



FAIRY TREE NEWS AUTUMN

25 APRIL 2014
TERM 2, ISSUE 2

Dear families,

Welcome to the Autumn issue of Fairy Tree News. We have a bumper edition of articles about Autumn activities, volunteer profiles, dates to remember and other useful information.

Now that my family are back at Kinder and School, I feel a balance return and a new season's family rhythm has begun. With the early setting sun and evening bedtime rituals in place, a quiet is descending. Each day I am feeling more enlivened to the new Autumn world emerging around me. A new softer light shines upon me through the days and the night skies are bright in the chilly air. YES, it is autumn and beauty is everywhere. We hope you can find a quiet autumn moment to enjoy this season's newsletter.

TEAM NEWSLETTER

Our Intention for this year's seasonal newsletter is to weave a thread of delight between our children's divine kinder world and our family. We send it out to the adults and children, and the child in every adult. There will be recommendations for books, websites, and blogs that provide insight and inspiration into the Steiner world. Seasonal recipes and stories, nature table tit-bits, craft ideas for home, and a seasonal interview with wild and exciting people!

We will of course provide you with ground-breaking, cutting-edge news from the teachers and Committee; but we would also love to hear from you, the Yandell community. Please, if you have anything at all to contribute yourself, or something you would like to see in our next Winter edition, just send us a message to yandellnewsletter@gmail.com.

We would especially like to thank this issue's special contributor, Lou Harvey-Zahra, author of 'Happy Child, Happy Home: Conscious Parenting and Creative Discipline'. Lou is presenting a number of talks in our area over the next couple of months, and we hope you can attend her next talk at Briar Hill Primary School (see Important Dates – Autumn.) See Lou Harvey-Zahra's new book 'Happy Child, Happy Home: Conscious Parenting and Creative Discipline' for play, craft, rhythm and Creative Discipline tips (www.skiptomylouparenting.com).

With lots of Autumn cheer,

Sh'ana and Natalie, mamas of Jardin and Saxon (4-year-old Kinder)

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IMPORTANT DATES – AUTUMN

Wednesday 30 April – ongoing	Parent/teacher interviews (4YO Kindergarten) Terms 2 & 3
Saturday 3 May	Autumn Fair/Native Plant Sale – Banyule Kindergarten Open Day – 10.00am onwards
Monday 5-Wednesday 7 May	Photography Days
Tuesday 6 May	‘Happy Child, Happy Home’ talk by Lou Harvey-Zahra 7.00pm – 8.30pm at Briar Hill Primary School. Gold coin donation, no bookings required.
Thursday 15 May	Full moon

AUTUMN FAIR/NATIVE PLANT SALE

Hello to everyone and welcome back for Term 2!

We have been busy putting together an exciting day of food, fun and entertainment on Saturday 3 May. We are looking forward to seeing everyone there in a week's time.

Here are a few reminders for the event.

Rosters

The rosters are filling up! Thanks to all those who have put their names down, and for those who haven't, please add your name this week. If both parents are available to do a shift, or you are willing to do more than one, that would be great. Next week would be a good time to add your name to a second shift, once parents have had a chance to fill in the rosters and gaps may appear. We need all hands on deck for the day to run smoothly.

Silent Auction donations

For those who haven't donated anything to the Silent Auction, it would be great if you could - it's a great way to promote your business if you have one, and share your skills or products. The Plant Sale Committee have called in favours from people whose services they use often, so have a think if there is anyone who may benefit from the additional exposure and publicity when making a donation to the silent auction. Have a look at the Facebook page for details about items that have been donated so far. There are donation forms in the foyer or you can talk to Tina, Gemma or Lori at Yandell.

Pre-loved books, clothing, and milk-bottle tops donations

We are still accepting pre-loved book and clothing donations– boxes are in the foyer.

We need milk bottle tops for the woodworking stall – there will be a box in the foyer for these.

Gazebo wanted!

If you have a pop up gazebo, and are willing to lend it on the day, please contact Tina to let her know. We need one on standby in case of wet weather.

