



## COMING EVENTS

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

Tuesday 7 May	High School Parent-Teacher Conferences 9-6pm
Friday 10 May	Pyjama Day
Friday 10 May	Snapdragon Market 2.15pm
Thursday 16 May	Class 3 Parent Meeting 6.30pm
Friday 17 May	Whitsun Festival
Saturday 18 May	Outdoor Classroom Parent Workshop

Kia ora whānau,

Ngā mihi maioha; ngā mihi manahau ki ā koutou katoa. Nau mai ki te wahanga tuarua

A warm welcome to our new students and whānau who started at our kura this week, it is wonderful to have you in our school. Additionally, it is wonderful to welcome our new Drama teacher Henry Mackenzie who also started on Monday.

During the break, we were able to carry out a number of maintenance projects that included water tightness and restoration of the class 1, 2 and 3 turrets, water blasting the pathways and stairs throughout the middle school and high school as well as general upkeep of our gardens and grounds. We were hoping the changes to the electric bell would have been carried out during the break; unfortunately, that did not happen, nonetheless, it is scheduled to take place.

**A reminder that there is no school for Class 8 -12 on Tuesday due to the whānau-kaiako conferences taking place.**

There are a number of events that are scheduled for this term and I am looking forward to the opportunity where we will be able to attend these together as a community.

*He aha te kai o te ākonga. He korero, he korero, he korero.*

What is the food of a student. It is knowledge, it is communication.

Have a wonderful weekend.

Ngā manaakitanga,  
Desmond Pemerika  
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 **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)

## WELCOME HENRY MACKENZIE

Tēnā koutou

I grew up on a farm in Hawkes Bay. After school, I completed a BA majoring in Religion at Victoria University. It was at this time I realized, I rather liked performing. I participated in a few repertory plays and was offered a place at Drama school where I studied to be an actor for 3 years. Here, I realized I wanted to teach Drama, and therefore extended my tertiary education further training as a secondary teacher. That was in 2005, and so almost twenty years later, gaining significant teaching experience in both English and Drama, I am very pleased to find myself leading the Drama curriculum at Michael Park. I hope the students will, not only have fun in my classes growing in confidence, but they will also be enlivened to the wonder of live performance.

Ngā mihi nui,  
Henry Mackenzie



**SNAPDRAGON MARKET DAY**  
&  
**KINDERGARTEN FUNDRAISER**

SNAPDRAGON HAS TEAMED UP WITH KINDERGARTEN TO BRING YOU BEAUTIFUL WALDORF CRAFTS AND RESOURCES ALONG WITH QUALITY, GENTLY PRE-LOVED KIDS CLOTHING, TOYS, BOOKS AND SO MUCH MORE!

