



**COMING EVENTS**

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

- Saturday 8 June Garden working bee 10-12**
- Saturday 8 June High School Ball**
- Wednesday 12 June Open Day**
- Thursday 20 June Classes 3-7 Theatre Trip**
- Friday 21 June Takurua Festival**
- Monday 24 June Kindy Koru Festival**
- Monday 24 June Class 1 Parent Meeting 7pm**
- Thursday 27 June Matariki Breakfast 6.30am**

outside of the classroom. I am looking forward to putting my dance shoes on.

Have a wonderful weekend, koutou.

GO THE BLUES  
GO THE WARRIORS  
WELL DONE QUEENSLAND

Ngā mihi nui,  
Desmond Pemerika  
Tumuaki

**LIBRARY FEATURE**

Our school librarian, Kura Rutherford, wrote a wonderful feature article about her role as kaitiaki of our library and how it supports our curriculum and our approach as a Steiner school.

*"The Steiner curriculum is often described as a healing education, and as an ex-nurse and an English literature graduate, I am really grateful for the opportunity to bring my studies together in the school library; using literature and the library to support the education's overall goals of helping students develop resilience, optimism and resources to meet life's challenges."*



Read more about Kura's dedication and passion and how she creates a magical library experience at Michael Park School.

[www.thesapling.co.nz/librarians-of-aotearoa](http://www.thesapling.co.nz/librarians-of-aotearoa)

Kia ora whānau,

Ehara taku i te toa takitahi, engari he toa takitini – My strength is not that of a single warrior but that of many.



I would like to take this opportunity to thank whānau who have supported our kura this term with the numerous initiatives happening throughout our school, be it the upkeeping of our gardens and grounds during the weekend working bee, our advertising campaign over the past month, our parent woodwork and ceramics evening classes, setting up and organising an after school care program, supporting kapahaka and coaching and managing our winter sport teams to name a few. All of these initiatives have a commonality of placing our tamariki front and center of why we do this. Ngā mihi nui koutou for the awahi and mahi being carried out for our tamariki and our kura.

A final reminder of our open day on Wednesday, spread the word to whanau and friends who may be interested in our school. There are two sessions, 9:30am or 3:30pm where groups will be shown around our kura and kindergarten.

Tomorrow night our high school will be having their school ball. It is a special event on the school calendar for staff and students to dress up and share an evening together

**OPEN DAY 12 JUNE**



# TAKURUA FESTIVAL

As we approach midwinter, we are preparing ourselves for the Takurua (Mid-Winter) Festival, happening on Friday, 21 June (on the winter solstice).

After last year's particularly wet winter, this year the beginning of the season felt more traditionally wintery. On the surface, where the plant world comes to a relative stillness, we see fallen leaves, damp soil and cloudy grey skies, while the activity moves down to the roots, where the sap and the seeds wait dormant with all their potential, gathering energy and strength in wait for warmer days away from our awareness, invisible to our senses. It is in winter that we feel closer to earth, as our connection with the natural world deepens, and we turn inward in search of answers. This is very different to the summer days we long for, where our focus is very external, and our spirit is lifted outward.



If we remember how nature works, we can find rebirth in decay, and hope and beauty in damp, short days. Walking with lanterns is also a helpful metaphor for the light we need to kindle within at this time of year. With so little outer light, it is a time for us to reflect on our inner selves and let our own light carry us through the darkness and towards the light of spring in months to come. Carrying our lanterns through the dark, with only candles to light our way, is a reminder that we can all find that light within ourselves, and it is up to us to let it shine forth for others too.

We hope you will join us for the festival in two weeks. There are few opportunities in our school to gather our whole community for an evening of celebration and joy. We are especially hopeful that we will see more of our teenagers too.

Preparations are well on their way: Class 7 is developing their leadership and preparing a movement performance with fire staves to lead the walk; Classes 1 to 6 are rehearsing the songs they will perform for us; Class 6 has spent a couple of weeks making grottos out of clay and will be setting up beautiful little villages along the walk, and lower school teachers are preparing stories to tell their classes and making the traditional lanterns with their students. Class 8 will be selling food from the lunch bar and warming up the festival mood after school. A precise time will be confirmed closer to the festival.

