



# Friday Flier

SPRING TERM

Friday 17th January 2014

## Happy New Year

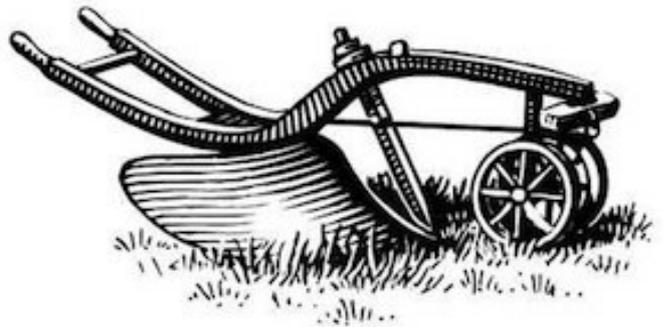
### Welcome back

of sprouting, blossoming, fruitfulness and decay: a journey through life and death, all year round.

We offer a warm welcome to new teachers: Elizabeth Perrett, Class III Teacher and Susanna Wallis Gardening Teacher and to new parents joining us this term.

Plough Monday has passed this week. It was named so because it used to be the official start to the spring ploughing.

Ploughs were decorated and the horses dressed in ribbons and brasses. Following the plough would mark for the farmers the first steps on the journey



### DATES FOR YOUR DIARY

#### January

Mon 20th 6-8pm Open Tour  
Friday 31st Candlemas

#### February

Thurs 6th 7.30pm Class VII Play  
Mon 10th 7-9pm Classes Parents Evening  
Thurs 13th End of Term  
Friday 14th Inset Day  
17th -21st Half Term Holiday  
Tues 25th 8.30-9.30 am Class Reps meeting  
Thurs 27th 7-9pm Michaela Glöckler Talk

#### March

Sat 1st Workday  
Tues 4th Pancake Day  
Wed 5th 7-9pm KG Parents Evening  
Sat 8th Jumble Sale  
Mon 10th 6-8pm Open Tour  
Thurs 13th 7pm RMM  
Thurs 27th 5pm RMM & Trustees Meeting

Please refer to the website before phoning the office for dates. All dates regarding the school are available at:

[www.stpaulssteinerschool.org/?page\\_id=9](http://www.stpaulssteinerschool.org/?page_id=9)

# School Life

## Upper School Update and NEW Survey to complete

Since last year's initial demand survey, the group has been busy working away. We have submitted an initial feasibility report to the Trustees and College of Teachers; collated an extensive data gathering survey of all UK Steiner Upper Schools providing invaluable information on the set up, running, financing and curricula of the various Upper School models and expanded the group to include more Class 6 parents.

We now need you to re confirm your preference of Upper School model proposed for St Paul's. Please help us by completing this short survey before the 31st January which will enable us to complete the detailed feasibility study, with input from the College of Teachers which will then be submitted to the Trustees.

<https://www.surveymonkey.com/s/UpperSchoolDemandSurvey2014>

Thanks in advance.

## Parents Workday - Monday 6th January 2014

A huge thank you to the parents who braved the rain to attend the first workday of 2014.

We had a productive day (lots of hearty cleaning!) and were very grateful when the soup and cake appeared at lunchtime.

Thanks also to those who provided child-care to allow other parents to attend.

The next workday will take place on Saturday 1st March, 10-4. There's always more to do so we hope lots of parents are able to attend / contribute.

Asa + Dionne  
Workday Co-ordinators

## School Gates

Our new entry gate system has been installed. It may take some time for everyone to get used to it so please be patient with us and each other.

## Parent & Child Groups

For the Spring Term (8th January to 4th April) we have some availability in the parent and child groups on Monday, Tuesday, Wednesday and Friday afternoons.

Due to the length of the waiting list, places will be allocated on a first come first served basis.

Please note that we might close a group if it doesn't reach 12 families booked.

Contact [hr@stpaulssteinerschool.org](mailto:hr@stpaulssteinerschool.org) for a booking form.

## Handwork Conferences

On the 25th of January the Waldorf Handwork Community will be meeting for the second time at St.Pauls.

This will be a closed meeting for Handwork Teachers only.

The Handwork Conference in March is open to everyone! (See below, the flier is reproduced full size after the Community Ads)

Thank you! Cecilie

Workshops by  
Waldorf Handwork Teachers

**HANDWORK CONFERENCE**

*"Thinking is Cosmic Knitting"*  
- Rudolf Steiner

the **W**ill in our **H**ands

KNITTING  
WOOL WORK  
FLEECE  
FELTING  
PATCHWORK  
AND MORE

Steiner House  
35 Park Road  
London NW1 6XT

**MARCH 9th 2014**  
9am-5pm Sunday

£35 for the day  
inc. talks and workshops

Craft Stalls  
Craft Materials  
Felted Easter Decorations  
and More

Bookings:  
e: [handwork.community@gmail.com](mailto:handwork.community@gmail.com)  
m: 07929.655.734 (between 4-7pm)

**Speakers**

**Bernard Graves**  
"Nimble hands begets nimble minds"

**Dr James Dyson**  
"Will as Physiological expression of the Spirit"

# Other Events & Information

## Evolving Science: The Future of Goetheanism with respect to Nature, Society and Anthroposophy

International Conference of the Science Section at the Goetheanum, 15-19 October 2014

In 2014 the Glashaus – the home of the Science Section for many years – will be 100 years old. We would like to use this as an opportunity to invite you to an international conference of the Section to work together on three fundamental themes.

