



MOUNT BARKER
WALDORF SCHOOL

Term 2
Week 9 – 2025
Newsletter

From the Principal

Dear Mount Barker Waldorf School Community,

Congratulations on another wonderful term of learning! Term 2 is always full of events and opportunities, so much in fact, that the break is always a welcome time to slow down and relax. This last week is all about wrapping up the term; looking back on the highlights and reflecting on how we can grow the learnings we have been given.

When reflecting, it is tempting to focus on the parts where things went wrong, or not as well as they could have. Alternatively, reflecting only on where things went well tips the balance too far the other way. It is important to go into any process with an open mind, and with the goal of being a continuous learner. This means being able to focus on what went well, and what could be improved.

I like to use a technique called “stop, start, keep, learn”, to try to dig a little deeper (with a Waldorf twist of course). This is something you can do in any situation; you might like to try it after any camping/holiday trip you are planning on taking this break!

Let Go (Stop) - What isn't serving us anymore? What is it time to let go of so that space can be made for what could be needed now?

Plant New Seeds (Start) What new actions, ideas, or ways of being could we begin to cultivate? What feels timely right now in order to deepen learning, connection, or care?

Nurture and Tend (Keep) What is thriving in our work and should be protected, nurtured, and carried forward? What rhythms, relationships, or practices are supporting growth?

Explore and Inquire (Learn) What areas call for greater understanding, curiosity, or shared reflection? Where are the edges of our knowing that invite further exploration?

I particularly like the last question, because it hints at the possibilities and opportunities that we haven't yet realised – the spaces for exploration where something new and unheralded can emerge. That is where true growth lies.

Key dates this week

Wednesday 25 June

Japanese Star Festival Incursion

Class 7 language students visit Melaleuca Kindy
11.15am-12.30pm

Thursday 26 June

Class 4 Human & Animal ML Excursion

South Australian Museum
9.30am-3pm

Japanese Tea Ceremony

Class 8 language students, Japanese building
2.45pm-3.15pm

Friday 27 June

Last day of Term 2 - FULL DAY

Normal dismissal at 3.20pm



Class 10 Drama ML Excursion

Dunstan Playhouse
11am-3pm

SA Hydrogen (H2) Grand Prix

Co-curricular student team
Brighton Secondary School, SA
8.30am-4pm

TERM 3, 2025

**Monday 21 July to
Friday 26 September**

**Last day of Term 3, 2025
is a full day.**

Thank you, everyone, for all the time and effort you invest in our school. Together we are pushing the edges of our knowing.

Have a wonderful break and we'll see you next term.

Warm regards,
Liam Waterford, Principal

OSHC during 2025 Winter holidays

OSHC is available for Week 2 and 3 of the Winter holidays.

When: 7 to 11 July, 2025 (Week 2)
14 to 18 July, 2025 (Week 3)

Time: 8am to 5pm, Monday to Friday
Please notify staff via the OSHC mobile if you are running later than 9:00am or 5pm – 0491 242 423

Cost: \$75 per day
(Child Care Subsidy available for those eligible)

Bookings: Via the Xplor app (select Vacation Care), OSHC Mobile (0491 242 423) or the OSHC email (oshc@mbws.sa.edu.au). For planning purposes, please book 24 hours in advance when possible. If your child is not currently enrolled in the service, please request an enrollment form. A schedule of daily events will be emailed directly to parents.

Upcoming important dates

SCHOOL HOLIDAYS

JUNE 30 - JULY 18

FRONT OFFICE

The Front Office will be on
reduced hours for
(9am-3pm)

Week 1

(30 June - 4 July 2025)
and

Week 3

(14 - 18 July 2025).

We will be **closed**

Week 2

(7 - 11 July, 2025)
of the holidays.

OSHC

OSHC will be operating during
Week 2 and 3.

More details to come.

TERM 3

Term 3 will commence on
Monday 21 July 2025.



If you have any feedback for the MBWS Board, please contact them via email at: secretary@mbws.sa.edu.au



MOUNT BARKER
WALDORF SCHOOL



Eurythmy for adults

Mondays
9.15am - 10.15am



Friends of the Plant Nursery

Tuesdays:
9.15 – 10.45am
Meet at School
Plant Nursery



Beehive

Tuesdays
9am - 11am
Cafe and Shop
Fridays
9am - 12 noon
Parent Craft



Yoga Thursdays

A slow pace yoga class
suited for everyone.