The festival will start at 5:30pm, at the stairs in front of classes two and three, with inspiring singing, after which the Lantern walk around the school will lead to the huge double spiral that will be set up by students on the soccer field (or the tennis courts if the field is too wet), and the festival will end with a few fires to roast food on. We encourage everyone who attends to walk the spiral as it builds beautiful sense of community (and to please do so *without* the light of your smartphones and as silently as possible).

So, undust your old lanterns or start making your new ones and get your gumboots ready...! See you on the 21<sup>st</sup>!

Essential Parent Information for the Festival Evening:

- Class 8 food bar. Food available from early afternoon. TBC
- 5:15pm - the bell will ring and students go into classrooms to light their lanterns.
- 5:30pm sharp, start of the festival. Singing – walk – spiral – students go back to their classrooms for story – Fires lit up for food roasting. (Parents become responsible for their children from this point onwards). Intended end of the festival - around 8pm.
- ***We would appreciate your help for our LANTERN JAR COLLECTION from Monday. All sizes welcome. A plastic crate will be available at the auditorium entrance for people to deposit them all through next week: Empty clean jars please (no labels). Lids are welcome.***



## Parent Action Group

Looking forward to seeing many helpers this weekend at the school Gardening working bee. We'd love some help to make our school sparkle for next week's open day. Soup and bread provided. Bring a bowl, spoon and your gardening gloves! 10-12pm, drop in any time, all welcome!

### ***Why did you join the Parent Action Group?***

Firstly, I have three young tamariki - Adele in Class 2, Jerome Tuakana in Magnolia, and Matthew 2.5 years old, and so our whanau has a vested interest in building our best community! I feel our kura and its essence is a treasure and based on the adage "be the change you want to see in the world", it makes sense to get involved.

I attended the MPS Strategy consultation workshop last year and was both surprised by the challenges and inspired by the opportunities that exist for MPS. Based on this, our Parent Action Group really has lots of cool projects in mind. I am particularly passionate about connecting our school with previous MPS students and showcasing what a Steiner education has brought to them personally and professionally.



**David Maucor**

## Keen to join?

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



## WORLD VISION YOUTH CONFERENCE

On Tuesday the 7<sup>th</sup> of May, 6 senior members of the Gift of Hope Charity Team, as well as Mrs Zatta, had the amazing opportunity to attend the once-yearly World Vision Youth Conference. We were given opportunities to share personal opinions and values on social and environmental issues. There was a workshop that we did where we planned our 40hr challenge goal and how we could share this with the school.

The 40hr challenge will be taking place from 21-23 June and we are raising money for the climate crisis whilst working with those in Timor Leste to restore forests and crops that have been destroyed by floods and droughts as a result of climate change. We got to hear from some very inspirational guest speakers who spoke about their own experiences on leadership and representation, and depression and wellbeing. Overall, this was an amazing experience where we were able to become closer as a team and also share great ideas.

-MPS Charity Team



## TE AO MĀORI

A space dedicated to promoting te reo me ōna tikanga Māori

### Matariki Heri Kai



The Matariki theme for 2024 has been unveiled by Professor Rangi Matamua. 'Matariki Heri Kai - The feast of Matariki,' is taken from the Māori proverb 'Matariki whetū heri kai' meaning 'Matariki, the

bringer of food'. This proverb acknowledges the connection between the reappearance of Matariki in the sky and the bounty of the season to come. This theme encourages us all to come together, to journey home, to feast as a whānau, and to acknowledge the role of the environment in our wellbeing.

