

THE FRIDAY FLIER

KOTAHITANGA

Waikato Waldorf School, Kindergartens and Playcircle



No: 32

27 October 2017

Dear Waikato Waldorf Community

Each year our community garden has to renew its organic status and there are strict guidelines which we have to provide evidence of our organic practice. I am very pleased to announce that once again, through the hard work of all concerned, our garden has retained its organic status. It means that all the crops that are grown in our community garden can be officially certified as organic. Warwick and Andrew have also been actively involved in discussions around our whole campus becoming certified organic and at present we have reached CO status and are working towards C2 certification next year. The campus and the community garden are linked in as much as the waste from the site is transformed in the garden through strict composting methods so that it can be used in our garden for growing our produce.

We are a member of Organic Farm NZ (OFNZ) which is a not-for-profit organisation whose mandate is to increase the community's understanding of organic principles and the practise of organic gardening and farming in New Zealand. OFNZ members and supporters belong to Regional Groups, which have two main roles; organic education and organic certification. If you would like to find out more about the organisation: <http://www.organicfarm.org.nz/>

This is what they have to say about being organic:

Being Organic

There are lots of very good reasons to grow or buy organic produce. Organic production and processing are based on a number of principles and ideas that derive many benefits for both human health and the environment.

Benefits of organic

It's healthy	No hidden costs
No nasty additives	High standards
Avoids pesticides	Care for animals
GM-free	Good for wildlife and the environment
Reliance on drugs removed	Top for taste

So look out for the sale of our produce each week on a Thursday. We have currently been selling freshly picked organic kale and lettuce to order. If you have some spare time and would like to volunteer in our garden please contact the school office, we are always looking for extra pairs of hands and you can find out more about organic practices in the process. We are never too old to learn!

Warm wishes

Sue

WAIKATO WALDORF SCHOOL VACANCY

TEACHER Class 6 (Year 7) and Subject Leader

Fulltime, Permanent, 1MU

Start Date: 28/01/2018

Area/Composite (Years 1 – 9)

NZ Certified teacher

Waikato Waldorf School is a growing school on the northern outskirts of Hamilton with a role of 198. We are looking for an enthusiastic, energetic and experienced teacher with good behaviour management skills and knowledge and understanding of students with learning support needs. The successful candidate should also demonstrate basic knowledge of and/or a strong interest in the pedagogy of Steiner/Waldorf Education. There is also the potential for a leadership area in either science, maths, music or art. The right applicant would be well supported from a cohesive, friendly team to enable them to continue their learning journey.

Applications close Monday 6th November 2017

An application package is available from office@waikatowaldorf.school.nz.

WAIKATO WALDORF SCHOOL
85 Barrington Drive, PO Box 12127
HAMILTON

UPCOMING EVENTS - DATES FOR TERM 4

31 October	Kokako Puppet Show 9.30am	27 November	FunSwim Waterworld Cl. 1-3
1 November	Duathlon Cl. 4—8 Start 11.10am	30 November	Class 3 Play
3 November	Class 1 Play	3 December	ADVENT FAIR
14-17 November	Class 7 Wilderness Camp	6 December	Swimming Sport Cl. 4-8
16 November	Proprietors' Trust Meeting 7pm	7 December	Class 3 Camp
21 November	Class 8 Play	12 December	Graduation
22 November	BoT Meeting 6pm	13 December	Classroom moves
22-24 November	Class 6 Waitomo Trip	14 December	Last day of term - 2pm finish

TERM DATES 2018

Term 1	31 January 2018	(Cl. 2 - 8)	to	13 April 2018
	1 February 2018	(Class 1)	to	13 April 2018
	6 February 2018 12 March 2018	Waitangi Day Teacher Only Day		
Term 2	30 April 2018		to	6 July 2018
	4 June 2018	Queen's Birthday		
Term 3	23 July 2018		to	27 September 2018
Term 4	15 October 2018		to	14 December 2018
	22 October 2018	Labour Day		

First Aid for Little Explorers

Children are full of curiosity; they enjoy a little rough and tumble, and love to explore the world around them. And of course they never walk if they can run, jump, hop or clamber instead. So it's not surprising that they occasionally lose their footing. Knees are grazed, wrists sprained or heads bumped. Sometimes a little kiss and a plaster make everything better, but sometimes the injuries require first aid, and here natural medicines are a great help. Keep this little emergency first aid kit to hand on long journeys, days out or just at home and you will always be prepared to deal with minor accidents.

Treating grazes

Grazes, especially to the knees, elbows and palms of the hands, are among the commonest injuries. Since it's often only the top layer of skin that is damaged, grazes usually do not bleed very much. Use calendula essence or saline (0.9% solution) to clean them carefully of any dirt. If neither of these is available in an emergency, tap water or mineral water may also be used. Then squeeze a little gel from a tube of Weleda Calendula healing cream on to the affected area. Its natural ingredients with their structuring power encourage the start of healing and promote regeneration of the injured skin.

