount Barker Waldorf School

We are thrilled to welcome you to our school OSHC community!

We'd like to share some valuable information about our OSHC (Out of School Care) program that could benefit you and your child.

Our program features two structured daily sessions: one before school and one after school.

The morning sessions are held from 6:30 AM to 8:45 AM, and the afternoon sessions run from 3:15 PM to 6:00 PM. Both drop-off and pick-up times are flexible within these hours. We cater to children from kindergarten through sixth grade, creating a safe and nurturing environment where they can engage in constructive and social play, as well as a variety of craft activities. We focus on inclusivity, ensuring every child feels valued and welcomed. Additionally, all sessions include light and nutritious snacks to keep our children energized.

The cost for the morning sessions is \$20, while the afternoon sessions are \$30. We encourage parents to apply for the Child Care Subsidy, which can significantly reduce costs by 75% to 90%.

If you're interested in enrolling your child or have any questions, we invite you to email us at OSHC@mbws.sa.edu.au. We look forward to assisting you and providing more details about our wonderful program!

Looking forward to your response,

Kindly,

The OSHC team



From the Canteen

HOT FOOD

Spinach & feta triangle (V)	\$ 5.00
Vegetable roll (V)	\$ 5.00
Sausage roll	\$ 4.50
Pasty (contains meat)	\$ 5.00
Meat pie	\$ 5.00
Toasted sandwich	\$ 4.50

on Brezel bread

Cheese & tomato (V) or

Ham & cheese

SNACKS

Simply DK Potato Chips (90g bag – Classic or Purple)	\$4.00
Fresh Brezel pretzels	\$ 2.50
Anzac cookies (Vegan)	\$ 0.50
Choc chip biscuits	\$ 0.50
Choc chip biscuits (GF)	\$ 0.50
Daily baked treat	\$ 3.50
Bliss ball (Vegan)	\$ 1.00
Juicies ice block (tropical or lemonade)	\$ 2.00

DRINKS

Spring water 600ml	\$ 2.50
Mountain Fresh juice 300ml	\$ 3.00

(V) – Vegetarian
(GF) – Gluten Free

**For all special dietary needs, please speak to the Canteen staff – we can accommodate all requests!*

LUNCH SPECIALS

\$7.50

Monday

Vegetable and corn slice
With garden salad.

Tuesday

Falafel wrap or bowl
With hummus and salsa (tomato, cucumber and parsley).

Wednesday

Sushi
Chicken or vegetarian.

Thursday

Vegetable curry (Cauliflower and chickpea)
In a coconut milk base with basmati rice, raita and papadum.

Friday

Banh-mi roll
With chicken or crispy tofu.



Steiner Schools in the United States affected by fires

Appeal for Schools affected by the Los Angeles fires



Images from the Westside Waldorf School destroyed in the Los Angeles fires
donorbox.org/wws-palisades-fire



Pasadena Waldorf School gofund.me/4b143542

Why are we circulating this appeal?

Here in Australia we may feel rather remote from the tragedies associated with the fires in Los Angeles. Yet many of us have been affected by the devastating consequences of bushfires connected with our schools over the years since the first time with the Ash Wednesday fires that affected our parents at Mt Barker and Willunga to the more recent fires that destroyed the Eyre Peninsula school and led to its subsequent closure. And we know of the invisible bonds that connect Waldorf communities around the world. So some people may wish to connect in this way.

There is however a further reason for this to be made known to our community. There are two areas where funds are being sought. One is directly by the schools for funds to rebuild. A link to information about the schools and to donate is with their images above. The second area is in relation to work that is being done with the children to help them work through the trauma associated with their experiences, known as Emergency Pedagogy. Emergency Pedagogy Without Borders is an international organization of teachers and allied professionals (medical, social therapy etc), trained in Emergency and Trauma Pedagogy. It works with children in crisis situations from a foundation of Waldorf pedagogy, using a specific rhythm that has been studied and shown to prevent the traumatic diseases and disorders that occur in both man-made and natural disasters. This is an emerging need that will no doubt grow as the world becomes more chaotic and which it would be good to make visible so that we can understand a developing area arising out of Waldorf Education that is really connecting us to the future.

