

Glenaeon Parent Education

2019 Term 2 Program



Glenaeon
Rudolf Steiner School
Unfolding Individual Journeys

The Glenaeon Parent Library

Did you know that at the Castlecrag Campus we have a well-stocked book library for your perusal and borrowing?

In here, you will find books on Steiner Education, arts and crafts, health and wellbeing, literature, parenting and many more topics. It is a wonderful collection and two books can be borrowed at a time for up to two weeks.

The Glenaeon Parent Library in the room adjacent to the Castlecrag office foyer, near Mary's desk. There is a small borrowing book to write your loans in and personal details. Simply come and borrow when it suits (as long as the room isn't being used at that time). You might surprise yourself!

If there is a book you would like to request, please do so in writing and leave it with Mary. For return, there is a book box in the Castlecrag foyer.

The library is co-ordinated by parent volunteers.



Grassroots Eco Store



Grassroots Eco Store 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 Glenaeon.

OPEN ON THE CASTLECRAG CAMPUS,
DURING SCHOOL TERMS

- MONDAY: OPEN BY REQUEST
- TUESDAY: 8:45AM–11:30AM
- WEDNESDAY: 8:45AM–3:15PM
- THURSDAY: 8:30AM–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.

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 2 of the 2019 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.

Events are free of charge and are open to people outside the school community. **All bookings and enquiries to Castlecrag office P: 9958 0774 or E: castlecrag@glenaeon.nsw.edu.au**

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 2

A series of four Anthroposophic Home Care talks/workshops with Lyn Clifton

- **FRIDAY 3 MAY 9:15–10:30AM**
Preparation of plant infusions for use in salves and healing
- **TUESDAY 14 MAY 9:15AM–11:00AM**
Warmth – Fevers, coughs, colds, flus and croup – preparing healing applications
- **TUESDAY 4 JUNE 9:15AM–11:00/12 NOON**
Anthroposophic Home Health Care Substance Making Day – Wound Care
- **TUESDAY 11 JUNE 9:15 AM–11:00AM**
Building future community – the family dinner table and making your own Home Care basket
- **FRIDAY 17 MAY 9:15AM**
The Deep ‘Gold Seam’ of Steiner’s Practical Inspiration for Education 100 years on with **Lisa Devine**
- **FRIDAY 24 MAY 9:15AM**
The Centenary of Waldorf education: Education in freedom as a condition for creative development and requirement of the modern day with **Tatiana Pavlova**
- **SATURDAY 15 JUNE 9:30AM–12 NOON**
Object of Story with **David Novak**
- **TUESDAY 28 MAY AND TUESDAY 25 JUNE 9:30–11:30AM**
Raphael’s Rooms EduCareDo study group with **Lyn Clifton**

ACKNOWLEDGMENT.

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

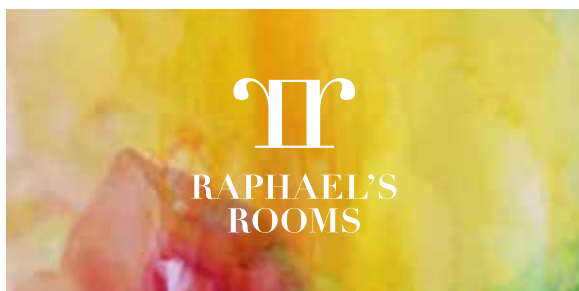


Anthroposophic Home Care –

A series of practical workshops and talks on healing with Lyn Clifton

During each epoch of human evolution nature's healing ways arise within communities to support human beings to health. Used with understanding, warmth and regularity in such forms as compresses, foot baths, baths, inhalations, oil cloths, they form a basis for healthy child development and wellbeing support, and prevent or treat illness, for those wishing to care for themselves and their family naturally at home.

Lyn's workshops aim to bring anthroposophic pictures as an introduction to various applications, offer participants an opportunity to experience them, and to prepare their own application. Through supporting these common illness cycles to completion, greater strength and resilience can be enabled.



Lyn Clifton Community Health Social Worker BSW, Certificate of Anthroposophic Holistic Healthcare and Rhythmic Body Oiling NZ

Lyn Clifton facilitates workshops that care for and support the development of the senses and our learning, through simple, practical everyday applications and rhythms arising in daily life.

Lyn works with anthroposophic home care mantles such as footbaths, sphagnis, compresses, rhythmical body oiling. She introduces added nourishment through herbal teas, foods, rhythm in daily life, reflection and community building.

