



**COMING EVENTS**

*Click here to view the full calendar online*

- Friday 12 April** Last day of Term 1
- Saturday 13 April** Garden working bee
- Monday 29 April** First day of Term 2
- Tuesday 7 May** High School Parent-Teacher Conferences
- Friday 10 May** Pyjama Day

**LAST DAY OF TERM TODAY**

**2.10pm finish for Classes 1-12**

Kia ora whānau,

High school progress reports have just been sent out, we are looking forward to meeting whānau and their child at the high school conferences that will be taking place early next term.

Further information has been emailed to high school families.



On the last weekend of the school break, Saturday 27<sup>th</sup> April, our school will be hosting a performance evening by the Anthroposophical Society of music, eurythmy and speech. This would be a wonderful opportunity to experience other significant aspects from Rudolf Steiner. More information can be found in this issue on page 8.

Finally, thank you to everyone who provided their feedback about the electronic bell. Two main themes were clear:

1. explore if the bell can be switched off in the lower school
2. change the sound.

We are working with our provider to organise reformatting their system to switch off the sound throughout the lower school; additionally, the new sound moving forward will be the recording of Fred's Bell.

Please take some time to rest these school holidays.

Enjoy the break.

Ngā mihi nui,  
Desmond Pamerika  
Tumuaki



**FAIR 2024**

Our school Fair will be held on the 9<sup>th</sup> November, many classes are already working on their class activities.

Our first Fair Coordinators meeting will be on the Monday the 27<sup>th</sup> May at 6pm in staffroom. All class fair coordinators need to attend.

If you would like to join the Fair Committee please contact me. [erinw@michaelpark.school.nz](mailto:erinw@michaelpark.school.nz)

**CLASS & INDIVIDUAL PHOTOS**

Orders placed before midnight on Sunday 28th April will be delivered free to the school. Orders can still be placed after that date but will incur a postage fee.

To order go to [www.photolife.co.nz](http://www.photolife.co.nz) and enter your access key. Access keys were emailed directly to families from Photolife. If you have misplaced your access key, please contact the office.



*Who is hiding in the leaves?*





Mr Bernal,  
of course!



## Parent Action Group

We are a group of passionate parents dedicated to boosting our school's visibility, fundraising efforts, and strengthening our community. Currently, we have 18 members and we'd love to welcome more!

If you are someone who loves action, enjoys collaboration, and thrives on checking off tasks from a to-do list, then this group is for you!

### Keen to join?

Contact Leah on [leahd83@gmail.com](mailto:leahd83@gmail.com) or 0210 204 0780

### Friday Farmers Market

The Parent Action Group is working on the idea of a Friday farmers market. The aims of the market are to increase community engagement and (over time) increase the profile of the school.

The market would be an opportunity to buy locally grown produce, Friday night's dinner and things from Snapdragon. It would also be an opportunity for class and school fundraising.

We are looking for a group to get this off the ground. If you are keen to get involved please contact Sam on 021 991665.

## CLASS 6 BASKETBALL

The Wolves and Wolverines basketball teams finished up their first term in the year 7 & 8 competition. It was a big step up from the grade last year but both teams have done well and improved so much.

A big thank you to our coaches Oscar and Troy!





"That's the cheese that stumped me"

CLASS 12 MAIN LESSON

# SOCIETY AND FILM

This main lesson with Ms. Meek looks at Classic film noir from the 1940s. We also looked at how art history and the years leading up to the 1940s influenced Noir. For example, Gangster Films were popular in the 1930s because the Great Depression had left many people unemployed, and crime became a way to earn a living for a lot of people.

Film Noir means dark film. It is a film that sets the dark mood right from the start. Our assessment was to create a 1 to 2 minute short film on mobiles, using film noir conventions like chiaroscuro lighting (harsh lighting), the femme fatale and the morally ambiguous narrator. We had to use film noir slang in our scripts.

## 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 veg 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 Five Botany Main Lesson

Botany is taught in Class Five, typically when students are around 11 years old. At this stage, they're moving from imaginative to intellectual learning. They're in between these two ways of learning, so we focus on observing and nurturing a sense of wonder. Children of this age really want to understand the world, but more in a feeling way than a scientific one.

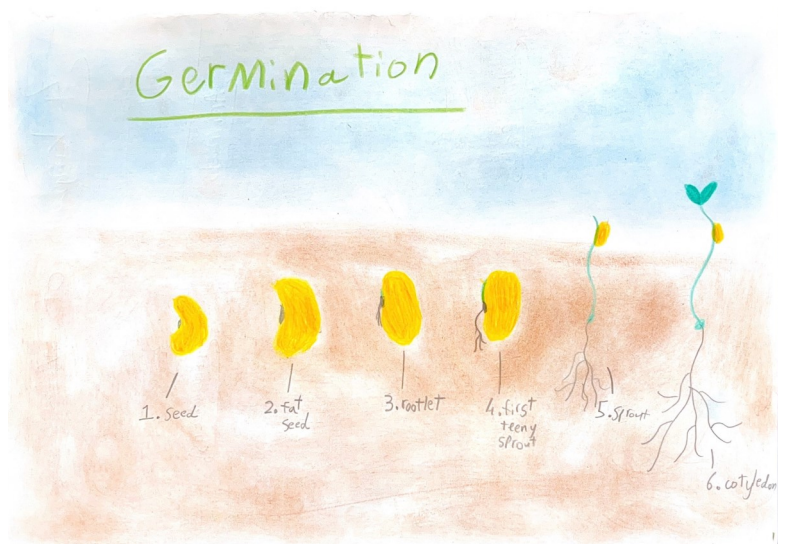
Therefore, we teach Botany in an artistic rather than strictly scientific way. Through observation and artistic work, students are led to information that will help develop their capacities for scientific thinking in the future, while also expanding their consciousness in a developmentally appropriate way.

