

Michael Oak Waldorf School

WEEKLY NEWSLETTER

No. 1 24 January 2020

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www.michaeloak.org.za

Calendar Highlights

Parent-Teacher Meetings this Term

Tuesday 28 January

Class 6 and Class 12

Wednesday 29

Class 10

Thursday 30

Class 3 and Class 4

Wednesday 5 February

Class 2

Monday 10 February

Class 5

Monday 17 February

Class 1

Tuesday 18 February

Class 8

Monday 2 March

Class 7

Wednesday 4 March

PG & KG

*Check the calendar on the
website for updates*



Our new sun hats and caps have arrived! They can be purchased from the office -- hats R120, caps R100 -- details on page 2.

From the College of Teachers

Welcome Back!

Dear Michael Oak Community,

A warm welcome to you all as we begin 2020. We extend a special welcome to the new staff, pupils and families who have joined us. We wish you a long and happy association with Michael Oak.

Last year we celebrated 100 years of Waldorf Education in the world. This year our focus is looking ahead – visioning and planning for the years to come. As a start, the entire complement of staff participated in a visioning workshop on Monday. This work will be continued by the board of trustees and the college of teachers in February. This is an exciting time as we start the new decade, and we look forward to sharing this vision with you all

We would like to congratulate our 2019 Matrics on their excellent results -- see full details in next week's Leaflet. We thank every teacher, from Playgroup to Matric, who have all played a part in the lives and learning of these students. We wish them well for their future endeavours. Please let us know where life is taking you.

We would like to thank the support staff for all the work they did during the holidays to prepare the buildings and grounds for the start of the new school year.

In Waldorf Education we strive to educate the whole human being. Even on our small campus this is possible. We are privileged to be able to be observers of, and participants in, the fullness of our children's development – from Playgroup to Matric.

We wish you a wonderful, prosperous and peaceful year.

Warm wishes

The College of Teachers



The new Class Ones listening to the story told by their teacher, Leigh Whitesman, at the first assembly of the year.



Class Ones were led to their first assembly by their Class Ten 'Buddies'.



Class Ones in a singing lesson this week with singing and music teacher Kristel Willemse (right) and teacher assistant Adam Randles (at back).

TRAFFIC AND PARKING

We ask all parents to please observe our unofficial one-way system around the block -- see the diagram below.



In particular, please also take note of the following:

Marlow Road:

- Drop & Go at the main gate: Please tell your child/ren to be ready to get out of your car so you can drive off quickly. We need a quick turnaround of cars in this drop off area.
- Parking is allowed on the school side of this road (but not on yellow/red lines).
- Absolutely No Parking on the opposite (south) side of this road, at all times, to ensure smooth flow of cars down Marlow Road.

Sheerness Road:

- This is for staff parking only -- no parents to park there at any time of the day/night.

Gibson / Bolus Intersection:

- No parking on the street corners or close to the pedestrian crossing.

Thank you for helping us keep traffic moving!

PURCHASES FROM THE OFFICE

Dear Parents,

Please note that there are two dedicated time slots to purchase stationery, sports shirts hats and caps, and craft items (e.g. felt) :

Tuesday mornings between 8.00 and 9.00 am, and every Friday at the Friday market between 12:30 and 14:00, term times only. Sales will only take place during these times.

We are waiting for stationery stock deliveries, so please add your requests to the list in the foyer in the meantime.

Thank You!

Payment Options

Please note Michael Oak is a CASH FREE ZONE. Kindly use one of the following methods to transfer funds raised or to pay for anything you have purchased:

EFT into the school's bank account.

Banking details:

Standard Bank,
Account No: 07 187 604 9
Branch Code: 02 51 09
Reference: Child's name

Karri App – This app can be downloaded onto your cell phone. Once set-up this is a simple payment option. Karri App will send you a message when payment is due.

Debit or Credit Card -- payments can be made at the office.

Snapscan -- payments at the office.

THE LEAFLET

The Leaflet is emailed out on Friday afternoons and all new parents have already been added to the Mailchimp mailing list. The Leaflet is also available on the website under 'Latest Posts'. Parents are welcome to submit articles or news for possible inclusion in the newsletter, and we accept advertisements (display and classifieds) but please remember **the deadline for all submissions is midday on Thursdays**. If you wish to advertise we expect a donation towards our Bursary Fund (see details on page 4). All newsletter enquiries can be emailed to me at cabbott@michaeloak.org.za.

Charles Abbott, Leaflet editor

WEBSITE

Our website is a mine of useful information, whether you're a new parent or 'old'. If you're unsure about a calendar date please use the Calendar tab. All the school policies are updated and revised regularly, and can be found here: <http://www.michaeloak.org.za/policies>. We are in the process of updating the look-and-feel of our website so do expect some changes in the course of the year.

FACEBOOK AND INSTAGRAM

Please 'Like' our Facebook page and Follow our Instagram posts to get a glimpse of the life of our school. Our school Facebook is open to posting by parents although the post will need to be approved, so please share your experiences.

STAFF NEWS

We welcome the following new staff to our school:

Hayley Africa (Primary School Afrikaans)
Holly Armstrong (Primary School Assistant)
Nicola Elliott (High School Drama and English)
Tasneem Jacobs (Counsellor, starting Term 2)
Adam Randles (Class 1 Assistant)
Emma van der Vliet (Matric Drama and English)
Kristel Willemse (Singing and Music)
Carol Drew (standing in for Lee Smit-Gardner for the first term)
Hazel Memento (Kindergarten Aftercare)
Nonkhanyiso Nongxa (Kindergarten Assistant)
Alison Tobler has taken over the Playgroup from Suzanne Weber who retired at the end of last year.