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

Wellbeing

The following article is written by Melanie Hempe.

Why Kids Binge on Screens

It's Not Because You Had Rules - It's Because You Didn't

When it comes to setting screen boundaries, many parents worry they're setting their kids up for rebellion.

"If I don't let my son play video games now,
won't he just binge later?"

"If I keep my daughter off social media, won't
she crave it even more?"

These questions come from a common fear rooted in the "forbidden fruit" theory—the idea that denying something only makes it more appealing and mysterious. (We've all heard the story of a child raised in a "strict" home who went wild the moment they left for college.)

Little Gamers Grow Up to Be Big Gamers

Habits formed in childhood—while the brain is still under construction—lay the foundation for a child's future. The truth is that when kids develop a wide range of interests outside of addictive screen activities, they're far less likely to be pulled in by them later. While nothing is guaranteed, the odds are clear: little gamers often grow up to be big gamers, and little musicians tend to grow into skilled musicians. As Dr. Leonard Sax says in *The Collapse of Parenting*, virtue begets virtue. When we raise children in a culture of discipline, connection, and purpose, those values are more likely to stick. Kids don't just flip a switch when they leave home—they continue the patterns they've practiced.

Why Kids Binge on Screens

1. Access: Regular use becomes a habit.

The primary reason why kids binge on screens is that they're allowed to develop ingrained screen habits that are difficult to break. They have regular access to problematic screen time.

2. Immature brains.

They're kids, not adults. Hand a child a bag of candy and walk away—and don't be surprised when it's soon empty. Same with screens. Children are smart, but they're not yet mature enough to regulate their participation in high-reward activities. Intelligence is not maturity.

3. Dopamine dynamics.

Dopamine drives bingeing. High-dopamine activities are almost impossible for a child to stop. Do your kids binge on cleaning the bathroom or doing the dishes? Probably not. But video games, video streaming, and social media? That's another story.



continued next page

4. Attachment voids.

Kids crave connection. When they don't feel securely attached to the adults in their lives, they'll fill the void with something else—often “digital candy.” But those digital replacements will never fill their cup; they will still feel lonely, so they will binge.

5. Low self-control.

Screen activities offer a low-effort, high-reward combination—exactly the wrong fit for a teen. Adolescents already struggle with impulse control, and these digital experiences hijack their ability to delay gratification. Without strong external limits, their self-control doesn't stand a chance. And make no mistake: tech companies are counting on that.

6. Lack of guidance.

“Because I said so” isn't enough. Kids need context and explanations—not just rules and limits. They need to understand the science behind your limits. They also need you to be their compass, not their roommate. Don't let Fortnite, TikTok, or peers fill in that critical role. Educate them.

How Do You Prevent Screen Binging?

1. Stop making screens a big deal.

Don't glorify screens. They're not rewards—they're risky toys. Talk about problematic screen activities like you would gambling or alcohol: high-dopamine = high-risk. Then, move on and don't let the conflict take over your family life.

2. Remove the mystery.

Discuss gaming and social media openly and early so they understand what it entails. Teach your child to see through the manipulation of the attention economy. You don't hand over alcohol to teach about alcohol—you also don't need to hand over gaming and social media to remove the mystery. Education and clarity—not exposure—are the best tools.

3. Delay access to specific devices through high school.

Many parents stop short. But skipping toxic tech all the way through adolescence delays brain wiring that leads to addiction. Remember: 90% of adult addictions start in adolescence. Let that sink in.

4. Strengthen real-life connections.

Spend time with your kids. One-on-one attention and discovering their love language builds a foundation no app can replace—not even AI. Discover a healthy hobby you can do together with your kids.

5. Keep screen use transparent.

Kids don't need digital privacy. They need protection. Stay involved—not to snoop, but to support. Shared devices are more effective than personal handhelds. Get a home phone.

6. Stay engaged.

Even mature teens need coaching. This may involve having bold conversations with other parents or saying “no” to specific events. Remember, “No” is one of the most valuable words in the parenting playbook.

7. Model what you teach.

Your kids are watching. If you're glued to your screen, your words won't stick. Be the example they can trust.

Final Thought: It's Not About Screens—It's About Relationships

ScreenStrong is about freedom—the freedom to grow up healthy, connected, and fully present. It's about protecting the relationships your child needs to thrive. You are your child's best coach, their guide, and their safe harbor. Their brain is still under construction, and they need your leadership now more than ever to avoid binging on harmful activities later.