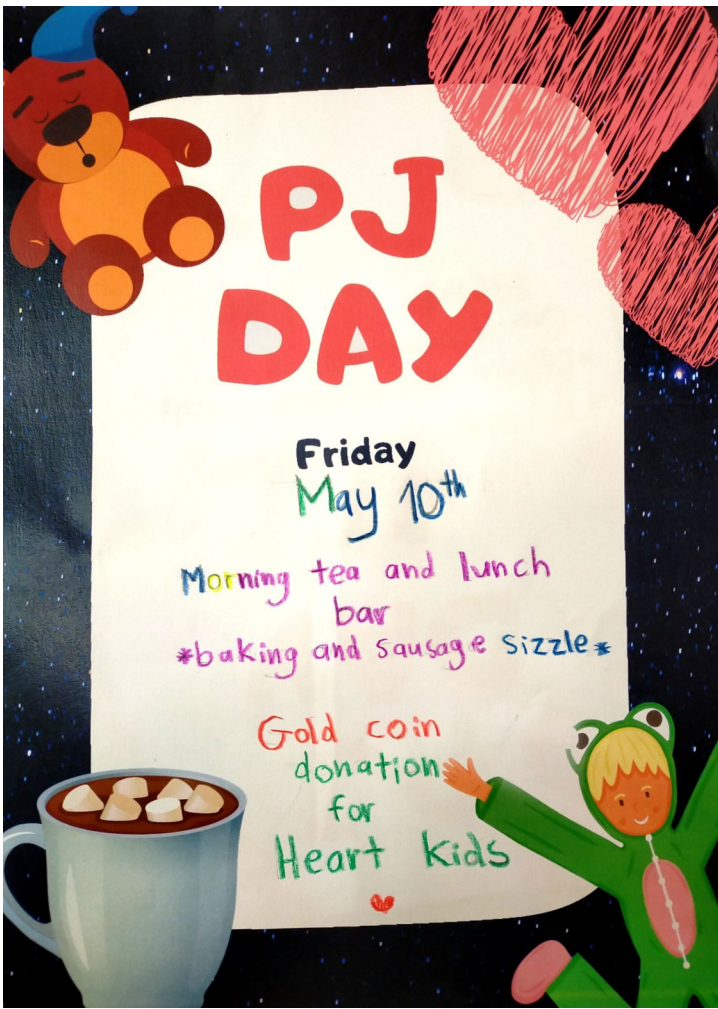
JOIN US ON FRIDAY 10<sup>TH</sup> MAY FROM 2.15PM AT THE WHARE (BEHIND SNAPDRAGON SHOP BY AMY STREET ENTRANCE) FOR AN AFTERNOON OF SHOPPING IN SUPPORT OF OUR KURA.

PAYMENT BY CASH OR EFTPOS.

## School Gardens

Thank you to everyone who came to help tidy up the school gardens, they really look great now!

And a big thank you to Christian from the RSST, who organised the donation of all the pea straw covering the garden beds, protecting the soil for winter.



## CONGRATULATIONS ISA

Isa Hamill, Class 5, won double gold in the Gi and No Gi division at the international Brazilian Jiu Jitsu Oceania Open competition on April 13/14th in Auckland.

Outstanding work, Isa!



## COMMUNITY NOTICEBOARD

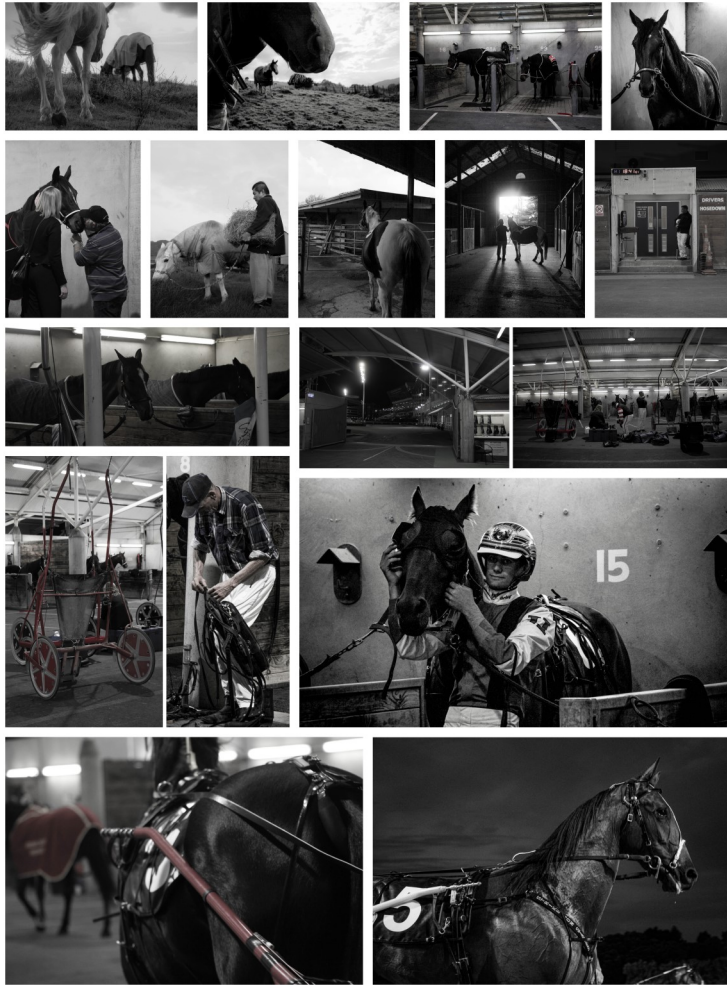
- **For Sale** - 2 brm unit for sale on Amy St. A hop, skip and a jump to school. [raywhite.co.nz/auckland/auckland-city/ellerslie/EPS32534/](http://raywhite.co.nz/auckland/auckland-city/ellerslie/EPS32534/)

