



COMING EVENTS

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

Friday 22 September	Last day of Term 3
Monday 9 October	First day of Term 4
9-13 October	Class 7 Camp
Tuesday 10 October	Class 11 Parent Meeting, 6.30
Tuesday 17 October	Kindergarten Parent Evening 7pm
Thursday 19 October	Class 2 Parent Meeting, 7pm
Monday 23 October	LABOUR DAY
Wednesday 25 October	Whanau Hui
Wednesday 25 October	Kindergarten Open Afternoon
Wednesday 25 October	Community Strategic Consultation Workshop, 6pm

Kia ora whānau,

What a busy and purposeful week we have had to finish off the term and welcome in spring.



Class 12 independent project presentations and exhibitions took place at the start of the week in the auditorium. It was a privilege to have been able to listen to the journeys and reflections that our student leaders shared to our community over the two nights.

Yesterday, our lower school held their Spring Festival, which was a wonderful way for them to finish the term. It was especially nice having high school students assisting with the activities that were carried out. I was also fortunate to watch Class 5's Persephone play yesterday; it was a wonderful performance. Congratulations to our Class 5 students and thank you to Sophie van der Have for making it happen.

As I am writing the last message for this term, I can hear the cheering of Class 8-12 students supporting their houses at the high school sports tournament that is currently taking place in the gymnasium, and I am sure Classes 5, 6 and 7 are having a great time offsite ice skating to finish off their term.

Have a restful and enjoyable break, whānau. We look forward to seeing you back in Term 4.

Kia u te manawanui o nga tamariki ki nga taumata tiketike o nga whetu.

With perseverance, our children will reach the stars.

UP THE WAHS!

Ngā mihi nui,
Desmond Pemerika
Tumuaki

COMMUNITY STRATEGIC CONSULTATION WORKSHOP

6PM-8PM - WEDNESDAY 25 OCTOBER - AUDITORIUM

Whanau and parents are invited to attend our school strategic consultation workshop on Wednesday 25 October.

The evening workshop will be facilitated by Carol Scholes, former parent, Board member and RSST chairperson.

The purpose of the evening is to gather information to assist the Board and the School to determine the direction and purpose for the next 3-5 years.



FAIR UPDATE

- Pre loved clothing – its time to start going through all your pre loved clothing. The clothing bin is now out in front of the auditorium. Please make sure clothing is washed before placing in the clothing bin.
- If you or someone you know may be able to contribute item/s for our raffles this year please contact me.
- Hay bales – if you know of anyone who could help us out with hay bales please contact me.

All queries to Erin Wilson
fairadmin@michaelpark.school.nz



MPS BADMINTON NEWS

I'm really proud of our two badminton teams - MPS Blue & White - as we've had a super successful and engaging term. MPS Blue placed 2nd in our group and MPS White placed 4th in their group. Among the 16 teams that played in our grade this term, MPS Blue placed 4th and MPS White placed 7th overall! Big congratulations to the teams. 😊

Last week was our final week, ending the competition with a round-robin playoff, MPS Blue vs. Macleans A & MPS White vs. Howick B. Unfortunately, both teams lost the playoff, but we can confidently say that we played our best against the best.

A huge thank you to Mia, who started and managed the teams last and this term; Dylan, for helping with transport logistics, and to the parents and teachers who helped with getting us there and back safely. We've done so well for a student-lead sports team(s) with no coach! An amazing effort, thank you again.

I encourage you all to have the curiosity to try out badminton, as it's such a fun and explosive sport that gets everyone involved. Hopefully, we can continue next term, and who knows, maybe we'll have more teams next year!

~ Amberley Doo, Class 10



**CONGRATULATIONS
MAKO**

Congratulations to Mako Edmonds, Class 2, for completing the Tough Guys and Girls Challenge in Pukekohe last week – one of only a few kids to enter without a school team.

Great job, Mako!

EURYTHMY FOR ADULTS - TERM 4

There will be a short course of eurythmy in Term 4 for interested parents, staff and friends of the school who would like to take part. All are welcome, no experience is necessary. Amongst other things, we will work on the Steiner verse: "He Who Illuminates The Clouds".