This article is written by Melanie Hempe. The original, in it's entirety, can be found [here](#).

Around Our School

Winter Festival 2025 - Nightingale Kindy

We enjoyed a lovely morning together with our 4 year old group experiencing their first Winter Festival.

Together with the families, we created a winter spiral garden for the children to add a little winter treasure they had found. The spiral form being something the young child can live into as they move through their kindergarten years to eventually walking the spiral with their own candle lighting their way.

Our Monday/Tuesday children had busy hands finishing off our little lanterns for everyone. While our Wednesday/Thursday children made delicious moon and star biscuits for all to enjoy at our morning tea.

We ended our festival with our Stone Soup story and then shared our very own big pots of soup together outside by the fire.

We are so grateful to all the families who contributed to our festival morning. A special thanks to those who made our lovely pots of soup, volunteers who set up our room and to Ivan's dad for making all the delicious loaves of sourdough for us!

Wishing you all a warm winter solstice.

Christy, Dimity, Willow and Lilli



In Memory of Possum...

Recently our beloved guinea pig 'Possum' passed away. He lived in the kindergarten for 8 years and was the recipient of much love and play from all of the children. He also enjoyed holidays with many of the families over the years. About 18 months ago his health began to decline, and much to the surprise of us all he continued live on and delight the children.

On the morning of Wednesday 4 June, as his body grew more tired Possum was wrapped and placed by the fire to keep warm and the children were able to check on him throughout the morning play. When he had eventually taken his last breath, the children helped bury him in the kindergarten garden.

Leesa Kerr
Banksia Rose Kindy



2025 High School Orchestra Camp and Concert

During Week 4, 12 of our High School Orchestra students from Classes 7 to 11, ventured off with 16 Orchestra students from Willunga Waldorf School to join forces and create music! We stayed at the Dzintari Latvian Campsite at Yankalilla in dormitory accommodation. The students spent 2 days working hard practising their pieces and during break times enjoyed socialising and playing games with one another. The 3rd day involved the joint orchestra performing to a local Primary School, an Aged Care facility, culminating in over an hour-long concert at the Willunga Show Hall to a crowd of over 100 people.



The students played with heart and gusto as they entertained each of the audiences who were enthralled with the talents of the group and evoked many emotions, too. Over the 3 days there was much music, laughter and fun to be had by all. It was a joy and a pleasure to be part of this musical extravaganza! A big thank you to all the music teachers from both schools for this collaborative event and for making this possible. A big thank you to the dedication and commitment from all the students. A proud moment indeed!

It was a joy to watch our high school orchestra students thrive during their recent camp alongside the Willunga cohort. Musically, they were challenged and rose to the occasion, developing new skills and performing with great confidence and artistry. It was equally heartwarming to see students connecting across schools and year levels—not only through music, but through genuine, supportive friendships. Our seasoned campers were especially thoughtful in welcoming and guiding the younger students. A huge thank you to Allye Sinclair, at Willunga Waldorf School, for her outstanding organisation and dedication in leading such a successful and enriching camp experience.

Ruth, Sue and Anna

Walking the Winter Spiral - Winter Festival 2025

Last week, our whole school community came together to mark the Winter Festival with the quiet beauty of the Winter Spiral. From our youngest children in Early Childhood to the Primary and High School students, each child took their turn during the school day to walk the spiral path inward, carrying an unlit candle and stepping gently into the heart of the darkness.

One by one, they lit their candle from the central flame and began the journey back out, using their light to kindle a waiting candle along the spiral's edge — guiding the way for those who followed.

This reverent and symbolic gesture speaks to the quiet strength we find within during the darkest season — and the gentle hope we carry forward as we begin the path out of winter once more. With heartfelt thanks to Willow and the teachers who helped to create and hold this experience for our students. It is one to remember.

Eleanor Waterford
Assistant Principal

A Winter Festival to Remember

Last week's Winter Festival was a shining moment in our school year—full of light, warmth, and a beautiful sense of continuity across the classes. As always, the evening painted a living picture of student development, with each class contributing in their own unique and meaningful way. These seasonal rhythms are more than just events; they're long-anticipated milestones in the children's journey. Our primary students carried lanterns they'd crafted themselves, each year building in shape, detail, and care and culminating in the stunning glass lanterns the Class 7s created with Debra Lutze as their final lantern.