Cake rosters

The cake rosters are up, please add your name, and keep your eye out for cake bags in the foyer next week.

Craft activity

The craft activity is to make ribbon wands. We are short on yellow ribbons/wool, if you happen to have an excess – please donate them!

Coffee machine

We are looking into the hire of a coffee machine for the day; but each year it is tricky to find one to use for fair day. We will use my machine as a back-up, and would like a third. Does anyone have a home machine they would like to offer for the day? As there will be 3 machines, this would mean your coffee machine will not be overloaded on the day.

Spread the word

Make sure you tell all your friends and family about the event. There will be delicious food, cake, coffee, market stalls and the silent auction - therefore, let them know to bring cash on the day as there will be lots of opportunities to spend it!

Cross your fingers for good weather – the Elders 28-day forecast predicts medium chance of rain at this stage. Let's hope they have it wrong.

We look forward to seeing you on Saturday 3 May for a day of fun and festivities!

Any questions or suggestions please contact Tina: T: 9444 8097 / 0431273352; E: tina@busybodiesot.com.au

The Autumn Plant Fair Team XX



WORDS FROM THE TEACHERS

Welcome back for term 2! We hope you and your families had a happy and refreshing break.

It is really feeling like Autumn now. Many trees are beginning their transition into blazing colour. The nights and mornings are fresh and cool. It is so lovely to get cosy!

There is likely to be more rain this term, so make sure to always pack coats, beanies and gumboots. It is wonderful for children to play in the elements, so unless it is a very wet day we will always get outside. It saves us sorting through Kinder coats if your child is prepared.

This term, we are all more familiar with each other and our Kinder. We look forward to sharing more play and joyful days together!

Fingerplay

Yellow the bracken, golden the sheaves
(cross each hand on head)

Rosy the apples, crimson the leaves
(cross each arm across chest)

Mist on the hillside, clouds grey and white
(cross each hand on knee)

Autumn good morning,
(arms open a circle)

Summer good night.
(arms close a circle)

With love,

Mandy and Sharon

PARENT LIAISON OFFICERS

Yandell Committee has Parent Liaison Officers for the 3-year-old Ring-a-Rosie group and the 4-year-old Kindergarten group

Your Parent Liaison Officer provides you, the parents, with an independent conduit through which you can discuss any issues, feedback, questions, etc. to do with Yandell, anonymously if you wish.

You can have a confidential discussion with your Parent Liaison Officer, without involving the Committee or Teachers. They will then bring the general issue to the appropriate person's attention for them to address.

You can also ask the Parent Liaison Officer about any matter you wish the Committee to discuss.

This year our Parent Liaison Officers are:



Left: Simone Mitchell-Nolan (mother of Jarrah) for the 4-year-old group.

michaelsimone@jprimus.com.au

Right: Martine Sproule-Carroll (mother of Ethan and Jai) for the 3 year-old group.

martinesc@netspace.net.au



FAIRY EXCITING WEBSITES TO INSPIRE AND DELIGHT

When the woollies and gum boots come out, you know that the hours spent inside with children are increasing. I find there are times when coming up with that daily inspiration fails me, and I hate to see that gleeful sense of wonder leave the room when I come up with nothing very interesting.

In my search for fun ideas I have come upon an infinite amount of internet sites that provide mountains of activities and stories and verse for each Steiner inspired season.

In this newsletter I would like to introduce you to two sites that I particularly loved: [The Magic Onions Blog](#), and [littleacornslearning.com](#). They each have so many magical and amazing inspiring articles and activities. If in need for inspiration check these sites out, they have sooo much to offer.

A VERSE FOR AUTUMN

Apple Tree

This is the tree
With leaves so green.
(make leaves with fingers outstretched)

Here are the apples
That hang in between.
(make fist)

When the wind blows
(blow)
The apples will fall,
(falling motion with hand)

Here is the basket to gather them all.
(use arms to form basket)

TERM 1 HOLIDAY PLAY-DATE

Thank you to Jema, our Social Officer, for arranging the playdate at Alistair Knox Park on Monday 14 April. Several children brought their parents along for a friendly play on a warm sunny day that was very welcome after the long spell of autumn rain!

