



NEWSLETTER

12th October 2017

Welcome

A very warm welcome to our latest newsletter, an issue which takes us through to a long awaited and much deserved half term break.

The last few weeks have been so incredibly busy; so much has been achieved and experienced that it has certainly felt more like a full term's worth of work!

I would like to mention Helen's article below and extend deepest gratitude to Sven Saar for his wonderful contribution to the Michael House series of Steiner talks. I am sure that I speak for everybody in this respect; on the day, most of the school was certainly at the lecture. Those who were not there were manning the Michael House stall at Elvaston Castle and wishing they could be in two places at once.

Having said that, I am excited to announce Richard Shaw's Introduction to Anthropology lecture on the 25th of November. This has the potential to develop into a series of lectures or a more in depth study group, depending on the nature of interest expressed. So I look forward to seeing quite a few of you there, let's dip a toe in!

I would also like to share with you a few photographs that I took at Michaelmas.

It was amazing to see everybody working in the garden, so assiduously,



whilst carrying the happiest of smiles on their faces.



One of the achievements is the new firepit in the garden. It has just seen action in firing some pottery products – we are awaiting the results with bated breath.



The school grounds have also seen the erection of Class 3 / 4 's geodesic dome. This is a wonderful construction, (photo in next newsletter.) where all the wooden sections have been cut to size by the class and the whole thing assembled by the pupils.

Please write to me with your views on the newsletter; what you'd like to see more of; what you'd like to see less of and ideas for articles – the address is, as always, newsletter@michaelhouseschool.com. I look forward to hearing from you all.

Have a happy half term everybody and I shall have more for you when we return.

Dates for your Diaries

October - December

16th – 27th October – Half Term

30th October – Policy Day (School Closed)

4th November – School Open Day 10.00 – 15.00

17th November – Martinmas Lantern Walk

24th November – Kindergarten and Main School finish at 12.30 in lieu of FoW

25th November – Main School Festival of Work 10.30

25th November – Anthroposophy Lecture, by Richard Shaw 14.00 – 16.00. in the School.

9th December – Advent Fair

Recurring

Fridays – Gardening Club, 8.30 till lunchtime, refreshments provided

Friday mornings – singing, 8.45 – 9.45, Eurythmy room

Fridays at 3 p.m. – Friday Teas – coffee and cake in the main school

Anthroposophy Lecture, by Richard Shaw

Those attending Reception office of late may have seen a sheet of A4 introducing some of the thoughts that may be relevant to the starting of an anthroposophical study group for parents. This concludes with an invitation to start such a group in October.

However, I should like instead to start with a talk on Saturday, November 25th. I shall look at the relationship of Steiner's general anthroposophical work to various practical activities - such as education in schools. I shall consider how practical work has arisen out of the philosophy and also what questions people may have within this area or desire to take them further in a particular way.

In this way, a study group may or may not be formed, but any that does emerge will relate directly to the needs and wishes expressed.

So if you are interested, do come along on Saturday 25th November between 2.00 and 4.00 pm. We shall have a break for refreshments in the middle, just like in the recent series of talks on specific anthroposophical subjects.

Feedback from Sven Saar's Lecture, by Helen Osborne

I would like to write briefly regarding the talk with Sven Saar on the 23rd of September, although I doubt I shall be able to convey the excitement and inspiration I felt after hearing what he had to say. My first thoughts when hearing him speak were, 'oh my God, I love him', followed by 'I'm so gutted that so many people are missing being a part of this!'

I have to say that I have never attended such an inspiring and heartfelt talk in my life, and if you're feeling a bit gutted that you were not able to make it, fear not, as so many of us were so amazed by him and what he had to say that I have invited him to return! And so you'll be pleased to know that he will be back to do the same talk next spring (YAY!).