In the High School, we saw Class 8 bring energy and confidence with their fire twirling, while Class 10's fire sculpture, designed and constructed by the students themselves, stood tall as a glowing centrepiece. Class 11 prepared and hosted a shared meal, offering hospitality and warmth. And Class 12 left us all moved with their unforgettable Bothmer gym display, developed and performed in partnership with Elise. Class 9, who recently led our wonderful Wear It Yellow Day, took a quiet step back for this festival—supporting in subtle ways and allowing others to step forward.

The evening was also filled with the soaring voices of the entire High School, singing in four-part harmony as they accompanied the primary lantern walk. Their singing, developed over the term in sessions with Ruth, Joseph and myself, is a gift they offer freely to the community at moments like this—and what a gift it was. Heartfelt thanks to everyone who made the evening possible. These shared moments stay with our students and community for many years to come.

Eleanor Waterford
Assistant Principal



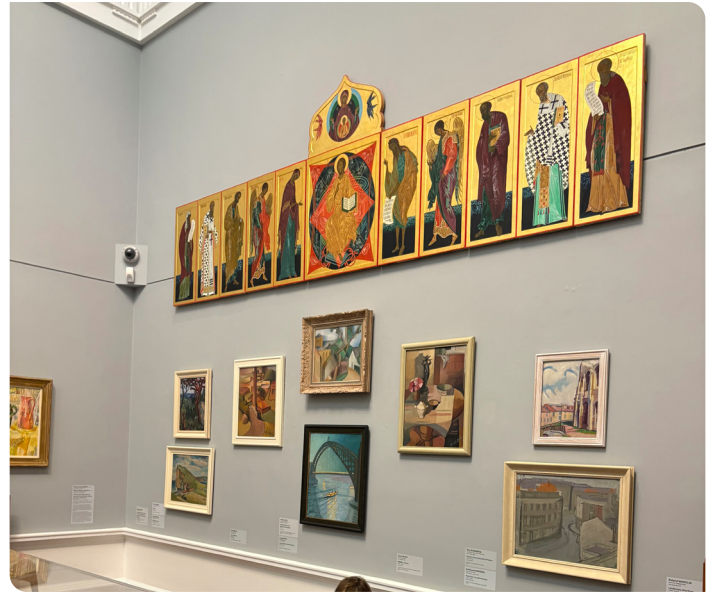
Class 12 Modern Art Main Lesson Excursion

During the Modern Art Main Lesson, our Class 12 students visited the Art Gallery of South Australia to experience the Dangerously Modern Women exhibition. The exhibition with an enormous collection (over 200 works) highlighting the courage and creativity of women artists who challenged the conventions of their time.

The exhibition offered rich insights into the early 20th-century modernist movement, showcasing how these pioneering women used art to express individuality, question societal expectations, and engage with the changing world around them. For our students, the experience connected with their studies of art, history, and human development, encouraging thoughtful discussions on creativity, freedom, and the artist's role in shaping culture. We are grateful to the Art Gallery for this inspiring opportunity, and proud of our students for engaging with such depth and mature reflection.

The class also completed a series of artistic responses to chosen styles within the gallery, developing their own artistic practice and understanding of self in relationship to others. They thoroughly enjoyed this process, which involved creating self-portraits and portraits and lots of laughter.

Warmly,
Rose
High School Art Teacher



2025 SA Hydrogen (H2) Grand Prix

Some of our students will be competing in this year's SA Hydrogen (H2) Grand Prix on Friday 27 June 2025 at the Brighton Secondary School.

Under the guidance of teacher, Mark Tuyrens, some of our students will be racing their custom built car alongside other schools within SA.

The winning team would then fly to Los Angeles, California to compete in the Finals against teams from around the globe.

Last year, our team did well achieving 2nd place for Endurance, 1st place for Energy and 1st place for Team Spirit.

Good luck Team!