The Yandell community has some very interesting and friendly people, do take the time to meet some and make friends!

THE DOMESTIC GODDESS'S AUTUMN RECIPE

Apple, Oats and Maple Slice

By Sh'ana

Autumn is the time for apples and there are many recipes with ideas of how to use apples.

Here is one that I enjoyed making and eating. It is a nutritious slice, very easy to make and great for lunch boxes in the cooler season. It just needs a little planning ahead as the oats need to be soaked overnight.

Ingredients

2 ½ cups oats soaked in 1 cup of milk and a squeeze of lemon juice overnight.
110g butter
¼ cup coconut oil
¼ cup maple syrup
2 tbs sugar
2 eggs
½ cup shredded coconut
3 apples (half grated, half chopped into small pieces)
1 tsp cinnamon
1 tsp baking powder
1 tbs lemon juice and zest-

Method

1. Preheat oven to 180°C.
2. Melt coconut oil and butter on low heat (once melted set aside).
3. Add all other ingredients into mixing bowl and mix.
4. Add coconut oil and butter to mixture.
5. Line baking dish with baking paper, pour in mixture and bake for about 50 minutes.

Healthy Happy Plate for Morning Tea



A healthy fruit and vegetable plate for morning or afternoon tea establishes great eating habits.

Transform chopped carrots, cucumber slices, strawberries etc. into a picture of

a smiling face and share with your child – what fun! Try a train or other picture food plates too.

PRETZEL DOUGH IS BETTER THAN PLAY DOUGH!

By Lou Harvey-Zahra



Pretzel dough is better than play dough, you can bake and eat it! If it is a rainy day, a friend is over, or Monday means 'Pretzel Day' as a family rhythm, follow the recipe below to keep your child's fingers, tummy and heart happy.

Pretzel Dough

Here is the recipe for pretzel dough; once made, the child will play away, and then it can be baked and eaten. Write out the recipe for the fridge door (keep ingredients in stock) and buy a special cooking apron for your child, to bring a smile ...

Ingredients

1 tsb yeast
½ cup warm water
1 tsp honey
1 tsp salt
1.5 cups plain flour

Method

1. Preheat oven to moderate (180°C).
2. In a large bowl, dissolve yeast in warm water.
3. Add honey and salt.
4. Add to these plain flour.
5. Knead the dough, divide it up and let young children play and make shapes with it.
6. Place the shapes onto a lightly oiled baking tray, brush lightly with beaten egg or milk. Bake for ten minutes in a moderate oven.
7. Eat with butter, yum!

(Sign up for Lou's newsletter for more monthly craft and play tips at:

www.skiptomyloparenting.com)

AUTUMN ACTIVITIES

Apple Stamping

You will need

Apples
Knife
Paint
White paper

Method

Ask children to take a seat and prepare them to do Apple Stamping.

Cut the apples in half horizontally. You will see the star shape in the centre. The apple halves make perfect stamps.

Give each child a 'stamp', stamp pad or paints, and white paper and let them get to work.

Children can make an apple tree and use the stamps to add apples to each branch.

Autumn Leaf Rubbing



By Lou Harvey-Zahra

Autumn – I love this season and it is particularly lovely for simple natural craft. Leaf rubbings are so much fun with young children.

Go to a park with lovely autumn leaves, or for a local nature walk, and find a big autumn tree. Choose some lovely big leaves with big veins. Once home, turn over the leaf so that the veins are sticking up, place a piece of paper over the top and rub with a large crayon. The leaf will miraculously appear on the paper. Leaf rubbings are fun for all ages!

AUTUMN NATURE TABLE TIT-BIT – TREE OF THANKS

You will need

Construction paper
Vase
Branches
Scissors
String
Hole punch
Crayon or marker

Method

Place branches that you find with the children outdoors into a vase. The branches should be large enough and have smaller branches to hang your Leaves of Gratitude on.

