

Orana Seasons

Summer 2017



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TERM DATES FOR 2018

Term 1	6 February – 13 April
Term 2	30 April – 29 June
Term 3	23 July – 28 September
Term 4	15 October – 14 December

PUBLIC HOLIDAYS 2018

New Year's Day	1 January
Australia Day	26 January
Canberra Day	12 March
Good Friday	30 March
Easter Saturday	31 March
Easter Sunday	1 April
Easter Monday	2 April
Anzac Day	25 April
Queen's Birthday	11 June
Labour	1 October
Christmas Day	25 December
Boxing Day	26 December

TERM 1

February

1	Class 1 Parent Meeting
6	Term commences
7	Class 3 Parent Meeting
7-9	Senior College Retreat – Narooma
12-13	Class 3EMK – Ingelara Camp,, Ingelara Michaelago
15-16	Class 3CW - Ingelara Camp,, Ingelara Michaelago
19	Swimming Carnival – Classes 5-12 – Big Splash
21	Class 4MM Parent Meeting
26-	Class 10 work experience
2 Mar	Class 8 Outward Bound Camp - Tharwa
27-	Class 6 Outward Bound Camp - Tharwa
28-	Class 9 - Ingelara Camp,, Ingelara Michaelago
8 Mar	

March

12	Canberra Day
14	Class 7 Immunisations – Round 1
30	Good Friday

April

2	Easter Monday
6	Athletics Carnival - Classes 5-12 – Chapman Oval
13	Harvest Festival
	Last day Term 1
16	School holidays commence

Cover illustration by Ella Reed

From the Board

The end of the year is always a good time to reflect on what we've achieved and what to look forward to next year.

First up, we'd particularly like to acknowledge our 'new' Principal, Linda. Her enthusiasm throughout the year, along with her knowledge of educational systems and deep professional commitment to continuous improvement of teaching and learning has given us a range of new perspectives on how do provide high quality Steiner education in the 21st century.



As part of working towards continuous improvements, we have conducted a number of surveys throughout the year; of parents, teachers, students and within the Board itself. The parent survey in particular has been useful for understanding what Orana is doing well, and what we can focus on doing better. Combined with student and teacher views, we are using this information to continue to achieve, develop and measure our strategic goals.

Financially, Orana is now in a sound position. Of course, we can't afford to be complacent, and prudent planning and spending remains the order of the day. The Board has approved a careful budget for next year which we think is well balanced and allows Orana to continue to invest in our facilities and our people.

This enterprise of educating our children simply wouldn't be possible without the work and commitment of the whole Orana community. The Board would like to offer sincere thanks to

everyone involved: to all the teachers; the College of Teachers; the Administration and Finance teams and the Maintenance and Grounds team who keep our school looking wonderful.

A number of our teachers are retiring or leaving Orana for new opportunities, and we'd like to thank them all for their service to our community and wish them well in their future endeavours.

As we all know, the parents and carers also play a huge role at Orana. The Board would like to thank the P&F, the Spring Fair Committee and all the Spring Fair volunteers as well as all the Class Coordinators and the special role of organising and supporting the coordinators.

There is a lot to look forward to for next year with the development of facilities, a number of new teachers — including new subject specialists in the High School and Senior College — and ongoing Steiner professional learning for the new staff. We will continue the process of working towards providing the International Baccalaureate by 2020, a process which in itself provides excellent opportunities to continue to enhance the school.

Finally, on behalf of all the Board, I would like to wish you and your families all the very best for Christmas and the New Year.

David Pearce
Chair, Canberra Rudolf Steiner School
Association
On behalf of all Board members

Early Childhood

A window into Early Childhood....

With the growing strength of sunlight continually drawing us outward to experience the longest day of the year and the festive season of Advent now upon us, one of expectation and anticipation, the young children are immersed in the activities of making candles, baking, preparing plays and wrapping gifts. For the teachers during this time, to create the appropriate mood can be a struggle in the middle of the whirl of activities when there is already so much stimulation from the media, music and commercialism.



However, a sense of quiet simplicity and of deepening our relationship with the natural world through recognizing the strength and beauty in all the four kingdoms now becomes an important antidote; the mineral kingdom as the physical foundation for life, the plant kingdom as nourishment and living forces and the animal kingdom with its capacity for movement and feelings. By recognising how the kingdoms of nature is indispensable to our existence, Advent can in fact move us towards a deeper understanding of our place in the universe, of all that supports us and all that we aspire to, as well as all that needs our protection and support.

What we endeavor to bring for the young child is a sense of the wholeness of humanity rather than a multiplicity of representations. Through *simplicity* and determining what is *essential*, we wish the children to *experience* rather than *learn about* this special season. Simple stories that bring pictures of the Birth and wonders of the four kingdoms support the child's feeling of being at one with the world of nature and the connection

between heaven, earth and the social realm; for each child has taken the journey whereby its world has gradually expanded from the mother's arms to the family circle and gradually outward to include the early childhood group. Every year we witness in wonderment each day, the unfolding of the Nativity scene that the older children repeatedly play out. This play theme is completely self-initiated and is triggered by the memory of songs such as "Little Donkey" from the previous year's dreamy experience of participating in the Nativity play as the 'angels.'

