



## COMING EVENTS

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

Friday 12 April	Last day of Term 1
Monday 29 April	First day of Term 2
Tuesday 7 May	High School Parent-Teacher Conferences
Friday 10 May	Pyjama Day

## OUR SCHOOL GARDENS

Organised by the Parent Action Group

### Our school gardens need some helping hands!

The paths need mulching and weeding, the compost needs repositioning, and many more tasks are waiting to be accomplished.

If you would like to lend a hand, please join us with your gardening gloves every 2nd Saturday of the month to make our school's vege gardens look great!

**Saturday 13th of April**  
**10am-1pm and 3pm-5pm**

**Drop in any time!**

For more questions txt  
Nina on 021 208 6206



### Class 4 Gardening

As part of the revitalisation of our school gardens, Class 4 began the clean-up of our outdoor workspace, located at the back of their classroom. Our first step was to finish the fencing that would support the creeper that Lyndle (our previous gardener) had envisaged so, having all the farm fencing equipment, that



was the job for me!

The students got stuck in and did a fantastic job sorting and sizing all the garden pots into class sets and began releveling the shade-house floor.

Everything was pulled out, the walls were patched, the floor was raked and

mulched, the newly sorted pots were stacked and shelved, and potting tables were rearranged, ready for the next set of busy hands.

A big thank you must go to James Walden for donating his time to rebuild and secure the wash station benchtop so it could be used to process the 100-plus apples for the Harvest Festival. And a special note of thanks to Jasmine, Kate Carvalho, and Wayan Purnadana who generously donated and planted a 10-year-old Jasmine vine which sits proudly on the shade-house corner. This was a special moment for the family as we recalled their whānau's long association with the school. Jasmine's grandma, Gaynor, was famous for her gluten-free ginger crunch when she ran the school lunch bar, as well as Kate's sister, Zoe, who went through the school from Kindergarten until graduation.

Jill Dixon, Class 4 Teacher



"In a community of human beings working together, the well-being of the community will be the greater, the less the individual claims for himself the proceeds of the work he has himself done; i.e., the more of these proceeds he makes over to his fellow workers, the more his own requirements are satisfied, not out of his own work done, but out of work done by the others."

-Rudolf Steiner



## Outdoor Classroom Holiday Workshops with Mr. Bernal

Kia ora whānau,  
Tamariki in classes 2-7 are invited to join our holiday programme. Activities include fire-making, open fire cooking, traditional crafts and primitive technology.

Monday 23 April & Tuesday 24 April  
9:00am to 3:00pm  
Single day \$80, two days \$75 per day.

Expressions of interest welcome at  
[luisbernal@gmail.com](mailto:luisbernal@gmail.com)

SEE YOU THERE!

## April Craft Holiday Program with Michelle Mullany

Tuesday 16th, Wednesday 17th April  
Tuesday 23rd, Wednesday 24th April  
9am-3pm

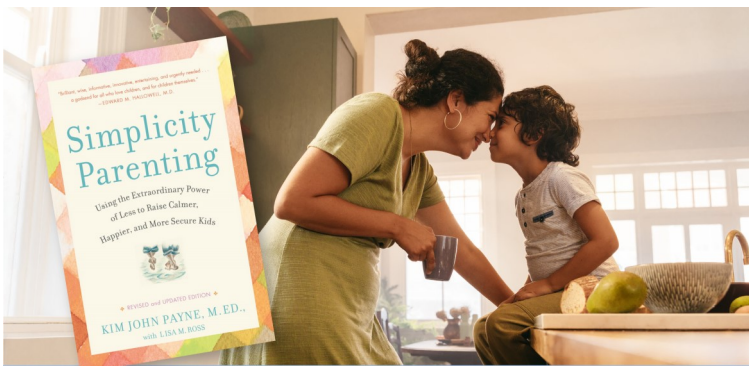
MPS Handwork Room and Kitchen

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

\$80 for 1x day  
\$75 per day for 2, 3 or 4 days

Limited spaces available.  
Book now to secure your space.