When you have completed, place your tree on your Nature Table or other suitable place. You may wish to label your vase 'Tree of Thanks'.

Next, cut leaf shapes out of various coloured construction paper. Punch a hole in each leaf and have children help you tie string to each one for hanging. Make enough leaves to use until it is time to put Autumn behind and prepare your Winter nature place.

Each day, beginning with today, ask each person that enters your home to write one thing they are thankful for on a leaf and hang it on the tree. For young children, they can draw a picture on a leaf or you can write the word for them. Putting the person's name and date on the back of the leaf is a good idea for future reference. Extra leaves and a marker can be left in a basket near your tree.

When it is time to take your tree down, consider saving the leaves of this year to reflect upon years ahead. You can even paste them into your nature notebooks or make a special scrapbook. Or you can burn them in your winter fire so that the smoke carrying all your thanks goes out into the world.

STEINER FESTIVALS IN AUSTRALIA

"The Festivals have become abstractions, matters of indifference to modern people. The word as a medium of strife and blasphemy often means more than the Word conceived as the power by which the world itself was created. Yet the alphabetical word ought to be the representative, the symbol of the Word Creative in Nature around us, in the great universe and within us too when self-knowledge awakens, and of which all mankind can be made conscious by those who truly understand the course of Nature. It was for this that the Festivals were instituted and with the knowledge we have gleaned from Spiritual Science we will try to understand what it was that the wise men of old set out to express in the ... Festival[s]."

- Rudolf Steiner

I found this wonderful blog: [Happy whimsical Hearts.blogspot.com](http://HappyWhimsicalHearts.blogspot.com).

Hope you enjoy the clarity, as much as I do. Although I must say I can't imagine celebrating Easter in September!

Something that I really struggled with when I first began to consider the Waldorf/Steiner educational philosophy for our family was the seasonal festivals and the fact that as the Waldorf philosophy is primarily situated in the Northern Hemisphere, it can be difficult to translate the festivals across to the Southern Hemisphere. After much reading and thinking, I think I have finally figured it out, and am sharing it for the future reference of all Steiner parents who may want to keep these things in mind.

Samhain – the Celtic New Year (1 May)

This begins the cycle of the yearly Calendar of Festivals. It is often represented by pumpkins and apples, harvest time and the changing colour of the Autumn leaves. Recognising the cycle of life and death in nature, it is a time for reflection and meditation on the ancestral spirits which guide us. Samhain is the festival of the dead, and signifies the end of the harvest season and the beginning of winter.

Yule (21 June)

While we often associate Yule with Christmas, in the festival calendar it represents the Winter solstice - or the day with the shortest sunlight hours. It has been described as the time that the child of the sun is reborn - as after the Winter solstice the days begin to grow longer again.

Candlemas (1 August)

Even more reason for Christmas in midwinter! A celebration of the new, rising light of the approaching Spring. Another name for this festival is Imbolc - which means 'in the belly' - symbolises the seeds, still covered by the earth, awaiting their rebirth in the Spring. It is a time of anticipation, holding the colours - Red (Energy), White (Beginnings) and Yellow (Sun).

Ostara - Easter (21 September)

Spring! The celebration of new life and all of the hope and joy that it brings. Ostara is the goddess of fertility, and this festival falls during Easter in the Northern Hemisphere - thus the reason why eggs are often used to represent the festival. Its colours are greens, pinks, white, yellow - anything that represents new life and the increasing warmth of the day.

Beltane (1 November)

It is Spring Fair time, with dancing round the Maypole and all the joy of the beginning of Summer. This festival of fertility and marriage is often associated in folklore with covens of naked women dancing in the forest, conjuring witchcraft. This is a time for celebration.

Litha - Summer Solstice (21 December)

This is the time that many in the Southern Hemisphere celebrate Christmas. The day of the year with the longest light, celebration is called for as food and good times are plentiful!