I shan't write much about the content of his lecture so as not to spoil it, although I did write copious notes and am pretty glad that I don't have to write them all up for you! What I would like to share with you is that he talked us through each age of development, right from beginning of school. He talked about the difficulties faced with what appear to be 'problem behaviours' but are, in actual fact, very specific and predictable developments in psychology. Everything began to make sense, and it was as though he was describing my child through the years. I wanted to cry, I wanted to go back in time and do it all again, this time *knowing* what I was doing. I can't, I know, and I am heartbroken. But what I can do is to more fully understand what is happening *now*, at this age, and how to respond and deal with that. It feels like such a godsend to know; I feel like I've had a beam of light shine down on me, to encourage and guide me with my child's emotions and development, as opposed to feeling as though I'm always going against the grain.

The talk provided an invaluable insight to me as a mother, and I cannot begin to tell you how grateful I am for that. Also, with each developmental stage we had the most amazing anecdotes that were inspirational, heart-warming, unbelievable, tender and funny.

I found Sven to be an incredible being who offered a profound, beautiful and intelligent insight into children of differing ages, and into what each child needs in order to grow with a love for themselves, for others, and for life itself. I am so pleased that Sven has agreed to return and offer this talk to us all, once again.

Here are but a few testimonials that I have caught:

“Inspiring! Wonderful ... so useful. A charming and engaging talk. Thank you”

“I found the talk by Sven Saar very inspiring and especially liked the practical advice for teaching. This is something I can use in my own teaching practice and has already evoked much discussion amongst my colleagues at the school”

“I found Sven’s talk to be incredible, heart-warming and completely inspiring; it has provided me with such valuable insight into how I now regard my son and the challenges he is experiencing as an adolescent, and how I can help and nurture these delicate transitional stages to gain the best for, not only my son, but for our relationship as a whole. A profound and unmissable experience for any parent or teacher”.

“Sven Saar's talk was inspirational. He so wonderfully encapsulated why Steiner Waldorf Education is so good for children's development into free-thinking citizens of the future. His 'real life' descriptions of how his own classes tackled tasks was something that every teacher would benefit from hearing and it almost made me want to get back into the classroom.”

Feedback from Sven Saar’s Lecture, by Ian Stephenson

I was one of a number of us who were deeply inspired by Sven’s illustrated presentation. Sven took us through qualitative relationships of the teachers to the children at different stages in their development. Here are a few examples of how he demonstrated these. He showed : -

- How through movement we can teach our youngest school pupils stillness.
- How the children connect to us through our interest in them, not a subjective interest, but a genuine putting aside of our personal likes and dislikes to really *see* the child.
- How we empower the child through really handing over responsibility for a project to a class of twelve-year-olds, letting the children carry the burden rather than doing it for them.
- How Michelangelo’s sculpture of David is a perfect picture of a young person on the threshold of puberty at 13. From one angle displaying a confidence to the extent of bravado, looked at from another angle, however, fearful apprehension - look deeper still and one can see naked terror in the face of a life-taking giant.
- How on the threshold of adulthood the 16/17 year-old needs to find the right questions for themselves to unlock their relationship to the adult world.

House Required! - from Helen Osborne

Has anyone heard yet of any lovely houses going for rent? Anything considered, be lovely to hear of somewhere as we have to move at the end of the month!

Thanks,

(Helen 07952660743)

Car Seat For Sale – from Helen Osborne

Britax evolva car seat for up to 36kg (I would say between 5 -11 years), we no longer have the baby fittings for it (as it was suited for earlier years too) and so now it is usable solely with a seat belt.

Features:

- soft cushioned sides and headrest
- drink holder/snack tray
- recliner
- easily removable and washable cover

We bought this seat as we traveled a lot and i wanted a comfy seat for my boy, and he's loved it, but alas now, at age 11, he's sadly outgrown it!

£25 (£110 new) If you'd like to view it Ive put it in the sick room for now, contact Helen 07952660743

Gardening Update, from Helen Osborne

Michaelmas Day

Thank you, thank you, thank you to everyone for all the fab help in the garden on Michaelmas Day. I know that the weather did not start off well (I was greatly disappointed, as this is the day I look forward to for help all year!) But alas, come the afternoon, the rain stopped and the weather was good enough to garden in. So thank you to all those hands, big and small, that helped to dig, weed, sweep and wheelbarrow. The garden elves, fairies and gnomes send their appreciation!