- Our relationship to nature: our involvement with the world of the senses, with the earth, is central to our science. This contributes significantly to culture including that of anthroposophy. But how should our involvement take place today in this age of the profusion of digital images and global crises (climate, resource depletion, industrial agriculture)?

- Our relationship to society: society is influenced by images of nature and the human being that science develops, and by the technologies that science produces. In which direction do we want this formative influence on the human being to develop? What challenges should Goethean science pose in the context of major projects such as CERN, genome analysis, systems biology and nanotechnology, etc? Scientists need to ask themselves what significance their work has for society and what their position is in the context of science in general.

- Our relationship to anthroposophy: of what significance for our work are Rudolf Steiner's many indications and suggestions regarding the relationship of the sense world and the spiritual world? In what way is science helped by meditative work? Can we give a description of a way to the spirit in nature that is appropriate for modern consciousness? Furthermore, Rudolf Steiner envisaged the possibilities of new social forms determined by the kind of thinking used in science. The way in which we think will inform the way in which we will live together. By considering the fact that spiritual activity is important for the earth, we will complete the range of themes of this conference.

As well as lectures we intend to have specialist groups, continuing education for science teachers, open forums, and 'world café' sessions – space for meetings, discussions, and issues for the future of our work. We also intend to give time for free discussion of controversial themes within Goethean-anthroposophical science.

The conference languages are German and English. We warmly welcome people who are working in research or who are involved in science in their profession, such as teachers, pharmacists, etc., and especially young people who are studying in the sciences. We shall try to set up a fund to cover travel and accommodation costs so that participation is not prevented for financial reasons.

Details of further planning and the programme will be issued in due course and published on our home page (<http://science.goetheanum.org/Evolving-Science-2014.6221.0.html?&L=1>).

## Irregular bedtimes for children can cause hyperactive behaviour

14 October 2013 by Katy Morton

A new study has found that children with erratic bedtimes are more likely to be hyperactive and experience emotional difficulties.

Researchers from University College London (UCL) analysed the 'bedtime data' of more than 10,000 children involved in the UK Millennium Cohort Study at three, five and seven years old.

Alongside the data, they also looked at reports on the children's behaviour from their mothers and teachers. They found that at the age of three, children were most likely to have irregular bedtimes, with around one in five going to bed at varying times. However, the effects of erratic bedtimes on children's behaviour built up over time.

According to the researchers, as children progressed through early childhood without a regular bedtime, their behavioural scores, which included hyperactivity, conduct problems, problems with peers and emotional difficulties, worsened. The reason given for this is because irregular bedtimes disrupt circadian rhythms, leading to sleep deprivation that affects the developing brain. Circadian rhythms are physical, mental and behavioural changes that follow a 24-hour cycle and respond to light and dark.

Professor Yvonne Kelly from UCL's Epidemiology and Public Health department, said, 'Not having fixed bedtimes, accompanied by a constant sense of flux, induces a state of body and mind akin to jet lag and this matters for healthy development and daily functioning. We know that early child development has profound influences on health and well-being over a lifetime. It follows that disruptions to sleep, especially if they occur at key times in development, could have important lifelong impacts on health.'

In contrast, the findings also revealed that the effects on behaviour are reversible if children start going to bed at a regular time. Ms Kelly said, 'It appears the effects of inconsistent bedtimes are reversible. Children who change from not having to having regular bedtimes show improvements in their behaviour.'

Nursery World 13.

The study is here: <http://dx.doi.org/10.1542/peds.2013-1906> (pay)

A similar study by the same author about bed times and cognitive results is here: <http://dx.doi.org/10.1136/jech-2012-202024> (free)

# Community Notices

## Steiner nanny wanted

We are a loving family with two young children (a two-and-a-half years old boy and a five-month old baby girl) looking for an experienced Steiner inspired warm and caring nanny to work for us three full days (8.00-6pm) and with some flexibility on the working hours when necessary. and availability to babysit . References required. We live in Tottenham (Bruce Grove) Salary negotiable.

We would love to find someone that has a warm and caring personality that treats the children lovingly and provide a Steiner inspired childcare. Specific requirements are the following:

- (i) Demonstrated experience (as nanny, carer or mum)
- (ii) Verifiable and current references
- (iii) Valid EU passport or UK residence permit
- (iv) Up to date enhanced CRB check (but we would be willing to arrange a check for a successful applicant)
- (v) Ability to cook fresh, wholesome meals
- (vi) some knowledge/ experience of Steiner education

Our ideal start date would be around mid February- beginning of March, but we are happy to start a bit earlier if needed.