Lyn is available most Wednesday afternoons between 2–4pm in Raphael's Room at the Castlecrag Campus for drop ins, to further enable parents and community members to become confident in using these applications and substances at home. Private consults also available at her Studio in Castlecrag.
Contact: lyncliftonbsw@gmail.com
Ph: 0419 424 935
www.raphaelsrooms.com.au

- Preparation of plant infusions for use in salves and healing
FRIDAY 3 MAY
9:15–10:30am
Marion Mahony Griffin Hall
- Warmth – Fevers, coughs, colds, flus and croup – preparing healing applications
TUESDAY 14 MAY
9:15–11:00am
Marion Mahony Griffin Hall
- Anthroposophic Home Health Care Substance Making Day – Wound Care
TUESDAY 4 JUNE
9:15–11:00am/12 noon
Marion Mahony Griffin Hall Kitchen
- Building future community – the family dinner table and making your own Home Care basket
TUESDAY 11 JUNE
9:15–11:00am
Marion Mahony Griffin Hall

Please see Page 5 opposite for a description of each of these workshops



Anthroposophic Home Care –

A series of practical workshops and talks on healing with Lyn Clifton



1. Preparation of plant infusions for use in salves and healing

All welcome – a warm invitation to newcomers and also those returning from last year. Come and learn how to prepare the plants for infusions to use in later workshops to make salves, inhalants and compresses.

If you have any (preferably organic) lemons, chamomile, arnica, calendula, lemon myrtle, lavender, rose, beeswax, native bee honey, ginger, sage, rosemary, or other plants you are growing in your garden which you may think useful and would like to contribute to our preparations please contact Lyn asap. We will also discuss feedback from those using last year's healing supports and explore suggestions and requests for other salves.

• FRIDAY 3RD MAY 9:15–10:30AM



3. Anthroposophic Home Health Care Substance Making Day – Wound Care

The warmth and love experienced by a child through the presence of their parent can bring transformation and healing. The care that each child experiences through the use of home-made wild-crafted substances

adds another healing component. In this workshop, we will be creating substances that reintroduce simple health care practises into your family life. Gain information, confidence and understanding around caring in this natural way, knowing you will serve as a future role model for children.

We will make afresh or replenish your supply of wellbeing supports that parents found most useful, and introduce "Wound Care" for children. Tending to their physical and emotional wounds individually helps us to become more aware of each child's sense of life, and how we can support their development. Home-made wound care products also make special gifts.

• TUESDAY 4TH JUNE 9:15–11:00AM/12 NOON

(Contribution for materials requested)



2. Warmth – Fevers, coughs, colds, flus and croup – preparing healing applications

"There is only one bridge that leads children to their path in life, the path on which they fulfil their purpose on earth. That bridge is warmth."

Edmond Schoorel

What is this vital being of warmth? Discover how our child's warmth organism is developed and how we can support it. What contributes to the increase in fevers, colds and flus at the change of season and mid-way through each term? Learn how warmth, including fevers, can also assist child development and blossom children more fully in themselves.

We will make wellbeing supports to help reduce too much warmth during fever, coughs, colds and flu, including lemon socks and beeswax cloths. Come and learn how to nip these conditions in the bud by working preventatively. We will also explore the importance of daily rhythms and sleep for children (sleep routine and preparing for sleep) as well as ways to support deep, nourishing sleep.

• TUESDAY 14 MAY 9:15–10:30AM

(Contribution for materials requested)



4. Building future community – the family dinner table and making your own Home Care basket

Our family dinner tables are a basis for creating healthy future communities. The more often we eat together, we create regular discussions and opportunities helping build vocabulary,

teach social skills and be an example of democracy in action, from food preparation to clean up. We will explore the importance and influence of dinner times, discuss creative meal times and will make our own Care Basket to have as a "talking basket", as well as holding our home-made family wellbeing supports.

"We must be prepared, as a collective humanity, with capacities and inner strengths enabling us to freely choose the form of community life that we determine to be needed for the future of humanity. We need to establish communities that are dedicated to human freedom – communities in which the health of the community, the education of the child, and social life are imbued with impulses supportive of the cultivation of human freedom."

Lisa Romero

• TUESDAY 11TH JUNE 9:15–11:00AM

(Contribution for materials requested)



The Deep ‘Gold Seam’ of Steiner’s Practical Inspiration for Education 100 years on

Lisa Devine

The world is bringing ever new challenges, never before imagined. Yet 100 years ago Rudolf Steiner’s world wisdom from Spiritual Science gifted us many healthy and creative ways to respond to what continues to come towards us from the future.