#### Some ideas for planning the Matariki feasting:

- Start a culture for rēwena bread. There is a beautiful article about the whakapapa of rēwena bread here (highly recommended to read this with a cuppa beside a warm fire!). [garlandmag.com/article/rewena-bread-a-nourishing-food-with-whakapapa/](https://garlandmag.com/article/rewena-bread-a-nourishing-food-with-whakapapa/)
- Start planning a Matariki feast that celebrates the stars, finding ways of incorporating something from the garden (Tupuānuku), forest (Tupuārangi), fresh water (Waiti) and ocean (Waitā).
- Start your day with a warm kawakawa tea – a daily reminder that warmth, both physical and emotional, are some of the most valuable things we can gift our whānau. Listen to a Steiner school alumni talk about kawakawa tea on RNZ here. [www.rnz.co.nz/national/programmes/afternoons/audio/2018850462/how-to-make-the-perfect-kawakawa-tea](https://www.rnz.co.nz/national/programmes/afternoons/audio/2018850462/how-to-make-the-perfect-kawakawa-tea)

#### Kawakawa tea:

The heart-shaped leaf of the kawakawa tree is full of wintery goodness. Packed with vitamin C, it is a digestive aid, immune booster, and blood purifier.

- Pick three or four leaves (the leaves closer to the stem full of holes are the most potent – the caterpillars are showing you to the best leaves).
- Bruise the leaves to help release the flavour.
- Simmer for 10 minutes (with the lid on to keep in the goodness) with 2 slices of ginger, and then add juice of a lemon, and a good dollop of honey.



# OUR SCHOOL GARDENS

Organised by the Parent Action Group

Our school gardens need some helping hands!

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 8th of June**

(weather permitting)

**10am-12pm**

**Drop in any time!**

For more questions txt

Nina on 021 208 6206



## CLASS 12 PHYSICS TRIP

It was a fun filled day for L3 physics students at Rainbows End on Friday 17th May. Students conducted themselves in a manner that is proudly MPS, as we joined Ormiston and Pakuranga schools doing the same project.

Amongst all the thrills and laughter, students made observations and collected data while on the rides. After five weeks of learning, research and their experience on the rides, they will present a comprehensive report on the concepts and principles of Physics on their chosen rides.

Teachers had "fun" too. Mostly that involved looking after Mr Mander after he tried the Statosphere ride.

T Mander (MPS Physics)



## WALKING ON STILTS

Traditional wooden stilt walking provides a multitude of benefits, serving as an engaging form of exercise that targets core muscles, improves balance, strengthens leg muscles, and enhances overall coordination. Additionally, it requires plenty of concentration, adding to its value.

Class 4 has been diligently practicing stilt walking, with students improving their skills and developing a sense of control and mastery. They find it rewarding to challenge themselves to reach new heights and adjust their levels based on their confidence.

During practice sessions, students have navigated obstacle courses, participated in speed races, and simply enjoyed the experience together, promoting communication, teamwork, and a sense of camaraderie.

Stilt walking is not just for the younger classes as it can also be incorporated into Upper School programs, teaching students about balance, equilibrium and displacement. This hands-on experience helps them understand concepts such as centre of gravity, weight distribution and coordination.

In Class 4, stilt walking is embraced for its joy and excitement, offering students a unique and enriching experience that transcends mere physical activity.

# MODEL UNITED NATIONS ASSEMBLY

Ola Amigos and Hello,

Held over the 24th and 25th of May at Rosmini College, MUNA (Model United Nations Assembly) 2024 was yet another in a long line of successful events. Students from 56 schools were present, each having prepared extensive research to represent their allocated UN country, contributing to an exciting event full of debate, discussion, and new amendments. The remits for this year are:

- 1. The United Nations calls upon member nations to respect the territorial sovereignty of all members.*
- 2. The United Nations calls upon all member nations to confirm commitment to the equality of women.*
- 3. The United Nations calls upon the members of the G20 to help address growing climate inequities.*
- 4. The United Nations calls upon its members to establish a commission for the conduct of nations in space.*

There is no doubt that MUNA 2024 has been a catalyst in allowing students to grow into responsible, confident young leaders who will stand up for what they believe in.

Finlay Newton, Luca Newton, Nulara Ratwatte and Zach Mole from Class 11 represented The Gambia, a tributary west African country actively supporting Remit 2 and 3.



Ben Edwards, Leon Kment and I (Luka Winz) from Class 12 represented The Republic of Portugal, West Europe. We chose to represent the football culture in Portugal. CR7 FTW! Showed their confidence and became popular in the politicians in the Western block debating and supporting Remits 1 and 3.