[michellemullany@gmail.com](mailto:michellemullany@gmail.com)  
022 127 6551



## Simplicity Parenting WORKSHOP | 25 MAY 2024

Create more space for connection, secure attachment,  
love and laughter in your family

Based on the book 'Simplicity Parenting' by Kim John Payne, as a group we will learn practical ways to ease the daily tensions, parenting battles and overwhelm your child is feeling in this fast paced modern world.

What we'll cover:

- Decluttering the environment.
- Bringing rhythm, ritual and predictability into each day.
- Allowing children plenty of downtime and play without overscheduling.
- Filtering out adult concerns and screentime that causes confusion, fear and anxiety.

The course is facilitated by Leah Corbett – a parenting mentor, primary school teacher and Michael Park parent. Please email [saraho@michaelpark.school.nz](mailto:saraho@michaelpark.school.nz) to register. Spaces are limited.

Saturday 25 May, 9am-3.30pm, Michael Park Kindergarten  
BYO lunch. Cost: \$40 per person.

Interested in enrolling your child at our kindy? Visit our website: [www.michaelpark.school.nz/kindergarten](http://www.michaelpark.school.nz/kindergarten)

## COMMUNITY NOTICEBOARD

- **Simple cosy beach bach** for rent during school holidays. Small coastal seaside village of Haumoana, Hawkes Bay. One bathroom, sleeps 5. Two double beds, one single. Sky Sport, Woodfire, Wifi, one bathroom. Two minute walk to the beach and river. Right on cycle tracks and 5 min drive to Award winning wineries and Cape Kidnappers. 15 minutes to Hastings or Napier. Available 2nd week of April holidays, July holidays, Xmas, New Year. Rented out by two Taikura Rudolf Steiner School staff. \$300 per night. 0273390990
- **Public transport fares are changing for under 25's from Wednesday 01 May.** Free travel for 5 to 12 year olds and half-price travel for 13 to 24 year olds on AT bus, train and ferry services will end on 30 April 2024, in line with the government's decision to withdraw funding for these concessions: [at.govt.nz/farechanges](http://at.govt.nz/farechanges)

Contact the editor, Dana Marcroft at [fridayflyer@michaelpark.school.nz](mailto:fridayflyer@michaelpark.school.nz)  
Guideline 150 characters maximum please. Deadline midday Thursday.

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.

# ANISHA'S CAKES

## CAKES FOR SPECIAL OCCASIONS

OPTIONS FOR VEGAN,  
GLUTEN FREE & NO  
REFINED SUGAR CAKES



Contact Anisha from class 1:  
**ANISHAKHAMBATTA@YAHOO.COM**  
**021 159 26 44**

## Shaping Life Together

EURYTHMY TODAY

Join us for a workshop with  
Eurythmist -  
**Kimberle Haswell**

Enliven and harmonise your  
life forces with Eurythmy

**SATURDAY 20TH APRIL 2024**  
**10AM - 1PM**



THE NIKE OF SAMOTHRACE

Rudolf Steiner House

104 Michaels Avenue,  
Ellerslie, Auckland

Cost \$45  
Adults. All are welcome and  
no experience required.

**TO REGISTER:**  
Kimberle - [hepatia@proton.me](mailto:hepatia@proton.me)  
hello@diannabrinsden.co.nz

The word Eurythmy stems  
from Greek roots meaning  
'beautiful' or 'harmonious  
rhythm.' In this profound  
relationship to beauty and  
rhythm, Eurythmy is a form  
of movement that can bring  
one's body back into balance.

In this workshop we will  
explore exercises working with  
the vowels and consonants in  
Eurythmy. We will delve into  
Geometric forms in space to  
enliven our life forces.

In commemoration of the  
special centennial of Rudolf  
Steiner giving the Foundation  
Stone Meditation in Eurythmy,  
we will look at the meditation's  
fourth verse and consider how  
we can incorporate it into a  
meditative practice.