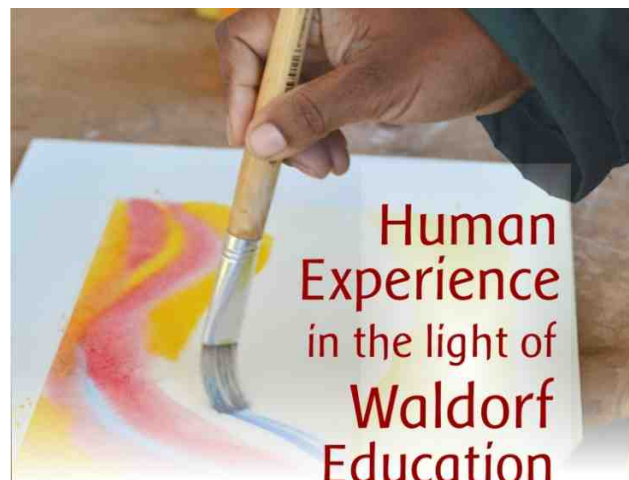
NEW STAFF: Emma van der Vliet, Hayley Africa, Holly Armstrong (partially obscured), Hazel Memento, Adam Randles, Nicola Elliott, Nonkhanyiso Nongxa, Kristel Willemse, Tasneem Jacobs, Carol Drew.

CONGRATULATIONS!

Congratulations to Class 6 teacher **Christine Blankers** who has been awarded a Masters degree in Waldorf Education.

Kate Dingle and her baby are both doing well. Thanks to **Ann Coop** for standing in for Kate this term.

Cecilene Hendricks gave birth during the holidays -- mother and daughter are both doing well. Thanks to **Crysan Solomons** who is helping out while Cecilene is on maternity leave.



**Human
Experience
in the light of
Waldorf
Education**

through visual and expressive arts

**A course for Parents
during 2020 at Sophia House**

**Starts 18 February - 5 or 6 Tuesdays
per Term - 09:30 to 12:00**

Come and experience the wisdom which supports this education while exploring it's rich curriculum.

Facilitated by Margaret Laubser and Helen van Zyl. For a **Prospectus** please email: mlaubser@afterimage.co.za

Venue: Sophia House, 18 Firfield Road, Plumstead

We welcome the following new children and their families to Michael Oak

PLAYGROUP

Layla Armstrong
Malaika Mikamona-Bueso-Baboo
Patrick Chapman
Etienne Coetzee
Jesse Cox
Meru Dhalech
Isla Hatsadinrat
Noah Greenblat
Ngalonkulu Mondli
Frances Lester
Samuel Palmer
Hala Quinlan
Nala Miller
Hannah Jardine
Barakah Sopazi
Nur Fatima Zalgaonkir

KINDERGARTEN

Creed Fehlmann
Jesse Ainslie
Liyanah Casker
Alexander Bassett
Sven Mullers
Melchior van Niekerk
Stella van Niekerk
Alice Cunname
Aidan Heyns
Anya Hugo
Mia O'Connor
Emma Pearson
Joshua Watkin
Rebecca Watkin

CLASS 1

Saoirse Abrahams
Maylu Nicolson

CLASS 3

Yusuf Richards
Eva O'Connor

CLASS 4

Yasmin Kuti-Alexander
Caspian Nicolson

CLASS 5

Amelie Benade
Jemma De Kock

CLASS 7

Lyla Earle
Joshua Pomario

CLASS 8

Alexander Wilson-Garcia
Oliver Hewson
Josh-Daniel Marais
Stephen Townsend
Michael Williams

CLASS 9

Ethan Collins Slabber
Joshua Earle
Cameron Willmers

CLASS 10

Nandipha Tavares Calburn

Music Notes

Michael Oak Pianists 2019

Congratulations to all who played piano exams last year. The biggest challenge is practising extra steadily. The exam is ten minutes so it is all the months before that help you to "play better" on many, many levels. And that's why there are music exams!

In the ABRSM (Royal Schools) examining board:

Sophie Williams and **Anna Solomon** achieved Merit for Grade One.

Caroline Desmond-Smith, **Shan-Ian Yang**, **Anna Verboom** and **Zadie Prince** achieved Distinction for Grade One.

Eesa Bray achieved Distinction for Grade Two.

In the Trinity College London examining board :

Asha Langenhoven Clark passed Grade Six.

Molly Duncan and **Tara Younge** achieved Distinction for Grade Initial.

Eli Langenhoven Clark Distinction for Grade Two.

Susie Major and **Shan-Chun Yang** Distinction for Grade Three.

And extra congratulations to **Anna Verboom** who played in the High Scorers' Concert for ABRSM.

Percussion Prize Winner

Tom Foster won the following award at the end of last year, which was a wonderful surprise for him and his family! It was presented to him during a "Best of Exams" Concert with Staff, at the Beau Soleil Music Academy: "Senior Percussion Prize for Outstanding Progress"

Tom started drumming lessons under David West at Beau Soleil at the beginning of 2019, after 3 years of drumming at the School of Rock in Claremont. He is doing Music as an outside subject for Matric, and the Drums are his instrument of choice. (Luckily for the neighbours, he has an electronic drum kit to practice on at home!)



A Few More Notes from the Admin Department

MYSCHOOL CARDS

Using a MySchool Card at selected shops (e.g. Woolworths) is easy way to raise funds. A small percentage of your transaction is credited to the school and over the course of the year and this adds up to many thousands of Rands for school funds. We urge all parents to join the scheme (it costs you nothing!). To register for MySchool, please use their website application page <https://www.myschool.co.za/supporter/apply/>. Forms and cards can also be collected from Lynn Kerchhoff at Reception.

HALL BOOKINGS

Our wonderful big hall is used regularly for weekend functions — weddings, exhibitions etc. If you know of anyone wanting to book the hall for a function, please contact Michael Archer who will give you details of the rates and check whether the hall is available. Contact him at marcher@michaeloak.org.za

ABSENTEE AND LATECOMING POLICY

Please use this cellphone number -- 084 915 4415 -- to report to Faiza when your child is absent for the day. We ask that you do this before 08h30 each day that your child is absent.

If your child is sick for more than 2 days, please send a doctor's certificate. In the event of your child coming to school late, please send them with a written note, if possible, or phone to tell us they will be late. If your child needs to leave early, please send your request in writing or call in before 10am to leave a message for their teachers. Please help us to avoid constant class lesson interruptions.

NO DOGS IN SCHOOL GROUNDS, PLEASE!

Please leave your dogs at home! We appeal to all parents (and friends) to please not bring your dogs onto the school grounds at any time, even weekends. It is very unpleasant to accidentally stand in dog poo, and there is an obvious health risk associated with the poo not being picked up. Thank you for your understanding.