Lammas (2 February)

Thanksgiving for the bounty of the earth, traditionally a time when the wheat (and other grains) were harvested as the sun god has transferred his strength to the grain and will be resurrected again next Spring. Celebrate with the colours of the grains, oranges, golden yellows - items that are full of the warmth of the sun.

Mabon - Michaelmas (21 March)

A time of equal day and night - it is a time when nature is considered to be in balance. Honouring the presence in the air of Winters approach, it is a time to be thankful for the plentiful harvest of the preceding year and to look upon the coming darkness with reverence. Rudolf Steiner considered Michaelmas to be the second most important of festivals after Easter.

So there you have it! Now when you hear that they are having a festival at your local Steiner school, you will have a bit more of an understanding of how it fits into the Southern Hemisphere's seasonal calendar.

HEADLICE – THE UNWANTED GUESTS

(There is presently no need to be concerned - Yandell appears to be nit-free territory.)



Whether you have first-hand experience with dealing with head lice or not, I hope this article will be insightful. I have had an on-again off-again relationship

with headlice for over 15 years! Four children on and hours of fine-tooth combing later, and I'm still no expert, I don't know if one can ever be. So I will share what I have personally learned, mixed with a bit of sensible information from Healthline.com and kidshealth.org.

The head louse is a tiny, wingless parasitic insect as small as a pin head that lives among human hairs and feeds on extremely small amounts of blood drawn from the scalp. This causes an itchy scalp. Although they may sound gross, lice (the plural of louse) are a very common problem, especially for kids ages 3 years to 12 years !!!

Nit and lice life cycle

Lice lay nits on hair shafts close to the scalp, where the temperature is perfect for keeping warm until they hatch. Nits look sort of like dandruff, only they can't be removed by brushing or shaking them off. Lice eggs hatch within 1 to 2 weeks after they're laid. After hatching, the remaining shell looks white or clear, and continues to be firmly attached to the hair shaft. This is the stage when it's easiest to spot them, as the hair is growing longer and the egg shell is moving further away from the scalp. (refer to image).

There are a number of things to keep in mind when dealing with lice:

- While they can spread, they do not carry disease and they do not mean that you or your kids are in any way 'unclean'.
- When a case of lice has been reported either at kinder, school or after a play date, please just get some oil and comb through your child's hair with a fine tooth comb, and return to school with either conditioner or oil in pulled-back hair over the next couple of weeks.
- Please also treat the family, as more often than not someone else in the family will get nits and not say anything until it's too late, and the whole cycle can start again.
- Lice survive almost everything. You can't wash them out, the lice just hold on tight, and the nits stick to the hair shaft with 'superglue'. If you are committed, you can sit and drag the eggs off each hair stand with your nail. Gross - but it has been done.
- Lice don't survive long once they fall off a person. So it's unnecessary to spend a great deal of time and money trying to rid the house of lice. Wash pillow cases and linen, and any hats used in hot water, and tumble-dry if you have a dryer. Soak hair-care items like combs, barrettes, hair ties or bands, and headbands in vinegar and water, or you can also wash them in hot water, or just throw them away.

Handy hint: Combing for nits is the one time I am happy to sit my little one down with a 12-minute DVD program or audio book, and have them still while I comb. Chasing children to get a comb through their hair isn't very thorough. Crying, screaming children with vigorous head movements are not that great either.

Combing method

I use three different combs, especially if I have to deal with long hair. Brush through long hair first, then take small sections of hair, and use a cheap plastic fine tooth comb to comb hair

from scalp to ends of hair. Next, use a long metal comb through then a short very fine metal comb through which should get the nits off the hair shaft.

Good combs give the best results.

Natural Treatment without essential oils

1. Separate the hair into small sections, and use a hair clip to move them out of the way.
2. Coat the hair with olive, coconut or almond oil. Some people suggest coating the comb instead of the hair—re-applying the oil as needed. You may have to try both methods to see which works best for you.
3. Work under a good light so you can see what you are doing.
4. Rinse out the comb often under running hot water as you go.
5. Once you have completely combed your child's hair, use his or her regular shampoo, rinse, and repeat!
6. Make sure you wash all the towels used and clean out the lice comb.