Wednesdays from 3.15pm to 4.15pm in the large Eurythmy Room at MPS. Koha at the door.
18th October, 25th October, 1st November

Eileen Boland

eileenb@michaelpark.school.nz 021 125 2106

Please email or phone to register for the course.



CAKE STALL

Ready, Steady, Bake!

Every year each family makes 2 cakes and 1 additional item (biscuits, fudge, chutney) for the cake stall at the fair.

** unless you are on vege cafe*

This year we are using cardboard boxes to display the cakes - a more eco option!

Packaging supplies will come out the week of 1st November.

Best in show!

Prizes are back, so get inspired and create your dream cake to win - best in show, most creative, etc.

**there is a single prize for cakes made by adults!*

Top Tips!

- Get baking in the holidays - choose items that can be frozen.
- Specialty cakes always sell well (Christmas cakes, gluten free, etc.)
- Make your cakes look pretty!
If you are looking for inspiration:

Cupcake decorating ideas:

<https://pin.it/1pfZmg8>

Recipe ideas:

<https://pin.it/8ZdQhF6>

- If baking really isn't your thing, see if you can swap a fair job with a friend!



Spring

Festival





High School Sports Day

Maple	40 points
Jacaranda	36 points
Kowhai	33 points
Magnolia	29 points



September Craft Holiday Program

with Michelle Mullany

Monday 25th, Tuesday 26th
& Wednesday 27th September
9am-3:30pm (Wednesday fully booked)

MPS Handwork Room and Kitchen

Class 1-5 Tamariki (Ages 6-11)
Crafts galore and cooking/baking!

\$80 1x day

\$75 per day 2x days

\$70 per day 3x days

Limited spaces available.

Book now to secure your space.

michellemullany@gmail.com

022 127 6551

OUTDOOR CLASSROOM HOLIDAY WORKSHOP

For classes 2-7 with Mr. Bernal
Monday 2nd & Tuesday 3rd October.

"Wild Suburbia" - Explore one of our urban green lungs.
There will be a lot of maintenance works at school which will be unsafe to be around, therefore the workshop will be held at a reserve in the city (venue TBC). Traditional crafts and primitive technology will feature as usual. More details to come.

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

Expressions of interest to luisbernalt@gmail.com

Creative Wisdom Workshops

A series of creative workshops for fun and wellbeing. Each workshop is a taster of Creative Wisdom; come to one or all.

Charcoal Making + Drawing /Kate Le Pelley
Oct 14th 2023/10.30-12.30/\$45/MPS Outdoor Class

We'll light a fire and make charcoal. Then we'll look around...use the charcoal and other drawing materials to draw some of what we see... some plants, tools, maybe even each other! No experience required, materials included. Small group, **booking essential**. Perfect for nervous drawers or those with 'rusty' skills.

Botanical Printing + Ink Making /Emma Green and Kate Le Pelley

Nov 4th 2023/9.30-12.30/\$70/MPS Outdoor Class
Further details coming soon. Contact Kate to express interest or ask for info.

