Rudolf Steiner School
Kings Langley

Weekly Newsletter

SPRING TERM | Week Six | Monday 27 February 2012

NEWS FROM THE SCHOOL:

The school plans to run a **Fix It Day on Saturday 28th April**, involving as many parents, staff and students as possible. Members of the school community will choose and complete a variety of repair and refurbishment projects around the school site, before dining al fresco in the afternoon sun. **NO PREVIOUS EXPERIENCE OF REPAIR, REFURBISHMENT OR DINING AL FRESCO NEEDED!** A team of four organisers is needed to oversee this community day of fun and action. Any parent, member of staff or upper school student is eligible. Contact Steffi Cook in the school office now - **Let's Fix It!** Tel 01923 262505 info@rsskl.org

Parent Seminar: Tuesday 6th March 7.30 pm **'Inspiring Teenagers'**
With his many years of experience working with teenagers, Julian Paine will give us an evening of insights and practical advice. Bring your questions and put on some comfortable shoes as the evening will start with half-an-hour of country dancing with Julian Rolton.

Cabaret 2012 this Fri/Sat!

The school Cabaret and Dinner is always a special event. There are only 20 places left and it is rumoured to be the last put on by Robin Cook**!** A real gourmet menu will be prepared by Class 13 parents and a really distinguished cast of singers and dancers will perform. Contact Steffi now to book your place! Tel 01923 262505 info@rsskl.org. Anton Dell.

Kings Langley Concerts

THIS Sunday 4 March 3 pm Chiltern Youth Chamber Orchestra (CYCO)
Back for their 4th annual concert, this enthusiastic youth orchestra – in which some of our own pupils take part – will perform a mixed programme of lively pieces. A lovely event for all the family. £10 (£8 concs). Free for children 16 and under.

Thought for the Week

Do not pray for yourself; you do not know what will help you.

Pythagoras

What's Coming Up:

Monday 27th	8pm Class Four Parents' Evening Sophia Nicholson
Tuesday 28th	8pm Class Two Parents' Evening Nicky Teensma
Wednesday 29th	8pm Class Three Parents' Evening Denis McCarthy
Friday 2nd March	8pm Cabaret – Performance Only
Saturday 3rd March	7.30pm Cabaret and Dinner – Class Thirteen Fundraiser
Sunday 4th	3pm Chiltern Youth Chamber Orchestra
Monday 5th	7.30pm pm PTFA Meeting and AGM – all welcome!
Tuesday 6th	7.30pm Parent Seminar
Wed 7th	5pm Upper School Consultation Evening

Upper School Council (USC)

The meeting was very kindly chaired by Reuben to help Hamraj out who was a little late.
The lack of the popular subject of Geography was mentioned again by Grace (Cl 9), who also pointed out that Textiles should really be part of a rotation of subjects, and that the lack of the subject was also already mentioned by pupils in much lower classes. Saturday saw the very first study / revision morning which was requested by the USC, supervised by Mr Alkema, and this will be held regularly now until further notice from 10am to midday in Class12. Some Upper School teachers have very kindly agreed to supervise the pupils on rotation. The USC was a little confused as to why we were so modest about our achievements / A-level results, and that many present were very happy to assist in an Upper School promotional day/afternoon/evening... especially with numbers for the coming Class 12 being low.
A concern was raised regarding a recommendation made by Ofsted to improve site security by fencing more of the school in, and the question asked if the USC could have a say in the choice and type of fencing. No doubt the Aesthetics Mandate Group will also be involved in those major decisions. Toby Fitzpatrick (Cl10) managed to come along; he is currently working on a script and master plan for a short educational film on recycling to improve our attitude towards our own recycling issues. Other issues were discussed and more will be forthcoming from the USC next week. Thanks for everyone's time and effort.
John Ingleby and Ralf Sealey

PTFA News:

The PTFA is looking for a New Secretary

Our present secretary Graham Dalrymple is due to retire at the end of February. We would like to say a big thank you for all the work he has done. We are now looking for his replacement. The work is not onerous – it means attending our monthly term time meetings, usually on the first Monday of the month and taking meeting notes. Being part of the PTFA is a very rewarding experience and a chance to have a say on matters that concern or interest you. If you are interested please contact Anton Dell info@antondell.co.uk or call me on 07958 389 496

Student with creative PC and Photoshop skills WANTED! We are looking for a student who can help us compile the programme brochure for the school's new event, the Kings Langley Wellbeing Festival. The brochure will be a combination of text and images. The student can put this project towards their portfolio. For more info, please contact Dora Csendes on 077 6777 4258, dora.csendes@gmail.com or Anton Dell on 07958389496, info@antondell.com. Wonderful class fundraising opportunities at the school's new event, the Kings Langley Wellbeing Festival on the 23rd June. We are looking for classes who could take up the organisation of children's outdoor activities on the day of the Festival. We are expecting a large number of visitors. For more info, please contact Dora Csendes on 077 6777 4258, dora.csendes@gmail.com or Anton Dell on 07958389496, info@antondell.com.

