

Glenaeon Parent Education

2018 Term 1 Program



Glenaeon
Rudolf Steiner School
Unfolding Individual Journeys

Welcome to Parent Education



It is said that it takes a whole village to educate a child. We could stretch the meaning to say it takes a whole school to educate a family. Just as our teachers work to make each class a “learning community”, so we strive to make Glenaeon a learning community for parents and friends of the school as well.

This booklet contains the schedule of Parent Education talks for Term 1 of the 2018 school year. There are a number of different events — some will help deepen your understanding of Steiner education, some will support you in working with your child at home, and some may even teach you a new skill. Our aim is to provide a program that caters to the needs and interests of parents at each stage of their Glenaeon journey, from early childhood right through to parenting teenagers.

The program is set out chronologically so that you can mark your calendar now for those events that you don't want to miss. The program contains a mix of weekday morning talks, evening lectures and weekend workshops, and they are held at either the Castlecrag or Middle Cove campuses. Please check the weekly Newsletter and/or campus noticeboards for confirmation of dates, times and venues, as well as new events that may be added to the program through the term.

We welcome your input for future programs and are always looking for suggestions and initiatives. Please email castlecrag@glenaeon.nsw.edu.au with your comments and feedback.

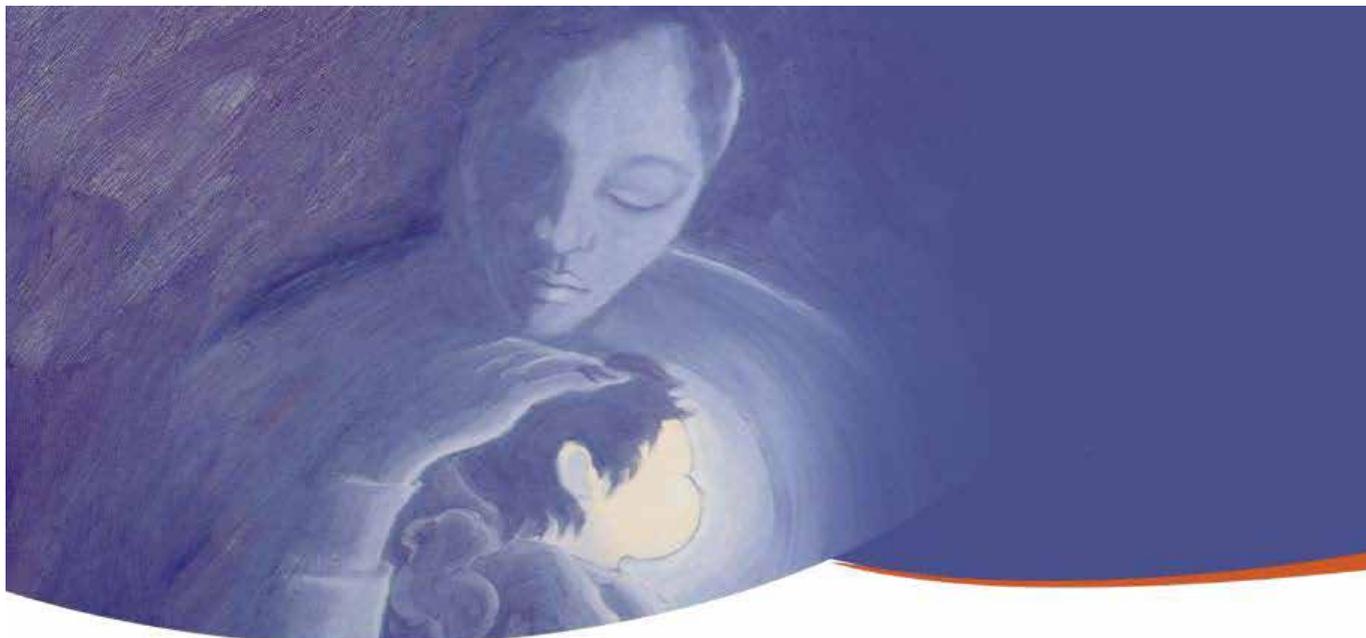
Schedule: Term 1

- SUNDAY 18TH FEBRUARY FULL DAY 9.00AM-5.00PM
Therapeutic Storytelling Workshop
Susan Perrow
- WEDNESDAY 21ST FEBRUARY 7.30PM
Celebrating Birthdays with Children
Ebba Bodame
- SUNDAY 18TH MARCH 2.00–5.00PM
Harvest Workshop
Ebba Bodame
- FRIDAY 23RD MARCH 9.15AM-11AM
Supporting your child through Steiner education
Lakshmi Prasanna
- SATURDAY 24TH – SUNDAY 25TH MARCH
Foundation Stone Meditation Weekend Workshop
Lakshmi Prasanna
- THURSDAY 29TH MARCH 7.00-10.00PM
Pysanky Easter Egg Decorating Workshop **Anthea and Eleanor Pilko**

Term 2

- WEDNESDAY 16TH MAY 7.30PM
The Glenaeon Journey
Andrew Hill

ACKNOWLEDGMENT. We are grateful to the Glenaeon Parents Association for generously funding this program for the benefit of the Glenaeon community.



Therapeutic storytelling

Addressing Challenging Behaviour and Developing Positive Values through the Medium of Story, with Susan Perrow

A one day seminar with Susan Perrow for Teachers, Parents & Health Practitioners



Susan Perrow (M. ED)