For some children the end of the year will signify the beginning of the next stage in their continuing journey on this earth as they prepare to cross the threshold into Class One next year. The development of the children's physical, emotional, social and intellectual life has now reached a new level. These include the lengthening of the limbs, the more angular features in the face, the shrinking of the 'pot belly', not to mention a window or two in the missing milk teeth as well as the physical abilities such as being able to balance, skip and tie bows. Social awareness, of doing things for others, goal-oriented play and the ability to 'visualise' play rather than needing to collect many items, to share and wait for turns and to follow instructions are just some of the indications of a Class One ready child. In the emotional realm, if the children can say good-bye to their kindergarten teachers (and not look back) as easily as they can say good-bye to their parents in the mornings, our task as early childhood educators is complete.

However, what is more subtle is the qualitative difference that these children will show after crossing the threshold into Class One and the birth at around the age of seven of a whole new aspect of the children's individuality. This new 'birth' is not as clear-cut as the physical birth of the child but it is an important time in the growth of the child and is the underlying reality for the many changes that are visible around the ages six to seven. The transformative growth is similar to the caterpillar spinning a cocoon and emerging as quite a new creature, a butterfly, and it occurs at three certain critical points in the child's development; one at around age seven, the next around fourteen and then at age twenty-one.

Steiner describes this transformative stage at around seven as the birth of the life body, or the etheric body, which is vital for keeping the physical body alive and healthy and it bears a close relationship to the immune system. Just as the mother's body protects the yet to be born child from the harsher physical world, it is important to protect the life body of the young child through warmth and love, consistent rhythms and boundaries, proper quantity of sleep, nutritious and wholesome food and ethical 'goodness' in role modelling by the adults. Premature exposure to academic instruction and intellectual concepts places a great strain on young children however mentally awake they appear to be. After the birth of the etheric body, which usually takes place over a period of about a year, rather than a day or two as in the birth of a child, the child becomes very different to what he or she was before, standing upon the earth in a new way and ready to receive knowledge from a figure of loving authority. New capacities needed for absorbing knowledge develops, hands and feet become nimble and imagination that wants to be fed with stories and pictures is born. As educators we continually stand in awe and wonder at the transformative growth of these young children to become 'ripe' for school.



Looking ahead 2018:

At 9am, on the first day, the new Class One children, with gifts of roses, and lead by their kindergarten teachers will cross the threshold into the Primary School, to formally meet their new teachers. The returning kindergarten children as well as all new children and families will begin their journey with us at 9:30am, shortly after the ceremony.

On behalf of the kindergarten teachers, I thank you in deep appreciation for your support through the past year and wish each and every family joyful blessing for the Festive Season.

Jacqui Lee
Director of Early Childhood

Playgroup at Orana

In recent days, the Playgroup families have been busy creating colourful Christmas ornaments to hang as decorations or to give as gifts. These beautiful and simple ornaments can be made using basic household items and children and adults alike delight in making them together. Perhaps you would enjoy making some for your own families this Christmas!

Photo Ornaments



What you will need:

- coloured yarn (string, ribbons or crepe paper work well too)
- curtain ring (or you can cut out a ring using firm cardboard)
- PVA glue
- thick card paper
- a photograph

Method:

- Select various colours of yarn and cut approximately 15cm lengths.
- Tie off the first colour to your ring and wind tightly around the ring. When the coloured yarn is almost wound, tie off the next coloured length to the first and continue to wind.
- Continue until the ring is completely covered.
- Attach a length of yarn to the top of the ring from which it can hang on the Christmas tree.
- Using the ring as a guide, trace and cut around your photograph and the thick card paper
- Use the PVA glue to stick the outer edge of the photograph to the ring and glue the thick card behind as a backing piece.
- Alternative idea - use two, three or more colours of yarn to wind around the entire ring!

If you would like to join our warm, growing community, please contact playgroup@oranaschool.com or phone 62884283.

Our Playgroup sessions are now held on Monday through Thursday mornings from 9.15 – 11.45am.

Natalie Mooney
Playgroup Leader



Before and After School Care

We would like to thank Ursula and Sam for taking great care of the students attending After School Care this term whilst Jennifer was on long service leave. We are very appreciative of your efforts and are grateful that the program was able to continue as per normal in Jennifer's absence.

We are excited to announce that in 2018 Before School Care will be able to care for students up to and including class 2.

Before School Care and After School Care enrolment and fee information for can be found on our website:

- After School Care:
<http://www.oranaschool.com/enrolments/after-school-care.html>
- Before School Care:
<http://www.oranaschool.com/enrolments/before-school-care.html>

We would like to wish all our children and families a very happy and safe Festive Season.

Before and After School Care Staff



Primary School

Class 1KS

This term, 1KS have been examining their school environment closely, to better understand the animal, plant and birdlife we live with here at Orana.

