



### COMING EVENTS

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

<b>Tuesday 13 May</b>	<b>High School Parent/Teacher Interviews 11am-7pm</b>
<b>Wednesday 14 May</b>	<b>Helping Hands Meeting 6.30pm</b>
<b>Thursday 15 May</b>	<b>Class 2 Parent Meeting</b>
<b>Sunday 18 May</b>	<b>Biodynamic 'Gardening to Plate' Workshop</b>
<b>Saturday 24 May</b>	<b>Handwork Parent Workshop</b>

Kia ora whānau,

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



A very warm welcome to our new  
students and whānau who joined our kura this week — it is  
truly wonderful to have you as part of our school community.

Over the term break, we were able to complete several  
maintenance projects around the school. These included  
repairing the asphalt throughout the lower school and carrying  
out general upkeep of our gardens and grounds. It's great to  
see these improvements making a difference to our  
environment.

We were also fortunate to have 30 staff members from our  
kindergarten and school attend the Kolisko Conference in  
Hastings. This was a valuable opportunity to connect with  
Steiner teachers from across Aotearoa, Australia, Fiji, and with  
Anthroposophical doctors, nurses, social workers, and medical  
practitioners. We all came away inspired and are excited to  
bring what we've learned into our work with your tamariki.

Our new lunch menu began this week — and I have to say, the  
samosas and pasta bake have been particular favourites  
already!

Looking ahead, we have a number of events planned for this  
term, and I'm very much looking forward to the opportunities  
we'll have to come 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.

UP THE WAHS

WELL DONE AUCKLAND FC

Ngā manaakitanga,

Desmond Pemerika

Tumuaki

### LIBRARY NEWS

Please note that the library will be closed  
from 3pm each day Week 1-3, Term 2.

Kura will be away Week 1-3, and Alice  
Newman will be our relief library assistant  
during this time.



### MPS Community Skill Share

A reminder about the Michael Park School Community Skill  
Share - a resource designed to enrich our school and connect  
our community. This initiative has two key purposes:

- It offers parents the chance to volunteer their unique skills, talents, and strengths to support school projects, fundraising, and activities that enhance our school's profile - all on a voluntary basis.
- It provides a platform for parents to showcase their professional skills and services to the wider school community, creating a supportive network for offering expertise for paid work.

When completing this form, you can decide whether to include  
your skills in one or both sections. This form is not compulsory  
to complete.

[Click here to add your skills to the list.](#)

[Click here to view the  
Community Skill Share Page.](#)

This initiative is all about bringing us together, strengthening  
our community bonds, and achieving shared goals.

## TRY SOMETHING NEW IN TERM 2

### PARENT-LED CRAFT GROUPS

#### WOODWORK

RECENTLY MAKING SWORDS AND TOYS.  
MICHAEL PARK SCHOOL WOODWORK ROOM  
CONTACT JAMES FOR DAY AND TIME  
[jameslwalden@gmail.com](mailto:jameslwalden@gmail.com)

#### DOLL & CRAFT

RECENTLY MAKING FELT TOYS, DOLLS AND SEASONAL DECORATIONS.  
FEEL FREE TO BRING YOUR OWN PROJECTS  
FRIDAY MORNINGS 9-11:30AM  
CONTACT  
[robbie.gaskin@gmail.com](mailto:robbie.gaskin@gmail.com)

#### CERAMICS

WEDNESDAY EVENINGS 7-9PM  
CERAMICS ROOM PAST THE MICHAEL PARK SCHOOL RECEPTION  
CONTACT  
[robbie.gaskin@gmail.com](mailto:robbie.gaskin@gmail.com)

CREATIVE ISN'T SOMETHING YOU ARE,  
IT'S SOMETHING YOU DO



The Snapdragon team would love to have donations of pre-loved waldorf toys and dolls in good condition, which Snapdragon will sell at the fair.

These may be dropped off to the school office, where there is a collection box for your donations.

Thank you!