kate@lepelley.com



SPRING GATHERING

JOIN US

SAT 30TH SEPT 10AM - 1PM

WILLOW CROWN
MAKING

SPRING LIVE MUSIC
GAMES

SAUSAGE SIZZLE
ICE BLOCKS



104 MICHAELS AVE, ELLERSLIE

For more information:
hello@diannabrinsden.co.nz
michellem@michaelpark.school.nz

FUNDRAISER SUPPORTING
R.S. HOUSE

FAMILY FUN



Linda Wills



Yoko Onishi



Cath Sanvictores



Nicky Hartley



Naomi Azoulay



Dee Petit

The Art Collective Project



Collaborating & charting the landscape of today's art scene

October 2023 Classes

Weekdays

Tuesdays

(10am-1pm)
Watercolour Art
with Linda Wills

Wednesdays

(10:30am-1:30pm)
Micromacrame
Jewellery
with Yoko Onishi

Wednesdays

(6pm-9pm)
Creative Ink Art
with Cath Sanvictores

Thursdays

(6pm-9pm)
Intuitive Collage Art
with Naomi Azoulay

Weekends

Saturdays

7th & 21st Oct (10am-4pm)
Human Figure Exploration
with Nicky Hartley

Saturday 14th Oct

(10am-4pm)
Intuitive Collage Art
with Naomi Azoulay

Saturday & Sunday

28th & 29th Oct
(10am-4pm)
Sewn Recycled Fibre Art
with Dee Petit



Weekdays \$25 / Weekends \$50
booking @ www.shilohcentre.org.nz



Shiloh Creative Life Centre
117 Arthur Street, Onehunga, Auckland



022 309 2979

dee@shilohcentre.org.nz

Join us for colour experiences through watercolour

RUDOLF STEINER INDICATIONS FOR PAINTING

Adult Workshops

COLOUR EXPERIENCES THROUGH SPRINGTIME

26th - 27th Sept. 10am - 3pm
(beginners welcome)

MICHAELMAS WORLDWIDE

29th Sept. 10am - 3pm

Cost \$65 per day

To register contact Susie Gay

021 0808 1653

susiegay24@gmail.com

Titirangi Rudolf Steiner School
Handwork Room

Chip Carving Class

with artist Wanda Gillespie

This is a great way to learn the principles of wood carving using only 1 tool – the chip carving knife. In this 1 day workshop you will be creating a 2-dimensional chip carved bird that can be used as a candle holder. The chip carving will introduce the basic methods and patterns of geometric chip carving, which involves cutting out small triangles to make patterns.

Dates:

Saturday 21st October
Saturday 4th November

Location:

The Warren
2a Cross Street
Auckland Central

Time:

10am - 4pm

Investment \$160

EARLY BIRD SPECIAL! BOOK A CLASS 2 WEEKS IN ADVANCE, TO RECEIVE
AN AUTOMATIC 25% OFF

For bookings and enquiries email wandagillespie@gmail.com



Hand in Hand Parenting Starter Class

Do you ever wish that your child had arrived with a 'how to parent me' manual?

Hand in Hand Parenting is an evidence based approach that supports parents to understand their children's behaviour and build deeply connected relationships. Every family is unique and with sufficient support each parent can figure out what will work best in their specific situation.

Joining a Hand in Hand Parenting Starter Class allows you to explore the Hand in Hand approach within a small group of like-minded parents. You will learn about five Listening Tools that have transformed lives around the world, these tools help parents to connect deeply with their children, bring more play and joy into their lives and support the development of emotional resilience in the whole family.

Clinical Psychologist and mother of four young children, Philippa Ewer, is the only Hand in Hand Parenting instructor here in New Zealand. Here are the details of the next Hand in Hand Parenting Starter Classes she will next be running.

DATE: Saturday 14 October to Saturday 25 November

(no class on 4 November)

TIME: 10-11.30am or 3-4.30pm

COST: \$660 (including GST)

LOCATION: Therapy Space, Ellerslie

To register please contact Philippa at

pewer.connections@gmail.com or on 027 290 0981



Michael Park School
Relate Create Inspire

Health Curriculum Community Consultation 2023

Kia ora whānau

We would like to hear your views on our Health Curriculum guiding statement and the programs we draw upon to deliver this at Michael Park School. Consultation on the health curriculum is conducted every two years for every school in line with legal requirements of the Education Act (Section 60B). Please read below our draft curriculum statement and the programs we currently implement and then share your views.

We are keen to know how well our current curriculum is meeting the needs of our akonga and community.

After reading through the information below, please provide us with your thoughts in the attached survey.

[This link](#) will take you to it. It should only take a couple of minutes to complete.

Thank you for your input in shaping this valuable learning area.