STEAM EDUCATION
H2 GRAND PRIX PRO
PRESENTED BY **SA H2H**
Hydrogen Technology Cluster

2025
FINALS
SOUTH AUSTRALIA

Friday 27 June 2025
Brighton Secondary School
305 Brighton Rd, North Brighton SA 5048

RACE DAY PROGRAM

8.30	Teams presentations, Technical Checks
10.45	Opening Ceremony
11.15	Race Start
15.15	Race Finish
15.30	Closing Ceremony, Awards presentation

PROUDLY SUPPORTED BY


Government of South Australia

PRESENTED BY **SA H2H** Hydrogen Technology Cluster

POWERED BY **Horizon Educational**

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BOC
A Linde company

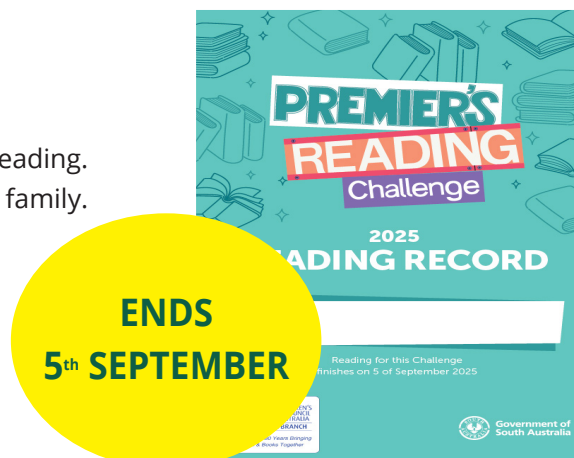
Australian Gas Infrastructure Group

www.h2grandprix.com

Premier's Reading Challenge

With our winter break approaching, consider spending some time reading. A cosy moment with a book on their own or a read on the couch as a family.