Community Notices

Please send all adverts to leaflet@michaeloak.org.za

Please note: Adverts will only be published for a maximum of 3 insertions per term.

APARTMENT TO RENT IN KALK BAY

As a few Michael Oak people who have stayed in my apartment know from experience, I go away every year for 3 – 6 months. This year it is from 23 March to 7 July 2020. I rent out my fully furnished flat for R7 500 per month which includes electricity, water and refuse charges. It is an upstairs one bedroomed flat, however there is also a single bed on the stoep, making the possibility of another small bedroom. It is spacious and light and a beautiful space to live in. The sound and smells of the ocean permeate my apartment, as does the aroma of the coffee shop below. So, should you be in limbo for some reason or perhaps wanting a holiday close to the Indian Ocean, here is your opportunity. Please contact me, Heather Young, on 071 393 5527

ADVERTISING IN THE LEAFLET

Donations for Community Notices

Please note that all advertisers are expected to offer a contribution to our Bursary Fund.

Minimum donation R30.

Please use these bank details for EFT transfers:

Standard Bank, Branch: 02510900.

Acc. No.: 071885382

Acc Name: Michael Oak School Fundraising.

Ref: 'Leaflet-Ad'

NB: Adverts will only be published in the Leaflet for a maximum of 3 insertions per term.

DEADLINE for Advertising

Please note that the deadline for all advertisements is

Thursday at 12 noon.

Visit to Greece in the holidays

This time a year ago, the Class 10's of 2018 received recognition and awards for their participation in a song-writing/performing contest organised by the Idyllion Hellenikon in Greece. Most of the class submitted music videos, and there were several Honorable Mentions and a Second Place award. The prize for some of the students was a stay at the Idyllion - The Garden of the Muses - in Greece. It would have been wonderful to have taken the whole class along, however just one Michael Oak student undertook the journey to Greece to find out more about the Idyllion and to discover the Garden of the Muses.

As a family, we accompanied Lily Esterhuizen to Greece this December/January, for a truly Epic adventure. As part of the holiday journey, we spent five days at the Hellenikon Centre, which is run by Andreas Dreki. As his life's work and dream, it is a centre for the Arts, and students from all over the world travel there to deepen their appreciation for the Arts. In wintertime, we were not able to meet other travellers, but we did enjoy the seaside and the garden dripping in lemons, grapefruits, oranges and naartjies. Certainly we did experience renewed inspiration.

We were asked to fill a page of the guest book, and left a message on behalf of Michael Oak and the (now) Class 12's. What a privilege it was to page through the latest guest book, filled with messages from youth around the world (mostly in languages we could not understand) and to add our names - the first from South Africa.

We would like to thank Michael Oak Waldorf School for the opportunity and support in making the connection between our school and this little Idyllion in Greece. From there we were able to explore many ancient sites of Classical Greece, around the Peloponnese including the magnificent ruins of Olympia and Delphi, the wondrous Theatre of Epidauros and the Acropolis.

With much love and gratitude,

Caroline, Craig, Finn and Lily Esterhuizen

If you would like to know more about the centre or perhaps make the journey there yourself, please contact Andreas Dreki info@idyllion.eu or visit the website <https://www.idyllion.eu>. From the website: "Andreas Dreki invites us to come to the Hellenikon Idyllion, amongst an idyllic huge garden at the sea, like-minded people from all over the world, families, single travellers and creative groups, who all long for the same goal. The emphasis is on music and the recollection of the ancient Greek times' treasures."



DANCE and FITNESS CLASSES at Michael Oak TERM 1 2020

Dance, Yoga, Pilates, Nia, Gyrokinesis®

The unique BodySenseStudio dance programme at Michael Oak explores a variety of movement techniques introducing elements of Contemporary and African Dance, Flamenco, Musical Theatre, Creative movement and other inspiring dance styles. Learning diverse dance forms and choreography stimulates children to move with freedom and joy. We use rhythm and breath to connect body and mind in effortless ways. Challenging children's physical boundaries allows them to become comfortable in their bodies and develop non-judgmental attitudes about themselves and others. Inspirational music and live drumming make this a fun creative experience that is all about joy and imagination.

BodySenseStudio also has a fitness program that introduces children to exercise incorporating classic and new exercise methods such as Yoga, Pilates, Nia and Gyrokinesis®.

We gently explore basic principles of posture, breathing, stretching and strengthening the core muscles in light hearted ways using stories, singing, rhythm and music. This is essential body conditioning that will help to develop a positive and healthy attitude of awareness in exercise. Spinal conditions such as scoliosis are best addressed between the ages of 11 and 16, whilst the spine is still malleable enough to correct. It is of vital importance that children are taught correct seated posture in order to help align their spines, stand tall and move with confidence.

Fitness classes have never been more convenient and affordable.

For a greatly reduced rate of R800 per term you can attend any open classes of your choice and your children can attend free as part of the sports program.

Classes start on Monday 27th so book now to ensure your place via WhatsApp 084 269 9884.

MOVEMENT CLASSES

Grade 2

- 13:00 till 13:45 Wednesday - creative movement

Grades 3 and 4

- national dance - 14:00 till 14:45 Monday

- story yoga - 13:00 till 13:45 Tuesday

- creative movement 14:00 till 14:45 Wednesday

Grades 5, 6 & 7

- flamenco dance 14:45 till 15:45 Monday

- stretch 14:45 till 15:45 Tuesday

- dance improvisation 14:45 till 15:45 Wednesday

Grades 8 to 13

- Hatha Yoga 14: 30 till 15:30 Tuesday

- Flamenco dance - 15:00 till 16:00 Thursday

national dance: character dances from around the world
flamenco: Spanish dance

story yoga: gentle introduction to yoga stretches using story and music

stretch: safe stretching and Gyrokinesis exercises for posture, flexibility and balance

creative movement: A joyful exploration of movement through music and dance that develops the imagination.

dance improvisation: creative dance class that allows free dance technique and individual expression.

