Steiner Prep 2nd Autumn Newsletter.

Little brothers, little brothers,
Do you hear that song?
The wind is calling,
Loudly calling
Us to join the throng.

Thank you and much love to......

Thank you this term for the families who have added their name to our soup and cake lists. The children will have a little something warm for morning tea on Monday and soup on Tuesday. Yum.

What a wonderful day we had making our apple prints, apple crumble and dried apple. Thanks to all who brought along apple corers or slinky machines.

If you are not already connected to the parents via the Mornington Park Steiner Stream Parents Facebook page please consider joining as it’s a great way to share information.

I have confirmation of Autumn Festival date of 4th May. Please look out for the flyer which will come home asking parents for help. Also school photos on the 3rd of May.

Maxine (Kai’s Mum Class 2) has sent out a note requesting contact information so that she can update the stream contact list. Please make sure you return this to our note post box.

Big love to Otis, Mali, Ruby, Jordy, Ava, Billy, Finn and Iona’s families for coming to the working bee. Well Done.x

Housekeeping...........

Toys from home are not welcome at school. Firstly to support the integrity and intention of the Steiner philosophy and secondly because children are so very very disappointed when the special toy gets lost or broken because so many friends want to look at or play with it.

Celebrating Autumn.

Nowadays more than ever humanity confronts nature surrounding us as a stranger, a resource to be utilized, abused, discarded and ignored. The seasons come and go as matters of indifference. This feeling of disconnection serves to erode the innocent sense of wonder that is within all of us, until we are not even aware of its existence.

Celebrating seasons as special times give us all a chance to pause and consider the many ways we are blessed and sustained by the cycles of nature. This is the way of stirring each child’s emotions so we can touch their sense of wonder. Thus we provide an opportunity to feel that what is happening inside reflects the changes in nature.

Autumn is the time when the brightness of the summer season begins to fade outside of ourselves. It is the natural time for us to express the harvest of our efforts, things we have made and done. It is also the time to regroup and have courage to recreate or make a new start. There is a natural movement from without to within. The autumn festivals reflect this with harvest feasts, honoring light and by guiding us from outside living and activities, into a sheltered environment to prepare for the approaching cold and darkness.

In autumn the winds of change come as the earth inhales a deep breath towards winter.

The sun’s warmth is drawn inwards and the last ripened leaf, fruit and seed fall as the activity of summer is absorbed into the earth.

If we stop, watch and listen we can feel something arise in our souls that has a deep connection with these processes.

We feel it in the world around us in the earth which supports our life, nourishes our souls and strengthens our spirit.

Allow yourself to settle into the natural rhythms of Autumn, glory in the colour of this season, contemplate your world and prepare for the darkness of winter.

At our Autumn Festival we celebrate together Mother earth’s rhythm and wonder at her bounty and beauty. We gather together and give thanks for Autumn’s gifts and the blessings of the harvest.
The Importance of Warmth.

As a pediatrician, I actually was taught that you could tell if children were warm enough by touching their skin. If they felt warm then they were wearing enough clothes, and if they felt cool or their skin was mottled (bluish-pink), then they needed more clothes. It was simple. I was also a parent that had her 2 year-old child playing outside in the rain wearing only a diaper. I actually thought he was okay because his skin felt warm!

Warmth is probably one of the greatest gifts we can give our children. Not only the warmth of our love but also keeping their physical body warm. Children are developing their bodies especially during the first 7 years of their lives. An infant and a young child will always feel warm unless they are on the verge of hypothermia because they have an accelerated metabolic rate. If we don’t provide them with the layers of cotton, silk, and wool to insulate their bodies, then they must use some of their potential "growth" energy to heat their bodies.

This same energy would be better utilized in further developing their brain, heart, liver, lungs etc. In addition, being cold decreases immunity. We are all more susceptible to the germs and viruses that are always around us when we are wet and cold. When our body has to expend extra energy to keep warm then less energy is available to "fight" off infections.

So the question becomes, how do we get our children to wear jackets? One can develop the habit of always having children put on a hat and coat when they go outside during cool weather. One can also try telling children that they will actually run faster and have much more energy to play if they wear a coat. If they don’t wear a coat then their body has to expend a lot of energy just warming them up, and they will have less energy to build muscles and less energy to play.

Finally, the type of clothing our children wear also makes a big difference. Polyester pajamas don’t breathe and children will often wake up sweating. Even polyester jackets will not insulate a child from the cold as well as layers of cotton, silk, or wool. When children sweat while wearing polyester that sweat is trapped against their body and they eventually become chilled.

So why do children rarely complain that they are cold? Children often are not connected with their body before the age of 7 to even acknowledge or communicate that they are cold. They live in the moment and are so excited and stimulated by all that they see that they don’t have the capacity to sense the coldness of their body. This is why children often will play in a swimming pool or ocean until they are literally "blue" denying that they are cold or that they need to come out of the water. So as parents, we have to help our children develop their sense of warmth. By helping them develop this sense of warmth, we are actually strengthening their immunity and laying the foundation for a healthy body and healthy organs in their adult life.

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The easiest way to do this is to have your child wear a singlet. It keeps their core cosy warm at all times.

Twinkle, twinkle, little star,
How I wonder what you are!
Art a gateway in the sky?
Art a little angles eye?
Shine your starry light to earth,
Bring a thousand stars to birth;
Stars in seedpods apple pear,
Stars on berries everywhere.
So you guard me near and far –
Twinkle, twinkle, little star.

M. Meyerkort.