



Orana Leaflet

Orana's fortnightly newsletter
8 February 2019

WHAT'S COMING UP IN THE NEXT FORTNIGHT:

Tuesday 12 February	Year 10 parent meeting 6pm, SRC
Wednesday 13 February	Year 8 parent meeting 6pm, SRC Class 5 ST & 5PJ class meeting, 6pm
Thursday 14 February	Class 7MT & 7KA class meeting, 6pm
Monday 18 February:	Class 3TM Ingelara Farm Camp Swimming Carnival, Big Splash, Classes 5 – 12
Tuesday 19 February	Class 4EM camp to Honeymoon Bay 8.30am Tracy Lewis's (KG5 / PS5) class meeting 6.30pm
Wednesday 20 February	Year 7 HPV Vaccinations Year 10 Meningococcal Vaccinations
Thursday 21 February	Class 3KS Ingelara Camp
Friday 22 February	Welcome Picnic 5pm – details to be emailed to all families

Please note that the next Community Market will be on March 15

NEW STAFF ANNOUNCEMENTS:

We are delighted to welcome two more new staff members to our community: Claire McGuire, who will be assisting in the Primary School Hand Work classes and Ricardo Veloso who will be teaching Maths and Computer Science in the High School. Please join us in making them both feel very welcome to our school.

CROSSING HICKEY COURT:

Please set a good example for your children and others **by always crossing Hickey Court at the designated crossing**. Dodging between the traffic – especially with children – is dangerous, alarming for drivers and sends children the message that it is OK for them to cut between cars on their own. **Please do the right thing and walk the few extra metres to keep our children safe**. Thank you so much.

CRAFT GROUP IN 2019:

Ever wanted to learn how to make those lovely Steiner toys your children are playing with? Want to earn your community hours meeting new friends and discovering new skills? Come and try Craft Group!
In 2019 the Craft Group will meet in the Kurrajong room on **Sundays** – why not come along and enjoy a cuppa and a chat while creating marvellous items in the Steiner tradition? We supply all the materials for you to make wonderful works of Steiner-inspired art for sale at the Spring Fair. And no need to worry if you are all thumbs – there are always plenty of

helpers to support you and teach you the tricks that make the craft come together. Children are welcome if another adult comes with them to supervise them as they play in the garden. We've got lots of projects to work on, so if you are an old hand at craft, or if you have never tried DIY Steiner, come and join us – there is no nicer way to earn your community hours than filling the Craft Group stall. And we are always on the lookout for new creations – if you want to do your craft time at home, please get in touch with us through our mailbox. We particularly love to hear from woodworkers, as there appears to be an insatiable demand for handmade wooden Steiner toys!

Contact craftgroup@oranaschool.com if you want to join our mailing list or to become an at-home crafter, or just drop in one Sunday for a warm welcome.

More details including dates can be found on the school website: www.oranaschool.com

SCHOOL SHOP:

Have you discovered our beautiful school shop? Located in the walkway near the front office, it stocks a wide range of pencils & crayons, knitting wool & needles, felt and modelling wax as used by the children in their classes. You will also find wide-brimmed hats and inside shoes, handmade wooden and felted toys, handmade soaps, lotions and candles, holistic health care products, gourmet snacks, chocolate and chai! Come on in and take a look for yourself!

Our regular opening hours for term 1 (subject to change) are:

Monday	8:45–9:30: OPEN 2:45–3:30: OPEN
Tuesday	8:45–9:30: OPEN 2:45–3:30: OPEN (odd weeks only)
Wednesday	8:45–9:30: OPEN 2:45–3:30: OPEN
Thursday	8:45–9:30: OPEN 2:45–3:30: OPEN
Friday	8:45–9:30: OPEN (even weeks only) 2:45–3:30: OPEN



WOULD YOU LIKE AN EASY WAY TO ORDER YOUR PANTRY ITEMS AND SUPPORT THE P&F COMMUNITY?

The P&F Shop runs a wholefood buying group that orders monthly. Organic and natural pantry staples, nuts, seeds and cleaning products. Wholesale prices with 10% profit going to the P&F to raise funds to support the School community and our children.

If you are interested, please email oranaschoolshop@outlook.com to be added as a member and receive login details.

All orders are placed and paid for online then collected from school when delivered.

ADS

Parents within our school community are able to advertise in our newsletter. The cost of advertising is \$5 for 5 or 6 lines of text. If you would like to use this opportunity please email your text through to info@oranaschool.com and pay for the ad at the Finance Office.