OPEN CLASSES FOR PARENTS and HIGH SCHOOL STUDENTS

Flamenco (Beginner) 4:00pm to 5:00pm Monday

Pilates 6:00pm to 7:00pm Monday

Pilates Core 07:00am to 07:45am Wednesday

Flamenco (Intermediate) 4:00pm to 5:00pm Thursday

Gyrokinesis 6:00pm to 7:00pm Thursday

Yoga 07:00am to 07:45am Friday



For information and bookings contact

Philippa Heyns 084 269 9884

Email: bodysensestudio@gmail.com

SPORTS PROGRAMMES for Term 1

PRIMARY SCHOOL

Michael Oak Extra Mural
Primary School SUMMER Programme

TERM
ONE



Dear Primary School Parents,

Here is the sports programme for the term ONE for 2020. Please study the options given and return the form by Friday 24th January 2020. If children would like to try a new sport, they are welcome to attend any of the sports offered from the programme (see overleaf) for a trial run.



1) **TENNIS** is played away from school at the Wynberg Lawn Tennis Club. A coach will walk them to and from the tennis club. If you are unsure of directions or who is playing tennis please contact me directly.

SPORT AND RAINY WEATHER

1) If rain results in the cancellation of a sport practice, you will be informed as soon as possible via group SMS. Please collect your child at the normal school end times. We will have coaching sessions at school. The children will stay in their classrooms until they are collected. (If your phone does not accept a group SMS, please find a parent in the class who will forward it on to you).

2) If it's not pouring with rain, practice will continue. Any parent, who doesn't want their child playing outside on a cold damp day, can come and collect them at the normal school-end time. This is your decision.

SPORT UNIFORM

The winter sports uniform and for Gym classes comprises of a blue or white compulsory Michael Oak sports t-shirt with a dark blue, white, grey, dark green or black top worn underneath, either white, navy blue, black or grey track suit pants or leggings and takkies or proper sports shoes. NO jerseys or Hoodies are allowed, if your child needs an additional layer a track suit top or sweat shirt is allowed.



Please choose codes and return by Friday 24th January 2020.
All sport and extra-murals start in the week of Monday 27th January 2020.

Kindest regards,

Please contact **Andrew September**, Sports Coordinator, for any queries, help or suggestions on his cell phone 082 8305174 or email him at aseptember@michaeloak.org.za

High School Sports Committee,
Andrew September and Roy Davids

Hosted by the school in terms of managing coaches, purchasing necessary equipment and monitoring attendance. Your child's first sport/activity is inclusive; thereafter a fee R270 per activity per term will be added to the school fees.

MONDAY	Playball (multi court)	Class 1 : 12h00 – 12h30	Class 2 : 12h30 – 13h00
	Tennis (Wynberg Lawn Club)	Class 2 : 13h30 – 14h15	Class 3 & 4 : 14h15 – 15h15
	Dance (movement room)	National Dance Class 3 & 4 : 14h00 – 14h45	Flamenco Class 5, 6 & 7 : 14h45 – 15h45
	Basketball (court)	Class 7 : 14h30 – 15h30	
TUESDAY	Story Yoga (movement room)	Class 3 & 4 : 13h00 – 13h45	
	Stretch (movement room)	Class 5 & 7 : 13h45 – 14h30	
	Basketball (court)	Class 3 & 4 : 13h00 – 13h45	Class 5 & 6 : 13h45 – 14h30
	Chess (Rm 11)	Class 5 & 7 : 13h45 – 14h45	
WEDNESDAY	Tennis (Wynberg Lawn Club)	Class 5 & 7 : 14h00 – 15h00	
	MULTI-SPORT (Multi court)	Class 2 : 12h45 – 13h30	Class 3 & 4 : 13h45 – 14h30
	Creative Movement (movement room)	Class 2 : 13h00 – 13h45	Class 3 & 4 : 14h00 – 14h45
	Dance Improvisation (movement room)	Class 5, 6 & 7 : 14h45 – 15h30	
THURSDAY	Table Tennis	Class 3 : 14h00 – 14h50	Class 7 : 15h00 – 16h00
FRIDAY	Table Tennis	Class 4 : 13h45 – 14h45	Class 5 & 6 : 14h45 – 15h45
	Volleyball (Multicourt)	Class 5 & 7 : 14h45 – 15h30	

PLEASE RETURN SLIP BY FRIDAY 24th JANUARY, THANK YOU.

ONE FORM PER CHILD

Child's Name : Class :

Programme (for Table Tennis, please add the one day on which you would like to do it) :

1. 2.

3. 4.

Name/First Name of Parent : Signature : Date : .../.../...

HIGH SCHOOL

Michael Oak Extra Mural
High School SUMMER Programme

TERM
ONE



Dear High School Parents,

IMPORTANT INFORMATION :

Sport will start on Monday 27th January 2020.
All Forms must return by 24th January 2020.

An **Indemnity Form** needs to be completed for **Ultimate Frisbee**. This will allow your child to walk to the venue with a coach. These forms will be handed out once the options have been chosen, but it's worth knowing that they are always available from reception. **We encourage all parents to please collect their child from practice promptly at 16h00.** In case of an emergency or by prior specific arrangement, the coach will walk them back to school after the lesson.

In the interest of security and a smooth running programme, please advise your child to choose a sport and commit to it for the whole term – in other words, no swapping or changing allowed! Therefore, choose wisely.

PLEASE NOTE :

Sport is compulsory at Michael Oak High School. This means that your child has to choose a sport on either Monday to Thursday from the Sports programme. Anyone who wants to be exempt from sport has to write an explanatory letter to the Faculty of Teachers. The matter will then be discussed and responded to within a week. Permission, if granted, is only given for one term.

In the event of your child not being able to attend a sports lesson, please inform Faiza at reception by 09:00 a.m. for the attention of Andrew September. Alternatively you can send a written letter with your child.

❖ **Sports Uniform :**

The high school sports uniform comprises of any plain (no logos, prints or stripes please) T-shirt and track suit pants, leggings or shorts in navy blue, dark green, black or white. Takkies or proper sports shoes are required. Hoodies or tops with buttons or zips are not allowed. Please also note that only blue or black T-shirts may be worn for Table Tennis.

❖ **Sport Cancellation :**

We are all aware of the importance of being active and keeping a routine. Thus I would like to prevent any cancellation of sport due to rain. If any changes or cancellations were to happen, a SMS and E-mail will be sent to confirm.