Susan is a writer, storyteller, teacher trainer and parent educator and has a combined 16 years' experience teaching in Steiner schools in Australia and Kenya. In 2000 she developed the first course on Storytelling for an Australian University (S.C.U.), and completed her Masters Research on Storytelling in a cross-cultural

situation (post-apartheid South Africa). From 2001 to 2003 she was funded by the Australian Government to pilot creative courses and (storytelling) resources for children with challenging behaviour – CARE Program, Byron Council. Today her time is spent writing, consulting with teachers, parents and therapists, and running workshops and giving key-note talks on therapeutic storytelling. Her three resource books, *'Healing Stories for Challenging Behaviour'*, *'Therapeutic Storytelling'* and *'An A-Z Collection of Behaviour Tales'* have been translated into many languages and the English publications will be on sale at the seminar.

• **DATE AND TIME**

Sunday 18th February 2018
9.00am to 5.00pm (registration – 8.45am)

• **COST**

\$50

• **VENUE**

Marion Mahony Griffin Hall
Castlecrag campus
121 Edinburgh Road

• **BOOKINGS ESSENTIAL**

Mary Heard, Castlecrag office:
9958 0774
castlecrag@glenaeon.nsw.edu.au
or Joy Day: 0451 152 227,
joyful7days@gmail.com



Celebrating birthdays with children

With Ebba Bodame

For a young child, birthdays are a stepping stone into a new stage of development in their life. During this session, Ebba will discuss how to establish a joyful family birthday celebration that will leave your child ready to embrace the new year with confidence.

Topics covered will include:

- Practical ideas on preparation
- How to celebrate
- How to structure the day
- Special items and symbols to enhance the day
- Birthday parties
- Ideas for gifts
- Building imagination and nurturing

• **PRESENTER**

Ebba Bodame has decades of experience in Rudolf Steiner early childhood education. Her talks, workshops, playgroups and training sessions have inspired a generation of parents towards healthy and creative child raising practices that are positive for children and deeply fulfilling for adults.

• **DATE AND TIME**

Wednesday 21st February 7.30pm

• **VENUE**

Playgroup room
Castlecrag campus
121 Edinburgh Road

• **ENQUIRIES**

Mary Heard, Castlecrag office:
9958 0074



Harvest workshop

With Ebba Bodame

During the course of this afternoon session, we will cover how to celebrate the turning of the year and bring a sense of the richness of each season to the young child. Ebba will discuss how our contemporary world can so easily miss the rich tapestry of Nature's garment that is all around us, constantly and subtly changing each day and each season.

