



COMING EVENTS

[Click here to view the full calendar online](#)

Thursday 6 April	Last day of Term 1
Monday 24 April	Teacher Only Day
Tuesday 25 April	ANZAC Day
Wednesday 26 April	First day of Term 2
26-28 April	Lower School Dental Van
Tuesday 2 May	High School Sports Tournament
Thursday 4 May	Class 2 Parent Meeting, 7pm

Kia ora e te whānau, ngā mihi nui ki a koutou katoa,

This is the last flyer for the term and I want to acknowledge the Class 10 and Class 11 camps that our students, parents and staff went on last week, and also the Music Concert that took place on Friday. The music concert was a spectacular evening that was enjoyed by everyone, and raised funds for our music department. Thank you to Miss Lawrence and Miss Chun for organising and putting this all together. There are two more concerts planned for next term – watch this space.



Finally whanau, thank you again for your adaptability, hard work, support and resilience, especially with disruptions we had to the start of our school year. Please take some time to rest these school holidays.

A reminder that the first day of Term 2 for all students is Wednesday 26th April.

Enjoy the break.

Me mahi tahi tatou me to oranga o te katoa – *Working together for all to succeed, nobody is left behind.*

Ngā mihi mahana,
Desmond Pemerika
Tumuaki

LOWER SCHOOL DENTAL VAN

The Lower School Dental Van will visit the school in the first week of Term 2, Wednesday 26 April - Friday 28 April.

The dental team will be seeing the children who are most overdue for dental visits and who are enrolled at the Sylvia Park Dental Clinic.

If you have any queries regarding this visit, please contact the Sylvia Park Dental Clinic on 570 9310.

OUTDOOR CLASSROOM TENT - WORKING BEE

Smoke rising from the heart of our school is a common site at Michael Park, as students from all ages master the skill of making fire. They learn to use the warmth from nature for many different purposes like cooking, firing clay or forging. The time spent under the tent is always memorable for our students, whether they are warming up in front of a fire or working hard transforming nature's bounty into beautiful crafts. It is a place where we gather to experience life in the simplest of ways while creating strong bonds with nature and each other.

The bamboo structure that holds our beloved Outdoor Classroom is in need of renewal as some of the bamboo is now old and rotten after more than ten years of service. Bamboo was harvested last weekend and awaits relocation to our school over the holidays.

We are calling on all enthusiasts to ***come and join us in rebuilding our shelter*** over a weekend of joy in community.

This will happen on **Saturday, 6 May** (second weekend of Term 2) from 8:30am, and we plan to work a long day. If needed, we will return on Sunday, 7 May.

Please express your interest in joining us [through this link](#) so that we can estimate how much help will be available and organize the tasks in advance.

We will, of course, take time to share morning tea and lunch provided by the school.

Much Gratitude to you all.



SUSTAINABALL

It's happening again!

Bring your dresses and suits to Mrs Valyashko ASAP

All proceeds donated to Women's Refuge



CLASS 12 NEWSLETTER

Our Class 12 students have put together a newsletter showcasing some of the opportunities and experiences they've had in Term 1.

You can read their stories on our website by clicking this link:

<https://michaelpark.school.nz/wp-content/uploads/2023/04/C12-Newsletter-T1-2023.pdf>



SNAPDRAGON TE PĀTAKA

Did you know our school has its own little shop?!
Come visit our school shop, Snapdragon and buy Waldorf inspired crafts, wax crayons and pencils for your school supplies and much more.
All profit goes to our school.

In Term 2 we are open on:

Mondays 8:15-8:45am

Fridays 8:15-8:45am and 2:00-3:00pm



Stefan Hasler in Auckland

Come and join *Pacifica College of Eurythmy New Zealand* for a workshop with eurythmist/musician Stefan Hasler, Leader of the *Section for Eurythmy and the Performing Arts* at the Goetheanum.

Stefan will teach, give talks and perform.

Talk – *Rudolf Steiner as an Artist*

April 28th 8.00pm Rudolf Steiner House,
Michaels Avenue, Ellerslie

Workshop & Artistic Presentation

April 29th 1.30-5.00pm

Michael Park School, Eurythmy room

6.30-7.30pm Artistic presentation and performance, Michael Park School Auditorium

Saturday afternoon is an open workshop to which all-comers are welcome.

Saturday evening is a presentation from the NZ eurythmy students, with a performance from Stefan and other artists

Friday evening talk \$20

Saturday workshop \$50

An invoice will be sent following registration

Contact: Sue Simpson sue.simpson0@gmail.com
mobile: 0210396186

TE AO MĀORI

Kīwaha o te Wiki

Marama keke

Piece of cake! Easy as!



Out and about in Tāmaki Makaurau

Tickets are on sale for the Auckland Writers Festival and there are some awesome talks from prominent Māori authors, thinkers, and a very charismatic Black Fern!

MEETING ANTHROPOSOPHY

(Steiner's gift to us)

First Saturday of the Month

10.30 to 11.30 AM At Steiner House

104 Michael's Avenue, Ellerslie

(Free, but please do consider koha.)

Come and find a path to answer life's questions. Our aim is to build a picture in a collaborative way.

Anne Mansart will be your host.



**NEW ZEALAND CHILDRENS
CHORAL ACADEMY**
Te wānanga waiata tira mō ngā tamariki o Aotearoa

**Come and sing in the
NEW ZEALAND CHILDREN'S CHORAL ACADEMY**

Singing is empowering, engaging and joyous.
Singing in a choir improves health and well-being,
boosts confidence, increases appreciation of others
and supports self-discipline.
It offers a place of safety, inclusivity and diversity.