Kindest regards,

Please contact **Andrew September**, Sports Coordinator, for any queries, help or suggestions on his cell phone 082 8305174 or email him at aseptember@michaeloak.org.za

High School Sports Committee,
Andrew September and Roy Davids

MONDAY 15h00 – 16h00	Flamenco 16h00-17h00	Movement Room
	Pilates 18h00- 19h00	Movement Room
	Table Tennis (16 places)	Small Hall
	Ultimate Frisbee	Wynberg Sports Club
TUESDAY 14h30 – 15h30	Basketball	Basketball Court
	Yoga	Movement Room
	Volleyball (16 places)	Hall or Multi-court
	Table Tennis (16 places)	Small Hall
WEDNESDAY 15h00 – 16h00	Chess	Class 11 Classroom
	Early Pilates 07h00-07h45	Movement Room
	Basketball /Matches or practices	Various Venues
	Tennis	Wynberg Lawn Club
THURSDAY 15h00 – 16h00	Dance – Flamenco 15h00-16h00 & 16h00-17h00 [open]	Movement Room
	Athletics	Wynberg Sports Club
FRIDAY 07h00-07h45	Early Yoga	Movement Room

PLEASE RETURN SLIP BY FRIDAY 24th January 2020, THANK YOU

Name/Surname : Class :

Sport :

1. 2.

3. 4.

Signature : Date : .../.../...

Michael Oak Calendar

2020

NB: Class Parents' Meetings are usually at 7.30pm :: PG Playgroup :: KG Kindergarten :: PS Primary School :: HS High School

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				24 JANUARY Peace Discipline Workshop (staff) 3-5pm	25 Peace Discipline Workshop (staff) 8.30-1pm	26
27	28 Class 6 Parents Meeting (Fair) Class 12 Parents Evening	29 Class 10 Parents Evening	30 Class 3 Parents Evening Class 4 Parents Evening	31	1 FEBRUARY Peace Discipline Workshop (staff) 8.30-1pm	2
3	4 Links Meeting	5 Class 2 Parents Meeting	6	7	8	9
10 PR, Marketing, Fundraising and RemCom meet Class 5 Parent Meeting	11 BuildCom meet	12 FinCom meet	13	14 RiskCom meet	15 BoT and CoT Meeting	16
17 Class 1 Parent Evening	18 Class 8 Parents Evening	19 Wellness Workshop	20 Rocking Future	21 Founder's Day Outing	22 PG & KG Work Party	23
24	25 Shrove Tuesday	26 Board of Trustees	27	28 Class 8 Family Camp Class 6 Greek Olympics	29 Class 8 Family Camp Class 6 Greek Olympics	1 MARCH Class 8 Family Camp
2 Class 7 Parents Meeting	3 HS Forum Meeting	4 PG & KG Parents Evening	5	6	7	8
9 Holi	10	11 FinCom	12	13 Dads, Dudes & Kids Camp	14 Dads, Dudes & Kids Camp	15 Dads, Dudes & Kids Camp
16	17	18	19	20	21 Human Rights' Day MO Table Tennis Championships	22
23	24	25	26 PG & KG Festival	27 Harvest Festival TERM 1 ENDS	28	29
30	31	1 APRIL	2	3	4	5
6	7	8	9 Pesach	10 Good Friday	11	12 Easter Sunday
13 Family Day	14 GSM	15 TERM 2 STARTS	16 Passover	17	18 PIP Talk	19
20 Class 1 Parent Evening	21 Class 8 Parent Evening	22 Class 2 Parent Evening UCT Maths Competition	23 Ramadan starts (TBC)	24	25	16
27 Freedom Day	28 Links Meeting	29	30	1 MAY Workers' Day	2	3
4 PR, Marketing, Fundraising and RemCom meet	5 BuildCom	6 FinCom	7	8 RiskCom	9	10 Mothers' Day
11	12 GSM	13	14	15	16	17
18	19 HS Forum Meeting Night of Power (Islam)	20 Board of Trustees	21 Ascension Day	22	23	24
25	26	27 PG & KG Parents Evening	28	29	30	31 MO 58 th Birthday
1 JUNE Class 7 Parents Evening	2	3	4	5	6 BIG WALK	7
8	9	10 FinCom	11	12	13 Class 1 Lanterns	14
15	16 Youth Day	17 PG & KG Festival	18	19 TERM 2 ENDS	20	21 Fathers' Day
22	23	24	25	26	27	28 Teachers' Conf.
29 National Teachers' Conference at Roseway WS	30 Teachers' Conference	1 JULY Teachers' Conference	2 Teachers' Conference	3	4	5
6	7	8	9	10	11	12
13 GSM	14 TERM 3 STARTS	15	16	17	18 Nelson Mandela Day	19



Michael Oak Waldorf School

We invite applications for the following position:

Aftercare Supervisor

To start in Term 2, 2020

We are looking for an Aftercare Supervisor to start at the beginning of the second term. Applicants must have experience in working with young children, and Waldorf ECD training will be an advantage.

Please send your application and CV to:
The Secretary, Michael Oak Waldorf School
info@michaeloak.org.za

Closing Date: 14 February 2020

Should you not have heard from us by 6 March, please consider your application unsuccessful.

Michael Oak reserves the right not to fill or interview for the position. An application in itself does not entitle the applicant to an interview.

Michael Oak Waldorf School
www.michaeloak.org.za

4 Marlow Road, Kenilworth 7708, Cape Town

Michael Oak Waldorf School seeks to awaken the whole child towards creative responsibility and to develop confident, balanced individuals empowered to work with the challenges of today and tomorrow.



Michael Oak Waldorf School

HIGH SCHOOL PHYSICAL SCIENCE TEACHER Term 1 2020

Michael Oak is looking for an experienced High School Physical Science teacher. This is an exciting opportunity to join a vibrant team in our High School. Waldorf experience is an advantage.

The successful applicant should:

- Be suitably qualified in the subject
- Have experience or interest in Waldorf Education
- Be able to work as part of a dynamic team.

Please send your CV, including other subject / curriculum experience, with a covering letter to:
The Secretary, Michael Oak Waldorf School
info@michaeloak.org.za

Closing date: Friday 14 February 2020

Should you not have heard from us by 28 February, please consider your application unsuccessful.