In our first Botany Main Lesson, we looked at the 'scientific' aspects of plants. For the first time, students learned about metamorphosis, photosynthesis, and the water cycle as processes happening in the physical world. We approached these ideas artistically and always in relation to plants and humans. Then, we started exploring what makes a plant. We began with a seed and learned about germination, then we moved on to pollination with the 'Three B's - Bees, Butterflies, and Beetles'.

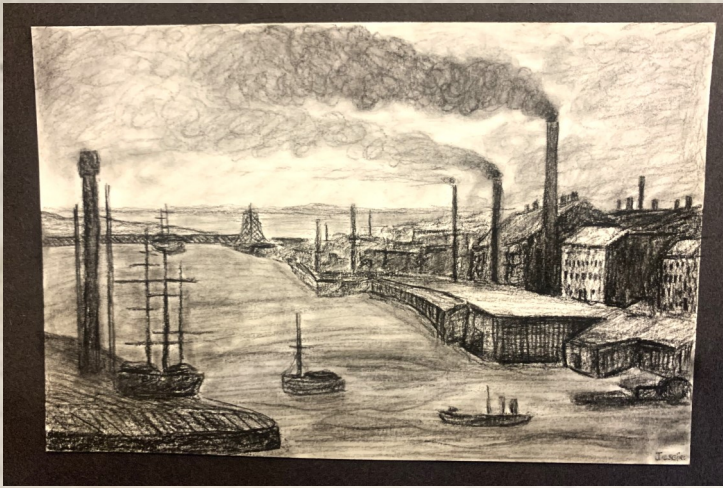
Deep class discussions about similarities and differences between human and plant processes helped students grapple with big picture topics that are on their minds at this age, but in a fascinating and wonder-filled context.

Main Lesson activities included close observation drawing and wax modelling, seed germination, 'scientific' diagramming, artistic work, poetry, and more. The students further developed their eye for detail, sketching and shading skills, and language arts skills, while engaging in challenging discussions and enriching intellectual activities.

This Botany Main Lesson was literally and metaphorically 'planting the seed' for future academic studies in biology, both elemental and human. When approached in such a way, focusing on cultivating a love of science and observation skills, it became one of those 'golden' Waldorf Main Lessons where every day had a sprinkle of magic.







# Cotton

Come to harvest King Cotton in Britain. It will keep you warm and cozy throughout the harsh cold winters. Help the community by working in the fields to harvest our cotton to get a free bundle of cotton to weave your own clothes.



**Benefits**

- Natural product you can colour it
- Keeps you nice and warm
- Make clothes
- Make blankets ETC...

*Join the Cotton Club*

No.1 Best

Get 50% off

All Cotton you buy.


No.1 Best

## Class 8 Main Lesson - The Industrial Revolution

This was a period (1760-1900) in which fundamental changes occurred in agriculture, textiles, metal manufacture and the social structure in England. The Industrial Revolution was like a big rock being dropped into a pond. It stirred up many societies and sent ripples all around the world. Class 8 explored the changes in society, working conditions, and the environment as effects of the era.

# Brought 175

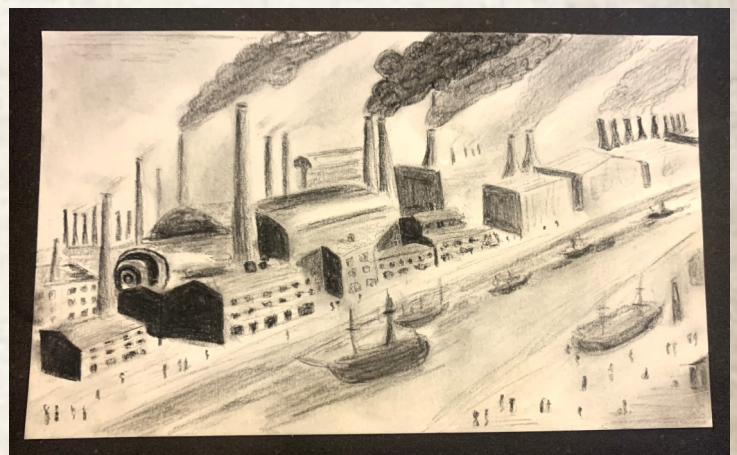
NO.1 BEST SELLING



Originally invented by John Doe 1835  
United States of America (USA)

I used an iron pattern, we often use a wooden one instead of that which allows it to be easily changed or fixed. Knowing that it is actually stronger than the real thing, makes all the difference in the world. -John Doe

UP FOR AUCTION







## Class 10 Surveying Camp

As part of our Surveying main lesson, we went on a camp for 2 nights to Whatipu which is 44km out on the west coast of Auckland. This is what Amelia Haynes had to say on behalf of the class.