Leon said that: "MUNA is such a great opportunity to get a first hand experience of what United Nations Assemblies are like and how tricky it can be to make changes, but also how fascinating it is to be able to shape the future for so many people and the importance of that."

This was my second and final time at MUNA. I have loved meeting and making friends from all around Auckland, learning about politics and having a fun time with my team. I will definitely miss it.

I am looking forward to hearing about next year's MUNA, especially as there are spaces for new students to form our next Michael Park team - Please talk to Mrs Valyashko if you are interested in joining!

Once again a massive thank you to Aliona Valyashko for organizing and coordinating our teams, supporting and driving us, both figuratively and literally to MUNA.

Luka Winz, Class 12, 2024

Video link to photo slideshow: [MUNA 2024 Video](#)



- **Do you have a baby due in June, July or August 2024?**
- **Are you willing to participate in 1 hour observations each week, over your baby's first year?**

Hello, my name is **Angela Shaw** and I am a Registered Psychotherapist undertaking additional training with the New Zealand Institute of Psychoanalytic Psychotherapy. I am the parent of a graduated student of Michael Park School.

I am seeking a training experience of observing an infant with their parents/caregivers from the earliest stages of life.

The purpose of this observation is to gain a more in-depth understanding of baby's very early ordinary development during the first year of life, with no particular concerns. The emphasis of the observation is on baby's growing relationships, capacities and activities.

No special activities need to be arranged, the aim is to observe baby in their usual routine and everyday life, in a very respectful way (even if they are sleeping!)

By participating you will be contributing to the training and development of clinicians who will bring their experience to therapeutic work with parents/caregivers and infants, as well as in their clinical practice in supporting children and adults.

I would be delighted to hear from you if this is of interest.

**Angela Shaw**  
**0212557154**



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MON - THURS 3pm - 5.30pm

Bookings and enquiries please contact  
[brian@clevernz.com](mailto:brian@clevernz.com)



RSST PRESENTS...

## PARENT EDUCATION PROGRAMME

Bringing together whānau & community to experience Steiner Education.

# HANDWORK with Michelle Mullany

SATURDAY, 15th JUNE 2024

WORKSHOP ONE: **Crochet for beginners**  
**9.00am - 12.30pm**

WORKSHOP TWO: **Cross stitch for beginners**  
**1.00pm - 4.30pm**

Venue: Handwork Room, Michael Park School

Cost: \$30.00 per workshop

RSVP: To register for our parent workshops,  
please email Dana in the school office:

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



## COMMUNITY NOTICEBOARD

- One of our MPS families is moving to Paris and would love to know if anyone has a connection with the Steiner school over there. If you can help, please contact Monica [monica.target.edu@gmail.com](mailto:monica.target.edu@gmail.com)
- **All Together Choir Jamboree Concert** - MPS Auditorium Saturday 8 June 3.30pm – 4.30pm. Gold Coin Donation. See them at the World Choir Games in July.

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.

## BEANIES FOR KURA



contact Jana on 0210 238 2314 to place your order

## Shaping Life Together

### SPIRITUAL INSIGHTS TODAY

Join a series of talks with **Ann-Marie Jacobs-Brown**

The Mystery of Christian Rosenkreutz and why the time for active Rosicrucianism is now

**SUNDAY 23RD JUNE 2024**  
3PM - 5PM



THE POLISH RIDER  
REMBRANDT

Rudolf Steiner House

104 Michaels Avenue,  
Ellerslie, Auckland

Koha \$10-30 Adults only

**FOR MORE INFO:**

[jacobs-brown@xtra.co.nz](mailto:jacobs-brown@xtra.co.nz)  
[hello@diannabrinsden.co.nz](mailto:hello@diannabrinsden.co.nz)

Christian Rosenkreutz, a mysterious figure associated with great figures like Elijah, John the Baptist, Lazarus, Raphael, Novalis, and Count St Germain, reminds us of our spiritual origins - that 'Out of the Godhead is mankind created'.