After a trauma, nothing is the same as it was before. Traumas change lives permanently and can even lead to a break in one's biography. Emergency and trauma education aims to support children and young people in processing extreme stressful experiences and prevent subsequent trauma-related disorders. Christine Burke, an American anthroposophist who has visited Australia several times, (she came to our Christmas Conference in Melbourne last year and is working with Jo-anne Sarre on the Parsifal Project), is a Speech Artist and an Emergency Pedagogue. She is currently leading a team working to raise funds for the devastating Eaton / Pacific Palisades Fires as well as put in place the Emergency Pedagogy work itself. On request, she sent us the following: "20th January, 2025. I met the work of Emergency Pedagogy in 2021- and knew that I would do anything to help to further this work. I have since been on interventions and seen first-hand how, through an early intervention, the rhythms configured by Emergency Pedagogy without Borders founder, Bernd Ruf, can activate and strengthen the coping strategies and self-healing powers of the child - in order to support the processing of the child's experiences and prevent trauma related disorders.

The link to donate to this work is: [Emergency Pedagogy Fires Appeal](#). Last year on the study tour I went on with 16 other Waldorf teachers from all around Australia we met this Emergency Pedagogy when we visited the Parzival Zentrum School in Karlsruhe in Germany. Here we met Bernd Ruf, the founder of this work and were able to tour the school and hear about what has been established there. They work with children of different areas and levels of needs – intellectual and physical disabilities, learning needs, social/emotional needs, including homelessness, 'normal' children and refugees. Some are transient others are long term at the school. While elements of the Emergency Pedagogy were used at the school, its main purpose is for teams to go to crisis areas in the world – earthquakes, fires, floods, war zones etc – and work for around 8 weeks with the children while they train the local teachers and work with families to give them the capacity to continue his work when the emergency team leaves. For many of us this visit was the highlight of our tour and over a dozen of us subsequently completed an introductory training course towards forming teams for the Asia-Pacific areas.

Please consider the appeal in the context of our interest in the world and our fellow human beings.

On behalf of the Committee

Jennifer West and Robert Bickle

Co- State Secretaries

Summer Series of Science

Get Involved in Community Science Showcase



7 Feb 2025



4 - 7 PM



CLMM Research Centre, Lvl 1, 92 Barrage Road, Goolwa



Family event. Join us at the Community Science Showcase to learn more about how to get involved in some of the Research Centre's and local community projects. Learn 'How to be a Community Scientist' plus kids activities, food and fun!

Register now at
www.clmmresearchcentre.org



Palestine on a plate



Supporting Palestinian refugees in Australia

Friday 7th February 2025

Saturday 8th February 2025

6.30pm each evening

Olive Branch Cafe, 84 Main Road
Balhannah, SA

Online raffle:

<https://www.raffletix.com.au?ref=ytd8x>

By Circle of Friends Australia Incorporated - Circle 9
www.cofa.org.au



ADELAIDE FRINGE
21 FEBRUARY - 23 MARCH 2025 bankSA

ADELAIDE HILLS
YOUTH
FILM
FESTIVAL

Entries close 7th March 2025
Screenings 14th-16th March
Registration: <https://shorturl.at/wc1G1> or QR
\$1800 in prizes to win

WHAT'S ON!

at your Community Centre

February 2025

Date

Time

Walking Netball at Adelaide Hills Recreation Centre	Thursdays	7.15pm
Brush & Blossom 5 week Art Course with artist Bethany Neck at Duck Flat Community Garden	Starts Friday 31st January	9.30am—12pm
6 week Cooking Program Autism Friendly with Oz Harvest	Starts Monday 3rd February	12pm—2.30pm
An Introduction to Ayurvedic Healing and Wisdom for Women	Tuesday 4th February and Tuesday 4th March	10.30am—12.30pm
Gluten Free Cooking Workshop	Tuesday 18th February	10am— 12pm
Womens Shed Beginners Workshop with Rose Squire	Monday 24th February	9am—2pm
Yoga Suitable for all levels of experience	Thursdays	9.30am—10.30am 11am—12pm
Relax and Recharge 6 week women's wellbeing group	Starts Wednesday 5th March	10.30am— 12pm
Building Positive Futures event for young adults living with autism	Wednesday 26th March	5pm—7pm
Home Baking Made Simple —cooking workshop	Sunday 29th March	10am—12pm
Spark Conversation join us for a coffee and a chat at The Oak & Iron	Each Tuesday	10am—12pm
Mount Barker Mens Group	Thursdays	10am—1pm
Free Arthritis Talk	Friday 11th April	2pm—3pm

Bookings essential for all events. Most events can be booked online:

<https://events.humanitix.com/host/mtbcc>



MOUNT BARKER
COMMUNITY CENTRE

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