Michael Oak reserves the right not to fill or interview for the position. An application in itself does not entitle the applicant to an interview.

ADULT EURYTHMY CLASSES 2020

Block 1	13 January – 24 February	7 weeks
Block 2	2 March – 20 April	7 weeks
Block 3	4 May – 29 June	8 weeks
Block 4	20 July – 7 September	7 weeks
Block 5	14 September – 26 October	7 weeks
Block 6	2 November – 7 December	6 weeks

Blocks 1, 3 and 5 with music

Mondays 6 to 7 pm
Sophia House
18 Firfield Road, Plumstead
Payment per block
Enquiry and bookings: Cobie Roelvert
021 761 8132 / 074 030 5251

Extra-Mural Art Classes at Michael Oak -- Term 1 2020



The emphasis is on fostering creativity, self-esteem and enjoyment of art, while learning techniques and a sense of aesthetics. On offer are a variety of media, themes and 2-D and 3-D projects, including those about the natural environment (Sue's speciality), and inspired by South African, African and other artists.

Projects for the 1st term include: creative clay work inspired by William Kentridge's sculptures; outdoor sketching; painting with ink; etching or mixed media pictures on a marine theme; rubbed chalk pastel landscapes, seascapes and 'firescapes'; as well as a stimulating architectural project (architecture for art). There is differentiation with age groups.

Last term we finished off our clay shoe sculptures (inspired by The Elders' #WalkTogether Nelson Mandela project), painting them with beautiful inks and afterwards with a child- and eco-friendly varnish. New pupils created their own shoe sculptures. We then started a project suitable for the age groups linked to William Kentridge, currently on exhibition: chalk pastel drawings, with the theme of birds in flight and incorporating Kentridge's work on moving images. For the next artwork, they drew a single bird in chalk pastels, often with more details. See accompanying photographs.

Days and times, 1st term's art classes (1 session per week, venue likely to be Class 11); classes start Friday 24th January; children may join in the second lesson, or later (pro-rata fees), and catch up missed lessons.

Friday 12.55 pm – 1.55 pm (Kindergarten, Classes 1 and 2)

Friday 2 pm – 3 pm (Classes 3 and 4 mainly, but also Kindergarten, Classes 1 and 2)

Friday 2.30 pm – 3.30 pm (an overlap class for Classes 5, 6 and 7)

Friday 3.00 pm – 4.00 pm (Classes 5, 6 and 7 or higher, as well as all other classes)

Saturday 10.30 am – 11.40 am (6 – 13 years)

Also in Constantia (off Brommersvlei Road) for all age groups on Wednesdays and Thursdays.

Fees are R970 a term, including materials and firing. Visitors or 'try-out' pupils are welcome at R130 a lesson. Detailed newsletters and flyers can be found in the foyer. For more information, contact Sue [MPhil in Education (Teaching) UCT and trained Waldorf teacher].

Phone: 021 794 6609; WhatsApp messages: 083 237 7242; email snepgen@xsinet.co.za

Michael Oak Waldorf School 2020 Term and Holiday Planner

M	T	W	T	F	S	S
		JANUARY	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31	FEBRUARY	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	MARCH
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31	APRIL	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	MAY	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31
JUNE	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	JULY	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31	AUGUST	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31	SEPTEMBER	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	OCTOBER	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	NOVEMBER
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	DECEMBER	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	2021 Jan	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19 (TBC)	20	21	22	23	24
25	26	27	28	29	30	31

Parsifal and the Holy Grail - its Significance and its Historic Reality

a talk by Martin Wigand

on this famous myth and its
significance for our time,
together with the historic events
at its origin and places
where the Grail has been kept
according to Rudolf Steiner.

Sunday 26 Jan, 4pm,
Group Room, 18 Firfield Rd.
Plumstead
R40 with concessions for
pensioners and students



THE
OPEN
CIRCLE

Find freedom
in true encounters.

Get to know "the other"
through guided dialogue
and meet beyond the
lines that tend to
divide us.

Do you wish to feel more connected to others?

Take part in a 90-minute guided conversation circle of 5 to 7 people.
Tell your story and participate in
creating a true meeting with others and foster
courage - openness - integrity.

Fee: R100 + R20 towards one
sponsored place per session.
Booking is essential.

Venue: Seminar Room 2, Central Library
Cnr Parade and Darling Street, Cape Town

Tuesdays 17.30 to 19.00. 14 and 21 January, 11 and 25 February,
10 and 24 March 2020



Facilitated by Cobie Roelvert

- * Facilitator of conversation circles and study groups at All-African Anthroposophical Training events.
- * Teacher of eurythmy since 2001.
- * Student of *Active Practical Love* as founded and developed by Dr Tessabella Lovemore, social scientist and counsellor.
- * An inquirer on the path of Anthroposophical self-development for 30 years.

Find out more: Call or sms 074 030 5251
Email: cobie.roelvert@gmail.com

"We are all here to contribute our gifts toward something greater
than ourselves, and will never be content unless we are."
Charles Eisenstein

OPEN FOR ALL!
Emergency Pedagogy Workshop
with founder Bernd Ruf.
3rd - 7th April 2020
Self-Care & Trauma Relief in Education
@ Michael Mount Waldorf School, Bryanston, JHB.

“Have you ever felt like you are unable to breathe and overwhelmed when experiencing the children in your care, acting out or withdrawn?”

Come and discover
Emergency Pedagogy.

MORE INFO: Emergency Pedagogy SA (Johannesburg)
Kiki Sanne, 082 562 9395, oldlands@vodamail.co.za
Welma de Beer, 082 372 7898, wlema@dramatheraphy.co.za
www.freunde-waldorf.de/en/emergency-pedagogy



Emergency Pedagogy South Africa - Johannesburg

Selfcare and Trauma Relief in Education Workshop
3.-7. April 2020 with Bernd Ruf

It is with gratitude for the support received that we are able to keep the course fee for this international training extremely low.
The course fee is the same, whether you do one or both modules.
Each module includes 4 lectures & practical sessions.
Teachers can register self-study points.

❖ Course fee: R 1600

Friday evening lecture R 100. Participants for the full course: **free**.