Walking the school grounds first thing in the morning has yielded some magical experiences for the class. Sights we observed included the resident Heron fledgling in the tree behind the school crossing, mother magpie hunting for and feeding her noisy baby. The kangaroo family of three lounging on the oval and very active busy Black Bush Ant nests everywhere!

These experiences helped inform the imaginary creatures the children made to take to The National Botanic Gardens for an excursion. Back at school we made habitats for our little animals to live in. We will finish this Main Lesson by learning about some of the flora that flourishes around us as well. A healthy respect for the beautiful natural environment here at Orana will be an easy feat after such marvellous discoveries.



Class 1TM

In term 4, Class 1TM have also been learning about the natural environment around us. We have been enjoying walks around the school to observe flora and fauna, as well as two very special excursions to the National Arboretum and Botanic Gardens. At the Arboretum we learned all about plant life and our trip to the Botanic Gardens provided us with experiences of pond dipping and habitat building. It has been a wonderful term to appreciate the natural beauty of our local environment and we look forward to building on this knowledge and love for nature in Class 2!



Class 2

2CW and 2EM have been thoroughly enjoying their weekly bike riding sessions on Tuesdays after lunch. You may have seen us riding our loops around the kindergarten buildings, on the basketball courts in primary and high school or around the oval! The children have been practising their braking skills, control at slow speeds, strength over off-road terrain, stamina for long rides, how to overtake appropriately, when to stand and ride and many more bike riding techniques. One of the greatest achievements has been helping some children in year two move off training wheels, and now each child in the class is able to ride independently on a two-wheeled bike. Parents have been attending to help set up activities, repair bikes and help with first aid/supervision on tricky surfaces. We rode to the Hilder Street Playground as a group to celebrate the progression of our skills.

2CW and 2EM will also went to Tidbinbilla Nature Reserve on Friday the 24th of November to have guided tours with park rangers about Australian animals, plants and to hear about aboriginal knowledge and traditions within the area.

The year 2s have had an active term and we look forward to starting our new adventure with camps, farming and building in year 3 next year!



Class 3 German Markets

Der Weihnachtsmarkt in Klasse 3



Advent is one of the most beautiful times of the year in Germany. This is when the *Weihnachtsmärkte* (Christmas markets) begin. In Germany, the Weihnachtsmärkte are traditionally held in the town square. At the markets, food, drink and seasonal items are sold from open-air stalls and traditional singing and dancing can often be enjoyed as part of the experience.

For three weeks in Term 4, Class 3MM and 3RT students held their own *Weihnachtsmärkte*. Whilst the atmosphere was a little different to what is experienced in Germany at this time of the year, it was something very special for the students, teachers and parents. Both classes put in a great deal of time and effort to set up their own stalls and sell beautiful handmade Christmas cards, decorations, plants, flowers, gifts, drinks and sweet treats. Class 3 students were able to buy from and sell to one another using paper Euros and vocabulary practised in class. Well done to the Class 3 children for creating such a wonderful *Weihnachtsmarkt* atmosphere and thank you to the parents, grandparents teachers and Class 2 students who came along to enjoy it with us!

Frohe Weihnachten und alles gute zum neuen Jahr!

Lena Hoffman-Raap
(German Teacher – Classes 1-5)

Class 4

This term Class four have travelled back in time thousands of years to explore ancient Australian history and learn about early Indigenous Australian's way of life. We researched how the land and climate affected Indigenous culture and how their management of the environment changed the landscape. We continued through history to learn about the early contact with the first European explorers. When investigating first contact we used information reports to inform our understanding. We used this understanding and demonstrated our learning about the different perspectives through narrative.

At the end of Term 3, we went to Birrigai for our Early Settlers and Indigenous life Camp. It was a wonderful adventure in which the children became early farmers, surveyors, botanists and geologists exploring and settling the land. The scariest part was becoming an 18th Century School student! As early settlers the children worked amazingly together, clearing land, setting up camp and starting their farm. We also learnt how to find our own bush tucker and explored how the early indigenous people lived in our local region.



We are midway through our Freehand Geometry main lesson. The children are loving the hands on aspect of this lesson. We have been discovering different 3D shapes through making shapes with clay and drawing then cutting out paper nets. We explored how many different cube nets it is possible to make. So far we have worked out seven cube nets. We have also delved

into symmetry and how different patterns and artwork may be symmetrical. The symmetrical patterns the children created are amazing.

Dan Flannery and Jacinta Lai



Class 4 German Plays

There is nothing better than working with a play in language lessons to engage the students' interest, to cultivate clear pronunciation of the language and to explore the use of gesture to relay meaning.

It has been a very big term in Class 4 German lessons with two play performances!

Class 4JL worked tirelessly (also during my absence for three weeks) with the play, "Rübenziehen" (The Giant Turnip), a Russian fairytale which they performed beautifully in Week 6 for some of the High school German classes and parents and again on the Friday for the Lower Primary and High School assemblies. Well done Class 4JL for all your hard work and three excellent performances!