Through Eurythmy we become  
aware of the energetic forces  
within ourselves, and in the  
world. As a counteract to our  
modern life style we can  
increase health, vitality,  
flexibility, nourishing our soul,  
body, and spirit.

## Shaping Life Together

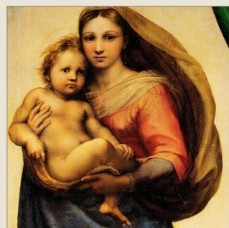
MOTHERING TODAY

Join the Steiner monthly  
mothers gathering!

*He taonga te mokopuna, kia  
whāngaia, kia tipu, kia rea*

*A child is a treasure, to be  
nurtured, to grow, to flourish*

**SUNDAY 21ST APRIL 2024**  
**9:30AM - 12PM**



Rudolf Steiner House

104 Michaels Avenue,  
Ellerslie, Auckland

Koha \$10-20

**FOR MORE INFO:**

[hello@diannabrinsden.co.nz](mailto:hello@diannabrinsden.co.nz)  
[michellem@michaelpark.school.nz](mailto:michellem@michaelpark.school.nz)



Rhythm & Autumn Craft

A time for mothers to share  
experiences, and explore the  
special task of the  
mother.

With Waldorf inspired  
knowledge and skills to  
provide a safe and  
nurturing environment.

We will discuss how to  
bring rhythm into our lives  
to create balance and  
harmony for young  
children.

Hosted by early childhood  
educators.

**STACEY MCMANUS**  
& **MICHELLE MULLANY**

## Celebrating the Christmas Foundation Conference Centenary

**MUSIC - EURYTHMY - SPEECH**  
**27th April 7pm 2024**

Music with an accompanied choral concert directed by Stuart Lithgow  
Eurythmy directed by Kimberle Haswell  
Speech with Michael Burton

Rudolf Steiner's Christmas Foundation Conference took place in 1923/24 on the site of the Goetheanum in Switzerland. In honour of the centennial, we invite you to a unique opportunity to experience an evening of music, eurythmy, and speech.

Stuart Lithgow will direct '100 Years', an accompanied choral concert, composed by Dale Jones. This is a musical reflection set to excerpts from the Foundation Stone Meditation, a verse given by Rudolf Steiner. The piece is in three parts: 'You Live in the Limbs', 'You Live in the Beat of Heart and Lung' and 'You Live in the Resting Head'.

Kimberle Haswell will direct the Foundation Stone Meditation in Eurythmy. This was performed for the first time on the 20th April 1924 with forms, lighting, costumes, and gesture indications provided by Rudolf Steiner. Five years ago, Kimberle Haswell and others began exploring this in Eurythmy. Since then, Kimberle has led the Hestia Eurythmy group, a collection of committed community members, who will share this work in commemoration of the centennial celebrations.

In addition to the Music and Eurythmy elements, Michael Burton will be narrating the powerful spoken word of the Foundation Stone Meditation. It has been described as urging us to have strength and to seek wisdom and truth in the past, present, and future through three processes of 'spirit recollection,' 'spirit contemplation,' and 'spirit beholding'.

Hope you can join us for this experience!

**Let's renew and enliven our heart-forces**

**Date:** 27th April 7pm with an introduction by Kimberle Haswell.

**Location:** Michael Park School Auditorium

55 Amy Street, Ellerslie, Auckland.

**Adult event - Koha \$10 - 20**

**For more info:**

[hello@diannabrinsden.co.nz](mailto:hello@diannabrinsden.co.nz)  
[michellem@michaelpark.school.nz](mailto:michellem@michaelpark.school.nz)

# SHINE APRIL 2024

## SHORT FILM NITE

SUNSHINE CITY  
2023  
DIRECTOR/WRITER:  
ARTHUR GAY



JOIN THE STEINER  
MONTHLY GET-TOGETHERS!