Ann O'Connor
Library Staff

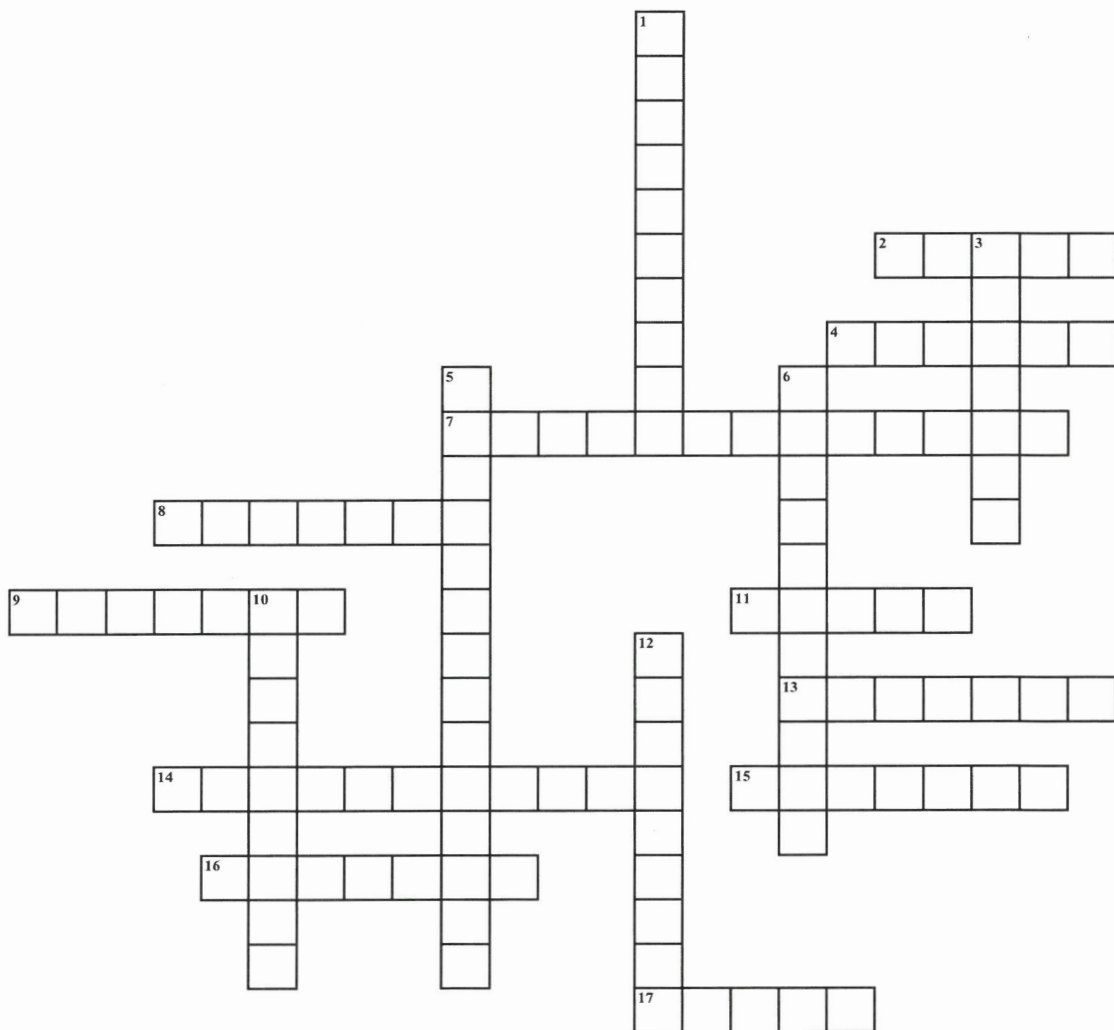


Crossword

Why not have a go at this crossword made by Julian in Class 9? It has a sustainable agriculture theme and was created as a part of the Class 9 Geography Prac lesson on Biomes and Food Security.

Solutions will be published in the newsletter for Week 1 of Term 3.

Agriculture



Across

- [2] Takes up nutrients for plants
- [4] Lives in the soil and eats carbon
- [7] Planting different types of crops together
- [8] Heated organic material in a low oxygen environment, used to improve soil health and fertility
- [9] Left over stalks and roots of a crop after harvest
- [11] Helps soil retain moisture and suppresses weeds
- [13] Plowing the dirt
- [14] Renewable use of resources
- [15] Loss of topsoil through wind, rain etc.
- [16] Decomposed organic materials
- [17] Bugs that ruin or destroy crops

Down

- [1] Adds nutrients to the soil
- [3] Natural, pesticide free and chemical free
- [5] Tiny little things that live and help the composting process
- [6] Planting one single species of crop in a large area
- [10] Farm animal
- [12] Crop that covers the land between main crops

A Class 12 Project - Community Initiative

Elwin's Toy Boat Building Competition

All
Highschool
students and
staff
welcome!



\$20 Cash Prizes

Make a toy boat from *any* material. It must be less than 30cm x 30cm x 30cm in size. It must carry a full cup of tea (for a friend).

Prizes will be given for:

1. Best design
2. Prettiest boat
3. Admirable kindness and generosity

All boats need to be completed by 30/ 07/ 2025 !

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
Garlic Bread (Monday only)	\$ 3.00
Toasted sandwich	\$ 4.50
on Brezel bread	
<i>Cheese & tomato (V) or</i>	
<i>Ham & cheese</i>	

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

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

Pumpkin soup

With garlic bread. Vegetarian and gluten free option available.

Tuesday

Nachos bowl

Vegetarian bean sauce with salsa, sour cream, cheese and corn chips. Vegetarian and gluten free.

Wednesday

Chicken curry (Palak paneer)

Vegetarian option available.

Thursday

Baked potato

With bean sauce or coleslaw, sour cream and cheese. Vegetarian and gluten free.

Friday

Beef or Veggie burger

With Tuckshop special sauce, tomato, cheese and lettuce.

NEW MENU
coming for
Term 3!

Community News & Events



A Free Singing Series for Parents and Caregivers

A new 4-part video series supports early childhood parents, grandparents, and caregivers with simple, beautiful singing exercises and songs they can use throughout the day.

Whether it's:

- a morning tune,
- a bubble-blowing game,
- a lullaby, or
- a blessing at mealtime,

each video offers just a few minutes of calm, connection, and joy—for your child and for yourself.

These videos are not about perfection. They're about presence. And they're designed to help you sing with more ease, softness, and support—even if you've never had a voice lesson in your life. Visit www.asupplevoice.com/forcaregivers to receive the free offer.

You can also read more about the spirit behind this offering in the new blog post:

“Your Voice Is the Lullaby: Singing as Soul-Nourishment for You and Your Child,”

now published on the A Supple Voice website (originally featured on the Bella Luna Toys blog).

[Click Here to read the full blog post](#)

Sydney Rudolf Steiner College is offering a second intake of *Life Phases*,
a self-paced online course, starting 6 August 2025.



— Life Phases —
Holistic Biography Work
ONLINE COURSE

This self-paced, transformative course is essential for all Steiner educators and comes highly recommended for anyone interested in deepening their understanding of their own biography and development through the lens of anthroposophy.