In Week 8, Class 4DF presented the Norwegian Fairytale, Die Drei Böckchen Brüse (The Three Billy Goats Gruff). This was an original play, adapted from a story in the Norse Folkeeventyr collection by *Peter Christen Asbjørnsen* and *Jørgen Moe in 1845*. Students in 4DF spent much of Term 4 learning the long lines of the play, learning how to clearly pronounce some very difficult words and planning the stage set-up for the performances. Meanwhile, goats' horns were needle felted and a troll's hat was knitted and felted late into the evenings throughout Terms 3 and 4 by two of my ex-colleagues who were just as keen as me to "get this show on the road".

It has been an absolute pleasure to see these two plays performed in German by the Class 4s and the language skills and collaborative effort that went into turning these plays into performance items was highly impressive. Thank you Class 4 students and thank you Dan and Jacinta for giving me the time each week to enable us to work in this way in our German lessons.

Lena Hoffman-Raap
(German Teacher – Classes 1-5)



Class 5

"Every four years, the Ancient Greeks would set aside their differences and meet at Olympia to hold games in honour of life and the gods. In Class 5, we did a similar thing this year to celebrate a spirit of friendship and athletic prowess. We invited schools from all over NSW to come together at Birrigai to mark the culmination of our studies of Ancient Greece. The

weather was everything we could expect of late Spring and the children, resplendent in their self-designed tunics and full of the spirit of the city state they represented, competed in javelin, discus, long jump, running and wrestling. Of course on top of the actual competition, they also got to know kids from all sorts of backgrounds, play, sing and eat together.

It was good for teachers and helping parents to get together and compare notes, as well as celebrate in a practical way the hundred year anniversary of the Waldorf School movement.



The final day of camp saw us run the marathon (not quite the full one, but still with plenty of challenges!) and close the games amid wild winds coming down from the Brindabellas, which only added to buzz. Coming back into school ready to be taken home, the children were tired but elated after their experience. The class fives really put their all into the camp in the months leading up to it and worked so hard on award bracelets and costumes, not to mention the rigours of competing that I'm sure it will be listed as a highlight of their time in Primary School."





Handwork

The lower primary have been very busy completing their projects for the end of the year. Class 1's passion for seeing Satchkin Patchkin transform into their dolls has been delightful. They are very excited when knitting and are eager to share how their work is progression row by row. Class 2's completed wet felting and are working towards a place mat for Christmas by felt appliqueing on their mats. Class 3 children are crocheting covers for pillows and creating visual symphonies of colour. In Class 4, cross-stitch pin cushions are being completed and knitting stockings and bells are well underway for Christmas trees for the festive season.

Carol and Christine



Languages lessons at the National Zoo and Aquarium

A thunderstorm that came much later in the day than was forecast was the reason that our much anticipated languages excursion to the National Zoo and Aquarium was postponed. Sometimes things happen for a good reason though and the beautiful weather that we were blessed with on the actual day of our excursion made the extra two week wait well worth the initial disappointment! What has turned into an annual event for all students in Class 5 is one of the highlights of the year for me. The bike ride to and from the zoo alone is a very enjoyable part of the day. The day turned out to be quite hot this year, but everyone persevered with the ride, obeyed the safety rules and looked out for one another.

It is a wonderful thing to see the students engaging in German and Japanese-related activities outside of the classroom. This year, I was extremely impressed with the way students approached the activities using pre-learnt vocabulary and worked together in their groups at the Zoo to complete their activity booklets.

I should also mention that the National Zoo and Aquarium has changed a lot since I visited last (with last year's class 5 students). I realised quickly that the maps I had prepared for us only included two thirds of what is now there. We are very fortunate to have such a wonderful zoo in Canberra and so close!

Fionn Walters (Class 5MT) managed to capture some great photos on his camera and has kindly provided me with some of them for this article.

VIELEN DANK John, Ann (parents), Michael, Khia and Kate for assisting me and the students on the day. I'm looking forward to next year's zoo excursion already!

Lena Hoffman-Raap

German Teacher (Primary School)



From the Library...

Thank you to all the volunteers who have given their time to help in the Library this year. Your work has been extremely important to maintaining the Library as a resource. Libraries are an important part of any school; they need to be up-dated, loved and constantly organised and re-organised. Our volunteers have contributed enormously to the care of the Library and for that we are very grateful.

Congratulations to the many students in Class 1 to 7 who completed the Chief Minister's Reading Challenge. Classes 1 and 2 were recognised at a ceremony this term for their enthusiastic participation in the Challenge. This is an excellent way to encourage children to read widely and set reading goals. The Challenge also celebrates the importance of reading books to education and the community.

It has been great to see the Library used for diverse purposes this year. Among the most successful activities run in the Library was Alex Boyle's Rubik's Cube Club. Well done to Alex for running this activity all year for the younger students and to the enthusiastic cubers who turned up each week (and sometimes each day) to build their skills.

As we move into the Christmas holidays, we encourage you to take the time to read with your children and alongside your children. Reading is valuable not just on an academic level, but on a personal and spiritual level. Being allowed in to the mind of the author helps build resilience, open-mindedness and social awareness. We wish everyone happy reading these holidays!