Facebook, Twitter, LinkedIn. Student WANTED who is skilled at using these social network sites to help us promote the Kings Langley Wellbeing Festival. We have made a special website for this festival and the event needs to be promoted as much as possible on all social network sites. If you would like to help us do this, please contact Dora Csendes on 077 6777 4258, dora.csendes@gmail.com or Anton Dell on 07958389496, info@antondell.com. You can put this project towards your portfolio.

BOOK YOUR STALL NOW for the Kings Langley Wellbeing Festival held on Saturday the 23rd of June. We are looking for products and services that are in line with holistic wellbeing and mind-body-spirit connection ideologies. If you book before the end of February, you will have the benefit of being included in the programme brochure as well as the event website. For more info, contact Dora Csendes on 077 6777 4258, dora.csendes@gmail.com or Anton Dell on 07958389496, info@antondell.com.

Cafe Open Mic, Friday March 16th 7.45 for 8.00pm start to 10.00pm
Now into our third Open Mic night - come along and share your passion for music in a friendly and supportive atmosphere - 15mins slots available for singing and playing acapella, acoustic or electric....the choice is yours. First timers encouraged! Students/concessions £2 Adults £3 for both performers and members of the audience. Proceeds to the PTFA. Refreshments available. Contact Frankie on 01442 216988 or email me frankie_mitchell@lineone.net

GET GARDENING FOR GREENFINGERS
The Greenfingers charity creates magical gardens for children's hospices around the UK.
With your help we can create the first ever magical garden funded by schoolchildren.
Get gardening for Greenfingers week is 12th-16th March 2012. Your challenge is to complete 10 small gardening jobs for family or friends - you need to find 10 people to sponsor you £1 each - to raise £10 in total. Hand in your completed form and donations by 23rd March so we can stamp it. Then take the form to Taylors Tools in Kings Langley by 30th April where you will receive a certificate and baseball cap. For further details and a sponsor form please see Gary Powell, email: garypo@rsskl.org.uk or call 07768916932.

Volleyball 16+ mixed team, starting Saturday 3rd March, in the Gym at the school from 3 – 6pm. Weather permitting we will play on the grass in the field. This will be a weekly event open to pupils, staff, parents, friends, and people in the community who have expressed an interest. For further information please contact the school on 01923 262505. Pascale van Dort 07411 811669.

I'm Harvey's Dad (class 3) and the day is fast approaching when I shall step onto a 68ft racing yacht and venture across the North Pacific racing nine other identical boats. You can follow my progress on the Clipper website (**http://www.clipperroundtheworld.com/index.php**).
The yacht to watch out for is **De Lage Landen**; currently lying in third place overall, we're looking for a strong finish on Leg 6. Race start from Qingdao in China to California is on March 4, and the crossing is expected to take around 32 days…that's a lot of water. I have decided to use the trip as an opportunity to raise funds for charity and have chosen MENCAP, the organization that supports learning disability across communities. MENCAP has been praised for the work it has done through its extensive network of volunteers in support of the rights of both young and old with learning disabilities. This section of the community is so often the least heard and less able to defend the right to a dignified and respectful existence. You can find out more by going to http://www.mencap.org.uk/. You can donate to the cause by visiting my Just Giving web site: http://www.justgiving.com/Marc-Groves-Raines. Thank you all for your support and check out some of the videos onhttp://www.clipperroundtheworld.com/index.php/follow/video-galleries/ - you never know, it could be you one day!

Community Notices and Adverts

- **Morning session on Green Nutrition for Vitality and Longevity** - Friday March 9th 9.30-12.00 in Kings Langley.
Choose your own detox method according to lifestyle and needs, a few days before and after the Spring Equinox (20th March); it will really set you up for the coming season.
Also learn to make green vegetable juice, almond milk, Kefir, grow sunflower greens, make live sauerkraut, with lots of tasting!
Informal atmosphere. Take home Kefir grain to make your own. Questions and answers!
Cost is £25. Michele Kaye m 07786 172407