In the first of our Seasonal Workshops, Ebba looks at the treasures that lie within Autumn, Harvest time and Easter.

Topics covered will include:

- Stories and songs suitable for the season
- Seasonal activities
- The Cosmos and the Earth
- You will also learn how to create a Nature table and make an Easter craft for it.

- **DATE AND TIME**

Sunday 18th March
2.00pm – 5.00pm

- **VENUE**

Marion Mahony Griffin Hall
Castlecrag campus
121 Edinburgh Road

- **COST**

\$10. Material included

- **BOOKINGS AND ENQUIRIES** Mary

Heard, Castlecrag office: 9958
0774

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Supporting your child through Steiner education

With Lakshmi Prasanna

What are your questions for Lakshmi as she brings her pictures, experiences and wisdom of the developing human being – a being of body, soul and spirit – to support health, wellbeing and balance in yourself, your family and your class community?

We look forward to your presence and active participation on the morning.



Lakshmi Prasanna (MBBS, DCH) was the founding president of the Anthroposophic Medical Society in India and has 25 years of experience as a paediatrician and school doctor, and has developed a deep understanding of the connections between education, child

development, health and parenting. She now works as a lecturer and consultant internationally.

Her presentations are engaging, heartwarming and popular with parents. For more info on Lakshmi's work go to www.blueskytherapies.com.au

- **DATE AND TIME**

Friday 23rd March
9.15am–11.00am

- **VENUE**

Marion Mahony Griffin Hall
Castlecrag campus
121 Edinburgh Road

- **BOOKINGS AND ENQUIRIES**

Mary Heard, Castlecrag office:
9958 0774 or
Joy Day: 0451 152 227,
joyful7days@gmail.com

- **PLEASE NOTE**

Lakshmi will facilitate a workshop weekend **March 24th & 25th: Mystery of Human Etheric, Physiology of The Foundation Stone Meditation.** Please register soon.

Lakshmi will be available for some 1:1 Educational consults during this visit. Bookings with Joy Day. (Some appointments early Saturday 24th morning and Monday 26th at this stage).



Pysanky Workshop

Traditional Ukrainian Easter Egg decorating

Do you want Easter to be about something more than chocolate eggs?

Taking the time to decorate an egg allows one to create a space for stillness and reflection – an artistic meditation. Traditional Ukrainian Easter Eggs are called Pysanky. The intricate traditional designs are laden with symbols. At this introductory course you are welcome to follow a traditional design or to make up your own unique contemporary design.

- **DATE AND TIME**
Thursday 29th March
7.00–10.00pm
- **VENUE**
Marion Mahony Griffin Hall
Castlecrag campus
121 Edinburgh Road
- **FACILITATOR**
Anthea and Eleanor Pilko
- **COST:**
\$40/\$20 students (year 4 and over).
Please bring 2 blown white eggs if possible.
- **BOOKINGS AND ENQUIRIES**
Mary Heard, Castlecrag office:
9958 0774



The Glenaeon Journey – an introduction for all new parents

With Andrew Hill

Andrew has taught every year of schooling from Class One to undergraduate university level, and is an experienced teacher trainer and adult educator. After years working in academia, a quest for a more enlivened form of education that would suit the demands of the future more creatively, led him to Steiner education, and he left an academic career to become a teacher. He has never looked back, and is still inspired by the creative approach to educating that stems from Dr Steiner's work. At Glenaeon he has taken two eight year cycles as a class teacher, taught at HSC level, been a mentor and teacher educator, as well as being involved in school management and leadership. He is regular presenter at education conferences.

- **DATE AND TIME**

Wednesday 16th May
7.30pm

- **VENUE**

Marion Mahony Griffin Hall
Castlecrag campus
121 Edinburgh Road

No bookings required



Grassroots Eco Store

Grassroots Ecostore provides products that support Rudolf Steiner's educational impulse and ethical and organic/biodynamic buying choices. Here you'll find quality art and craft materials, enchanting wooden toys, school necessities including sustainable lunch boxes, Anthroposophical and Homeopathic remedies from Southern Swan and Weleda, refillable Sonett cleaning products, beeswax candles and a selection of children's and adult education books.

