



Welcome to kinder for 2014

Dear families,

Welcome to Yandell! It is so lovely to be back and getting to know new families as well as seeing lots of familiar faces.

We hope you and your child have had a positive start to the year and everyone is adjusting to the Kinder routine. Always make sure to:

1. Sign your child in and out each session
2. Check your child's pocket in the foyer
3. Pack a sun hat/jacket

Information nights are coming up so make sure to put these dates in your calendar:

- 🌻 4 year old- Mon 24 Feb
- 🌻 Ring-a-Rosie- Thur 6 March

This will be an opportunity to

learn more about the Kinder programs, ask questions and meet other Yandell parents.

We look forward to sharing this special year together.

Love Sharon and Mandy ♥



YOUR Newsletter

On behalf of the committee, we'd like to extend a warm welcome!

The newsletter is a space to cover important dates and ways you can be involved, as well as being a conduit for information sharing which will hopefully enhance your experience of being part of this lovely community.

Items will include important

dates, festivals and working bees. In addition we will feature committee notices, book reviews, useful links to Steiner workshops and the like, seasonal recipes, craft and song lyrics.

This is *your* newsletter, so please take the time to read it and catch up with what's happening at kinder.

If you have an item you would like to contribute, or an idea for one please let us know.

The next newsletter deadline is: Friday 28 March.

Email: olivia.wykes@hotmail.com

Warm wishes,
Sh'ana Shean (Jardin, 4 year old) and Olivia Wykes (Nathan, Ring-a-Rosie)

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Important Dates

Term 1: Tuesday 28th January to Friday 4th April

Info nights

- Mon 24 February: 4yr old kinder
- Thurs 6 March: Ring-a-Rosie

Working bees

- 9am Sat 22 February
- 9am Sat 26 April
- 9am Sat 19 July
- 9am Sat 11 October

Festivals & Plant Sale

- Thurs 3 April: Ring-a-Rosie Autumn festival
- Fri 4 April: 4 year old kinder Autumn festival
- Sat 3 May: Native Plant Sale & Kinder Open Day

Newsletter deadline

- Fri 28 March newsletter deadline: olivia.wykes@hotmail.com

Working Bee - this Saturday 22 Feb! Lunch provided

Working bees are not only an opportunity to share the responsibility for caring for your kindergarten; but they are FUN too!

Helping out gives families a sense of ownership and helps form friendships with other parents and make community connections. Children also observe their parents' participating which cements the child's sense of belonging, helping them feel safe and receptive.

As a committee, we understand how

precious Saturdays are and while there is a requirement for families to attend two working bees to receive the maintenance levy refund, we assure you it will be a very nourishing experience.

You don't need to come at 9.00am on the dot—and you're welcome to leave when you need to. Feel free to bring your family; but for safety two adults need to keep a close eye on little ones. Lunch and cake* will be provided, including vegetarian options. Dairy, gluten and sugar intolerances will be ca-

tered for. Please bring your own water bottles.

We aim to freshen up and beautify the Kinder, top up sand/tan bark and fix up the shelves in the shed. Nathan has requested you to please bring wheelbarrows and spades if you have them and carpenters/handyman are encouraged to bring any tools. We can't wait to meet you all and welcome you to the Yandell family! Angeline Tarrant, Safety Officer – Yandell Parent Committee

*see Apple/Cherry cake recipe inside...

Autumn Native Plant Sale and Community Fair, Saturday 3 May—save the date!

Autumn is almost here, which means that the annual Yandell fundraising event is approaching. The Autumn Native Plant Sale and Community Fair is a wonderful event where the kinder community comes together to raise funds for our beautiful kinder. The day includes delicious food and coffee, children's activities, second hand book sales, silent auction and entertainment. It's a fun and festive occasion which brings the community together and the success of the event relies on everyone participating and being involved. It is also a great way to get to know your community and make connections with others. Please save the date in your diary and keep your eye out for calls for help. We will need each family's assistance on the day to volunteer for a short session in the café, run a children's activity or help on the BBQ. Let your friends and family know that it is coming up, so they can join in the festivities!

If you have any ideas that could help with the event, please contact us and share these! Last year the Silent Auction was our most lucrative revenue stream, so if you would like to donate an item or service or know someone who would, get in touch. Donation forms will be in the foyer next month. Looking forward to working together to create another successful Plant Fair! Tina and the Autumn Plant Fair team, tina@busybodiesot.com.au

Nature Tables

Creating a seasonal nature table is an enchanting way to connect your child with nature and the rhythms of the year, and teaches us all to see the beauty in everyday found objects.

A nature table is a scene made up of objects related to the current season or upcoming festival. It can be as simple as a tiny corner with a branch that you decorate with a winter, spring, summer or autumn wool fairy and a few items from nature. It can also be quite elaborate, as you can see on Pinterest.

In our home we often start quite simply and allow the table to evolve through the season. We often start by speaking with the children

about what colours they see and feel in relation to the season. I have collected an assortment of fabrics which we choose from. Presently, yellow and blue items decorate our summer table and in autumn we use reds and gold's, whites and blues for winter and the rainbow spectrum/greens for spring.