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.

# Caixia Tan's Photography selected for NCEA Top Art Folio Exhibition 2024



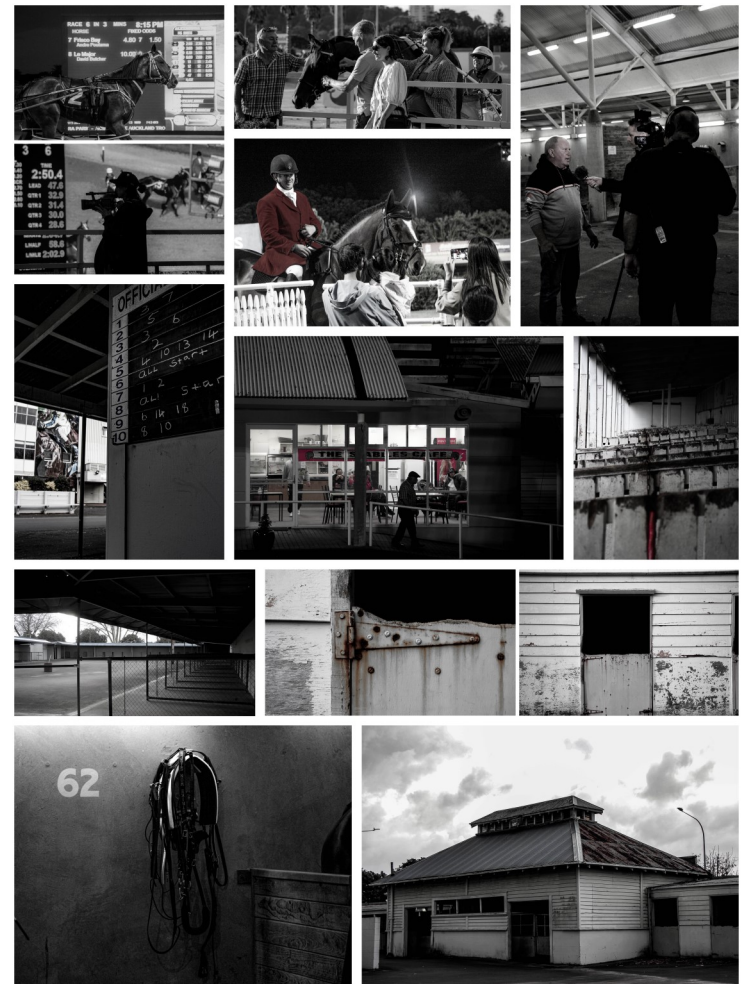
This year we had another Visual Arts student's folio chosen for the NCEA Top Art Exhibition. A huge well done to Caixia Tan for having her beautiful Photography boards picked. Her work was selected from NCEA's 2023 submissions and is part of a touring national exhibition that show cases outstanding exemplars of students' work. Here is what Caixia had to say about her Photography folio boards.