We need to go beyond *what* Steiner education looks like and respond to the deeper and more intuitive questions of this century that are facing parents, children and teachers alike. This brings the awareness to *how* Steiner education works and ways we can create space to meet the children of today. We can mindfully use Steiner’s practical inspirations to meet each child in the moment, in a living humane way, bringing ‘artistry’ of relationship to serve the fuller expression of our humanity.

Lisa Devine trained as a youth worker in the early 1980s and worked in a range of youth at risk programs. She has a Masters in Psychology and has counselled young people and their families over many years. Lisa’s connection to the work of Rudolf Steiner began in the 1990s when she completed her Eurythmy training. In 2013 she completed the training in Curative Eurythmy. She has worked as a Chaplain and counsellor in Steiner schools throughout Australia. Lisa teaches Introduction to Anthroposophy, Cosmology and Human Communication courses in the Sydney Rudolf Steiner College Teacher training program. Lisa is highly sought after around Australia as a speaker and facilitator in the areas of conflict resolution, child, inner and professional development – working out of the Anthroposophical impulse.



- **DATE AND TIME**
Friday 17th May 9:15am
- **VENUE**
Marion Mahony Griffin Hall
Castlecrag Campus





The Centenary of Waldorf/Steiner education:

Education in Freedom: a condition for the creative development that is vital in our modern day

Tatiana Pavlova

The first Waldorf school was opened in Stuttgart in 1919 and since then the Spiritual impulse of Steiner pedagogy has kindled the hearts of people in many countries of the world. Out of this fire the strength to create new Steiner schools and kindergartens comes. This fire needs to continue so that the Steiner initiatives thrive, educating children on the truly high level originally embedded within them. We will talk about the principles and methods of Steiner pedagogy, its achievements and challenges and – of course – about our children and the support they expect from us.



Tatiana Pavlova M. Psychology (Russia), Dip. Arts (Switzerland)

Tatiana has been studying Anthroposophy for over 25 years. Her professional activities lie in the field of psychology and art. She actively lectures and exhibits her spiritual artwork across Russia and Europe. Tatiana's insightful talks have been enjoyed in the Goetheanum as well as England, Canada, Austria and Germany. This is her first visit to Australia.