Rudolf Steiner referred to Rosenkreutz, the founder of the Rosicrucian movement, as the 'the greatest teacher of Christianity'. This talk delves into the enigma surrounding this individual, and how we can consciously and actively align with the Rosicrucian stream for the sake of humanity.

Ann-Marie Jacobs-Brown

Prior to the talk you're warmly welcome to a shared lunch, please bring a plate. Followed by Performing Arts with Michael Burton - Speech Kimberle Haswell - Eurythmy Stuart Lithgow - Music 12:30pm - 3pm

## Shaping Life Together

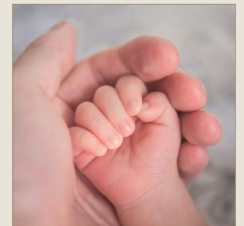
### MOTHERING TODAY

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 16TH JUNE 2024**  
9:30AM - 12PM



Life Phases - Biography & Matariki 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 Biography work that reflects on life stories and explores the life phases of the archetypal human journey. With guest speaker Dee Landon.**

Hosted by early childhood educators.

**STACEY MCMANUS & MICHELLE MULLANY**

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)

<b>REMUERA</b> St Michael's School July 8 & 9 & 10	<b>WESTMERE</b> Westmere School July 15 & 16 & 17	<b>ALBANY</b> Albany Village Hall July 15 & 17 & 18
<b>OREWA</b> Orewa Beach School July 9 & 16	<b>WARKWORTH</b> Warkworth Masonic Hall July 11	

**Price: \$85 per child | Winter Promo: Two for \$150!**

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Your Village By The Sea

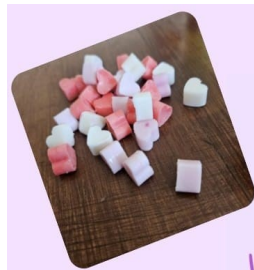
SUNDAY  
16<sup>th</sup>  
JUNE

# MID WINTER MARKET

PLUS THE FOUR SQUARE POLAR PLUNGE & BIG DIG



Join us in the village Sunday 16th June 10am-3pm for a day of stalls, market day specials, live music, PLUS: The Four Square Big Dig and Polar Plunge at 3pm.



## WICK & WHIMSY

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At Wick and Whimsy, we believe in the power of scent to transform any space into a haven of tranquility, enchantment, or nostalgia. Each candle is meticulously crafted, blending premium soy wax with carefully curated fragrances to ignite your senses and elevate your everyday moments. From cozy evenings curled up with a book to vibrant gatherings with loved ones, our candles set the scene for unforgettable experiences. Discover the magic of Wick and Whimsy and let your space come alive with the flicker of a flame.



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5 DAYS | AGES 8 - 17

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## Sound Bath Meditation

Sunday 26th May, 2pm  
Saturday 8th June, 2pm

The Villa, Ficino School

Class 8 Renaissance Trip - 2024 Fundraiser

Come and unwind with a 1 hour Sound Bath meditation with Mary Marok and enjoy a hot cocoa afterwards. You will be listening to a variety of instruments as you are guided by Mary's voice in to a deep and relaxing meditation. Age 13+ event. \* Bring a yoga mat, blanket and pillow. Eye mask optional \*

"A Sound Bath is a full-body, immersive listening experience that uses sound to gently but deeply relax the body and nurture the mind. The experience begins with each person seated in a comfortable position or lying down, some people may choose to use a blanket and an eye mask. The practitioner uses the human voice and/or various instruments to guide participants into a meditation by enveloping them in the vibrations of sound and stillness.

Sound baths are excellent for people who find their minds are too active to sit in traditional forms of meditation. They are an excellent tool for managing stress and releasing the anxiety of our busy lives.

Mary Marok has been working with sound her whole life, learning various instruments and singing since childhood. She studied theatre and worked for many years as a voice-over artist. Through her own journey she discovered the power of sound and loves to share the gift of this deeply healing experience with others."

**BOOKINGS email:**  
vanitaandrews@me.com  
vjokhun@gmail.com



Minimal spaces  
Book in early!  
\$45 per person OR 2 for \$80