### COMMUNITY NOTICEBOARD

*Looking to support trades and services within our school community? [Click here for the Community Skill Share list.](#)*

- **3-Bedroom Unit for Rent right next to MPS:** \$750 per week. Available early to mid-May. Recently renovated kitchen, including dishwasher. Recently renovated bathroom and separate toilet. New heat pump and ceiling insulation. Internal entry single garage and off-street parking. Plenty of room for gardening. No smoking/vaping, no dogs. Please contact Murray 021 2463465 or Annette 021 542559
- **2-Bedroom Unit for Rent on Michaels Ave:** Available from mid-May/beginning of June neg. \$560pw including lawns. Sunny on all sides with large garden, trees, new bathroom. Ideally willing to take over resident chooks. 021 177 8444 Ines
- **Seeking flatmates** in a brand new home. Ideal flatmate must be friendly, clean and tidy and treats the home as their own. Rent includes internet, other bills are shared depending on the usage per month. Rooms are ground floor with shared bathroom and access to garden / deck. Room 1: \$250/week (Small Room). Room 2: \$350/week (Bigger Room). Contact Tripty for more details/viewing times. 020 488 3565
- **Celebrate the opening of Michaels Ave Playground.** Join Ōrākei Local Board for the FREE after school celebration, including a sausage sizzle, candy floss, a bouncy castle, YMCA giveaways and more. Friday 9 May, 3.30-5.30pm. Michaels Ave Reserve, 44 Michaels Ave, Ellerslie.
- **Personalised evidence-based natural health care.** I will work with you at the Paua Clinic in Ellerslie where I will create a tailored plan to support your wellbeing. Book a consultation today and take advantage of this unique opportunity to improve your health while supporting my hands-on learning as a final year student practitioner. To book your consultation, get in touch with Bianka at [bianka.glendinning@spcnmstudent.ac.nz](mailto:bianka.glendinning@spcnmstudent.ac.nz) or 0210796122

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

## The Dhal Wala

### MPS Lunch Bar

The Dhal Wala serves delicious homemade lunches for \$5 a bowl, from **Monday to Thursday**. Also available after school - dinner sorted!

Most ingredients are vegan, gluten & dairy free & 100% fabulously made!

#### Discover Our Winter Menu

We are thrilled to introduce our new winter menu featuring a variety of flavoursome dishes to keep you warm and satisfied throughout the season. Check out what we have in store for you by downloading our new menu here:



#### Dhal Wala Winter Menu

We are excited to add **Pasta Bake Thursday**! We have GF & traditional pasta bakes which are both vegan (vegan cheese) & a yummy potato cheese bake - also vegan. If you are after snacks, we have **samosas** and **Mumbai potato croquettes**, as well as **juicies** and **blackcurrant hot toddies**!

Get your orders in: [Visit the Dhal Wala website](#) for more info or to pre-order.



# The Biodynamic Journey: Garden to Plate

## YOUR FACILITATORS

**Gill Bacchus** (Author, 'Love your Veges') has an MSc. in Soil Science and Human Nutrition and has extensively researched the benefits of organic nutrition. She promotes growing practices that enhance soil and food vitality for better health.

**Diane de Saint-Quentin** is an educator in community gardening where she teaches sustainable biodynamic methods.

**Kevin Helas** (founder, The Wholefood Kitchen) is committed to supporting people to enrich their relationship with food & cooking.

For enquiries, email  
[hello@diannabrinsden.co.nz](mailto:hello@diannabrinsden.co.nz)

## BIODYNAMIC WORKSHOP & CULINARY EXPERIENCE

Learn about biodynamic gardening and growing nutrient-rich food; cooking delicious, one pot meals from scratch using fresh, seasonal ingredients straight from the garden, foraged, or sourced locally.

Date: **Sunday 18th May** 9:30am - 1pm

Includes a cooking demonstration and tasting.

Location: **Michael Park School Kindergarten**  
55 Amy Street, Ellerslie, Auckland

Cost: **\$45**

## TO REGISTER

<https://events.humanitix.com/the-biodynamic-journey-garden-to-plate>



RSST PRESENTS...

## PARENT EDUCATION PROGRAMME

Bringing together whānau & community to experience Steiner Education.

# HANDWORK with Michelle Mullany

**SATURDAY, 24th MAY 2025**

**WORKSHOP ONE: Crochet for beginners**

Learn to crochet a facecloth/dishcloth or similar

9.00am - 12.30pm

**WORKSHOP TWO: Sewing for beginners**

Learn to sew a fabric bucket

1.00pm - 4.30pm

**Venue:** Handwork Room, Michael Park School

**Cost:** \$40.00 per workshop\*

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

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

\*Please note that your place is not confirmed until payment is received.



