



### COMING EVENTS

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

Tuesday 25 July	Lower & Middle School Parent/Teacher Conferences Teacher Only Day for C1-7
Wednesday 26 July	'Navigating Anxiety' Workshop
Friday 28 July	Class 10 Lunch Bar
Tuesday 1 August	RSST AGM 6pm
Tuesday 1 August	Class 6 Parent Meeting
Wednesday 2 August	Open Day
Saturday 5 August	Parent Handwork workshops

*Mānawa maiea te Mātahi o te tau*

— Celebrate the rising of the new year

*Mānawa maiea te ariki o te rangi*

— Celebrate the rising of the lord of the heavens

*Mānawa maiea te putanga o Matariki*

— Celebrate the rising of Matariki

Matariki is our celebration of abundance, of remembrance, unity and hope for the future. Matariki reminds us that all parts of the environment are interconnected, to each other, and to us.



To spot Matariki when it's visible, look low on the horizon in the northeast of the sky; it's easier to spot pre-dawn, between 5:30am and 6:30am. Look for what you probably know as Orion's Belt or the bottom of 'the pot' and follow the three stars across the sky to the left until you find Matariki. It's a small and tight cluster, not as big and showy as you might be expecting, but once you know what you're looking for you will see it more easily.

This is a time to consider what we have gathered in the last year, remember those we've lost, and set plans for the future. A time to be together and unified in a celebration that is unique to Aotearoa.

Ngā mihi o te tau hou Māori – The best of wishes for our Māori new year.

Nga mihi māhana,

Desmond Pemerika  
Tumuaki

### LOWER & MIDDLE SCHOOL PARENT/TEACHER CONFERENCES

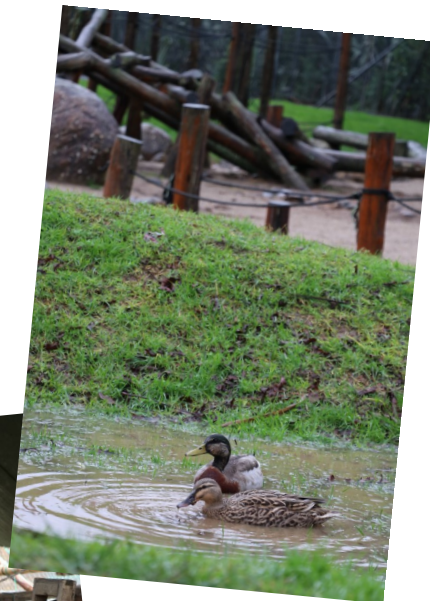
These will be held on Tuesday 25 July. Instructions for how to book timeslots with teachers were sent via email on Monday. If you haven't received these, can you please check your junk folder or contact the school with the email address that you are currently using.

As the lower and middle school teachers will be in meetings all day, this means that **Tuesday is also a Teacher Only Day for classes 1-7**. There will be no students onsite in the lower and middle school.

### RSST AGM

The Annual General Meeting of the Rudolf Steiner Schools Trust will be held on Tuesday, the 1st August 2023 at 6pm in the school staff room.

It has been so wet,  
the school fields  
were closed off  
to all except the  
ducks today!



Luckily for us,  
Class 4 cooked a  
GIANT cauldron  
of delicious  
Hungarian soup  
to warm us  
all up inside.

## SNAPDRAGON TE PATAKA

We have a new supplier for Snapdragon, Jo-By Knits. She makes Waldorf-inspired toys and knitwear including slippers.

We will hold her catalogue in Snapdragon if anyone wants to purchase from her directly, and we will be selling a small sample of her items in the shop as shown in the photo.



## 'NAVIGATING ANXIETY' WORKSHOP

A CLASS 12 FUNDRAISER

What to do when children experience anxiety - We take a look at the causes, parenting responses and proven strategies to help children manage. Workshop held by Dr Mary Miller, Clinical Psychologist.

[\\$10 Presale tickets are available here at eventbrite.co.nz](https://www.eventbrite.co.nz) or can be purchased at the door for \$12.

Testimonial: *Thank you [Dr Mary Miller](#) for an insightful talk on anxiety and the practical ways we can help support our youth with anxiety. You shared some great ideas that we can also use for ourselves as adults. Put your own oxygen mask on first. Love your work! - Carley*

## WORKSHOP

FOR PARENTS, TEACHERS AND GUARDIANS

# NAVIGATING ANXIETY

Help children to manage stressful times

**WED 26TH JULY, 2023**

**6pm refreshments**  
**7pm workshop to start**

These three key areas will be covered:

- reason and causes why anxiety is high
- understanding your parenting response
- 3 core tools and strategies to help children manage
- Q&A

**\$10**

presale via  
[eventbrite.co.nz](https://www.eventbrite.co.nz)  
[katrin@staugaard.com](mailto:katrin@staugaard.com)  
or ph: 021403792

**\$12 at the door**

**DR MARY MILLER**  
Clinical psychologist, DClinPsych, MNZCCP

**Auditorium MICHAEL PARK SCHOOL 55 AMY ST, ELLERSLIE**

**Fundraiser for class 12**

## TE AO MĀORI

Hoping you had a wonderful Matariki and that you had a chance to experience some of the celebrations happening around the motu. Lots of people have spoken about how special it was to come together with whānau over this time, sharing kai and good conversation, braving the elements for the dawn ceremonies, sitting around outdoor fires, and in coming together people have felt more connected – to family and friends, and to the outdoors. Kia pai mai hoki!



With weather affecting so many of us over the last months, that will be our focus of the Te Ao Māori section this term, starting this week by sharing some common kupu used to describe the weather. This information has kindly been shared with us by Whaea Andrea – ka nui te mihi, Andrea.