- ❖ Step 1 Registration: via the following link:

<https://form.myjotform.com/93283935876575>

Banking details will be sent to those who have registered.
If you have problems, please contact oldlands@vodamail.co.za

❖ Step 2 Payment deadline:

Payment needs to be made **in full before 29th February 2020!**

❖ Venue: Michael Mount Waldorf School, 40 Culross rd, Bryanston, Johannesburg

❖ Food: Two tea-break with fruit and something sweet.
A vegetarian lunch served on Saturday, Sunday and Monday.
Unfortunately we cannot cater for any special requirements.

- ❖ Accommodation & transfers: Responsibility of participant

❖ Programme:

Friday 3 April	18.00 Registration	18.30 Introductory Lecture
Sat/Sun 4/5 April	8.30 - 16.30	Mod. 11 Self Care
Monday 6 April	8.30 - 16.30	Mod. 4 Trauma Relief in Education
Tuesday 7 April	8.30 - 12.30	Mod. 4 Trauma Relief in Education

Emergency Pedagogy...

... is a pedagogical intervention that supports and stabilizes psycho-traumatized children, adolescents and even adults in their processing of stressful events based on Waldorf Pedagogy and helps to prevent the development of Post Traumatic Stress Disorder.


In 2006 after experiencing the effects of war on children in Lebanon, the founder Bernd Ruf has led interventions into crisis centers and has done training in more than 25 countries with great success.



One of the core elements of **Emergency Pedagogy** is "circle work":
rhythmical games, movement, singing, verses and playful contact,
to loosen the "cramp" or "frozen" state caused by trauma.
These methods work on a neurophysiological, vital and psychosocial level.
Done over a period of time, combined with other activities such as art,
these methods can help to avoid more severe effects of stress
and creates strong social bonds.

We welcome everyone to experience Bernd Ruf's wealth of knowledge in dealing with stressful and traumatic events in a social setting.

Programme:

MODULE: SELF CARE	MODULE: TRAUMA RELIEF IN EDUCATION
<ul style="list-style-type: none"> • THE CONCEPT OF HUMAN TRAUMATISATION • STRESS LEVELS: Individual and social situations; moderation variables; consequences and responses to stress. • PREVENTION: Types of prevention; Basic prevention: Selection of teams, education, training, preparation, implementation and follow-up. • INDIVIDUAL INTERVENTIONS: Mental preparation; positive basic orientation; techniques for self-stabilisation. • INSTITUTIONAL INTERVENTION: Structured, phased entry into application area; rhythmic; ritualized daily structuring; sufficient rest and recreation time; structured evening reviews; buddy system. • AFTERCARE: Individual: Conversations, rituals, distraction, analysis of incriminating thoughts. Institutionalised: Follow-up meetings, supervision and evaluation. • RESILIENCE PROMOTION AND RESOURCE ORIENTATION • CONCEPT OF MINDFULNESS • ANTI-STRESS PROGRAM • THE TRAINING PATH OF THE EMERGENCY PEDAGOGUE: <ul style="list-style-type: none"> - Developing creative-vitalizing forces through inner training. - Mindfulness; Self-development; Self-cultivation. - Health promotion. Rhythm care: Vitalization. Art: Unlocking the creative potential. Meditation: Mobilizing mental resources. Anthroposocial stress management: The mindfulness exercises. 	<ul style="list-style-type: none"> • EMERGENCY PEDAGOGUE FOR CHILDREN AND ADOLESCENTS Education for emergencies. First Aid at school. Prevention of sexual violence. Education for catastrophe competence. • EMERGENCY PEDAGOGUE FOR ADULTS Disaster Competence. Promotion of Self-help and emergency pedagogical competence in education. Lesson plan & methods. 



***A new
isiXhosa
course
starting on
Tuesday 28
January***

Learn isiXhosa at Michael Oak in 2020!
on our adult beginners course

DURATION:
5 consecutive
Tuesday evenings

START DATE:
28th of January 2020

END DATE:
25th of February 2020

CLASS TIME:
6:30pm to 8:30pm

VENUE:
The Movement Room
COST of R1,680
includes:

handbook, workbook
audio CD/mp3 tracks
pocket phrasebook
5 lessons

For more details
or to book,
please email Kyle via:
info@xhosafundis.co.za

You can also
WhatsApp Kyle on:
084 843 7795



www.xhosafundis.co.za

Three Creative Process Groups for Young People

an art and nature process group for children

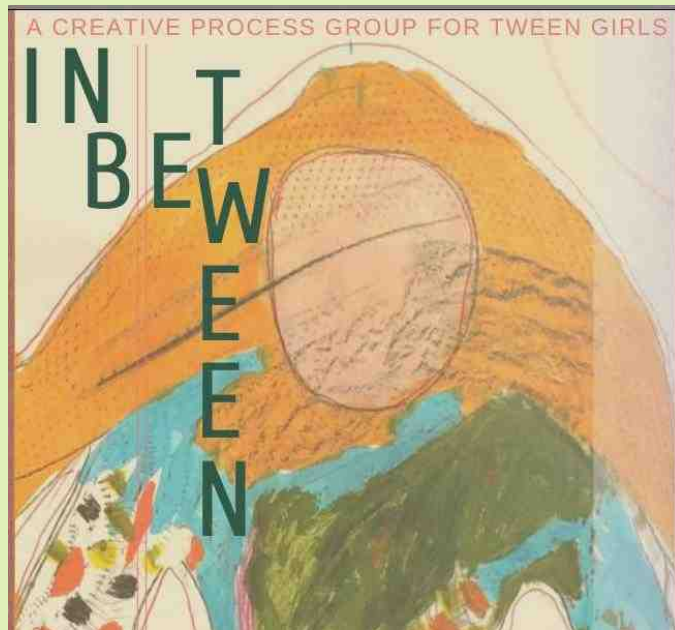
CREATIVE NATURE



Anya Mendel & Amy Simons are offering a contained space for children to creatively connect with themselves and each other. This process gently opens to our inner worlds while working with social dynamics in a supportive small group environment. Each child will make their own Hero Book to find and affirm unique gifts, while exploring and shifting particular challenges and life hurdles. The heroes come to life through masks and puppets, interacting in transformative ways. Weaving in elements from the beautiful wild garden, we remember our true nature in an age of disconnection and distraction - and learn to share this with the wider world!