*"During this camp, we utilized our knowledge of linear and radial surveying techniques. We used measuring tapes to measure distances and compasses to measure bearings between posts. We produced a scaled map of the surveyed area using the data collected and presented it in the form of a poster.*

*Our camp at Whatipu was very interesting as we stayed at the oldest building in New Zealand that is still liveable. This gave the place a very homely and comfortable feel, especially when we were enjoying home cooked meals prepared by our classmates. On the first evening we took a trip down to the Whatipu beach and, on our last evening, we got to explore the Whatipu caves, which is something class 8 and 9 can look forward to.*

*Overall, this camp provided us an opportunity for experiential learning and challenged our practical and mental capacities."*

Iva Barretto, Alan Kim and Aurelia Zatta.





## NOTICE:

### Request for Interest Survey



Supervised Care After Michael Park School

This notice is requesting confirmation of interest for the following opportunity:

An opportunity to commence an after-school care service offered exclusively to Michael Park School students (5yrs+).

Proposed venue is 100M walk from school inside the new Michaels Avenue Community Centre (5 days, 3.00 - 5.30pm).

In the first instance, we must establish that there is a definite need within the school community for this proposal to proceed.

Therefore, we are seeking responses from any interested parties, who would have a serious interest in using the service.

Please respond via email to confirm interest, include the number of children and which days would likely be required.

Send responses via email to [brian@clevernz.com](mailto:brian@clevernz.com) (subject heading - SCAMPS responses by April 26th 2024)

## COMMUNITY NOTICEBOARD

- **House for sale** – 5 bed, 3 bath, 12 min drive to MPS. Contact Gui Mendonça on 021 164-0419 or [gui.mendonca@yahoo.co.nz](mailto:gui.mendonca@yahoo.co.nz) [www.trademe.co.nz/a/property/residential/sale/listing/4655833051](http://www.trademe.co.nz/a/property/residential/sale/listing/4655833051)



- **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

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.



### 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 22 April & Tuesday 23 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  
Classes 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



## 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  
michellem@michaelpark.school.nz

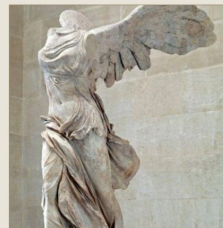
# Shaping Life Together

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 - hepataia@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

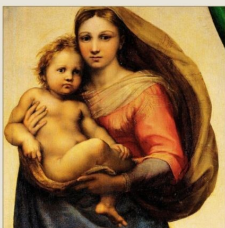
MOTHERING TODAY

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**



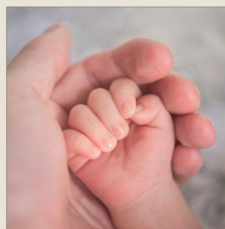
Rudolf Steiner House

104 Michaels Avenue,  
Ellerslie, Auckland

Koha \$10-20

#### FOR MORE INFO:

hello@diannabrinsden.co.nz  
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**

# 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





**Saturday  
13 April  
9am - 4pm**

# 2024 ELLERSLIE BRICK SHOW



Come along to see fantastic models & creations made with LEGO. And then pop into *Scoop & Smile* for a deal on delicious ice cream and gelato.

## ELLERSLIE WAR MEMORIAL HALL

Saturday 13 April - 9am - 4pm

\$5 per person, or a family of 4 for \$15. Under 3's are free. Ticket includes a free kids' ice cream with each adult single cone or cup purchased at *Scoop & Smile*. More info: [www.ellerslievillage.co.nz](http://www.ellerslievillage.co.nz)



# Screens and Pre-teens

Parenting Night, May 28<sup>th</sup>, 7-9pm



Screens are risky and can get pre-teens into real trouble when used unsafely, but screens have huge benefits too. How to introduce screens safely to pre-teens to set them up for the adolescent years? Come along to hear consultant, Adrienne Wood, speak on the importance of helping our rangatahi manage the digital world right from when they get that first phone in their hands.

St Chad's Community Centre, Meadowbank, May 28<sup>th</sup> 7-9pm, Earlybird: \$20, Couple: \$30

Tickets: <https://screens-and-pre-teens.eventbrite.co.nz>



For more about Adrienne Wood and her work with parents see [www.heartsync.co.nz](http://www.heartsync.co.nz)



**Gently Loved Markets**

*teens*

**10AM TO 1PM  
SATURDAY 4TH MAY**

**Western Springs Garden Community Hall  
956 Great North Road, Western Springs**

**Free Entry**

Teens selling thrifted, preloved, clothing, accessories, plants, treats, books and more.

Proudly supported by The Albert-Eden and Puketāpapa Eco Festival



# 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**





# 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)