A percentage of all sales in the store go to support Glенаeon.

OPEN ON THE CASTLECRAG CAMPUS,
DURING SCHOOL TERMS

- Monday: open by request
- Tuesday: 8.45am – 11.30am
- Wednesday: 8.45am – 3.15pm
- Thursday: 8.45am – 10.30am
- Friday: 2.30pm – 4.00pm

Open on request outside these hours
on weekends or during the school holidays,
simply call Felicity on 0416 035 173.

Alternately you can shop online anytime at
www.grassrootsecostore.com.au.



Recommended Reading

Steiner Education

- *“Heaven on Earth: A Handbook for Parents of Young Children”*, Oppenheimer
- *“Steiner Education: Theory and Practice”* Gilbert Childs
- *“An Introduction to Waldorf Education”* Henry Barnes
- *“Understanding Waldorf Education: Teaching from the Inside Out”* Jack Petrash
- *“You are your Child’s First Teacher”* Rahima Baldwin

Steiner Education and Handcrafts

- *“Will-Developed Intelligence: Handwork & Practical Arts in the Waldorf School, Elementary through High School”* by David Mitchell and Patricia Livingston
An overview of the role of the practical arts in Waldorf education. Explores how working with the hands opens up neurological passageways that establish the foundation of thinking and shows how the conscious development and training of the hands in the Steiner curriculum, from kindergarten through high school, begins with the heart forces to lead the student to enhanced cognition.
- *“Zen and the Art of Knitting”* Bernadette Murphy
This book explores the value to human beings, young and old, of working with our hands. Contains examples of knitting classes in a Steiner school. A heartfelt consideration of the core essence of what knitting evokes in the inner life.

Health and Nutrition

- *“An Introduction to Anthroposophical Medicine – Extending the Art of Healing”* Victor Bott
Offers a comprehensive overview of Rudolf Steiner’s anthroposophical medicine, founded in the early part of the twentieth century. An holistic system that encompasses a picture of the human being as an entity of body, soul, and spirit.
- *“Guide to Child Health”* Michaela Glöckler and Wolfgang Goebel
A must-have medical and general health guide that touches on numerous childhood illnesses and treatments, vaccination, care of newborns, nutrition, foundations for healthy development, education and parenting therapy.
- *“When a Child is Born”* Wilhelm zur Linden M.D.
The classic guide to physical, mental, and spiritual health for mother and baby during pregnancy and childrearing. The book takes one step-by-step through the birth and nursing processes and provides advice for treating common childhood ailments and for instilling good habits in toddlers. Based on Rudolf Steiner’s work.
“Education as Preventative Medicine: A Salutogenic Approach” Michaela Glöckler, MD
- *“Foodwise: Understanding What We Eat and How It Affects Us: The Story of Human Nutrition”* by Wendy E. Cook
A wonderful collection of challenging ideas, advice and commentary informed by Rudolf Steiner’s insights on nutrition. This book is not a recipe book, but a look at the history of food and human evolution, and a look at what food is, and the importance of quality food. A wonderful read.

- *“Nourishing Traditions: The Cookbook that Challenges Politically Correct Nutrition and the Diet Dictocrats”* by Sally Fallon
This book also looks at the history of food from a biological perspective, gives idea about how to process food to make it easiest to assimilate, and gives a host of healthy recipes.