Chief Ministers' Reading Challenge

On Wednesday 22nd November, Nikita Chalker (Class 2CW), Daniel Milligan (Class 2EM) and I had the absolute privilege of representing Orana at the 2017 Chief Minister's Reading Challenge Awards Ceremony.



Orana finished with one of the highest student completion percentages, in the *Preschool - Year 2 Section*.

Daniel and Nikita, on behalf of Orana, received a certificate and a \$100 gift voucher from Paperchain Bookstore for our school's achievement. Well done Orana!

The acting Chief Minister, Yvette Berry presented the students with the awards.

Irma Gold, author of the short fiction collection, *Two Steps Forward*, delivered a wonderful speech and left us with the following challenge: "Read as widely as you can and explore our global community through books".

After the ceremony, Daniel, Nikita and I had a chat to Harry Laing and Jack Heath. Harry Laing was the Challenge Ambassador who visited our school and did a poetry performance based on his book *Shoctopus* for students in Classes 2-6. Jack Heath is the author of the *Countdown to Danger Series* which we have in our school library. Harry and Jack also kindly provided us with a photo opportunity during morning tea!



Music at Orana

The 'Ins' and 'Outs' of Music Learning

'Two worlds open for the adolescent: the outer and the inner. The outer world brings them into contact with all that goes on around them... It is a demanding world of activity...(Then) there is the world of inner feeling and of being conscious of their own Self. From this space come deeper inspirations and inner guidance... to make decisions...and touch values'

Julian Sleigh, Thirteen to Nineteen, 1998



Music is a vital part of Orana's curriculum. It is part of the fabric of daily life and learning at the school. A busy performance and Festival programme ensures that the musical riches of the students are happily shared with the wider community.

Music classes are designed to 'grow' with the students. Throughout the school, students have opportunity to engage with the different strands of music learning – practical music-making (performance), creating original pieces (composing) and learning about how music is put together and its social context (analysis, inquiry, musicology). These 3 strands are important in every class but look different at different levels of the school.

In class 9 and 10, students study Music through the Elective program. This Semester, class 9 students explored aspects of sound production and recording – an area in which they have strong everyday experience in the outer world. The students worked in small groups to create original pieces of music. They self-directed practical rehearsals where ideas were refined

and developed. They workshopped individual performance skills. They received and gave constructive feedback to each other in regular performance practice classes. By the end of this unit they will have recorded and mixed their original song.

The rigorous 'outer' work of this process is mirrored by the movement of new inner understandings, inspirations and growth. As well, there comes new potential for the expression and sharing of an unfolding inner world.

Indigo Nowlan-Crisp wrote the following as a reflection of her experience of class 9 Music Elective:

The biggest challenge for me was performing solo, and singing in front of an audience. After the practice classes, the thing that surprised me most is that I actually can enjoy performing solo, if I am confident with the song, and with what I am doing.

With original compositions for bands, I have learnt that every single person in the group needs to have a part in the composing process, or they are not as involved in the recording of the song, and lose interest.

Before this semester I could play three chords on the ukulele, nothing on guitar, and would never sing by myself. Now I can play anything I want on the uke, can accompany myself using guitar, and feel as though I have not only improved my singing confidence, but also performance.

Maia Harrison, November 2017

For more information on the Chief Minister's Reading challenge and the ambassadors of the Challenge, please see:

https://www.education.act.gov.au/teaching_and_learning/chief_ministers_reading_challenge/ambassadors

Many thanks for all the work Bronwyn Milgate has put in to helping our school be a part of the Chief Minister's Reading Challenge.

My challenge to the school next year is to increase our participation so that we can have representation from all year groups at the ceremony. Reading is important to the education of our students and this is a great way to increase our wide reading as a school.

Lena Hoffman-Raap

High School

Exchange to France: Grace Andlee, Class 10

This is a photo of me with my exchange and my host brother. I participated in a 3 month French exchange. The first month was their summer holidays and so I travelled with my host family around Paris, down the west coast of France, and into Spain. For the rest of the exchange I lived in Aix-en Provence and went to school near Avignon. My whole host family is coming to stay with me in Australia for the end of Term 4. My host brother will be in Class 3 and my host parents will be teaching some classes.



Is this what we call okay?

Lilli Charlton, Class 10

It's a quarter to two and I sit down to watch the news

there are ads, about,
New houses, new problems,
new shoes.

And a friend is over, sky is her name.
she's small and fair with freckles on her cheeks
and long glossy brown hair.

as I sit with her and I look at the glaring screen,
corrupting our minds repeating things we've
already seen.

with facts and fiction of addiction,
Of witty jokes and little kids with too much
ambition.

Not really talking to Sky,
just watching a black box like a window with an
outstanding view
The new houses look dull
the problems seem small
Of skinny lattes, skinny models, skinny phones...

A program comes on about being weary
For people with depression and anxiety
"We understand we get it we do?
there's is much to live for
were here for you
it's going to be all right"
They say...

"The media puts it another way"
Sky scoffs,

"They say they are here for you when
models determine how we have to look
the media says it's fine
But is it? When people are spending more time
online crying for help,
When they can't look someone in the face
because of anxiety,
Can't think straight,
Because of our society?
That's just wrong,
don't you think that's just messed up in the
head?