Times and Location

Venue: St Mark's Parish Centre, 95 Remuera Rd,
Remuera, Auckland

Time: Tuesdays

Junior Choir: 5-8 years - 4.30-5.30pm

Senior Choir: 9 years and over - 6.30-8.30pm

Teachers: Beginning Conducting - 6.30-8.30pm

Please visit the website for more details
<https://www.nzcca.co.nz/2023-choir-information>



Art Therapy Sessions

*with Tracey Murphy
Anthroposophical Art Therapist
Carbon Mirrors Art Therapy*

Facilitating children, adults and groups through
artistic processes toward more health, resilience and
in support of their next steps on life's journey.

Gentle guidance using watercolours or charcoal, and
the teachings of Liane Collot d'Herbois regarding the
movement of colour.

Individual sessions available to book now.
Friday afternoons from 1pm-4.30pm
at Rudolf Steiner House, Michaels Ave, Ellerslie.

For enquiries or to book a session:
carbonmirrorsarttherapy@gmail.com

021 0233 1888

**April Craft Holiday Program
with Michelle Mullany**

**Wednesday 19th April & Thursday 20th April
9am-3:30pm**



MPS Handwork room
and Kitchen



Class 1-5 Tamariki (Ages 7-11)

**Cooking, origami,
paper making, kites and more!**

\$80 per day

Discounted rate for both days and
siblings attending: \$75 per day.

Limited spaces available.

Book now to secure your space.

michellemullany@gmail.com

0221276551



**Outdoor Classroom Holiday Workshop with
Mr. Bernal. Classes 2-7**

Kia ora whanau...

Monday 17 & Tuesday 18 April at MPS. Our usual under the
tent: games, firemaking, cooking and traditional crafts.

Wednesday 19 April - Wild suburbia. Kepa bush. Out to
explore one of our urban green lungs. Shelter making, bows
and arrows. Environmental awareness.

Single day \$80, two or more days \$75 per day.

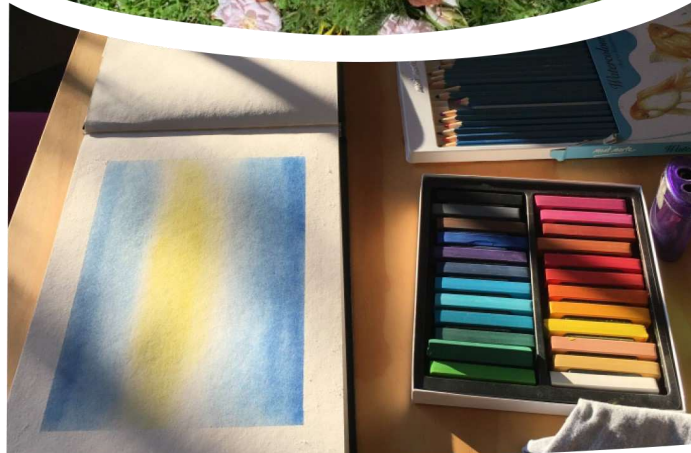
Expressions of interest welcome at
luisbernal@gmail.com.



**TARUNA
COLLEGE**
Connect, Nourish, Sustain

Art of Well-Being

Staying Upright, Keeping Heart



Perhaps now more than ever, our sense of 'well-being' is being deeply challenged. We need fresh tools and understandings that develop skills, strategies and capacities for inner certainty and resilience. Here at Taruna we define well-being as a sense of being fully available to life – drawing from the well-spring that lets us best connect and sustain the relationships we have with ourselves, as well as with the people and the work that matter to us. A theme of the **Art of Well-Being** is '*staying upright, keeping heart*' - wakeful approaches that actively bring us back to centre when we are pushed or pulled from being upright. In the programme we open up simple daily practices such as journaling, observation, the use of poetry, verses and meditations, engaging in art, doing eurythmy, appreciating art, having good conversations, and practising simple home nursing treatments. All develop our heart connection, our artfulness and our discernment.

The Art of Well-Being invites you to three five-day seminars over 2023. The programme is gentle yet enquiring, focusing on three themes that renew our well-being:

Art - recognising art as the language of the soul we progressively work with colour, form, line, movement and language to deepen our ways of connecting and expressing our rich world within.

Life-story work - discovering the meaning and potential in our biographies, as we explore windows into our own life stories and the rich tapestries that each of our lives have woven.

Contemporary, holistic thinking - which explores the world and our humanity in fresh ways. In particular we draw on contemporary applications of the work and understandings of Anthroposophy inspired by Rudolf Steiner.

The Art of Well-Being dates for 2023:

Seminar One: Tuesday (pm) 16 May - Sunday (am) 21 May

Seminar Two: Tuesday (pm) 15 August - Sunday (am) 20 August

Seminar Three: Tuesday (pm) 31 Oct - Sunday (am) 5 November

The **Art of Well-Being** is designed for:

- busy professionals looking for renewal and nourishment so they can be creative in the workplace
- those connected to Steiner/ Waldorf schools looking to renew and deepen their connection
- those working in education or health needing fresh tools and approaches to revitalise their work
- those at a crossroads who need time to take stock and consider the road ahead
- those who wish to honour the dimension of spirit in their lives.

Cost: \$1100 per seminar (**Early bird price** of \$1000 per seminar when all three seminars are paid on enrolment at least one month prior to Seminar One). **Come with a friend and both get a 10% discount.** Minimum numbers are required for the course to begin.

Art of Well-Being Team:

Lauren Hudson, Rosie Simpson, and
Deb Bednarek.

*The Crystal Bridge loan fund makes interest free loans
available to Taruna students.*

For more information - see our website

www.taruna.ac.nz

or inquire in person on 06 8777174 or info@taruna.ac.nz