







PARENT EDUCATION - TERM 2, 2023

Date/Time/Location	Speaker/Host	Bio	Theme/Topic
<p>Twice weekly, Tuesdays and Thursdays 9am-10am</p> <p>Preschool 118 Sydney St Willoughby</p>	<p>Peggy Day</p> 	<p>Peggy Day is Glennaeon's Preschool Director and a member of the School Executive. She has been an Early Childhood teacher as well a class teacher and spent 12 years as coordinator and tutor in a full-time Steiner Teacher Education course at the school.</p>	<p>Conversations and Craft Come and have a cup of tea. Toddlers and babies welcome. We will prepare festival crafts and make simple toys while chatting. Parenting questions are considered.</p> <p>No booking required</p>
<p>Weekly, Tuesdays at 9am-10am</p> <p>Marion Mahony Griffin Hall Kitchen 121 Edinburgh Rd Castlecrag</p>	<p>Catherine Pilko</p> 	<p>Catherine Pilko is the Senior Teacher at the Castlecrag Campus. She began her journey at Glennaeon in 1999 as a Class teacher and has now been working in the kindergarten for over ten years. She is passionate about Early Childhood Education and supporting the needs of young children and their parents. Catherine has also had considerable experience teaching adults in Early Childhood Courses at Sydney Rudolf Steiner College.</p>	<p>Kitchen Conversations gives parents the opportunity to come together to share some herb tea from the garden and to engage in a variety of themed conversations and practical activities that support parenting and enrich family life. Some of the themes that will be incorporated into these sessions include creating healthy family rhythms, creating a season table at home, celebrating festivals in the home, supporting family mealtimes, the wisdom of domestic activity, storytelling, creative discipline, managing screen time, supporting play, and learning through imitation. Parents are encouraged to bring their questions and suggestions.</p> <p>No booking required</p>
<p>Tuesday 2 May 7pm-8:30pm</p> <p>Sylvia Brose Hall 5a Glenroy Ave Middle Cove</p> <p>Register via: https://forms.office.com/r/FrasYbgyVj</p>	<p>Tim Perkins</p> 	<p>Educational expert, Glennaeon Dad (Max, Class of 2020) and Glennaeon Board Member Tim Perkins is presenting a workshop about how to be a successful parent of a child in the final years of school. Tim is an engaging and highly informed speaker with 30 years' experience in education as a teacher, University Lecturer and now as a Performance Mindset Coach & Consultant.</p>	<p>An Impulse Towards Performance - Setting The Compass Towards My Best In 2023 And Beyond</p> <p>He will share tips and hacks that your child and you can put into place to help cultivate the environment, which will be most conducive to the many different versions of success your child and you are searching for at this time. A significant element of the talk will be around reducing stress and maintaining focus. With his own two sons now pursuing their own post-school study and life, he is realistic about the challenges you are facing.</p> <p>This session is not to be missed. Suitable for Parents of Students in Year 10, 11 and 12.</p>