SAT 20TH APRIL 7:30 - 9:30PM  
AGES 18-28  
KOHA \$10 ON DOOR

NEW

LOPDELL PRECINCT - THEATRE  
TITIRANGI

FOR INFO:  
hello@diannabrinsden.co.nz



Shiloh Creative Life Centre  
School Holiday Program



15th - 26th  
April 2024  
10am - 2pm



Shiloh Creative Life Centre  
117 Arthur Street  
Onehunga  
Fees: \$60 per session  
Age 6+



For bookings: <https://shilohcentre.org.nz>

Enquiries: [onishifuyou@gmail.com](mailto:onishifuyou@gmail.com)

Dee Petit: 022 309 2979

## SCHOOL HOLIDAY TENNIS CLINIC

AT PARNELL TENNIS CLUB

COACH: GORAN MARSIC

NZPTCA (LEVEL 2), TCNZ (COMPETITION COACH),  
31 YEARS COACHING EXPERIENCE.

PHONE: (021)167-7460

E-MAIL: [gmarsic@gmail.com](mailto:gmarsic@gmail.com)

WEBSITE:

[WWW.PARNELLAWNTENNISCLUB.CO.NZ](http://WWW.PARNELLAWNTENNISCLUB.CO.NZ)



REGULAR COACHING DURING TERM TIME IS ALSO  
AVAILABLE FOR CHILDREN AND ADULTS

bricks 4 kidz

# DREAMS & DISCOVERY

LEGO® STEAM Holiday Programme  
15th - 26th April 2024



Book!  
Now!



7 Harrison Rd, Ellerslie/ Mt Wellington



197 Riddell Rd, Glendowie



# Crocodiles Gymnastics & Learning Centre

Pre-school classes  
School age classes



Our gymnastics and learning centre runs programs designed for early childhood and school-aged kids. Our programs are focused on both locomotor and cognitive development. Our philosophy is learning through fun in a positive, clean and safe environment.

### About us

We have been coaching and educating for more than 25 years in NZ and for more than 35 years including out experience in Croatia. Our passion is teaching the children and seeing them developing and improving.

Venue: St Thomas's School Hall  
Pre-school: 021 0277 6543  
School age: 022 067 3241  
Email: [crockogym@gmail.com](mailto:crockogym@gmail.com)  
[www.crocodilegymnastics.co.nz](http://www.crocodilegymnastics.co.nz)

# HOLIDAY PROGRAMMES

Come and join us...

■ MULTIACTIVITY ■ MULTISPORT ■ NETBALL SKILLS ■ COMBINATION



- Fun and varied programmes
- Open for boys & girls
- Years 1-8 (all skill levels)
- St Johns & Windmill Park venues

To book or for more information please contact:

Caitlin Smardon  
Development Programme Officer  
T 09 280 4129 or M 021 577 105  
E [development@aucklandnetball.co.nz](mailto:development@aucklandnetball.co.nz)  
[www.aucklandnetball.co.nz](http://www.aucklandnetball.co.nz)



# April school holiday programme



- 15 - 26 April
- Open 7.30am - 6pm daily
- Balmoral, Epsom & Parnell

[villagesquare.org.nz/shp](http://villagesquare.org.nz/shp)



## 2024 AFTER SCHOOL 8-WEEK ART CLASSES

THURSDAYS 3:30 - 5PM  
\$280 PER TERM  
YOUTH 6 - 12 YEARS OLD



Term 1

8 Feb - 28 March

### NZ MANU BIRD

In Māori culture, Manu (birds) are special messengers connecting our world and the spirit one. Create your own Manu with paper mache to show your awesome connection



Term 2

9 May - 27 June

### NORTH STAR

Create an eight-pointed star mobile with recycled materials that symbolizes your individual connection with the stars



Term 3

1 August - 19 Sept

### PERSONAL ART PANELS

Through colourful printmaking you will create a Polyptych, art panel, that represents your personal style



Term 4

24 Oct - 12 Dec

### MY HOUSE OF "WONDER"

Create your own "wonder" house using recycled and natural materials to bring expression to your unique individuality, imagination and creativity



Shiloh Creative Life Centre - 117 Arthur Street Onehunga  
Register @ [shilohcentre.org.nz](http://shilohcentre.org.nz) / Enquires 022.309.2979