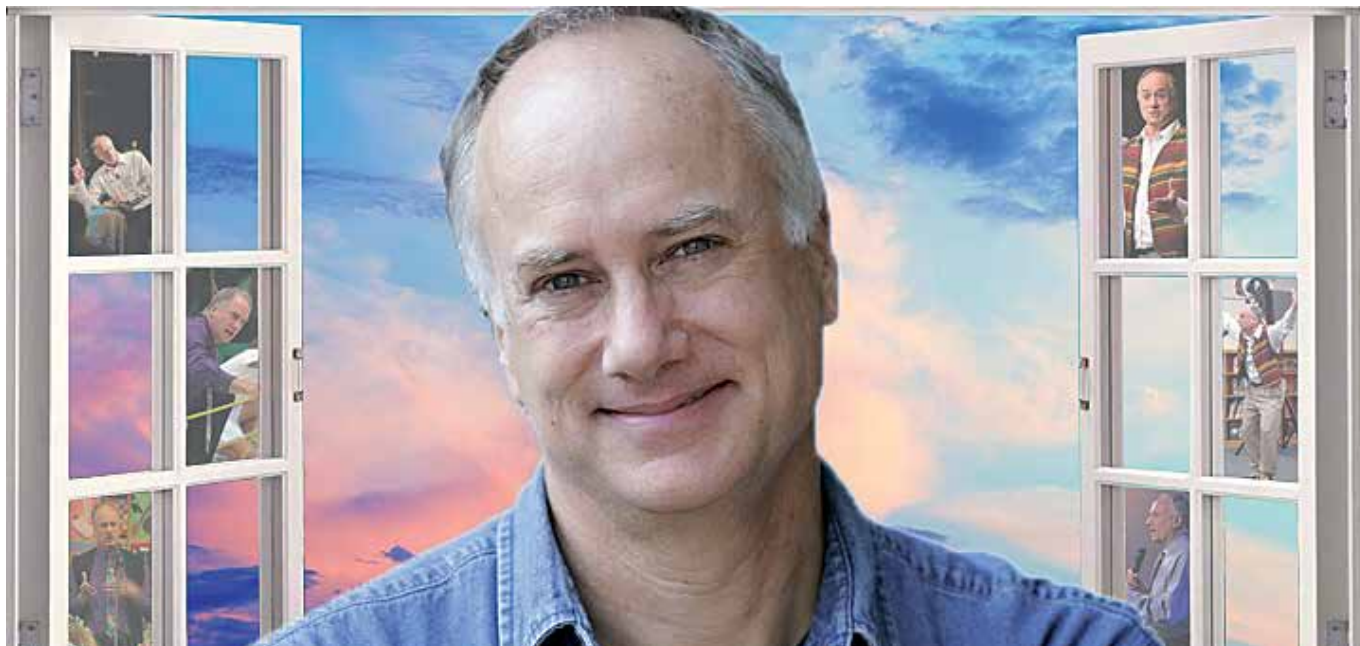
• DATE AND TIME

Friday 24th May 9:15am

• VENUE

Marion Mahony Griffin Hall
Castlecrag Campus





The Object of Story

Storytelling workshop with David Novak

Come and participate in a creative storytelling workshop, emphasising the use of objects as keystones for creating stories. Inquisitive playfulness is essential to the creative process of any artist. In “toying” with the story we will generate ideas in an active way: instead of waiting for inspiration, we will actively seek it out. Come and learn how objects (charms, quilts, totem carvings etc) all contribute to storytelling – and how, as storytellers, we give life to the stories through our living gestures and thoughts. Suitable for all levels of experience, this workshop presents numerous original activities developed to improve the storyteller’s creative process and performance.

• DATE AND TIME

Saturday 15th June 9:30am – 12noon

• VENUE

Marion Mahony Griffin Hall, Castlecrag Campus

• BOOKINGS AND ENQUIRIES

Joy Day 0451 152 227
joyful7days@gmail.com



David Novak tells stories to enhance learning, engage emotion, and find common ground. Awarded the Circle of Excellence from the National Storytelling Network, David is a performing and teaching artist with festivals and institutes internationally. His tours include Australia, New Zealand, Asia, Singapore, Poland and the Czech Republic. He has a background in arts education, theatre, and creative writing, is a published author and recording artist, living in Asheville, NC. See www.david-novak.com



EduCareDo study group

With Lyn Clifton

EduCareDo offers a self-directed, distance-learning course based on the work of Rudolf Steiner. A study group is currently running, facilitated by Lyn Clifton, and she is willing to begin another study group if enough people are interested in doing so.

Readings, experiments, exercises and activities comprise 26 lessons, with each lesson building on the last. This study course is suitable for beginners and those already familiar with the work of Rudolf Steiner.

EduCareDo is run by a community of volunteers. The course fees collected are reinvested into community projects around the world. We are looking to commence a beginning study group in term 3. If you are interested to join please contact Lyn Clifton.

Information about EduCareDo can be found at:
www.educaredo.org

- **COST**

\$450. Price includes:

- 26 lessons delivered via email (as a PDF)
- tutoring
- a Certificate of Completion once the requirements are submitted

If there are more than six new members, the course fee is reduced to \$350 each.

- **THE CURRENT STUDY GROUP
DATE AND TIME FOR THIS TERM ARE**

Tuesday 28th May 9:30–11:30am

Tuesday 25th June 9:30–11:30am

- **VENUE**

After School Care room alongside Little Kindy,
Castlecrag campus, 121 Edinburgh Road

- **BOOKINGS AND ENQUIRIES**

Lyn Clifton, Raphael's Rooms

phone: 0419 424 935

email: lyncliftonbsw@gmail.com



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.waldorfbbooks.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

- **Parent Education** 3, 14, 17, 24, 28 May, 11, 15, 25 June
- **MidWinter Festival** 21 June

MAY 2019							JUNE 2019							JULY 2019						
Sun	Mon	Tues	Wed	Thur	Fri	Sat	Sun	Mon	Tues	Wed	Thur	Fri	Sat	Sun	Mon	Tues	Wed	Thur	Fri	Sat
28	29	30	1	2	3	4	30	27	28	29	30	31	1	30	1	2	3	4	5	6
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19	20	21	22	23	24	25	16	17	18	19	20	21	22	21	22	23	24	25	26	27
26	27	28	29	30	31	1	23	24	25	26	27	28	29	28	29	30	31	1	2	2

TERM DATES: ● START ● END

TERM 2: 1 MAY – 3 JUL

TERM 3: 24 JUL – 25 SEP



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