<p>Saturday 13 May 10am-12 noon</p> <p>Biodynamic Garden 5a Glenroy Ave Middle Cove</p> <p>Limited to 20 guests</p> <p>Register via: https://www.trybooking.com/CHWKY</p>	<p>Sandra Frain</p> 	<p>Sandra Frain is a Biodynamic Gardening teacher at Glenaeon and a Nutrition/Biodynamics tutor at Rudolf Steiner College. Sandra obtained her Masters in Steiner Education and Certification of Biodynamic Agriculture in New York in 2000. Since then Sandra has been teaching Steiner Education and Biodynamics around Australia and internationally. Sandra's workshops are popular for their generosity of activity.</p>	<p>Soil Creation</p> <p>Welcome to a family-friendly 'hands on' composting aka soil creation workshop at Glenaeon's beautiful Middle Cove Campus Garden.</p> <p>Together we will create a biodynamic compost heap that includes the six particular 'Biodynamic Preparations' recommended by Dr. Rudolf Steiner for healing and balancing the soil in one's own garden or farm. This method of soil creation can be achieved in your own 'backyard'. The Biodynamic preparations can be used in liquid and worm farm composting.</p> <p>Bring your own food or garden scraps to add to the communal Glenaeon soil creation! Take homes will include matured compost that is a lively microbe-rich colloidal soil for your home gardens and balconies.</p>
<p>Thursday 18 May 7:30pm-8.30pm</p> <p>Via ZOOM</p> <p>Register via: https://www.trybooking.com/CHWKR</p>	<p>Catherine Pilko</p> 	<p>Catherine Pilko is the Senior Teacher at the Castlecrag Campus. She began her journey at Glenaeon in 1999 as a Class teacher and has been working in the Kindergarten for over ten years. She is passionate about Early Childhood Education and supporting the needs of young children and their parents. Catherine has also had considerable experience teaching adults in Early Childhood Courses at Sydney Rudolf Steiner College. Catherine Pilko is on the committee of The Australian Association for Rudolf Steiner Early Childhood Education (SECA) and is the regional representative for Sydney.</p>	<p>Catching Up with Kitchen Conversations</p> <p>This will be a chance for parents unable to attend the weekly Kitchen conversation sessions, to catch up on some of the themes presented, to ask questions and to share ideas.</p>
<p>Tuesday 23 May 7pm-8pm</p> <p>Via ZOOM</p> <p>Register via: https://www.trybooking.com/CHWLJ</p>	<p>Lorraine Cushing-Kleber</p> 	<p>Lorraine Cushing-Kléber is an experienced senior registered psychologist with qualifications in both Educational and Health Psychology.</p> <p>This event will be hosted by Dani Finch, Deputy Head of School (K-Class 6)</p>	<p>Raising Adolescents and Enjoying the Journey</p> <p>Lorraine's presentation will focus on changes that happen around Years 7 and 8, but her practical and astute advice is appropriate for a range of age groups.</p> <p>Some of you may be familiar with Lorraine as she regularly presents at our Welcome and Information Evenings and from our Wellbeing webinars from recent years. Lorraine will present challenges parents may face as their children transition into adolescence and provide advice and tips on how to support their wellbeing.</p>

Tuesday 30 May
7pm-9pm

Marion Mahony Griffin
Hall
121 Edinburgh Rd,
Castlecrag

Limited to 12 guests

Register via:
<https://www.trybooking.com/CHWMH>

Elizabeth Ellean



Elizabeth Ellean's passion for the phenomena that manifest in the natural world, the alchemy of plants and all things fibre related are evident in her work as a teacher. As a handwork teacher for over 20 years, Elizabeth has continued to pursue her interests, connecting with many peak craft organisations and attending a variety of hands on workshops herself. She has sharpened her knowledge and skill set and provides a variety of craft based workshops with themes of sustainability and conscious slow making and mending. Elizabeth is generous with her knowledge, experience and skill set and joyous in sharing these with her students and the wider community.

Reclaim the Void Weaving Workshop

This workshop is open to the Glenaeon community, alumni, past parents and friends.

Country is alive with story, song, dance, law, Tjukurrpa. When we wound country, we wound ourselves, and end up with a scarred physical and cultural landscape. This weaving project carries the desire for healing country, healing community, and healing ourselves. It is about acknowledging the hurt and contributing to restoration. It offers people the chance to learn about country and culture. Discover more: <https://www.reclaimthevoid.com.au/>

To donate old sheets and hoops to this project please contact e.ellean@glenaeon.nsw.edu.au

Tuesday 13 June
7pm-8pm

Marion Mahony Griffin
Hall
121 Edinburgh Rd,
Castlecrag

Register via:
<https://www.trybooking.com/CHWNL>

Diana Drummond



Diana Drummond is the Head of School at Glenaeon Rudolf Steiner School

Supper Book Club Conversations

Ever wondered why you or your children find it increasingly difficult to pay attention or stay focused for long periods? In his book, New-York Times bestselling author of *Stolen Focus: Why You Can't Pay Attention*, Johann Hari investigates how aspects of modern life, particularly technology, have hijacked our mind's ability to concentrate. It is a fascinating read and will be the topic of this special Supper Book Club discussion.

Come along to talk about the book and what we can all do to get our focus back, for the sake of ourselves, and our children.

Supper provided: Wine & cheese