Follow this procedure every day for a week. Then, for the next two weeks, check (by combing) to make sure the lice are gone.

Using essential oils

A number of essential oils have been shown to be effective—along with combing—in eliminating head lice. I have had great results with Neem oil and the combination of peppermint and lavender also works well.

Before you use any essential oil, put a small drop on the back of your child's hand. It is pretty rare, but some kids have allergic reactions to these oils—usually tea tree oil. If your child is allergic to one, move on to the next oil on the list. The oils that have shown effectiveness are:

- tea tree oil –2-4 drops
- lavender oil –2-4 drops
- neem oil –4-5 drops
- eucalyptus oil –4 drops
- peppermint oil –4-6 drops

Method

1. Mix 2 ounces of olive oil with 15 to 20 drops of essential oil.
2. Apply to the scalp and work through hair.
3. Leave this mixture on the scalp and hair overnight—at least 12 hours.
4. Comb out and shampoo, rinse, and repeat.

A preventative approach is to mix the 15 to 20 drops of essential oil in 4 ounces of rubbing alcohol. Place the mixture in a spray bottle and saturate the hair with it. Please make sure that you cover the head well with glad wrap and towel - You do not want any in the eyes!!!!

Remember—combing out the hair is absolutely essential to remove the lice!

Blow drying/hair straightening

I have been told that a blow dryer and hair straighteners are effective; but need to be used regularly and repeatedly (every 1 to 7 days, since eggs hatch in 7 to 10 days) until the natural life cycle of the lice is over (about 4 weeks)

Other products

There are about 20 products on the pharmacy shelf all telling you that they kill both lice and nits???. I don't know how real it is to think that if you use a product once that you have knocked the problem on its head.

I believe the best way to eliminating the little pests is through 'suffocating' or 'smothering' treatments. Some say that 'suffocating' treatments just stun the lice and make them slower and easier to catch on the comb. Leave treatment on overnight with a plastic cap and towel, followed by a good wash and then comb through. Use white towelling or white cloth to wipe the comb after each comb-through, and see what you're getting.

I recently found an oil spray product called NitWits absolute head lice solution, which I have used on my hair successfully. I apply it to my hair and comb through, then wash it out

and repeat every second day for at least 14 days. Its key ingredient is Dimeticone, which is a silicone fluid that asphyxiates the lice and eggs. It is not as harsh to the hair as other chemical products, which is a big bonus.

I have tried another product called MOOV. It was ok; but still having tried most of the chemist products as well as oils and essential oils, it really is in the combing and natural products are always best!

Persistent infestation

Lice infestation can be a persistent nuisance, especially in group settings. It's amazing that some children will and some will not get lice, they are indiscriminate beings. There is often no knowing until the first eggs hatch and you see little hands scratching. Unfortunately, by then Child A has got rid of lice and then Child B, C, or D reinfest Child A and the cycle goes on - and sometimes on and on and on and on! I know of communities up north that have a day a month when all the kids are treated in the hope that the cycle of reinfestation can be broken.

If your child still has lice and you've followed every recommendation, it could be because:

- some nits were left behind
- your child is still being exposed to someone with lice
- the treatment you're using isn't effective.

No matter how long the problem lasts, be sure to emphasize to your child that although having lice can certainly be very embarrassing, anyone can get them. It's important for kids to understand that they haven't done anything wrong and that having lice doesn't make them dirty. And reassure them that, as aggravating as getting rid of the annoying insects can be, there is light at the end of the tunnel. That sometimes translates as honey cake and ice cream!

The main thing I have learnt over the years is COMB COMB COMB ... as difficult as that can be, do it!

GABRIEL TALKS 2014

The Gabriel Talks are a series of free public talks based on the philosophy of Rudolf Steiner, presented by the Gabriel Centre.

Parents of young children, early childhood educators and anyone interested in child development are warmly invited to attend.

When:

Monday 12 May, 7.30pm – Shelley Davidow presents: ‘Parenting today’s children for tomorrow’s world: minimising stress at home and school’.