There is a great source of pūrākau and information [here](#) about the weather and Ngā Atua Māori.

### Ngā kupu huarere – Weather vocabulary



Paki – fine  
Wera – hot  
Makariri – cold  
Mahana – warm  
Hukapapa – snowy  
Ua – rain  
Mākū – wet  
Marangai – stormy, bad weather

## COMMUNITY NOTICEBOARD

- **For Sale:** 4 bed, 3 bath house in Arthur St, near school.  
[www.barfoot.co.nz/property/residential/auckland-city/ellerslie/house/846973](https://www.barfoot.co.nz/property/residential/auckland-city/ellerslie/house/846973)

Contact the editor, Dana Marcroft at [fridayflyer@michaelpark.school.nz](mailto:fridayflyer@michaelpark.school.nz)  
Guideline 150 characters maximum please. Deadline Thursday lunchtime.  
Graphic advertisements to be formatted to fit A6 portrait (¼ page).  
Whole page ads are not accepted for non school-related activities. Ads may be published a maximum of twice per term, at the editor's discretion.



CLASS 10

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**LUNCH BAR**  
**FRIDAY 28TH JULY**  
**LUNCH TIME ONLY**

**PIZZA**  
**WAFFLES**  
**SAUSAGES**  
**SAMOSAS**



**\$2 SAUSAGE SIZZLE**

**\$2 VEGE SAMOSA**

**\$2 PIZZA SLICE**

**\$3 WAFFLE WITH CINNAMON & SUGAR OR CHOC SAUCE**

**\$1 OR \$2 BAKING**

**\$2 HOT CHOC & MARSHMALLOWS**

**\$5 COMBO DEALS:**

• **SAVOURY ITEM & WAFFLE**

• **SAVORY ITEM & HOT CHOC & \$1 BAKING**

**LUNCH BAR LUNCH BAR LUNCH BAR**

# Play Chess!








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- ✓ Develop problem solving skills
- ✓ Develop strategic thinking
- ✓ Improve decision making
- ✓ Develop independent thought

**0800 4-CHESS**

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-  Well structured classes
-  Good mix of learning and playing
-  Skill ratings and progress reporting



Visit the Parents Centre on [www.chesspower.co.nz](http://www.chesspower.co.nz) to learn more

**Friday 21st July**

Start date

**Friday 22nd September**

**\*\*No class on Fri 15 September**

End date

**Library 1.25 - 2.25pm**

Room

**\$ 139**

Term Fee

Register online today at [www.chesspower.co.nz/class-registration](http://www.chesspower.co.nz/class-registration)

RSST PRESENTS...

## PARENT EDUCATION PROGRAMME

A series of parent workshops to be held throughout 2023 at Michael Park School, bringing together whānau & community to experience Steiner Education.

## HANDWORK with Michelle Mullany

**SATURDAY, 5th AUGUST**

**WORKSHOP ONE: Sewing - a beginner's course on the sewing machine, making a pin cushion and a wheat bag.**

**9.00am - 12.30pm Cost: \$20.00**

**WORKSHOP TWO: Spinning wool & weaving**

**1.00pm - 4.30pm Cost: \$30.00**

**Venue: Handwork Room, Michael Park School**

**RSVP: To register for one or both of these parent workshops, please email Dana in the school office:**

**[danam@michaelpark.school.nz](mailto:danam@michaelpark.school.nz)**



The Christian Community New Zealand  
presents

## FAMILY SUNDAYS IN THE CHRISTIAN COMMUNITY

10 Rawhiti Road, One Tree Hill

JOIN US ON THE FOLLOWING DATES:

August 6 / September 3 / October 1 / November 5 / December 3  
2023

10:00 AM The Act of Consecration of the Human Being  
11:00 AM Morning Tea  
11:30 AM Family Time with singing, story and craft activity.  
12:15 PM The Sunday Services for Children  
12:30 PM Shared Lunch

PLEASE CALL 5252305 FOR INQUIRIES

Artwork by Raph Lazo

MASSIVE M COMPANY  
PRESENTS

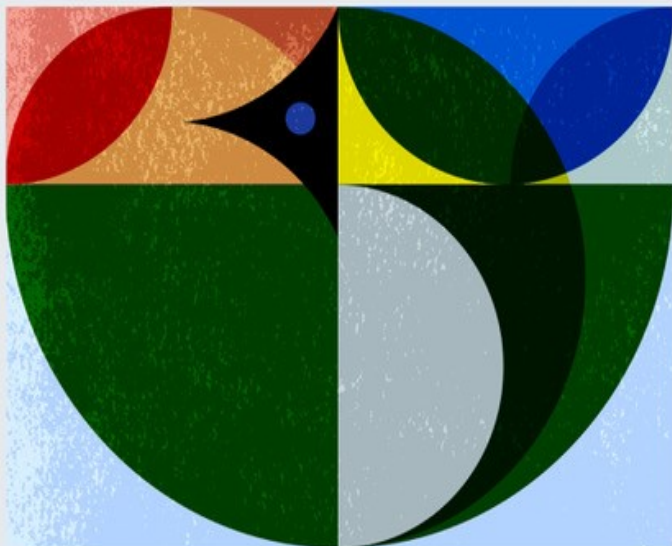
BASEMENT  
THEATRE

Starring Michael Park  
alumnus Cypha Clark! -Ed



Sunday 30 July, 10am-3pm

# Mid-winter market



Rain date - 6 August

96 Captain Springs Road,  
Onehunga

AUCKLAND  
STUDIO  
POTTERS



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PLAY



MOON



WORLD



NUMBERS



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