We Need Cover!!! - Can You Help?

After spending hours digging up all the weeds out of the border and bushes, etc, I really need to cover it over for the winter to prevent anything else from growing (it is going to be a lavender border next year). Does anyone have any spare weed suppressing cover (the black stuff), so that we can cover the borders, and hopefully the beds too? Please check your sheds, any little bit would be gratefully accepted! Also, do you have the peggy things to peg it into the soil with?? Please contact Helen 07952660743, or leave in a clearly labelled bag by the kitchen table - many thanks!

Festival of Spirit Arts, from Robert Chamberlain

May I remind you of these unusual and exciting events that are coming up soon:-

Saturday 7th October 10am-5pm Freeman College

THE HERO'S JOURNEY AND MASK WORK. A talk and workshop inspired by the work of Joseph Campbell. Every new venture or crisis in our life forces us onto an inner Hero's Journey. Our life itself consists of multiple hero's journeys. Through working with masks we bring to consciousness the hidden themes and archetypes that lie behind each of these journeys in our life. Ideal for writers, actors, therapists, teachers and anyone interested in helping realise their creative potential through gaining a deeper understanding of universal human processes within themselves. The Mask Workshop is led by psychodrama psychotherapist and mask-maker Mike Chase, MEd, Dip.Psych, preceded by an illustrated introductory talk on the episodes of the Hero's Journey, with reference to the Ancient Mysteries, by Stephen Roberts, MSc. Please book. robertchamberlain43@outlook.com

Friday 13th October 7.30-8.30pm Freeman College

WHAT IS LOVE? Storytelling, music and soul dance. Autobiographical stories weave together with Sumerian mythology, Rumi, Astor Piazzolla and Latin American songs, to explore what love is. Performed by Nana Woo, 'a dancing storyteller' from South Korea, with Felipe Vignolo (guitarist) and Andrew Thompson (flautist). Admission. Donations, which goes towards funding her next performance. See her website

<http://nanawoo.wixsite.com/whatislove>.

Saturday 14th October 10am-12.30pm Freeman College

SOCIAL MOVEMENT. Reconnecting with our deep self and the other's, through words, silence, space and non-verbal communication. A workshop on soul and spirit movement called eurythmy, with Nana Woo. Suitable for anyone. Followed by a short demonstration of the stage art of eurythmy.

Saturday 21st October 10am-12.30pm Freeman College

ART - A BRIDGE BETWEEN NATURE AND SCIENCE. A talk accompanied by live harp music. Followed by conversation.

We are surrounded by nature and we are a conscious part of its creative dance. Science arose to explain its laws. A space however is open for us to create 'a higher nature' which can be apparent to those who see nature's intentions. Here lies the source of the arts - which may be as necessary to the world as air and water. Given by John Dalton, professional Celtic harpist and educator

Saturday 28th October 10am-1pm Freeman College

SPIRIT IN ART. Three artists, Lesley Beckett, Kate Pickin and Jenny Mather display some of their work and enter into a dialogue with those who come to see it. All of them draw on spiritual inspiration in different ways. Kate creates timeless, evanescent landscapes that encapsulate symbolic recurring motifs drawn from memories and myths, landscapes that become like portals to other times and places, enabling the viewer to consider the self in relation to the other. Lesley's work hopes to reveal, rather than symbolise, an honouring of the human, natural and spiritual world and their relationship: transitions, thresholds, colour. Jenny says, 'I paint to make visible those awesome moments when Heaven touches Earth, as St. Paul writes in his letter to the Romans chapter 8, which I paraphrase 'Creation waits on tiptoe just to see the Spirit of God come to set all free.'