A CREATIVE PROCESS GROUP FOR TWEEN GIRLS

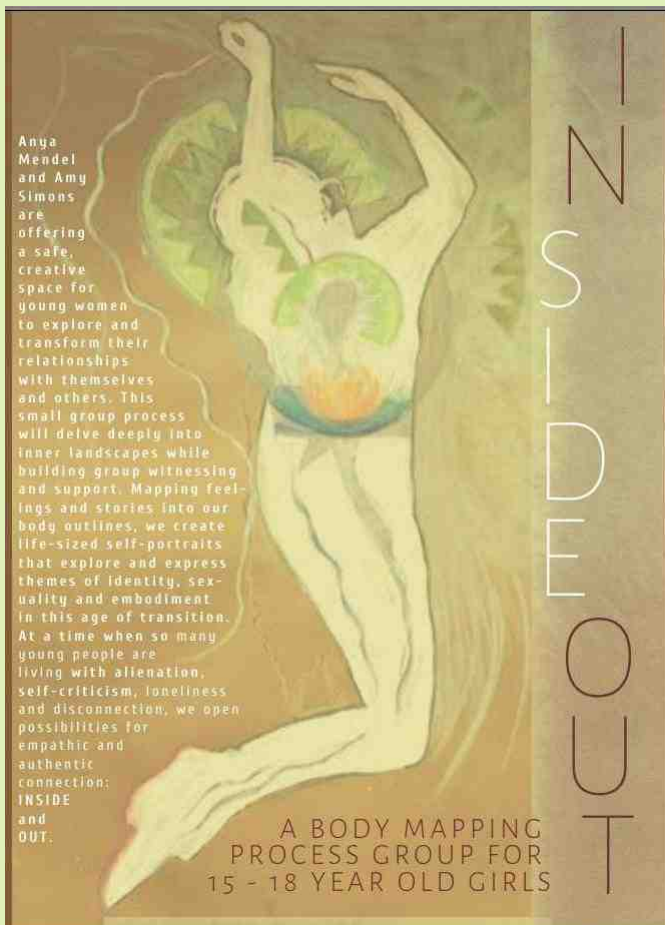
IN.BE.TWEEN



Anya Mendel and Amy Simons are offering a contained, creative space for 'tween' girls to explore their sense of self and relating with others in this time of transition. This small group process will delve deeply into inner landscapes while building group witnessing and support. Mapping feelings and stories into our body outlines, we create life-sized self-portraits that explore and express themes of identity, sexuality and embodiment in this complex age. At a time when so many young people are living with alienation, self-criticism, loneliness and disconnection, we open possibilities for empathic and authentic connection inside and out.

Anya Mendel and Amy Simons are offering a safe, creative space for young women to explore and transform their relationships with themselves and others. This small group process will delve deeply into inner landscapes while building group witnessing and support. Mapping feelings and stories into our body outlines, we create life-sized self-portraits that explore and express themes of identity, sexuality and embodiment in this age of transition. At a time when so many young people are living with alienation, self-criticism, loneliness and disconnection, we open possibilities for empathic and authentic connection: **INSIDE and OUT.**

INSIDE OUT



A BODY MAPPING PROCESS GROUP FOR 15 - 18 YEAR OLD GIRLS

CREATIVE NATURE

OPEN TO: 6-11 year olds ~ spaces limited to eight participants

MEETING: Fortnightly for 8 Fridays from 15:30-17:00 over 1st & 2nd school terms

DATES: 24 Jan | 7 & 21 Feb | 6 March || 3 & 17 April | 15 & 29 May

PLACE: Beautiful garden studio, Hout Bay, Cape Town

COST: R840 per session (including all art materials) ~ claimable from medical aid

Commitment to entire process required; Cost concessions available: please enquire

IN.BE.TWEEN

OPEN TO: 12-14 year olds ~ spaces limited to eight participants

MEETING: Fortnightly over 1st & 2nd terms for 8 Thursdays from 16:00 - 18:00

DATES: 30 Jan | 13 & 27 Feb | 12 March || 9 & 23 April | 7 & 21 May

PLACE: Beautiful garden studio, Hout Bay, Cape Town

COST: R900 per session (including all art materials) ~ claimable from medical aid

Commitment to entire process required; Cost concessions available: please enquire

INSIDE OUT

OPEN TO: 15-19 year old girls ~ spaces limited to eight participants

MEETING: Fortnightly for 8 Fridays over 1st and 2nd terms 2020

TIME: 15:30 - 18:00

DATES: 31 Jan | 14 & 28 Feb | 13 Mar || 24 Apr | 8 & 22 May | 5 June

PLACE: Beautiful garden studio, Hout Bay, Cape Town

COST: R950 per session (incl. art materials)

Costs claimable from medical aid; Concessions available: please enquire

Commitment to entire process required



Anya Mendel is a Clinical Psychologist, Fine Artist, Focusing-Orientated Therapist and Family Constellations Facilitator. She has over 15 years' experience designing and facilitating transformative group processes for children, adolescents and adults. These center on the healing intersection of creativity, embodiment, kinship and reconnection to our inner and outer natures.

Amy Simons is an experienced ASTAR Art Facilitator and Artist, with a BA in Social Anthropology. She works with a variety of organisations and educational institutions to design and facilitate process art workshops for young people. Amy is committed to exploring what happens to our internal landscapes when we create freely in a space of non-judgement.



BOOKINGS & ENQUIRIES

Any 074 473 7938 circleamy@gmail.com
Anya 082 355 9242 anyamendel@gmail.com

*"Digital detox, back to basics,
 farm life, real skills,
 personal development,
 disconnect to reconnect,
 creativity reboot. Send your teens and
 tweens to find
 themselves outside of the screen."*

FREE RANGE ADVENTURE CAMPS

Contact Paula: www.karoorest.com
 WhatsApp: 073 169 2716 - Facebook: Free Range Adventure Camps

Pricing:
 A R2800 - R6000 sliding scale.
 Includes all accommodation,
 home-cooked meals and snacks,
 workshops, activities and supervision.

22-27 March: Girls
 22-27 June: Boys
 16-21 August: Girls
 19-23 September: Boys



*Every swipe DOES
 make a difference*