Monday 19 May, 7.30pm – Pauline David presents: ‘The Gift of the Story’.

Monday 26 May, 7.30pm – Janie Bayley presents: ‘Caring for the sick child: a developmental opportunity for parent and child’.

Monday 11 August, 7.30pm – Rob Gordon presents: ‘Communicating with children and teenagers’.

Monday 25 August, 7.30pm – Lou Harvey-Zahra presents: ‘Happy Child, Happy Home: Conscious Parenting and Creative Discipline’.

Where:

Kew Library
Phyllis Hore Room
Corner Civic Drive & Cotham Road, Kew.

For more information, or to book, contact Tiffany at the Gabriel Centre on T: 9876 1092

INTERVIEW WITH WALLACE THE UNICORN

By Sh’ana

Over the holidays I was very privileged to have the opportunity to have a chat with an extraordinary being who has been coming to Yandell Kindergarten for over 100 years:

Wallace the Unicorn!

How it all happened was that one day over the holidays, I went down to the kinder and left a letter outside on the mushroom table asking the fairy folk if anyone would be able to have a chat with me,

about what goes on when we’re not there!

When I went back, I was so surprised to find a tiny note, so small in fact that I had to get a big magnifying glass and put my big glasses on to see the writing. The letter said:

“We are very small so you might not be able to hear us very well; but Wallace the fairy unicorn is a big talker, and he will meet you here under the full red moon at 10 moon o’ clock Autumn time. Love, the fairy folk of Yandell.”

Oh my goodness, the big red moon was only days away. I could hardly wait. I went to bed early each night so that I

would have lots of energy for my meeting with Wallace.

At 10 moon o’ clock the next evening I went to kinder with a torch so that I could see - and there he was standing over near the mushroom table. He looked so beautiful under the moonlight. As I got closer, I could see that on his back stood some little fairies and elves. They had nice warm jackets on, and hats so that they wouldn’t get cold. One little fairy flew up and said something in Wallace’s big ear ... Wallace then had a big laugh and said “Heeellllloooo” to me in a voice that sounded very old and very slow.

Wallace said I could ask him some questions and he would answer them for the children. He didn't have a lot of time to stand chatting to me because they were all having a big moon party that night, and there was lots of fun and games and yummy cakes to have. I asked Wallace 4 questions and this is what he said.

Can you tell us about your party?

We have a party every full moon. The moon gives us light and we can only be seen on a full moon when the earth magic is very strong. We have music and dancing, and lots of lovely apple cakes and yummy warm bread with lots of butter and honey.

We saw you all have your autumn party food outside last term and it looked oh-so-lovely. We also watched through the window the wonderful puppet story telling!!! We were all so delighted to see that you sang about pancakes. We all love pancakes in the fairy realm.

Do you play here all the time?

Well we play outside mainly in the late afternoons and night time. We feel very lucky to have this wonderful playground to play in. Sometimes during the day we just like sleeping in our beautiful warm tree houses. Sometimes we watch you all play from up in a big tree. We love the new chook house, and it's nice having a chicken friend to play with as well. You know, we sometimes ride on the back of your guinea pigs!!! I love it.

I always end up with fur in my mouth, though, I laugh so much.

You're a bit big, aren't you Wallace, to fit in a fairy house?

Oh yes, it would seem so now, but I can shrink down to fairy size, as I'm a fairy unicorn. And I have wings as well. I just grew big so that you could see me. I'm the only one that can grow this big. A long time ago we were always big; but then people became too busy and didn't play with us anymore. So we asked the fairy folk if we could play with them, and they said yes, and it was then that they gave us special fairy dust wings and made us small.

The fairy children love riding on my back and playing giddy up. I see you all playing giddy up as well with your reigns around the playground. We all love Your garden. We often make fantastic soup on cold nights from all the vegetables in your garden.

Can you tell us a story, please, Wallace?

(At this point a little fairy flew up to speak into Wallace's ear.)

