



Michael Mount **Waldorf** School

A weekly newsletter for conscious, creative, independently thinking
Michael Mount families and friends

Issue 2 | Term 1 | Thurs, 31 January 2019 | Next newsletter: Thurs, 7 Feb 2019 | Deadline: Mon, 4 Feb 2019

Hello everyone,

A roundup of news in this week's newsletter includes a report on the New Parents' Evening, reminders about forthcoming workshops, a book sale on 7 and 8 February and feedback on recent sporting activities. Our pack of 10 cards, beautifully illustrated by Michael Mount children, is on sale at the coffee shop. Scroll down for a report on the winning artists who were awarded a book voucher in assembly.



Meeting and greeting
at the New Parents' Evening

With 2019 marking a **centenary** of Waldorf education this week's **Food for Thought** showcases one of the Waldorf 100 projects we are participating in. This particular project is called Postcard Exchange and involves thousands of postcards circling the Waldorf world with students from over 80 countries sending each other greetings. Scroll down to see more.

Enjoy the weekend.

Mandy Triaca | Communications | mtreeaca@michaelmount.co.za



Community News

New Parents' Evening

An informative evening to welcome to all our new families joining Michael Mount. Parents chatted to teachers and students, listened to interesting and inspiring presentations from our Administrator, William Bester and Council Chairman, Reginald Muzariri and past pupil, Cassia Holtz, Class of 2018, shared her experience of the Waldorf journey. Thanks to Lars Lampen and Mr Abel for their beautiful musical contributions. A warm welcome to Michael Mount everyone!



Congratulations to winners of the Bees & Trees competition



Last year we asked our primary school children to draw a picture around the Waldorf 100 theme “Bees and Trees”. A vibrant, beautiful, diverse entry poured in. Out of this abundance ten winners were chosen for their artwork to be made into greeting cards. Congratulations to Connor McNamee, Andre Zander Koldas, Ita-Marie Dambe Hansen, Masingitha Mpapele, Ayanda Mzoneli, Lucy Hagner, Scarlett Desenberg, Lara Bhella Selvarajalu, Isabella Strever, Edith Lilly de Beer who each received a complimentary pack of cards and a voucher for Exclusive Books.

You can buy a pack of these beautiful cards from the coffee shop in the foyer. Cards are sold in packs of 10 (with envelopes) for R100.

Morning coffee

Plough-to-Plate, our coffee shop in the auditorium foyer, is open every morning from 7.00am to 11.00am. Pop in for coffee and a snack. Wait for the traffic to die down. Do some work on your laptop. Free Wi Fi.



Book Sale in the school library



The Travelling Bookshop is back with a huge variety of top quality books at amazing discounts on sale in the school library.

When:

Thursday, 7 FEBRUARY 2019 from 10H00 – 15H00

Friday, 8 FEBRUARY 2019 from 07H15 – 14H30

Price range: Between R50.00 and R250.00 Credit / debit card facilities available.

Michael Mount School App

Please consult the school app for calendars, sports timetables, stationery lists, policies, reporting your child's absence, reading this newsletter ... and more. It's so handy. And saves you digging in your child's school bag for bits of paper or searching through Outlook for emails!



Parent Enrichment Workshop

Join Yvette Oxlee on a Parent Enrichment Workshop exploring **What is Waldorf Education and why this unique education finds its full expression with a parent's support and understanding.**

When: Saturday, 9 February

Time: 8.00 – 10.00am

Where: Emerson Room

No cost. Please book a place by emailing Leigh Segal on lsegal@michaelmount.co.za

Note: workshop participants are welcome to continue with the Emergency Pedagogy workshop after the tea break. See below for details.

About Yvette Oxlee:

Yvette is an experienced Waldorf teacher. She taught at Michael Mount and Constantia Waldorf School for many years. She currently holds the position of Teacher Trainer for the Federation of Waldorf Schools in Southern Africa and travels all the time sharing her passion for Waldorf education seasoned with the wisdom of experience.