Shouldn't we rather help people want to live
than want to be dead?

The reason people are stressed is because they
feel alone

Just watching what's on this TV or a phone,
Corrupting our minds to think this is how we
have to be.

It's not.

The voices are wrong.
and it refuses to take responsibly

To its ability,

To make people compare,

To make us feel people don't care.

We feel like there is no one to help.

and by the way if we want to feel valid,

The media says, "be yourself, don't change for
anyone"

however, they spit it back with daggers at firing
procession,

Until we feel it is no longer our decision.

I'm just looking at Sky now,
not really knowing what to say,
Like a school girl presenting something she only
just prepared on the day.
Sky is just sitting there now looking me,

"But you can't just blame the Media..." I start
But Sky comes back at a firing rate,
giving me no chance to change this debate.

"We are told through media how we have to act,
It's shaming people for who they.
They should take responsibly for what they are
teaching young minds
saying that this is okay,
and that being different is wrong.
switching between their black and white lines,
to hide their signs
of manipulation."

"But what about the influence coming from the
people we know" I fire,
"the things people say
like *that's gay*,
putting people into a box making us feel
Isolated from what we are?
Sure, Media is giving us something to compare,
But the things we are exposed to from day to
day,

Are you saying,
That's okay?
The words people shoot are affect us too,
they are all around us.
consuming us, telling us what
to be.

causing anxiety to talk to people,
laugh with people,
love for people.
they'd rather be enclosed
and at home then have friends,
resilience wearing thin because of us,
It's a pressure to be good enough.
Everyone has their own problems,
The solution to is not blaming just media,
we can't hide that we have influenced it
ourselves,
has this obsessed idea of being perfect?
gone too far?
We don't really think Barbie is a real person, do
we?
That Regina George was actually queen bee,
for being mean?
That's like saying that people don't lie,
and we are all the same,
Oh wait, that's right,
That's what we are trying so hard to be.
We are in love with what the naked eye sees,
We seem to try living in this fantasy,
to fit into reality.

Why?

Why do we do that.

Making people's colours turn to grey.
People rather wanting to cut off their ears,
Than listen to another mean comment about
them.
They say they understand it.
But do they?
The things that people go through,
live through,
is being judge.
ranked, to what we think is acceptable.
People are stressed because of us,
anxious because of us
and I do believe it's our fault,
I do.

That we have lead people to believe
There is no other way.
However, we still say,
"It's okay".

There's now a silence in the room.
Neither one of us know what to say.

The tension between Sky and I drop as she starts
to speak again,

"I agree" Sky simply states.
"It's true, people feel lost and don't know what to
do.
It really comes down to the person at hand,
If they are struggling or just in demand,
for some extra help or even a chat.
If its though media or people
I know how it feels, I really do
because throughout every situation,
there is no simple remedy"
Sky shifts uncomfortably before adding
uncertainly,
"I have depression and anxiety."

I'm looking at sky now,
with her freckles on her cheeks,
Fair face, fair hands, fair hair.
She seems so small and unaware.
I don't know what to do,
I'm like a person with stage fright,
Because no matter what.
with all my might.
I can't seem to find anything
right,
To say to sky.
I feel bad, I feel I should know.
Because in this world we think,
We are so weary,
That we know what to say,
And we know how to help.
but all I seem to be doing is

Not helping.

"It's hard to explain"
Sky say almost reading my mind.
"when people ask *are you are you okay?*
What are you meant say?
That It drives you insane?

This thing,
That you wish it would stop,
Every single day is a struggle,
And with every moment.
I feel lost.

Like I'm bound to my bed.
Sometimes I just want to scream,
Scream all the thoughts,
out of my head.
I feel the world judging me,
I feel all eyes watching me, haunting me.
Telling me what I have to be,
what I have to say.
Because throughout all this mess,
There is the extra stress to fit into society.
To want to belong.
But really,

it's just destroying me, killing me.
Making me feel this thing,
This thing that won't stop,
Refuses to go away!"

Sky stops all of a sudden.
smiles at me
before simply stating.

"but all I'll say is
I'm okay."

Deutschland Study Tour 2017 Study Tour Group



We would like to share with you some of the regular blogs posted by participants in our Deutschland Study Tour group.

Thursday, 7 December 2017

Belated Freiburg Blog post by Ivalo and Lily

When we got off the train in Freiburg we met the people we were going to stay with for the next three days. They seemed really friendly and welcoming. We then walked to their school, which was really really big. Although some of us went home to have lunch, the majority went to the school and had lunch in the cafeteria. The others that didn't go and have lunch at the cafeteria went home with their host families and had lunch. Griffin and I went for a walk after lunch with the host family around their village, it was so beautiful and we saw some reindeer. They were in a paddock but still very beautiful. That evening we went to the Christmas markets and walked around Freiburg at night which was cool. We saw the big church which is very beautiful. We were very tired and I slept the whole way through the night for the first time while being in Germany. Today was Saint Nicholas day and we got chocolates in our shoes this morning. Which was very sweet and lovely. Then we went to school.