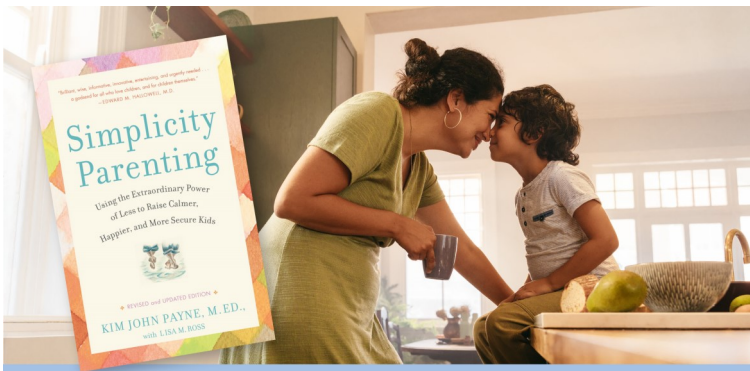
*"The development of my ideas came very naturally throughout the year, after my original shoot with my own horses relaxing in their paddock. After shooting multiple times at different race days, it made sense to me to show the horses inside the stables or with their handlers before showing them working/racing. Towards the end of the year I come across an older racetrack with somewhat abandoned facilities, which raised me the question of what happens to these places once the horses and people are gone?"*

*One interesting issue I ran into when shooting sport horses was how chaotic the photos felt with all the mis-matching colourful outfits and gear. By utilising black and white photography I felt I was able to show my subjects more authentically and create a much more striking effect. It also emphasised the athleticism and power of the horses as well as the adrenaline of the race.*

*I used many classic photography techniques such as low angles to emphasise the power of the races horses as well as symmetry/asymmetry to frame my subjects. I used a repetitive motif of racing numbers as well an accent colour of red throughout my boards to tie my work all together."*

**If you have time, pop in to see prints of Caixia's folio boards in our school reception. Once again, congratulations Caixia!**





## 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)

 Leah Corbett

EMPOWERING PARENTS | [www.leahcorbett.co.nz](http://www.leahcorbett.co.nz)

WE ARE HAVING A CLEAROUT

# HUGE GARAGE SALE!

Kindergarten toys, camping gear,  
games, kayaks, supersoakers,  
scooters, bikes, kitchenware, heaters,  
duvets, books, and unicyles!

**40A BALLARAT STREET,  
ELLERSLIE**

**SUNDAY 5TH MAY 3PM**

**TEXT 021783283 WITH ANY QUESTIONS**

Pay by cash or bank transfer

RSST PRESENTS...

## PARENT EDUCATION PROGRAMME

Bringing together whānau & community to experience Steiner Education.

## GREENWOOD CARVING with Luis Bernal

SATURDAY, 18th MAY 2024

9.00am – 4.00pm

Under the tent, working with traditional drawknives at shaving horses.  
We'll also bake sweet cinnamon damper bread at an open fire.

Cost: \$50 full day or \$25 half day

Venue: Outdoor Classroom Tent, Michael Park School

RSVP: To register for our parent workshops,  
please email Dana in the school office:  
[danam@michaelpark.school.nz](mailto:danam@michaelpark.school.nz)

# KRISH COOKS!

## Special Weekend Offers

Give your tastebuds  
a treat from Sri Lanka

Gluten Free + Vegan Available

Contact For Details



+64220351016

## COMMUNICATION FOR CONNECTION

### NVC FOUNDATION WORKSHOP

This weekend workshop will be held in Titirangi, Auckland and is suitable for all levels of experience and relevant to individuals, couples, parents, teachers and counsellors

MAY 25 - 26

9 AM - 4:30 PM

#### DAY ONE

We will focus on connecting communication and an integrated relationship with yourself, building capacity for greater inner clarity and freedom.

#### DAY TWO

We build on Day 1 to bring these new skills into our relationship with others - for deeper collaborative and nurturing connections.

**Nonviolent Communication (NVC)** is a simple, practical and effective tool we can use to enhance our communication skills to speak and listen more effectively, reduce reactivity, increase compassion, and cultivate deeper connections with our loved ones, friends and colleagues.