Relieve itching and burning sensations

With the warmer temperatures, mosquitoes, wasps and all their little friends are also out and about. And they are particularly fond of children's soft skin. Here, too, Weleda Burns and Bites Gel provides fast, effective relief. Apply a thin layer of the gel to the affected area for a rapid, pleasantly cooling effect. The gel contains arnica (*Arnica Montana*) and stinging nettle (*Urtica urens*) to reduce swelling and alleviate pain and itching fast, as well as calendula (*Calendula officinalis*). Weleda Burns and bites Gel is also useful for the treatment of sunburn or other minor burns.

First aid for kids of all ages

Squeezed fingers, twisted ankles and tumbles can all give rise to blunt injuries. These are injuries like bruises, sprains and pulled muscles, in which the outer skin remains undamaged. In such cases, arnica (*Arnica Montana*) has been shown to help heal injured tissue. Weleda Arnica cream/ or gel has a perceptibly cooling effect, reduces swelling, inflammation and alleviates pain. Just avoid applying to broken skin.

Another remedy to keep with you at all times is Weleda Arnica drops 6x. But don't worry: you won't need to carry two first-aid kits around with you on your next family day-out – all these natural remedies also work on fully grown explorers.

What to pack in your First-Aid kit:

- Plasters
- Two dressing pads (Woman's sanitary pads are great!)
- Triangular bandage
- Two long bandages
- Weleda Arnica Cream
- Weleda Burns and bites Gel
- Weleda Arnica drops 6x
- Pocket knife
- Water

Maree Smith RN, Anthroposophical RN 021 150 9433



Fast – Family – Fresh

Please share your recipes!

We know that whatever kind of eating the family enjoys, whatever the fashion in special diets, whatever our beliefs are.... everybody, everywhere still needs to eat more VEGETABLES!

We would love to be inspired by your ideas, to hear about what you enjoy for meals at home and healthy lunch-boxes.

With the focus on simple and seasonal veggie rich meal ideas, or perhaps how you like to pad out a meat based meal with more veg or maybe a healthy twist on sweet treats, please send us your favourite tried and true recipes. We might just print it in our flier!

Email recipes & ideas to Chris: chris.waikatowaldorf@gmail.com



NZ Biodynamic Association

Biodynamics (“biological-dynamics”) is a method of organic agriculture that can be applied to any farm, garden or horticultural enterprise by following a series of practical steps. It is based on the teachings of scientist and philosopher, Rudolf Steiner.

Biodynamics is a systems approach, where the farm, vineyard, orchard or garden is viewed as a living whole and each activity affects everything else. One of the most easily-seen and dramatic benefits of biodynamic practice is the exceptional quality of the produce: flavour, appearance and keeping quality are all enhanced.

The steps in the BD approach emphasise building soil fertility and are carefully tailored to the particular property. They include:

- Using biodynamic sprays to stimulate biological activity in the soil and improve retention of nutrients.
- Stocking with several different animal species to vary grazing patterns and reduce pasture-borne parasites
- Widening the range of pasture species
- Planting trees for multiple purposes
- Crop rotation designs including the use of green manures to enhance soil fertility and control weeds and plant pests in the garden or pasture
- Recycling organic wastes through composting
- Changing from chemical pest control to prevention strategies based on good plant and animal nutrition and careful cultivar selection

You can order BD preps if you are a member of the NZ Biodynamic Association. When you join the invaluable booklet *Using the biodynamic preparations* is sent as part of your initial pack.

To Join go to <http://www.biodynamic.org.nz>

Waikato Waldorf Community Parents Association Fundraiser

You may have seen at the Medieval Carnival our white ceramic double walled takeaway cup for sale. Just in time for Christmas, we are making the cups available for purchase for a limited time. The cup can be used with or without the silicon sleeve (which has the Medieval Carnival logo on it). Lid/sleeve colours available are Orange, Green and Light Blue.

Gift idea - Cup can be decorated or personalised for gifts using ceramic pens or paint - **Gift idea**

To order please email Vanessa at vshirlow@gmail.com with your colour choice.

Only
\$20 each

Super Secret
Santa gift or
stocking filler

BPA free



Support the
environmentally-friendly
movement of reuse and
sustainability

Reduce waste

COMMUNITY NOTICES

These notices are published as a service to the school community. Publication is at the discretion of the Editor, and does not necessarily reflect the opinion of the Faculty.

FOUND

Big, black watch, brand Marathon. Please pick up from the office.

T's Wellness Centre



Jo Gordon B. Soc Sci, Post Grad Dip Career Dvmt
021 774110 | Hamilton |  T's Wellness Centre

Bio Cleanse Detox Foot Spa
Far Infrared Sauna
Frequency Healing
Energy Healing
Ozone Therapies

Appt: _____