After we had lunch at the school I was picked up by my host family's mum and we went home to their little house next to Vaughan. I met the brother and then the daughter came home and we decided we would ride to the weihnachtsmarkt in Freiburg. We walked around for a while and we met up with Amelia and Lucy and got Kinderpunsch which is a non-alcohol drink for kids, which is German. Amelia wanted to go home so we took them to the strassenbahn. When we got home we shined our shoes and put them in a line to wait for Saint Nicholas to come in the night and put lollies next to our shoes. In the morning we got the lollies and went to school. I sat in two English classes with my sister and then with the whole class we did a bit of eurhythm and listened to class eleven and twelve and ten sing and play music. They are rehearsing for a big concert on Friday which is like our Gala concert. Tomorrow we are going to a bear and wolf park in the Schwarzwald!
Posted by Jen@Orana at 13:58 5 comments:
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Blog post by Eilis and Co.

Hi all.

After another comfortable night with our wonderful host families we met at the school. The plan for today was to catch a bus to the Bear and Wolf sanctuary in the Black Forest. However our plans changed when we discovered that the bus wasn't going where and when we expected. Instead we went into the city. We walked around the shops, ate food, sampled Starbucks hot chocolate and sorted out more SIM cards. At 11 we made our way to the train station to catch a multitude of different busses, trams and trains. The final bus ride to the sanctuary was very beautiful. We drove through little German towns still blanketed in snow and past the tall trees of the black forest. There were so many picturesque photo opportunities along the way that we could not capture them all. When we made it off the bus to the sanctuary the sun was shining off the snow so brightly that those of us who didn't bring sunglasses regretted our forgetfulness. After a crunchy and slippery walk up the drive we made it to the top. The sanctuary had many wooden buildings and thankfully a toilet. After lunch and a toilet break we were given a guided tour of the sanctuary. Since it is winter here many of the bears were hibernating but those that were awake made up for the rest. First we went to the enclosure with three young bears. They were all siblings around 18mths old. They were rolling in the snow and having a wonderful time. We also saw a wolf pack of all brothers, a lone wolf and bear who became friends and a brother and sister pair of lynxes. They all had stories of where they had come from and why they were there. Like the lynxes who had come from a zoo with only a small concrete area for them to live in. When they came to the sanctuary they did not know how to climb trees like lynx in the wild so they had to learn this basic skill all over again. We said goodbye to our lovely tour guide and after a quick visit to the gift shop went back down the drive to wait for the bus. It was a very fun day and we all returned to Freiburg happy if not a little tired.



Pictures of Heidelberg!

Thursday, 30 November 2017

Blog post 1 (Ella)

Sunday December 3rd, Heidelberg

After a super long flight and spending a very cold day to walk around our first xmas markets in Frankfurt we slept really well. The market stalls were all made out of dark brown wood with lots of colourful light decorations and deep green holly. They were all so small and cute but their insides fitted lots of excited people waiting to find the perfect present for a loved one or a friend. Everyone was so excited to buy something traditionally German and ready for the adventure of only speaking German to the lovely kind shop owners.

We tried really hard throughout the day to get SIM cards which meant that finally by 8pm, after walking to and from a few Aldi stores, we had our cards. But they won't work until Wednesday 😊 For the under sixteen year olds we are still working on a plan, as they can't register their own cards!

We're on a train now to Heidelberg on Nina's birthday, watching the snow drift slowly down to the earth, as we whiz through the green countryside full of small white houses. It's been such an amazing experience for the children who haven't seen falling snow before so we spent the morning looking up at the dark morning sky admiring the white specks falling towards us.

Class 9 – Outdoor Classroom

This semester class 9's have made a block plane. The blade is forged from a car coil spring which took a lot of energy and will. The timber and brass are off cuts from other projects. Students learnt how to hone and sharpen a blade using cheap materials such as sand paper through to motorised sharpening stones, diamond stones and Japanese water stones.

This was a recycling / repurposing materials project.

Congratulations to: Lola, Cobbitey, Fiona, Ellie, Ivalo, Elisha, Ulysses, Adam, Griffin and Katharina on their impressive efforts.



Birds at Orana

The birds at Orana, whether they be locals or migrants came under extra scrutiny from us humans towards the end of the term. The beautiful nests of choughs, mudlarks and wagtails have been logged and several new birds sighted and added to our considerable list of feathered friends. The mystery prizes for logging the most unusual new birds go to Suzanne Tunks (Brown Goshawk) and Steve Read (Buff-rumped Thornbill). They will each receive a mature maple tree, lovingly grown and donated by Nick, Orana's groundsman.

Just because the competition is over for the year doesn't mean we need to lose momentum in making a complete list of the wonderful birds at Orana. If you are on the site over the holidays or into next year, keep your ears and eyes open. You never know what will turn up! Write your observations down and hand them to the office staff. Thanks for participating, being a part of this place, and sharing it with our birds!