# SCAMPS

Supervised Care After Michael Park School

**The after-school care service exclusive to MPS students 5yrs+**

A safe environment based in new facilities inside the park grounds and right next door to school!

3pm - 5.30pm - Mon - Thurs  
(during term time).

Fees are \$30 per day per child  
(\$25 per day for 2 or more siblings)

Bookings are made on a casual basis and charged on actual attendance only.  
Easy!

So, if you need just one day, two or more please make contact:

Brian McDonnell

**Brian@clevernz.com - 0210 737 767**

All enquires are welcome!



**THE CHRISTIAN COMMUNITY**  
THE MOVEMENT FOR RELIGIOUS RENEWAL

You are very welcome to our  
**FAMILY AND COMMUNITY SUNDAYS**

**10.00 THE ACT OF CONSECRATION OF THE HUMAN BEING**

Followed by morning tea

**11.30 FAMILY AND COMMUNITY TIME**  
with singing, story and the  
**SUNDAY SERVICE FOR CHILDREN**

Followed by lunch. Please bring food to share.

Dates for 2025:

March 2, May 4, June 1,

June 29 (Festival of St. John),

July 6, August 3, September 7,

October 5, November 2, December 7,

December 28 (Christmas festival)

10 RAWHITI ROAD ONE TREE HILL 09 525 2305

Hartmut Borries 021 259 8555 [hartmutborries@mailbox.org](mailto:hartmutborries@mailbox.org)

Cheryl Prigg 021 023 20932 [cheryl.n.p@gmail.com](mailto:cheryl.n.p@gmail.com)






# Play Chess!



- ✓ Improve concentration and focus
- ✓ Develop problem solving skills
- ✓ Develop strategic thinking
- ✓ Improve decision making
- ✓ Develop independent thought

**0800 4-CHESS** [www.chesspower.co.nz](http://www.chesspower.co.nz)

**Join our Chess coaching classes here at our school!**

-  Learn a new skill each week
-  Professional and accredited coaches
-  Well structured classes
-  Good mix of learning and playing
-  Skill ratings and progress reporting



Visit the Parents Centre on [www.chesspower.co.nz](http://www.chesspower.co.nz) to learn more

**Friday 2nd May**

Start date

**Friday 27th June**

End date

**Library 1.30 - 2.30pm**

Room

**\$ 140**

Term Fee

Register online today at [www.chesspower.co.nz/class-registration](http://www.chesspower.co.nz/class-registration)

## "Awakening the Etheric Heart"

### One Day Artistic Workshop

Offered by Tracey Murphy - Anthroposophical Art Therapist

**Venue - Titirangi Rudolf Steiner School Hall**

**5 Helios Place, Laingholm**

**Saturday 17th May- 9.30 - 3pm**

**Cost - \$90 (materials all provided)**

Tracey Murphy, is offering a one day artistic workshop.

Please note no drawing is involved in this process orientated practise.

We'll be working with Liane Collot d'Herbois' pioneering Light Colour and Darkness movement.

In this workshop we will practise mimicking the archetypal gestures of Light and Darkness using our hands in charcoal. When consciously practising these gestures, there is potential for space and depth to offer up a sort of mirror to us on the paper. In essence to make a carbon mirror.

In Anthroposophy we use the terms physical, etheric, astral and ego, in essence our four fold nature can be revealed directly onto the paper via the charcoal. This artistic work is a wonderful tool for shifting stuck habit patterns, and an opportunity to practise waking up to new gestures.

Awakening our etheric heart! Harmonising our very own Light and Darkness.

We will endeavour to translate our mornings charcoal exercise into colour gestures using watercolour in the afternoon session.

This workshop will be fully guided and no artistic ability or skill is necessary, and is open to anyone over 18 years of age, and for those who are ready for inner work and anyone who is curious to know more of themselves along life's journey.

**Registration is essential as places will be limited.**



To register please contact - Tracey Murphy  
[carbonmirrorsarttherapy@gmail.com](mailto:carbonmirrorsarttherapy@gmail.com)