

PARENTS' WEEKLY BULLETIN

12/11/2017



SCHOOL EVENTS & NEWS

DATES FOR YOUR DIARY

November	
Mon 13th	Final day for Weleda orders. Please hand in to reception. Order form attached.
Tues 14th	Class 8 Parent's meeting 7pm
Weds 15th	Class 9 trip to see Dunkirk film.
Weds 15th	Open Day for Kindergarten 2018 starters. 4-6pm
Thurs 16th	Craft morning –Dining hall 8.45 – 10ish. Open to all. Drop in for a cup of tea.
Thurs 16th	Kindergarten Lantern parade 5pm
Thurs 16th	Parent Forums. 3 - 3.30 and 6 - 6.30pm
Fri 17th	Class 9 trip to see Hidden Figures film.
Sat 18th & 25th	School Singing group with Jannah Warlow. Weekly. All welcome. 10am - 12. £5
Tues 28th	Open Day for Kindergarten 2018 starters. 4-6pm
Thurs 30th	Speech and Language Therapy drop-in with Esther Willets. 9.15 – 10am. See below.
December	
Sat 2nd	Christmas Ceilidh! See below.
Tues 5th	Advent Spiral. See below.
Sat 9th	Winter Fair! Put it in your diary and talk to your class reps about it.
Fri 15th	Last day of term – 12.30pm finish for everyone (after lunch).

This week, 13-17th November, is National anti-bullying week.

In response, as a school we're focussing not so much on the language and labels of bullying but on highlighting ways of thinking and acting that cultivate a culture of kindness, care and responsibility towards each other. Will you join us in this at home? What random acts of kindness can you commit over the week? Can you listen a little more deeply? Cherish yourself a little more? Focus on what works? Emphasise the strengths of your relationships? Pay it Forward? Give a smile to your neighbour?

Our new behaviour policy emphasises the importance of giving respect and taking responsibility for ourselves. Every action we make in the world comes from a place inside us. When we look after ourselves and each other we change can the world around us.

The 5 Ways to Wellbeing is one great framework for helping us to focus on bringing this into our everyday lives. Connect, Learn, be Active, Notice things around you, and Give. What's the evidence? Find more info [here](#).



TALK & LISTEN,
BE THERE,
FEEL CONNECTED



DO WHAT YOU CAN,
ENJOY WHAT YOU DO,
MOVE YOUR MOOD



REMEMBER
THE SIMPLE
THINGS THAT
GIVE YOU JOY



EMBRACE NEW
EXPERIENCES,
SEE OPPORTUNITIES,
SURPRISE YOURSELF



Your time,
your words,
your presence

Parent letters.

Above the SWING NIGHT FUNDRAISER parapet. By Charlotte Brydon-Smith, attached.

Healthy snacks? – How can we ensure children eat healthy snacks?

Children are bringing all kinds of snacks with high sugar and fat content.

We believe that **good nutrition** helps children to apply themselves to learning- it is well known that poor nutrition, including too much sugar, can adversely affect **attention spans, energy levels, immunity and mood**. Our parent handbook gives guidelines on what snacks we want to see in school (attached). If you have any ideas on how to promote healthy snacks, please bring them to any parent forum on a Thursday or feed them in via your Class reps.

Star-making workshop. Thursday 16th November. 8.45-10am.

They're beautiful, easy and therapeutic! All welcome. Sign in at reception then come to the dining hall after morning drop off on Thursday 16th November, 8.45 until about 10am. Or just share a cup of tea with us. Look forward to seeing you there.



Wellbeing Day – Thanks to all!

The Wellbeing team held a beautiful event last Saturday where people relaxed and conversations flowed on all things well and being. We raised £530 for the school which is wonderful.

Class 2 children helped run the cafe and many therapists gifted their time to treat those who came.

Weleda came and shared their goodies, of which there were many tasty delights. Make sure you put your orders in to Weleda for great Christmas gifts. If you are keen to be part of the wellbeing team email windy_george@yahoo.co.uk.

We plan to run a spring event, including activities for children so you can all come and get treated, buy some goodies and take part in talks and workshops.



Kindergarten Lantern Walk –Thursday 16th November 5pm.

Families of all kindergarten children are warmly invited to join our Martinmas storytime and lantern walk. Please arrive at Oldbury Court Rd gate and go to the Theatre. The way will be lit. Dress warmly. Please keep outdoor clothes on in the Theatre as we'll be heading out for our walk and sing in the community straight after.