Please contact Teresa to apply with a full CV or for further information. We look forward to hearing from you. Email: [Teresay-mao@hotmail.com](mailto:Teresay-mao@hotmail.com). Mobile: 07833376812

## Piano teacher

I currently have a few vacancies for a few pupils to teach in my home just south of Stoke Newington Church Street. I have an MA in Music and 30 years experience of piano teaching from beginners to college students. I already teach a few pupils from St Pau's. Beginners to advanced and adults welcome. Very successful with Grade exams and auditions. My daughter Ananda used to be in Rosebush.

Peter Bridges (Ananda's Dad)

Mobile: 07968 158 948  
Email: [peterbridges55@gmail.com](mailto:peterbridges55@gmail.com)



## Au Pair offered

Hello, my name is Cristina Pastor and I will be 18 this August. I'm from Alicante, Spain and for my gap year I'm looking for a family to au pair for for 9 months to improve my English and to have some new experiences. I have experience babysitting for young children and I have a basic level in English. In school I'm studying for the bachiller (the equivalent of A levels) and my favourite subjects are history art and psicology. I like to bake and to write and I am a kind, funny and patient person. I would like to work with you from september 2014 to june 2015. If you are interested, please email me at: [cristina7896@gmail.com](mailto:cristina7896@gmail.com)

## Flat required

We are looking for a 2 bed flat to rent in N1, N5, N7, N16. No more then £1300 pcm. Please contact Vanessa Alvarez (Class III parent) on:  
Mobile: 07956 514337  
Email: [v.vie111@gmail.com](mailto:v.vie111@gmail.com)



The flier is published every other Friday  
Deadline Wednesday 4pm

Sales of goods or services costs:  
£5 per advert if included in Community Ads text  
£10 per page attached to end of flier and formatted by advertiser.  
Email [hr@stpaulssteinerschool.org](mailto:hr@stpaulssteinerschool.org)

The school newsletter is a forum for many different members of the community, and views and opinions expressed are not necessarily those of the school.

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Waldorf Handwork Teachers

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UK WALDORF



**HANDWORK**



COMMUNITY

# Changes to services for disabled children aged 0-25

The Government is making significant changes to services for children and young people aged 0- 25 with special educational needs and disability (SEND) including new Education, Health and Care plans.

The following events provide an opportunity for parents and carers to find out more and give feedback on how they are put into practice in Islington.

**Friday 10 January 2014 1.00 – 2.30 p.m. Islington Town Hall**

**Saturday 18 January 2014 10.30 a.m. – 12.00 p.m. Islington Town Hall**

**Wednesday 22 January 2014 6.30– 8.00 p.m. Islington Town Hall**

Please ask in advance if you need help with transport or childcare costs.

Light refreshments will be provided.

For more information contact:

Richard Wells

Email: [short.breaks@islington.gov.uk](mailto:short.breaks@islington.gov.uk)

Tel: 0207 527 8611

## Centre 404 Newsletter Article

### **SEND Reforms: Consultation and involvement**

Islington Council and its partners are seeking views on the local implementation of the Government's changes to assessment, planning, information and services for children and young people aged 0-25 with special educational needs and disability (SEND).

The Government proposes through the Children and Families Bill to:

- *Better include parents in the assessment process*
- *Replace statements with a single assessment process and a combined education, health and care plan (EHCP)*
- *Ensure assessment and plans run to 25 years old*
- *Replace existing School Action / School Action Plus with one school-based category*
- *Give parents a greater choice of school and give parents and community groups the power to set up special free schools*
- *Give more clarity on who is responsible for delivering provision within EHCP*

Islington council and its partners have agreed a work plan to prepare for the changes happening in September 2014, organised into 3 stages:

Planning and consultation: September – December 2013 (Autumn Term)

Piloting: January – April 2014 (Spring Term)

Roll-out: May – September 2014 (Summer Term)

### **Information and consultation**

The involvement of parents, carers, children and young people will be important throughout planning, piloting and roll out.

Meetings are being held in January 2014 to explain the reforms and get feedback on the proposals. Further details of these meetings can be found on the flyer enclosed in the Centre 404 newsletter. There will also be information available through Centre 404 talking Shop and via coffee morning or SEN meetings in some Islington schools. Ask the school SENCO for further details.

You can give your comments, suggestions and feedback on the local development of the SEND reforms via a short survey. This will be available online at [www.islington.gov.uk/parentsofdisabledchildren](http://www.islington.gov.uk/parentsofdisabledchildren) and will also be made available to every disabled child with an SEN statement living in Islington through local schools or by post.

Islington Council are holding workshops with parents, carers and young people to have more detailed discussions about their experiences and opinions. Participants may also be asked to complete some tasks. It is asked that people involved in these workshops listen to each other's opinions in a respectful way.

Contact Richard Wells if you are interested in being considered for one or more of these workshops contact [short.breaks@islington.gov.uk](mailto:short.breaks@islington.gov.uk) or call 020 7527 8611