- \$300 pp before May 16 (then \$330 pp)
- Bring your own lunch (tea/coffee provided)
- Participants must attend both days
- Limited to 20 places
- Titirangi Rudolf Steiner School



Filipa Hope - Certified NVC Facilitator

By the workshop's conclusion, you'll learn to diminish misunderstandings, recognise people's needs (including your own), and communicate confidently and positively, fostering improved relationships and connections.

For enquiries and registrations: [filipahope@gmail.com](mailto:filipahope@gmail.com)

## One Day SALE



Saturday, May 11th

From 10:00 AM to 12:30 PM

Join us @ 17 Marewa Rd, Greenlane, Gifts for Good container store

- 🎁 Don't miss out on our incredible fabric sale!
- 🌍 Premium designer textile brands
- 👩‍🎨 Handcrafted goods by skilled volunteers
- 💰 Bargain Prices: Bundles for \$2, \$5, and \$10 each
- 🧵 Specializing in cottons, linens, outdoor fabrics, curtains and more!

Join our passionate volunteers in the noble cause of freeing women and children from trafficking, violence and abuse



Concussion Recovery Assessment of New Zealanders in Adolescence and Childhood



THE UNIVERSITY OF  
WAIKATO  
*Te Whare Wānanga o Waikato*

**We are recruiting families of children and youth (age 5-17 years) who have had a concussion or mild TBI in the last ten days to take part in a study**

#### What will you have to do?

Parents/Guardians and children/youth will be asked questions about their health, feelings and behaviour, and usual activities. We would like to talk to you soon after the injury, then at 1 month, 3 months, and 6 months to find out about your recovery. We can talk to you on the phone, on zoom, or in person.

Each participating family will be given a \$20 voucher for each assessment in appreciation of your time.

Please contact us to find out more

Email: [concussion@waikato.ac.nz](mailto:concussion@waikato.ac.nz)

Tel: 0220159773

[facebook.com/cranialc.nz](https://www.facebook.com/cranialc.nz)

The study is being led by Professor Nicola Starkey, University of Waikato ([nstarkey@waikato.ac.nz](mailto:nstarkey@waikato.ac.nz))



The study has been approved by the Health and Disability Ethics Committee (19/CEN/183)

Version 4 16/02/23



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



# WEEKEND NETBALL SKILLS CLINICS



Looking for opportunities for your child to play netball outside of school?

- Open to boys & girls
- 6 week programme
- Individual registrations
- Netball skills and match play

Windmill Park  
Sat mornings  
Years 1-6  
Starts 12 May

St Johns  
Sun afternoons  
Years 1-8  
Starts 13 May



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)



## AUCKLAND COLLEGE CLIMBING SERIES

Indoor Rock Climbing Competitions

Absolute beginners to experienced

Next event Boulder: Northern Rocks 19 May

Round 3 Top rope : Vertical Adventures 23 June

Round 4 Boulder: Boulder Co 11 August

\$25 per event, includes gear hire

Register via school sports coordinator, deadline 9 May (or 10 days prior to each event).

For more info see:

[Auckland College Climbing Series website](#)

(under Auckland Sport Climbing Club)

or email [accseries1@gmail.com](mailto:accseries1@gmail.com)



# ANISHA'S CAKES

CAKES FOR SPECIAL OCCASIONS

OPTIONS FOR VEGAN,  
GLUTEN FREE & NO  
REFINED SUGAR CAKES



Contact Anisha from class 1:  
[ANISHAKHAMBATTA@YAHOO.COM](mailto:ANISHAKHAMBATTA@YAHOO.COM)

021 159 26 44



**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 eurhythm, 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 2024. 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 2024:**

**Seminar One:** Monday 27 May - Friday 31 May

**Seminar Two:** Monday 5 August - Friday 9 August

**Seminar Three:** Monday 4 November - Friday 8 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. All three seminars are payable on enrolment at least one month prior to Seminar One. **Come with a friend and get a 5% 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](http://www.taruna.ac.nz)

**or inquire in person on 06 8777174 or [info@taruna.ac.nz](mailto:info@taruna.ac.nz)**