

A U T U M N 2 0 1 5



*A Steiner Kindergarten
Nurturing wonder and imagination in every child*

Yandell Kindergarten Newsletter

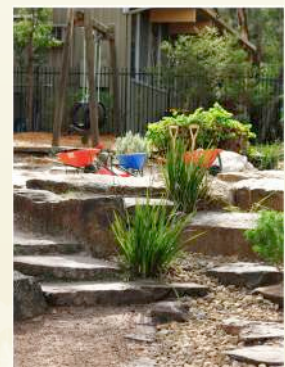
*The Summer-flower has run to seed,
And yellow is the woodland bough,
And every leaf of bush and weed,
Is tipt with Autumn's pencil now.*

Autumn by John Clare, 1821

Welcome!

*Welcome, lovely friends, to the first
Yandell Newsletter for 2015! Inside you
will find:*

- ☞ *Welcome and updates from Sharon and Mandy*
- ☞ *An introduction to your liaison officers*
- ☞ *Details of our upcoming evenings with Steve Biddulph*
- ☞ *Dates, reminders and more....*



Important Dates to Remember

11th March

3-year old group get-together at the little park on Mountain View Road (just up from the school crossing) 9am-11am

15th March

4-year old group get-together at Alastair Knox Park (opposite Eltham Library) 10am. Please bring a healthy snack to share.

26th March

3yo Autumn Harvest Festival

27th March

4yo Autumn Harvest Festival

13th April

Start of Term 2
Committee Meeting

15th April

Steve Biddulph men's session, 'The Road to Manhood', 7.30pm (details p.6)

16th April

Steve Biddulph 'The Secret of Happy Children', 7.30pm (details p.6)

18th April

Working Bee

2nd May

Plant sale and fair.

11th May

Committee Meeting. 7pm – 9pm

4-year-old Group Update

Hello families and welcome to our first Yandell newsletter.

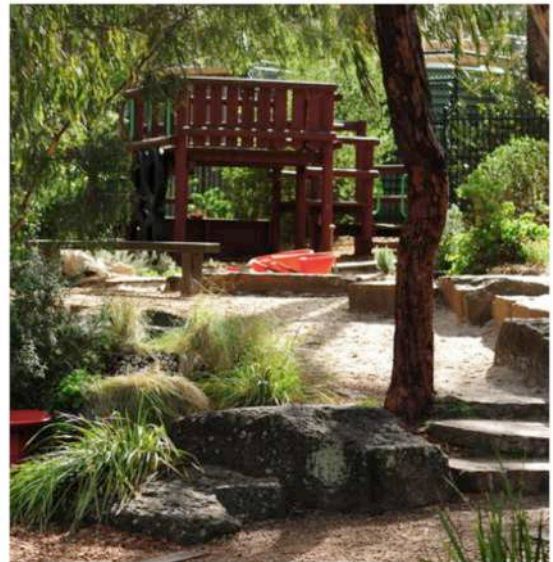
I would like to thank all the families who made it along to our parent/teacher meeting. It was a well-attended evening, where parents had the time for a quick meet and greet and a cuppa and cake, before getting down to the business.

I have taken this opportunity to make mention of a few of the things that I discussed at the meeting while the parents were busy decorating their child's birthday candle and threading the sides of their drawing folders. If you were not at the meeting you will find your child's candle and some decorating wax in your child's kinder pocket to do at home. Please find the time to decorate your child's candle and return it to kinder as soon as possible.

Firstly I thanked all the parents for entrusting Jo, Jess and myself with the care and education of your child and how wonderful it is to see all the children becoming comfortable and confident at kinder and making connections both with the educators and their peers. Friendships are blossoming and play is busy. I reminded parents that it is important that you get your child here by 9am so that they can have a positive experience around indoor play. If you are having difficulties with getting your child ready for kinder in time, then I would love to have a discussion with you, as there are several strategies that could easily be put in place to support a happy, healthy transition between home and kinder.

We also talked about transition times and the busyness of getting 26 children ready for outdoor and indoor play. This is where I encourage you to support your child with independent skills, such as encouraging them to put on their own socks and shoes/slippers or taking on and off jumpers while at home. Children love to feel that they 'can' do it for themselves and sometimes only need a little supportive encouragement.