- **Gluten, Lactose, Soya Intolerant?** Try our Free From Shake. Provides a delicious, healthy meal with an excellent balance of protein and key nutrients for sustained energy. Provides health-protecting antioxidants, fibre and herbs and Pisane® a vegetable protein sourced from pea (GM Free). Contains blueberry and pomegranate. To find out more call or email us below or make an appointment to come and visit us at our Wellbeing Centre in Apsley Lock.
Linzi Deayn & Mark Dyllen
07956 502342/ 07769 676811
linzideayn@yahoo.co.uk,
Katie Turland 07834 898414,
Wendy Grant 07881 807376,
Smadar Bunzl 07961 448216

- Babysitter – Class 12 Steiner pupil in Kings Langley, Reuben Wachs (17) - 07870 977 676

- Events at Rudolf Steiner House - Events at Rudolf Steiner House - THE GUARDIAN ANGEL, M.Kientzler, February 28th, 7.30pm. THE MAGIC OF TAPESTRY February 29th, 7.30pm. THE SUN INTONES IN ANCIENT SPLENDOUR, S. Francke, March 2nd, 7.30pm. SIGNATURE OF THE CELESTIAL SPHERES, Beauty and Harmony in the Solar System, March 5th 7.30pm. Spare programmes in School foyer. www.rsh.anth.org.uk, 0207-2587528

- **Kung Fu and Qi Gong/Tai Chi Classes** with a Shaolin Shifu every Friday term-time. Kung Fu at 4 p.m. (children and adults) and Qi Gong/Tai Chi at 5 p.m. (for older students and adults) Chipperfield Village Hall. £ 6.50 per session to be paid per half term. Please come and join us for this fantastic opportunity to train locally with a Shaolin Shifu. Hope to see you there, and should you have any questions, please e-mail or phone Andrea (andrea-chishti@hotmail.com; 01923-829302 or 07913 538732)

- **Fantasia Music School –** Summer Courses for Young Musicians, Lavant House School, near Chichester. Activities include orchestra, choir, string orchestra, wind band, chamber groups and more. For more info contact Mary Sutton 01243 586068 or visit www.fantasiamusicschool.co.uk

- "Spring Awakening" Retreat with the Bach Flower Essences on the 24th March. Still a FEW PLACES LEFT! Refresh and unwind in the first of a series of four seasonal workshops tuning into nature's gentle qualities. What's included? Introductory talk on the Bach Flower Essences; Try and test the essences and aura sprays; Focused talk on the season and relating essences; Light vegetarian lunch, tea and refreshments; Nature walk; Meditation; AND a bottle of personalised essence combination. Time: 10.30am to 4.30pm. Place: Elstree. Price: £45 / person / retreat. Pay only £160 if you book all four!!! For more call or e-mail Dora Csendes: 077 6777 4258, dora.csendes@gmail.com.

- **Meditations, teachings, and healing** with Uezu-san Japanese master Yoshihide Uezu will be visiting the UK in June, for a retreat to be held at a beautiful venue in south Wales from Sat 16th - Tues 19th June. The event organisers, Sam and Chieko Neal, attended his seminars in France and Norway in 2011 and are blessed with the opportunity to host his visit this year. Please visit uezu.org.uk for full details... or ask us when you see us! We'd love to hear your thoughts.

- **Samsung American style Fridge Freezer** for sale £75.00. Also free upright pretty piano - buyer will need to collect. Call 01923 262008

- **Wanted - Pentatonic Recorder**. Do you have a pentatonic recorder in good working order that you do not use and would like to see go to a good home? Please contact Regina, reginakassel@yahoo.co.uk or 07877 481168

- **Energise Revitalise Rejuvenate** after Easter. Nia dance, Healing Gong bath, Energising EFT, Yoga Nidre Relaxation
Sat 28th April Chipperfield
www.janeyleegrace.com/energiseandrevitalise.
Early bird price £75 includes natural goody bag worth £75
To book call Simon 07966 197571

- FOR SALE Lovely three bed roomed semi-detached family home with good sized gardens. 7 minutes walk from school in quiet cul de sac with fields close by. Off road parking for two cars. Very large wooden cabin for use as studio/office in the garden. Please contact Nick or Marion Vane 01923 400007 for price and further information.

- **Drawing for the Petrified! Tuesday 10th April.** If you want to draw but think you have no talent then this exciting new workshop is for you. Professional artist Anne Bennison and creativity expert Elinor Martell have decoded the artistic process, sharing the secrets of how to tune into your intuitive and creative self, giving you the pleasure and satisfaction of being a competent artist. Places are limited. From £39 per person. Email hello@arts retreat france.com now or visit www.drawing for the petrified.co.uk for more info.

The news sheet is published on Mondays, copy deadline Friday 4pm. Sales of goods or services £3 per advert, house or flat rentals £20, house sales £75. Email info@rsskl.org with your ad or drop it into the office. 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. Steffi Cook info@rsskl.org