Michael Thompson



Sophia Group

Committee meetings and curriculum workshops

Anyone is welcome to attend the Sophia Group committee meetings which are held on Thursday evenings 7.30-9.00pm in the Kurrajong Building (afterschool care room).

Sophia Group also welcome interested parents, carers and teachers to attend the Sophia Group curriculum workshops which will be held once per term in week 6. Each workshop will discuss the Steiner curriculum and will hopefully have an experienced presenter to support the discussion.

More information is available on our website: www.oranaschool.com/community/sophia-group.html

Events in Term 1, 2018 Understanding Child Development and Waldorf Curriculum

Lou Harvey Zahra will cover

- the 'three gifts' of early childhood and how to create an environment where young children flourish
- practical ideas to understand childhood stages and meet the needs of your children
- The Rubicon changes at 7, 9 and 12 years
- How the Waldorf curriculum supports and inspires children.

When: Friday 23 February

Time 7.30 – 9.00pm

Where: Kurrajong Preschool (afterschool care)

Cost: \$15 per family

Tickets: <https://www.eventbrite.com/e/understanding-child-development-and-waldorf-curriculum-tickets-39944404790> or at door.

Creative Discipline Workshops

- Morning workshop – Creative discipline for young children aged up to 7
- Afternoon workshop – Creative discipline for the 'crossing' at 9 years and pre-teen years

Two inspiring workshops for parents to understand stages of child development. Common challenging areas are discussed as well as practical ideas to transform behaviours in a positive manner for family greater harmony and connections.

When: Saturday 24 February 2018

Time

- Creative discipline for young children – 9 – 12.15pm
- Creative discipline for the crossing at 9 years and pre-teen years – 1.15 – 4.30pm

Where: Kurrajong Preschool (afterschool care)

Cost: \$55 per person or \$95 per family

Booking – please contact Lou directly

lou@skiptomylouparenting.com or 0425 780 681

Advertisements

Tears, Laughter, Champagne: A story of friendship forged through fire & food

Nine women forged an unbreakable bond in the weeks and months following the 2003 Canberra bushfires that consumed their homes and changed their lives. These are the Singed Sisters. From tea and tears in the months following the fires to champagne and laughter as they moved into newly built homes, this book is their story of recovery and the recipes that helped along the way. All profits from the continued sale of this book will go to YWCA Canberra – chosen by the Singed Sisters because of their work in housing support, early learning education and family counselling, as well as their advocacy on gender equity and women in leadership.

Cost: \$49.99

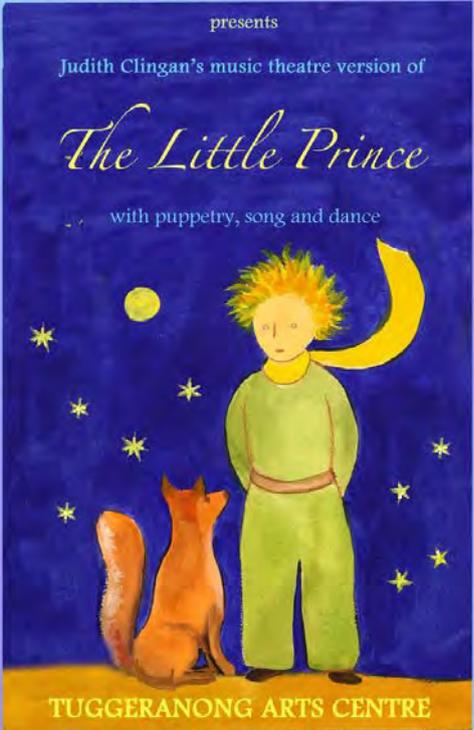
See the Obiter Publishing website (<https://www.obiterpublishing.com.au>) for online sales and Canberra stockists.

The book will also be available from the School P&F Shop once school commences.

Gardening Services: Elysian Landscapes is a garden maintenance and design business run by Daniel, an Orana Dad and a Registered Landscape Architect. Daniel's attention to detail and 15 years' experience in the industry will get your garden looking fabulous in no time. We offer a full range of garden maintenance services to revive or beautify your garden and keep it looking great. Including one-off garden clean-ups, total garden make-overs as well as regular ongoing maintenance services.

Call Daniel on 0451 787 257 or email Daniel@elysianlandscape.com for bookings and enquiries.

Assistance requested: Kirsty Keegan, mother of Cooper (Cl8) and Jasper (cl5) has been in Canberra Hospital for the majority of term 4 and is still there, currently without a discharge date. Kirsty and her family would appreciate some financial support during this time while Scott is off work caring for her and the boys. If you are able to offer any assistance please visit the "Go Fund Me" website set up for Kirsty: <https://www.gofundme.com/help-kirsty-kick-her-cancer>



Wayfarers Australia
presents
Judith Clingan's music theatre version of
The Little Prince
with puppetry, song and dance

TUGGERANONG ARTS CENTRE

Wednesday 20th December 7.00pm
Thursday 21st December 2.00pm
Friday 22nd December 2.00pm
Tickets: <https://www.trybooking.com/STMQ>
Enquiries: judithclingan@me.com / 0410 617 427



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