We begin by placing light fabrics on our table and during the season we make and find items to add such as; elves, pine cone 'mother nature dolls', felted gnomes, gems, crystals, roving fairies, feathers, shells, acorns, pebbles, cloths, branches and flowers or candles. We love to bring home bits and pieces of a day's adventure or walk and place it on the table as a celebration of that day or season.

We often focus our craft time on making things for our table and over the last couple of years we have made some lovely things that we will use for many years to come.

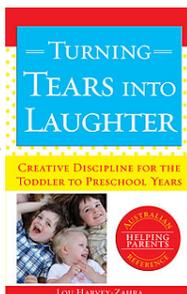


An example of a Summer Nature Table

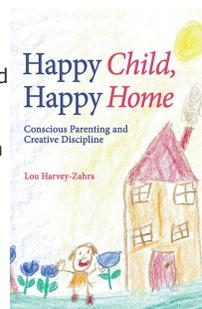
A nature table is a very simple yet shared activity which brings continuity between the seasonal flow of kinder and home. You may be interested to look at the kinder nature table for inspiration and notice all the beautiful little things that come and go. Sh'ana Shean ☺

Parenting books

Turning Tears into Laughter: *Creative Discipline during the Toddler to Preschool Years* provides tools and tips to help parents navigate the deep waters of early childhood with confidence – and the sense that they are not alone! Real life parent stories, tips and reflections give this book an inspiring, practical and personal feel.



Happy Child, Happy Home is Lou Harvey-Zahra's latest book and is full of ideas to raise happy children and help create harmony in the home. Chapters include positive daily rhythms, fantastic yearly festivals, magical storytelling and craft ideas, and the importance of imaginative play in childhood. Lou delves beneath



the surface to share children's twelve senses, seven life processes and four temperaments. In addition there is a sure-to-be popular new chapter on creative discipline, plus tips from Dad and real life stories and reflections.

Special pre-order price of \$25 plus postage (RRP \$29.95). Lou Harvey-Zahra is a mother, playgroup leader, primary, special needs and Rudolf Steiner trained teacher. www.skiptomylouparenting.com has many more conscious parenting tips.

Book Review: Waldorf Education, a Family Guide

Waldorf Education, A Family Guide offers lots of simple, short articles that can help parents to create a weave between their children's world at kindergarten and home.

This book is easy to read and a great introduction to the many aspects of Steiner/Waldorf education including festivals, crafts and lots more.

Edited by Pamela Johnson Fenner and Karen L Rivers. Published by Michaelmas Press and available through Amazon.

If you know of a Steiner inspired book for parents or children that you think would inspire us, we would love to hear about it and share it in our next newsletter. Sh'ana Shean ☺

Please send cover image if you have it, title, publisher and a short 2-3-sentence recommendation to olivia.wykes@hotmail.com

'Easy to read and a great introduction to the many aspects of Steiner'



Waldorf education— a family guide

'Kitchen Goddess'; an interview with kinder assistant Melinda Morriss

Sh'ana Shean chats to *Ring-a-Rosie* assistant Melinda Morriss.

'Every morning when the doors are opened and I can briefly enter into the children's realm, **I feel gifted with a sense of peacefulness**, even when there are 18 children at play! I look around and see grace and beauty. The children playing with the natural textures of silk and wood, little hands kneading bread, refined detail, delightful miniature worlds that entice and inspire imagination and play. The spaciousness and gentle colours invite me into a quiet, gentle place inside and I always feel a sense of reverence.'

Following my conversation with Melinda, I see that it is not just in its beautiful appearance this space is special, but in the energetic space that Mandy, Sharon and the assistants hold for our children. Melinda referred to this as *the unseen realm*; meaning they hold the children in their hearts, they see them in their play and respond to them on a physical and soul level.

Melinda also reflected on how when parents arrive, if they start talking in big voices or over the children's heads they create a 'buzz in the room' so the quiet, still energy dissipates. When she said that, I thought that in a way we are like a bunch of giants stomping through the fairy realm sometimes.

'Aim for a gentle, quiet arrival and pick up time.' Sign in, settle your child in and please keep conversations outside. Of course there are times when we are called by our hearts to stay with our little ones to settle them, and when we do stay this allows us as adults to put aside our egos and quietly observe. The same applies to pick up time. The children have just been in the realm of story and it is beautiful if we can contain the energy. If possible greet them, pick up their bag and have some gentle down time, e.g. lunch, a story or restful activity. Again it's really not the time to chat and lengthy play dates following Kinder often end in meltdowns and tears.

'Kinder is a rich and special realm of being for the child.' We are honouring of our children in allowing them to bring to us pieces of their day rather than to ask lots of questions of them.'

We went on to talk about some of Melinda's handy hints for *Ring-a-Rosie* morning duty. Firstly, Kinder duty offers a great opportunity to very quietly and mindfully move into a simple rhythm. As much as we like to chat it's not really the place or time. Not to say that we need to take a vow of silence, but rather it is a great opportunity to set a quiet tone for ourselves and enjoy the privilege that comes with being present for the morning.