Book now for Emergency Pedagogy Workshops in 2019

Calling all parents and teachers,

You are warmly invited to participate in a series of Emergency Pedagogy workshops.

What is Emergency Pedagogy? Emergency Pedagogy is a healing modality which helps stabilize individuals who have experienced trauma psychologically and socially. This is done through the activation of the body's self-healing powers. Possible long-term post-traumatic stress disorders can be minimized. Emergency pedagogic interventions are based on principles of Waldorf education. Click on this link to find out more <https://www.freunde-waldorf.de/en/emergency-pedagogy/>

When:

9 February 2019 Trauma - the Waldorf approach. 10h30 - 13h00 in the Emerson Room

18 May 2019 Creating safe spaces

1 June 2019 Healing rhythms

(Teachers please note: hours spent on these workshops qualify for CPTD points.)

Cost:

R200 / workshop

Facilitators:

Michael Mount teachers trained by Berndt Ruf,
founder of Emergency Pedagogy.

To book call Kiki Sanne on 082 562 9395 / oldlands@vodamail.co.za
or email Leigh Segal lsegal@michaelmount.co.za

Talks and a workshop offered by the **Anthroposophical Society**

We welcome Michael Chase, who is offering talks and workshops in February, to our community.



Michael Chase is an ex pupil of Constantia Waldorf School and now lives in Stroud, Gloucestershire, UK. He has been developing the application of mask work in theatre, education and therapy for thirty-five years. He was the artistic director of the Glasshouse Arts Centre for 15 years, where he developed the application of masks in Hero's Journey, a therapeutic programme for young adults with complex needs. Michael is presently working as a Psychodrama Psychotherapist in a democratic therapeutic prison with violent offenders. He holds a master's degree in Educational Research and runs mask making and using workshops internationally.

The ASJ has organized the following dates for talks and a workshop for parents and friends;

Sunday 10th Feb 15h00 - 16h30: Transforming the Double – The Hero's Journey. Cost R100

Friday 15th Feb 19h00 - 21h00: Masks of Heaven and Earth - The Journey between death, birth and life. Cost R100

Saturday 16th Feb 10h00-13h00 workshop to continue Friday's talk - Cost R600, including tea & lunch.

For more info contact ASJ office by e-mail on Johannesburg@anthroposophysa.org



Angel's Delight Tuck Shop MENU FOR THE WEEK 4 to 8 February

- MONDAY** *Homemade potato samosa with corn on the cob @ R40*
- TUESDAY** *Kebabs filled with baby potatoes and boerewors served with a "monkeyland" sauce and sweet corn @ R40*
- WEDNESDAY** *Vetkoek filled with savoury mince or jam and cheese @ R35*
- THURSDAY** *Fruit salad & yoghurt OR spaghetti bolognese R35 or R45*
- FRIDAY** *Hot dogs served with chicken viennas @ R30*

Vegetarian options always available

Please contact me via WhatsApp on 083-701-2507 to:

- find out about the gluten free options;
- join the broadcast group for daily specials;
- open an account;
- order your cupcakes/cakes for birthday celebrations or your outside catering functions.



Angelique 





Tennis

Michael Mount's tennis team won their first match of the year. Up against St Stithians, the final score was 67 – 32 to Michael Mount. Well played!

Cricket

Our U10 cricket team played a good game against Beaulieu Prep on Monday. Here they are building team spirit before going in to score the winning runs. Well played, U10s!



Basketball

Our boys' and girls' basketball teams reached the quarter finals in the recent AISJ basketball tournament. Well played, everyone. This was a great warm up for the rest of the year.

Aviwe shines in Virginia, USA

Past pupil **Aviwe Mahlong** won a basketball scholarship to a school in Virginia, USA last year. He's settled in well, his new coach speaks glowingly of him and, according to this report from the local newspaper, is introducing his new team to South African culture. Well done, Aviwe, we're so proud of you!