Places are strictly limited, so we encourage you to enrol early to avoid missing out.

Registrations will close 28 July

For all enquiries, please contact the course coordinator, Doris Antivolo at dorisa@sydneyrudolfsteinercollege.com

CLICK HERE TO ENROL



END OF EARTHLY LIFE MATTERS DAY SEMINAR

9am – 5pm Saturday 26th July 2025

This seminar is offered to anyone who would have an interest in understanding and/or supporting the end of life and death process for people in their community. Anyone who has an openness to a soul-spiritual approach, inspired by Steiner's Anthroposophy, to a person's end of life would find this seminar informative and practical. Sessions include:

An Anthroposophical Palliative Care Approach - with Pippa White, experienced anthroposophical palliative care nurse.

Soul and Spirit Care at End of Life - facilitated by Cheryl Nekvapil, priest and experienced pastoral carer around dying, death and bereavement.

The Vigil – Death Care, 'the laying out' of a person's body in preparation for a vigil with Pippa White.

End of Life Legalities - documents, death care and funeral practicalities" facilitated by Deb Griffiths who promotes "Down to Earth" funerals in the Adelaide area.



TO BE HELD AT:

**Christian Community Church Hall,
3 Anzac Ridge Road
Bridgewater**

To Register contact:

Damien Gilroy

sms: 0457 925 331

Email: damien.gilroy@gmail.com

Entry cost at the door: \$70 or donation.
Please bring lunch plate to share.
Morning and afternoon tea provided.

Calendar of Events
Head Heart and Hands Imaginative Play
81A Main Rd Nairne

Workshops in June/July

Workshops in June/July

Making Mother Earth or Winter Wizard

for 8 year olds and older
Saturday 28 June at 10am or by appointment
Cost: \$20 includes materials

Making Winter Gnomes

Craft activities for 4 year olds and older
Saturday 5 July at 1pm or by appointment
Cost: \$18 includes materials

Making a Winter Garden

Craft activities for 4 year olds and older
Wednesday 16 July at 11am
or Saturday 19 July at 10am
Cost: \$18 includes materials

Making a Felted Standing Doll with Legs

Pirates, families or your choice
for 8 year olds and older
Wednesday 17 July at 10am or by appointment
Cost: \$20 includes materials

Making a Winter Bird Tree

for 7 year olds and older
Saturday 19 July at 1pm or by appointment
Cost: \$20 includes materials

**Bookings essential
Ph or text 0423202784**

Opening Hours
Wed to Sat 11am to 2pm
We are happy to open after hours by
appointment

You can find us on Facebook and Instagram

Calendar of Events
Head Heart and Hands Imaginative Play
81A Main Rd Nairne

Stargold Puppets

present

Starchild

For 3 year olds and older

**Sunday 20 July at 11am
Bookings essential 0423202784**

CRAFT SALE

**Many bargains to be had!
For your holiday craft activities.
Sale on until the end of the school
holidays.**

Opening Hours
Wed to Sat 11am to 2pm
We are happy to open after hours by
appointment

Ph or text 0423202784

You can find us on Facebook and Instagram

restless
DANCE THEATRE

inclusive dance

FREE dance classes Mt Barker 28 June 2025

Ready to move, connect and have fun?

Whether you're brand new to dance or looking to build on your skills, our experienced tutors will guide you every step of the way. **No experience needed. No cost. Just come as you are.**

When Saturday 28 June 2025

Where Laratinga Pavilion, 100 Springs Road, Mount Barker

Session 1: 2:00pm - 3:00pm (Adults 17 - 87)

This class is supported by Mount Barker District Council.

Session 2: 3:30-4:30pm (Youth 8 - 16)

This class is supported by Variety – the Children's Charity

Register Here

Contact

(08) 8212 8495

info@restlessdance.org



Restless is supported by



This Public Program is made possible through the generosity of



Hills Youth Theatre Presents

THE SECRET GARDEN

Written and Directed by
Lucy Russell Byrne
with Peta Shannon
Assistant Director
Sam Ewart



2025

7pm Friday 20th and 27th June
6pm Saturday 21st and 28th June
2pm Sunday 22nd and 29th June



At the Stirling Community Theatre, 7 Avenue Rd, Stirling
Adult \$27 | Child \$20 | Conc. \$20 | Family \$85
Bookings: hillsyouththeatre.com/current-show/