We also talked about learning more about the programme and the introduction of a parent conversation photo diary. Once I have received all the photo permission forms I will begin putting photos of some of the day's activities into the photo diary with perhaps a comment or two. It would be



lovely if you found the time, perhaps at the end of the day to have a look at the book and feel free to add comments as you wish. I would like the book to be an opportunity to be a conversation starter for children who find it hard to remember some of the things they get up to during the day, as they really are very busy children. You will also receive information about the program through my teacher newsletters and this, our community newsletter.

Of course attending our seasonal Festivals is also another fabulous way of seeing what the children have been doing over the weeks in preparation. A reminder that our Autumn Harvest Festival is on Friday 27th March and an invitation will be out in a couple of week's time. The festival is for all the children in the 4-year-old group, even if Friday is not their usual day.

I also began a conversation around starting up a craft group for this year and am hoping that one or two people might be able to take the lead and get this going; for example, with choosing a venue and time. The craft group is an opportunity to meet other parents in at Yandell and make things for the kindergarten. Skill is not a requirement as children are so forgiving and just love gifts to the kinder that have been made with love.

A few important housekeeping issues were also discussed such as:

- ☞ remembering to sign your child in and out of the sign in book and checking your child's kinder pocket so you stay up to date with information.
- ☞ sending your child to kinder in clothing that is free from advertising material; and t-shirts that cover the shoulders.
- ☞ good fitting shoes, namely not thongs.
- ☞ leaving a sun hat in your child's kinder bag for kinder use only.
- ☞ being mindful when you come in and out the gate, so that other children are not slipping out while you have a conversation etc.

Before finishing off the evening with another cuppa and more cake and conversation, I introduced everyone to Jessica, who is our wonderful Eurythmist who currently comes every Monday to bring Eurythmy to the children. A brief introduction to Eurythmy is included here but I think the best way to learn a little more about Eurythmy is to do it and that is exactly what Jessica had us do. Together we all participated in the current morning circle work that Jessica is doing with the children right now. Jessica will be bring Eurythmy in semester two, either on a Wednesday or Friday so that all children will have this wonderful opportunity.

Thank you again to all the families who were able to make it along to our meeting and I know that a lot more was discussed on the night, so if you feel I have forgotten anything of importance, please feel free to share it with others.

Cheers
Sharon

EURYTHMY

Eurythmy is a movement activity which engages the children in stories, songs and poems. Eurythmy has been developed by Rudolph Steiner and is taught in Steiner schools throughout the world.

The Yandell program aims to enliven the child's imagination and experience of wonder through stories and movement.

Stories are spoken and the spoken words are made up of sounds. These sounds are formed by the alphabet. Each sound or letter has an essential quality that can be expressed with a gesture. These gestures are part of Eurythmy. Eurythmy gestures bring the story to living pictures. Because these living pictures are based on the sounds, the alphabet is being experienced through gesture. When they learn the alphabet at school they already have an imaginative picture of the letters.

Eurythmy also asks them to be creative in themselves. As the children engage they are actively strong like giants or busy gnomes, cold as winter or warm when the sun shines. All these activities are relevant to the world of the small child. When they move the gestures are natural and possible. Abstract movement without pictures would be much harder and tiring for them. Sometimes the child does the movement inwardly and takes time to move freely. This is normal and the movement is very subtle.

The content for Yandell is inspired by the seasons and simple stories from nature.





3-year-old Group Update

Hello Yandell families!

It is so lovely getting to know all the new children and families of the Ring-a-Rosie group.

At this early stage of the year it is all about becoming familiar with each other, the space, rhythms and routines. It is really special seeing so many children growing in confidence and making their own new connections with Melinda and I and each other. Even the children who are needing the most support are taking steps forward every session.

I really look forward to witnessing the unfolding of each of these little blossoms in their time here with us.

Love Mandy.

Recipe Corner

Carrot and Wheat Germ cake

This is a recipe my Aunt adapted from a Swami Sarasvati recipe in the seventies. More of a dessert than a cake, it remains a favourite in my family to this day. I'm delighted to share it with you and would love to receive your favourite recipes to share in the next newsletter! (from Kylie – newsletter coordinator & mum of William, 4yo group ☺)

Ingredients:

- 6 small carrots (steamed, mashed and cooled)
- 3 eggs (separated)
- 2/3 cup raw sugar
- 1/3 cup honey
- 1 cup wheat germ
- 1/2 teaspoon ground cardamom
- 1 teaspoon finely grated lemon rind

Icing:

- 1 packet of cream cheese
- 300ml cream
- 2-3 tablespoons icing sugar or raw castor sugar (to taste)
- 1 teaspoon vanilla extract
- A sprinkle of nutmeg

Method:

Combine mashed carrots, egg yolks, sugar, honey, wheat germ, cardamom and lemon rind. Beat egg whites until stiff and fold into mixture. Bake in a preheated oven at 180 degrees for 40 minutes.