Upper School Update by Julie Wyer

Upper School kicked off well this term with a series of stimulating activities. We have welcomed Martha Woodcock, former pupil of the School, on Tuesday's, delivering a qualification in drama to both classes. Each Friday over the last 6 weeks our upper school have hired Heanor swimming pool for an hour. Within this time we usually have a fun relay warm up then ½ an hour peer mentoring and instruction, where pupils learn from each other and stretch other to achieve their pre-thought goals – maybe improving a particular stroke, learning to dive or improve their strength and stamina in the water. We end each session with a form of water polo, which has proved to be great fun and a huge success for a sport that involves the whole class. Finally we walk back to school – a brisk 35 minute walk. This initiative (this is its second year,) has proven to be a great ice breaker at the beginning of term allowing the new upper school to form a new bond and identity.

We have also introduced the idea, taken from the Drumduin School in Forres, for pupils to produce a year-long project which could take the form of a presentation, a display or indeed a film, a book or an EP have been discussed. This will be a personal project on a subject close to their hearts.

We have already had a trip into the centre of Derby looking at the religious communities which work there. They learned first hand from practicing Sikhs, Muslims and Hindus, whilst visiting their places of worship. This enriched their main lesson religion lessons which kicked off the year.

The class returned from a wonderful art day trip to Leeds where we explored a gallery, a museum and the wonderful Leeds library full of the most wonderful artefacts from by-gone years, to sketch. The momentum continues with a taster day at the beginning of December.

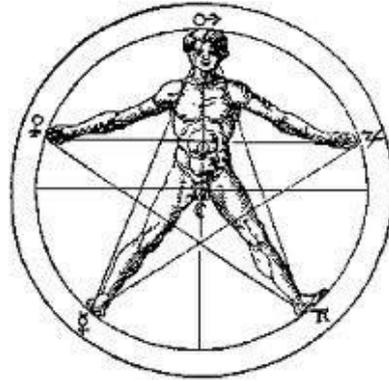


What is Eurythmy Therapy?

The role of the Eurythmy Therapist is to assess and help provide an opportunity to grow, both on an individual and social level through the use of movement.

Eurythmy Therapy helps a variety of areas including:

- ◆ Co-ordination
- ◆ Rhythm
- ◆ Spatial Orientation
- ◆ Personal Contact
- ◆ Body Awareness
- ◆ Concentration
- ◆ Anxiety



Those embarking on Eurythmy therapy need not have any experience in movement. Eurythmy therapy sessions are offered on an individual basis for 45 minutes once a week. The initial block is for a 10-12-week period followed up by a 7-week block at a later date.

Eurythmy Therapy is a *movement* based therapy emphasising the usage of arm gesturing that is also accompanied by different choreographies based on a variety of geometric forms. The formulation of these eurythmic arm gestures originates from the *mood of sound* that forms our language. This process along with the appropriate choreography helps to build bridges between the person's *thought, life, feelings and intentions* so that a renewed expression of 'self' can emerge through the sense of movement.

I specialise in child development using the different approaches eurythmy therapy movement offers to support the various developmental stages children may or not experience during their educational years

Professional Biography

My name is Andrea. I have been a eurythmy therapist since 1984 having received my Performing Art Diploma in 1982. Prior to this I received a Diploma in Curative Education in 1978 in the United States. I have worked as a eurythmy teacher and therapist in a variety of different educational and therapeutic settings in both Britain and abroad. This included several years as a eurhythmy therapist at St. Thomas' Child and Family Psychiatric Day Hospital in London as well as initiating a private therapy and medical practice in the East Midlands where eurythmy therapy and other therapies were offered. I am a registered therapist under the Council of Anthrohoposophic Health and Social Care (CAHSC), reg: 003. I have recently graduated from Plymouth University with a Masters Hons degree in Education and Eurythmy Therapy.

I am currently working as a Eurythmy Therapist and advisor for the Ruskin Mill Trust

Contact Details: Andrea Damico 91 Bakerdale Road NG3 7GJ, Mobile no:07762631827