Festivals & Craft

- *“Festivals, Family and Food”* by Diana Carey and Judy Large
Descriptions of festivals through the seasons of the year, with stories, poems, songs, crafts and recipes to make each celebration special.
- *“All Year Round”* by Ann Druitt, Christine Fynes-Clinton, Marije Rowling
Also a wonderful festival book, with descriptions of festivals through the seasons, including seasonal table ideas, stories, poems, songs, crafts and recipes.
- *“The Nature Corner – Celebrating the year’s cycle with a seasonal tableau”* M V Leeuwen and Moeskops
A little book full of craft ideas, mostly for adults or older children to make, for creating a seasonal table and festival decorations. Includes knitting, crochet, felting, working with felt, making dolls of different sizes and materials, and much more.
- *“The Harvest Book”* by Thomas Berger
Craft ideas for Autumn and the Harvest season, covering decoration, plaits and figures made of straw, corn husks, leaves and things found in woods and fields.

Movement and Brain Development

- *“The Well-Balanced Child – Movement and Early Learning”* by Sally Goddard Blythe
Sally Goddard Blythe thoroughly explains why movement is so important for the healthy development of babies and young children. She describes movement, balance, reflexes, learning, and behaviour in early education and how music affects brain development. The book includes songs, games and, activities that encourage learning at key stages of development.
- *“Foundations of the Extra Lesson”*, Joep Eikenboom
Links Audrey McAllen’s “Extra Lesson” work to an understanding of Rudolf Steiner’s observations and insights and the links to modern day neurology, psychology and physiology. Includes practical exercises and describes how they address different human conditions.

- *“Take Time”* Mary Nash-Wortham and Jean Hunt
Movement exercises for parents, teachers and therapists of children with difficulties in speaking, reading, writing and spelling.

Children and the Impact of Media and Internet

- *“Endangered Minds”* Jane Healy
- *“Remotely Controlled”* Dr Eric Sigman
- *“The Plug-in Drug”* Marie Winn
A compelling look at television’s impact on children and the family that address the new media landscape, including: computers, video games, and other control devices, TV for babies, television and physical health.
- *“Alternatives to TV Handbook”* Marie McClendon
A delightful handbook for 21st Century parents, grandparents, libraries, waiting rooms, or any caregivers/nannies that contains engaging activities for children ages 1-12.
- *“The Real Wired Child”* Michael Carr-Gregg
About internet safety and minimising risks without limiting freedom to explore. It contains an example of a family internet contract.

Where to find

- Glenaeon PA Parent Library, Castlecrag Campus
- Rudolf Steiner Bookshop, 307 Sussex St Sydney, Ph 9264 5169

Useful websites

- Rudolf Steiner Archive: www.rsarchive.org
An extraordinary site giving access to books, lectures and articles by Rudolf Steiner and others.
- Bob & Nancy’s Bookshop: www.waldorfbooks.com
A useful on-line book shop for Steiner/Waldorf resources.
- Anthroposophical Society, Sydney: www.anthroposophy.org.au
Lists events such as lectures, study groups, workshops and festivals relating to anthroposophy.
- Australian Council on Media and Children: www.youngmedia.org.au
An excellent source of up-to-date information about media and children, for parents and caregivers, professionals, students and researchers.
- www.thinkuknow.org.au
An Internet safety program delivering interactive training to parents, carers and teachers through primary and secondary schools across Australia.
- www.whitedot.org
- www.turnoffyourtv.com

● Welcome to Glенаeon Party 9 February

● Parent Education 18, 21 February, 18, 23, 24/25, 29 March, 16 May

● Art Show Opening Night 1 March ● Harvest Festival 21 March ● Easter Sunday 1 April

● Year 10 Musical 9, 10, 11 April

FEBRUARY 2018

Sun	Mon	Tues	Wed	Thur	Fri	Sat
28	29	30	31	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	1	2	3

MARCH 2018

Sun	Mon	Tues	Wed	Thur	Fri	Sat
25	26	27	28	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

APRIL 2018

Sun	Mon	Tues	Wed	Thur	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	1	2	3	4	5

MAY 2018

Sun	Mon	Tues	Wed	Thur	Fri	Sat
29	30	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31	1	2

TERM DATES: ● START ● END

TERM 1: 31 JANUARY – 11 APRIL

TERM 2: 2 MAY – 4 JULY



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