When cooled, beat cream cheese with sugar, add cream and vanilla, beat until stiff. Smooth onto cake and sprinkle with nutmeg.

Meet your liaison officers

Our liaison officers are our point of contact for queries and will be able to direct parents to relevant committee members or teachers.

Introducing our 4-year old liaison officer

Our 4-year-old liaison contact is Felicia, Milla's mum who is at kinder Mondays and Wednesdays. Felicia has arranged a PLAY IN THE PARK DATE FOR SUNDAY 15TH MARCH AT 10AM IN THE ALISTAIR KNOX PARK. Everyone is welcome and please feel free to bring a snack to share.



A message from our 3-year old liaison officer

Hi my name is Tif and I am Mama to Arlo who is in the 3 year old Ring a Rosie group. I am also the 3-year-old liaison officer. If you have any questions or concerns let me know and I'll do my best to help.

If you are interested in a play and catch up at the little park on Mountain view Road (just up from the school crossing) on Wednesday the 11th of March 9-11 please join us.



Looking forward to sharing a beautiful year at Yandell. :-)

Yandell Kindergarten presents...

Steve Biddulph, renowned author of Raising Boys, Raising Girls and the New Manhood, over two evenings. This event is a fundraiser for our beautiful kinder. Please support us by buying a ticket and inviting your friends. Tickets will be limited, be sure to get in early prior to wider advertising as Steve has been known to have sell out events.

Event #1:

'The Road to Manhood' (A blokes only, over 18yo event)

April 15th 7.30pm

Ajani Centre, Ted Ajani Reserve, 284 Thompsons Road, Lower Templestowe Vic 3107

Tickets \$37/ conc \$25 plus booking/ credit card fees <http://www.trybooking.com/HDPH>

A special evening for men based on Steve's book The New Manhood.

Join Steve for an evening where he talks about what it means to be a father, a husband and a man. Steve will be tackling the big stuff over the course of the night, using plain language and powerful stories, with his well-known humour, honesty and humility. Based on his book The New Manhood, Steve will be talking about love, friendship, sex, parenthood, work and spirituality.

Steve's work with men is based on the premise "...we are made to be unified and whole, happy and full of life. What is good for your soul is also what is best for your loved ones, and your world. So let's begin."

Please note that 'The Road to Manhood' is a BLOKES ONLY, OVER 18yo EVENT.

Event #2

'The Secret Of Happy Children'

April 16th 7.30pm

Eltham Community and Reception Centre

801 Main Rd, Eltham.

Tickets \$30/ conc \$22 plus booking/ credit card fee <http://www.trybooking.com/HDSY>

Come and spend an evening with Steve learning more about what is going on inside the minds of our kids. Steve will discuss how to communicate with them from babyhood to teens. With his characteristic warmth and clarity, Steve talks about raising boys and girls in today's world, giving you more confidence to be yourself as a parent – stronger, more loving, more definite, more relaxed. Who doesn't want to know more about what we can do to help our kids grow up kind, caring, confident, loving, and positive about their lives?

We regret that children and babies are unable to attend.

About Steve Biddulph...

Steve Biddulph is a world-renowned educator and psychologist with more than 25 years experience. His books, including Raising Boys, Raising Girls, The Secret of Happy Children, and The New Manhood are in three million homes and 27 languages. He is an honorary Adjunct Professor of Counselling at Cairnmillar Institute, Melbourne, and Director of the Evandale Centre, where he trains therapists and activists. He is a father and husband and lives in the Tamar Valley.

Newsletter contributions welcome!

We'd love the Winter edition of the newsletter to include as many recipes, poems, artwork and photos (with permission) as possible. Please send contributions to me at yandellnewsletter@gmail.com

Or, feel free to hand them to me at kinder!

Kylie Kerr *Newsletter Coordinator & mum of William (4yo group)*