Advent Spiral – Tuesday 5th December

Our special Advent Spiral ceremony and celebration is taking place in school time and are not a parent's event. Please come along to the Martinmas lantern walk to celebrate with your children.

Kindergarten are asking for donations of spare clothes including tops, trousers, pants and socks. Please bring them in to your class and if anyone has borrowed any clothes could they be washed and returned.

Eurythmy shoes – Class 1 – 5 £7.50.

Classes 1 to 5 do movement/Eurythmy every week. Please buy your children a new pair of Eurythmy shoes from the Parentmail shop.

Interested in or struggling with children's screen time? Have a look at this.... <https://screentimenetwork.org/>

School Improvement fund details.
Account number 65 67 15 42
Sort code 08-92-99
You can also make a contribution via Parentmail.
Thank you all for your generosity and support.

Winter Fair!

Saturday 9th December

This year we have lots more families to join our festivities, and there will be plenty of feasting and fun. Class Reps will be in touch soon with info for your class(es).

Music- what can you play? If you can either play some background music, or you've got a band hiding in your garage who want to perform, we want to hear from you.

Raffle prizes sought - unleash your creativity! A batch of yummy mince pies or a home-made Christmas pudding? Yes please! A felted angel or a hand-crafted bauble? Perfect! A whittled spoon or a hand-bound notebook? Love it! We're looking for **hand-made treasures a-plenty** for the Winter fair raffle - and we know this lovely community of Steiner families has creativity in abundance. Please get in touch with Adele (indiadele@yahoo.co.uk) if you're able to offer a prize.

Signs- can you help to get lots of signs together? We've got buildings with nooks and crannies everywhere so we want to help people navigate around easily on the day.
Contact graina1@icloud.com

Not here on the day? Do your bit by **distributing posters** in the weeks running up to the 9th. Or come the day before to **decorate everywhere** and make it look special and sparkly.
Got a **brilliant idea** for the day, there's still time.....**People to run stalls** selling crafts and Weleda products needed. There are still a few spaces if you want to book/run your own stall.

For all the above, please contact Friends@steineracademybristol.org.uk

'Diversity, SEN and Inclusion – It matters to us all.

If your child has any access needs that need to be taken into account for the winter fair activities, or any information you think would be helpful for the organisers to know when planning events to ensure things are inclusive and representative of our community, please contact Lel asap. lel_lesleypender@yahoo.co.uk - Lel is liaising with the organisers on Equality and Diversity issues. '

Parent Forums. Fortnightly on Thursdays 3-3.30pm and 6-6.30pm

Thanks to all the class reps and other parents who came to the last Parent Forum. The discussions have been really useful and enjoyable and we'll be taking forward a number of ideas that have arisen. The next forum is on Thursday 16th November at 3pm and 6pm. Please do come along to hear the latest updates and insights from Joss and raise any concerns or ideas you have.





Tickets on Sale for Christmas Ceilidh!

(pronounced Kaylee) 2nd December from 7.30pm until late, Everyone is welcome!

There will be live music with a full band including the fabulous fiddle player Gina Griffin, a bar and food, and of course ceilidh dancing with caller Karen Woods. Admission is £8 and advance tickets will be available on Reception. Tickets are limited so please do buy one in advance if you can.

The event will be in the dining hall and access will be from the Sports Hall gate on Oldbury Court Rd.

Weleda – ordering your products.

Monday 13th is the last day for orders to be brought in to school. Order form is attached.

For everything you order through school, we receive a small contribution. Thanks



Lunch payments.

Please remember to pay for your school dinners for this term via Parentmail. If you have any trouble making payment via Parentmail please contact maddy.longhurst@steineracademybristol.org.uk

Fellows Wanted!

Thanks to those of you who have courageously stepped forward to offer your time and expertise for our new Fellows programme. New fellows can join up any time.

Are you successful in your field? Are you willing to give a minimum of half a day per year to run a workshop, give a lecture or mentor our students?

Our new Fellows Programme aims to help widen students' horizons and give them a range of interesting and inspirational mentors. We hope that this will bring learning to life for the students, as well as giving them an opportunity to hear about a range of different jobs and vocations. If you would like to be a Fellow or would like further details please contact principal@steineracademybristol.org.uk

SINGING EVERY SATURDAY: 10am-12. £5 drop in. In the chapel.

Experience the joy of singing with other people! I run a regular singing session at the school in a fun and informal environment the sessions - the sessions are relaxed and enjoyable, with fun warm-ups and learning songs from around the world to sing together in simple harmony.