Oh yes *(he said)*, I will tell you one of the fairies' favourite stories about an apple tree. They told Mandy this story a long time ago and she tells this story as well.

"Once long ago, long, long ago, the very first apple tree started to grow in the earth. The roots went down into the earth, and the sprout started to grow up into the air. All day long the little sprout stretched in the warm sun.

Then night came, and it started to get dark, and the little apple sprout looked up into the sky and saw all the little stars twinkling in the sky. The little apple tree thought they were so very pretty, and it really wanted to touch one. So the little sprout stretched and grew and reached and stretched more. But, try as it might, the little sprout could not reach the stars. And then the little sprout started to cry.

Suddenly, out of the sky, a little fairy flew down, a beautiful little fairy with a crown of stars as beautiful as the stars up in the heavens. The little apple fairy landed on the apple sprout and asked what was wrong, why was the sprout crying?

The sprout answered, "Oh, beautiful fairy, I so want to touch the stars up in the sky, they are so beautiful and twinkle so brightly; but no matter how hard I reach and stretch, I can't grow tall enough to touch them".

The fairy said, "I am sorry, little apple tree, I will go up and get a star, and bring it down to you, so that you may touch a star!" And with that the fairy flew away.

Well, time passed, with long days in the sun and cool nights with the stars. One day the apple tree woke up and was covered with beautiful pink flowers! The apple tree was so happy and proud of the flowers!

Then it became summer and the flowers slowly turned into tiny apples.

Then it was fall and the apples were all beautiful and golden red!

The tree was so very proud of all her apple babies, and the tree was very, very happy.

Suddenly the fairy came back to the tree and said, "Tree! I have brought you a basket of stars to keep!"

The tree said to the fairy, "Oh thank you fairy! But I am so proud of my beautiful apple

babies that I no longer need a star!"

So the fairy said, "I have an idea! I will give each of your apple babies a star! I will hide it deep inside each apple, so that the earthly children can see them, and then each time an earth child eats an apple they can see a star as beautiful as the stars in heaven, and remember their time there!"

The apple tree thought that would be a great idea, so the fairy flew to each apple and touched it lightly with her wand, hiding a beautiful star in each apple! And in the stars are apple pips, and in each pip is a dream, that one day that apple pip will grow into an apple tree someday too!"

After the story, Wallace was off to the Fairies' Full Moon party.

COMMITTEE CONTACTS

This table lists our main contacts; but we are blessed to have many more people in positions on the Committee who give up their time and effort to benefit Yandell Kindergarten. A full list is available in the Yandell foyer.

ROLE	NAME	MOBILE	EMAIL
President	Jason Williams	0412 997 898	contactjwilliams@gmail.com
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Safety	Angeline Tarrant	0406 036 770	angeline.r.tarrant@gmail.com



WHOLE GRAINS

ratios & cooking chart

RICE

1 c. rice = 1 3/4 c. water
bring rice & water to boil
simmer for 20 mins.

BROWN RICE

1 c. rice = 2 c. water
bring rice & water to boil
simmer for 45 mins.

QUINOA

1 c. quinoa = 1 1/2-2 c. water
bring quinoa & water to boil
simmer for 20 mins.

COUSCOUS

1 c. couscous = 1 1/4 c. water
bring water to boil, add couscous
turn off heat, let stand 5-10 mins.

PEARL COUSCOUS

1 c. couscous = 1 1/4 c. water
bring water to boil, add couscous
simmer for 6 mins, let stand for 10.

ROLLED OATS

1 c. oats = 2 c. water
bring oats & water to boil
simmer for 25 mins.

STEEL-CUT OATS

1 c. oats = 3 c. water
bring oats & water to boil
simmer for 35 mins.

MILLET

1 c. millet = 1 1/2 c. water
bring millet & water to boil
simmer for 35 mins.

WHEAT BERRIES

1 c. wheat berries = 3 c. water
bring wheat & water to boil
simmer for 60-90 mins.

FARRO

1 c. farro = 2 1/2 c. water
bring farro & water to boil
simmer for 45-60 mins.

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