CHILD CARE:

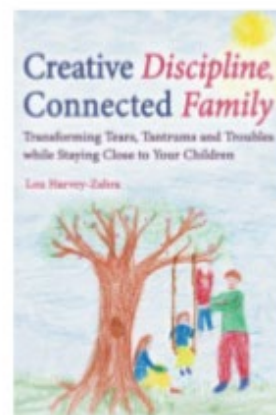
We are looking for someone to care for our 13 months old daughter on Mondays and Tuesdays, commencing on the 3rd of June to 30th of July, preferably in the Queanbeyan area. Please contact Riitta Korpinen
Ph: 0408221385

Lou Harvey-Zahra, author of bestselling 'Happy Child, Happy Home' and 'Creative Discipline, Connected Family' and her new book in 2019, 'Growing Children, Thriving Children' for parents with 7 to 12 year olds

**SATURDAY 23rd FEBRUARY 9.15am to 12.30am
at Orana Steiner School**

**Creative Discipline Workshop for parents with
Toddler to Six Years, cost \$55 and \$95 couple**

How to discipline without using punishments and rewards and strengthen the parent and child bond? Ten Creative Discipline strategies covered with everyday solutions to meal times, bedtimes, sibling squabbles, listening, manners, and more...



**“Two days in and the methods are already
working – what a relief!” Belinda Donaldson
(parent)**



**SATURDAY 23rd FEBRUARY 1.15 to 4.30pm at Orana
Steiner School**

**Creative Discipline Workshop for parents with 7 to
12 year olds, cost \$55 and \$95 couple**

Positive Creative Discipline strategies for primary school children, how to install positive values and increase family harmony. Plus, answers to common questions: chores, honesty, puberty, anxiety, technology, growing attitude and more...

**“Creative Discipline will lighten the load and
enlighten the mind.” John Allison (Rudolf Steiner
educational consultant and teacher)**

**BOOKINGS ESSENTIAL: lou@skiptomyloparenting.com or
0425 780 681**

Lou Harvey-Zahra is a mother, Steiner teacher, bestselling parenting author with four books, she presents across Australia, LA and UK. Lou's books are available from the school shop, all online book sites and see Lou's website www.skiptomyloparenting.com

Thriving Children

Positive Rhythms of Connection from Toddler to Teens

Friday 22 February 7.30 to 9.00pm

\$15 per family

Tickets: on night or through Eventbrite

<https://www.eventbrite.com.au/o/orana-steiner-school-13658844279>

Orana Steiner School – Kurrajong Building

(afterschool care room / Periwinkles)

Contact for enquiries: info@oranaschool.com

An inspiring evening talk on rhythms of connection for parents with toddlers to teenagers. Lou Harvey-Zahra will cover daily, weekly, and yearly rituals and rhythms to create strong family bonds and for children of all ages to feel loved and valued. Rhythm is an important aspect of Steiner education. Practical ideas on how rhythms affect the physical, emotional, social, intellectual and spiritual aspects of children.

'I love Lou Harvey-Zahra's advice, which is fun but practical, and rooted in love.' Saffia Farr (Editor, JUNO Magazine);

'Lou holds so much wisdom in her heart. I've learnt so very much from her in my parenting journey. She is a blessing.' Ilana Karst (Parent and Waldorf Education Administrator)

Lou Harvey-Zahra is a Rudolf Steiner teacher and author of four books including the bestselling *Happy Child, Happy Home* and *Creative Discipline, Connected Family*. Lou's new book is *Growing Children, Thriving Children: Raising 7 to 12-year-olds with Awareness and Confidence* (out in May 2019)

www.skiptomylouparenting.com





MOONDANCE ARGENTINE TANGO

Tango classes for beginners are held in the Overture Hall at Orana Steiner School. Give it a try and discover the beauty, joy and connection that is found in Argentine Tango. Come on your own or with a partner – couples and singles welcome!

For further details please contact Den on 0449 567 255 or visit www.moondancetango.com

Do you ever get frustrated with trying to get your child to study?

Does your child have difficulty with studying, ceaselessly complaining, and doing anything to avoid it?

Maybe you should consider getting your child's 'Bars' run. 😊

The Access Bars are 3 points of energy that run through & around your head that connect to different aspects of your life, it stores the electromagnetic component & when gently touched all the thoughts, ideas, attitudes, decisions, beliefs, feelings, emotions, patterns, limitations, blocks, considerations and points of view stored in any life time are released easily & effortlessly. Undoing years of limitations instantly.

Come understand and explore what is Access Bars and what difference it can create in your lives. Understand the gift it is for our X-Men kids who are labelled as autistic, ADD, ADHD and various other learning disabilities etc. instead of acknowledging that they are kids with different abilities and not a DISABILITY.

What would it be like to Empower kids to create the ease, joy and glory in everything they do and to consciously take charge of their own lives?

Here is an invitation to the parents and their kids to attend a 2hrs 'Intro to Access Bars' with SMRITI GOSWAMI.

Date: 15th FEBRUARY 2019
Time: 7:30pm
Venue: KURAAJONG ROOM, ORANA STEINER SCHOOL.
Cost: \$5

Smriti Goswami is a business mentor, life coach and certified facilitator of several Access Consciousness® special programs, including Joy of Business, Right Voice for You, Being You, and Access Bars®.
www.accessconsciousness.com/smritigoswami