With a core group of committed singers, we have spent the last couple of years developing our confidence singing together as a group. We usually sing at the seasonal School fair but otherwise the emphasis is on singing for singing's sake, not as a rehearsal to perform.

There is always time for a nice social break in the middle of the session, so please bring snacks to share. No experience is necessary, there is no sheet music, and all you need is a willingness and a wish to take part!

"Jannah is nothing short of inspirational - both warm, steady and capable and the sounds she makes of us fills me with complete wonderment. It only costs a fiver, so please come and join us " - Charlotte Brydon-Smith, regular member.

After School Clubs (Free)

Monday – Table Tennis (class 6-9) with Joe

Tuesday – Basketball (Class 6) with Matt.
Homework Club (Class 6-8) with Sophie.

Wednesday – Chess Club (Class 3-7) with Alex. Drama (Class 5-8) with Alice. Art with Kamar (Not free).

Thursday – Capoeira with Bob – starts Thurs 9th (Not free. Class 3 – 5) bob@dmacuk.com

Friday – Animation with Matthew Pollock (Class 6 – 9)

Sign up termly at the school office.

Who is my class rep?

Hazel – Rachel Mitchell, Gemma Alexander & Ben Greenland

Chestnut – Jessica De Barco, Tortie Rye

Cherry – Kate Penning, John Barbour

Oak – Chloe Aldam, Amy Jefferies

Olive – Sarah O’Driscoll, Melody Beard

Class 1 – Louise Ffrench, Christina Morelli-West

Class 2 – Fred Ehresmann

Class 3 – Nell Ellis-Jones, Andy Scrace

Class 4 – Iain Stewart, Tserena Poynder-Mears

Class 5 – Pippa Robinson, Anna Hope

Class 6 – Shamsa Chaudhry, Viv Rose, Nikki Berridge

Class 7 – Becci Iles

Class 8 – Margi Cooke, Amanda Grimstead

Class 9 – Tracy Wingfield



A 10 week course that will support you in your role as a parent.

Being a dad can be stressful and frustrating. When life gets tough, relationships with our children can be a source of worry and anxiety. It can feel like we don't have the resources or time to respond to them in the way that we want to.

This course will give you valuable tools so you can parent better. We will support you to identify and manage those challenging situations. You will learn mindfulness-based techniques to help you respond calmly to your children.

Stressbusting for Dads will help you to

- Feel more confident about being a Dad
- Manage how stress and frustration affects you during difficult moments
- Recognise and manage difficult / strong / uncomfortable emotions
- Help you to talk and listen with your children
- Strengthen the father/child bond and improve your communication

To book a place or talk more about the course, call Claire Louise on 07949 399 633 or go to www.connectingwithmindfulness.co.uk

Free Taster Sessions – find out more about this course

Wednesdays 13th December 2017 & 3rd January 2018 at 6.30 - 8pm

Stressbusting Course for Dads

Time: 6.30pm - 9pm

Day: Wednesdays 10th January - 21st March 2018 (Term time only)

Venue: Boing, 6 Gainsborough Square, Lockleaze, BS7 9XA. Free parking.

Cost: Free (unwaged), £100(low waged), £250(waged)

Contact: mcpb.bristol@gmail.com or www.connectingwithmindfulness.co.uk

What is Waldorf Education? Video [here](#)

To find out what's happening at school on evenings and weekends go to www.st-matthias.org.uk

Stressbusting For dads – A new course from the Mindful Parenting and Community Project. Every Wednesday from 10th January 2018.

The Camphill Community at Cherry Orchards in North Bristol are looking for Trustees who can commit for at least a year. This is a voluntary position (reasonable expenses paid).

Cherry Orchards is a therapeutic community in Bristol offering support individuals on their path to recovery, through the provision of full residential care, respite and tailored day services. We are in a process of trying to diversify the service we offer, and the range of people who can benefit, so we are looking for dynamic, enthusiastic and passionate members of our trustee team. We are seeking trustees from a range of backgrounds. In particular we are interested in hearing from individuals who have experience in one or more of the following areas: project management and change management; legal services; third sector and charity; anthroposophy; mental health; vulnerable adults and the commissioning and running of services.

For an informal conversation, or further information please contact: Amanda Headley-White (chair of trustees) on ajheadleywhite@yahoo.com or 07740515824
Website: <http://www.cherryorchards.co.uk/>