Nga mihi nui,

Desmond Pemerika, on behalf of the School Board

Draft Health Curriculum Statement of intent for Michael Park School

Our health curriculum delivery will recognise and value every child and young person, allowing space for their development to unfold in an unhurried and authentic way, in keeping with our Steiner special character, free from harmful stereotyping, discrimination and ideology. Our health curriculum gives every child and young person opportunities to develop their critical thinking, attitudes and the values they need to make informed decisions about their health and well-being. They also learn that wellbeing is a combination of the physical, mental and emotional and spiritual aspects of people's lives. Our school community is rich in cultural, social and religious diversity; therefore, it is vital that our health curriculum does not promote ideological perspectives that may alienate parents and whanau and undermine the wellbeing of our children and community. Instead, delivery of our health curriculum will be based on scientific knowledge and factual information that empowers our young people to understand and care for themselves and others, supporting wellbeing and human flourishing.

Our current curriculum

Key Programs that contribute to the delivery of our Health Curriculum throughout our Kura.

Lower School Class 1-7

Health and Wellbeing is woven into lesson content throughout the years. Teachers come to know their students deeply and learn to recognise when matters of wellbeing or health should be addressed. This is done in an imaginative and age-appropriate manner, and in some cases will include consultation with parents.

Class 1, 2 and 3 physical health is encouraged through movement in the morning circle activities which include:

- body geography and co-ordination exercises
- circle dances & games
- balance, lifting and stretching exercises
- skipping
- gross- and fine motor skills exercises
- beanbag / ball exercises
- integrating the horizontal midline
- Expansion & contraction
- PE lessons

Class 2, Aesop's Fables and the stories of Saintly People provide opportunities for teachers to address, in an age-appropriate manner aspects of Te Whare Tapa Whā and the dimensions of *Taha Tinana* (physical well-being), *Taha Hinengaro* (Mental and Emotional well-being), *Taha Whānau* (family/social well-being) and *Taha Wairua* (spiritual well-being).

Class 3, extends to the fifth dimension *Whenua*, the land, and how its health and well-being is, in turn, connected to ours. Whenua is actively worked on and included in the Outdoor Classroom curriculum and has a positive effect on a student's sense of wellbeing.

Class 4, the Human and Animal main lesson compares the attributes and abilities of the human being with selected animal types, and human abilities of cognition, emotion and free will are compared with three animal archetypes. This main lesson provides a basis for discussions about differences in abilities and attributes and getting along with others in healthy ways.

Class 5, students' attention is directed to the plant world and provides a first glimpse into the topic of reproduction. This concept will be taken up again in Class 7 in the study of human reproduction.

Class 6 and 7 teachers will be guided by the needs of the class and bring relevant topics and/or materials

and workshops to support them. Studies of Ancient Greece, Ancient Rome and the Middle Ages provides a platform to discuss changes in the conditions for human health over time.

By **Class 7**, the students have studied the three worlds of animal, plant and mineral (Class 6) and now turn to the human being and, with that, their own wellbeing at a time of physical and soul-spiritual transformation. The Health & Nutrition main lesson develops their knowledge about their bodies and what *they* need to do to ensure their own good health and that of others. Understanding their own physicality and gathering the knowledge that will keep them well physically, emotionally and spiritually is an essential step in their wellbeing journey.

High School Class 8 – 12

Our Health curriculum is integrated into the main lessons and subjects that students take. Key areas of learning provide contexts for students to develop skills to become physically, mentally, emotionally, and spiritually healthy. We explore Hauora and wellbeing, friendships and relationships, managing change and building resilience, food and health wellbeing, sexuality and gender, and alcohol and other drugs. Throughout all of these topics, students will develop their ability to think critically, manage themselves, participate and contribute, and relate to others – the key competencies in the NZ Curriculum.

In addition to having trained teachers deliver our health curriculum in the High School, we also use external providers such as Attitude to complement the health program.

Attitude provides the following workshops for our students:

Class 8 and 9, Hauora (Holistic wellbeing)

Class 9 and 10, Developing the right Attitude (Resilience and making good choices)

Class 11 and 12, The Pits (Mental health)

All health and wellbeing initiatives throughout our kura build on what is taught in their classes. Some groups of students are supported to be involved in student-led programs that create an inclusive school community, while others may need further support, and we have a pastoral support team who can provide this. Where possible our staff build on the learning students have received in their classes.

Your feedback is important to us. Please [click here](#) to complete the Health survey by **Friday 13 October**.