- ☼ Please wash hands and put on one of the magical aprons
- ☼ Let your little one know *you* have your job to do and now is *their* time to be at *Ring-a-Rosie*
- ☼ Children cannot go into the kitchen
- ☼ Apples are sliced into bowls and covered
- ☼ Bread rolls are checked by Melinda and when ready cut open, buttered, placed on plates and covered. There are times when Mandy or Melinda may set up boards for children to butter some of the rolls at the kitchen bench
- ☼ At morning tea you're invited to sit at the table. Once again its a time for Mandy and Melinda to hold a gentle space for the children and to encourage good manners and conversation. For me it always feels like I'm at a tea party with pixies and fairies. It's a wonderful time to sit quietly and enjoy
- ☼ Following morning tea please wash dishes, take the compost out and wipe the tables
- ☼ It's preferable for the dishes to be wiped and everything packed away—just as the children are shown to pack up and clear away before they move onto something new, so do we.

Our task is not to think 'it's our child's realm', but to feel 'it's our child's realm'.

Recipe

'Working Bee' Apple Cherry Cake

Ingredients:

- ½ cup of almond meal
- ¼ cup sliced almonds
- 1/3 cup agave syrup
- 1/3 cup nuttelex
- ½ cup cherries, pitted (or any other fruit)
- Soymilk (add enough milk so mixture becomes a pancake consistency)
- 3 eggs
- 2 apples
- A pinch of bicarbonate of soda

Method:

Add dry ingredients.

Separate eggs and whisk egg whites until fluffy.

In another bowl (separate from dry ingredients), mix agave, nuttelex, egg yolks and soy milk.

Mix wet ingredients through dry ingredients and fold through egg whites and pitted cherries/other fruit.

Peel and slice apples and layer them on top of each other in a 20 inch baking dish.

Pour mixture on top, add sliced almonds.

Bake in a 180°C oven for 50 minutes.

*I love to sprinkle with coconut sugar and lemon while cooling.

Recipe supplied by Angeline Tarrant

Events & Courses

Warranwood Art Show 15-16 March, entry by donation. Opening night 14 March, entry \$10. Melbourne Rudolph Steiner School, Warranwood. In its 11th year the Art Show continues to grow and develop, exhibiting and selling work by established and emerging artists. A wide variety of art will be for sale including painting, sculpture, ceramics and jewellery; with prizes awarded in a number of categories. Enjoy lunch or light refreshments at the Acorn cafe.

www.warranwoodartshow.com.au

Melbourne Rudolf Steiner Seminar Part-time courses

in 2014 include:
Nourishing Early Childhood (Certificate), which explores the life of the very young child from 0-7

Understanding Child Development and Rudolf Steiner Education (Certificate), which considers the child during the Primary years.

Rudolf Steiner High School Education (Certificate)

Biodynamics (Note: this is offered on a Thursday evening).

Full-time course: Advanced Diploma in Rudolf Steiner Education (Monday to Thursday *during school hours*) begins on Tuesday 11th February.

Ph: 03 9876 5199

www.steinerseminar.com



Yandell Kindergarten

Nurturing wonder and imagination in every child

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A Steiner Kindergarten—Nurturing wonder
and imagination in every child

Parents' Committee Contacts

We need your help! For a full list of parents' committee members and contact details please see the foyer notice board or the Yandell website. We look forward to working with you and would love you to get in touch with us and get involved. The next committee meeting will be held on Monday..... The Vice President and Grants/ fundraising roles are currently vacant so if you'd like to get involved please email enquiries@yandellkinder.com.au

Role	Name	Role	Name	Role	Name
President	Jason Williams	Parent Liaison Officer	Simone Mitchell Nolan	Treasurer/ Assistant	Mahlani Anastasiou/ Zanthe Bohan
President's Team	Yuki Cameron	Secretary	Natalie Simpson	Webmasters	Mahlani Anastasiou & Kiran Alphonso
Vice President	VACANT	Newsletter Coordinators	Sh'ana Sheen & Olivia Wykes	Maintenance Officer	Nathan Gordon-Walker
Enrolment 3 year old	Jennifer Mobilia <small>enrol-ment@yandellkinder.com.au</small>	Autumn Festival/ Plant Sale Coordinator	Tina Bruce	Autumn Festival/ Plant Sale Team	Lori O'Neill, Michelle Collins, Gemma Mathieson, Catherine Mazzotta, Julie & Virgil Cameron
Enrolment 4 year old	Catherine (Cap) Oretti <small>enrol-ment@yandellkinder.com.au</small>	Grants/Fundraising	VACANT	Safety Officer	Angeline Tarrant
QIP Officer	Sharyn Hatton	Roster Officer	Martine Molloy	Social Officer	Jema Ulrich-Howell
Policy Review Officer	Rebecca Holland	General Members	Elizabeth Marcus, Michelle Collins, Lori O'Neill	Treasurer (external book keeper)	P&P Money P/L