HARRISONBURG — Prior to Eastern Mennonite's season opener against Fishburne Military on Nov. 27, the typical nerves that come before the first game of the year were there. For one player, it was different.

Aviwe Mahlong went through warmups, dancing along to various songs as they burst across the loud speaker, but right before tip-off — as the Flames prepared to say prayer — he said teammate Zach Hatter asked him to lead them. So Mahlong — a 6-foot-3, 185-pound junior from South Africa — did just that, saying a prayer in his native language of Zulu before taking the court for the first time at EMHS.

"He's added a tremendous amount to the school in every capacity," said Eastern Mennonite first-year coach Chad Seibert. "He's a great fit spiritually, academically, socially. ... He's everything you would ever want in a person and more."

Reported in Daily News-Record 26 December 2019 Harrisonburg, Virginia

http://www.dnronline.com/dnronline/mahlong-fitting-in-at-emhs/article_47708852-e235-5f00-83ef-ad0d67303053.html

Term Dates

TERM DATES for 2019

Term 1: 15 January – 20 March

Term 2: 8 April – 28 June

Term 3: 23 July – 20 September

Term 4: 7 October – 5 December

TERM DATES for 2020

Term 1: 20 January – 3 April with a midterm break 28 February to 2 March

Term 2: 20 April – 26 June

Term 3: 20 July – 18 September

Term 4: 5 October – 4 December

Dates to Diarise!

WHEN	WHAT
Thursday, 31 January	Class 7 Parents' Evening
Monday, 4 February	College / Council dinner
Monday, 4 February	Class 10 Parents' Evening
Tuesday, 5 February	Play Group (Mrs Bjorkman) Parents' Evening
Wednesday, 6 February	Play Group (Mrs Meyburgh) Parents' Evening
7 - 9 February	Start of AdVenture Leadership programme
Thursday, 7 February	Class 3 Parents' Evening
Saturday, 9 February	Class 5 Parents' Morning
Saturday, 9 February	Parent Enrichment Workshop
Saturday, 9 February	Emergency Pedagogy Workshop
Monday, 11 February	NS3 Parents' Evening
11 - 15 February	Class 7a camp
Tuesday, 12 February	School photos
Tuesday, 12 February	Nursery School 1, 2, 4 Parents' Evening
Wednesday, 13 February	Class 4 Parents' Evening
Friday, 15 February	HS Valentine Social
Saturday, 16 February	Start of Cycle Tests
Saturday, 16 February	Teacher Training
18 - 22 February	Class 7b camp
Monday, 18 February	Council meeting
Wednesday, 20 February	Introductory Talk at 7pm
Friday, 22 February	Greek Games
21 - 25 February	St John's basketball tournament
Tuesday, 26 February	Presentation by Danie Maritz on Bryanston Market revisioning
Wednesday, 27 February	Rudolf Steiner's birthday
Wednesday, 27 February	Class 4 - 8 Eurythmy Performance
Saturday, 2 March	Open Day
Saturday, 2 March	Class 3 social morning
4 - 15 March	David Garb workshops with HS
6 - 8 March	Class 11b Play
Thursday, 7 March	Class 5 - 7 swimming gala
Friday, 8 March	Class 1 - 4 swimming gala
Saturday, 9 March	Class 3 eurythmy morning
10 - 13 March	Class 12 Geography camp
15 - 17 March	St Stithian's basketball tournament
Monday, 18 March	Council meeting
Wednesday, 20 March	End of Term 1. School closes at 12.20pm

Are you experiencing stress, pain & discomfort?

This **Valentine's Day** give yourself the gift of **glowing health** and **ageless beauty**

Book a **FREE 15-minute health scan** with **Jane Mackenzie**
365 HEALTHY BY CHOICE

Offer valid on **Thu 14 & Sat 16 February**

Phone 011 7063671 for appointment
www.bryanstonorganicmarket.co.za for more details



FREE offer limited for first 10 customers per day

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magical place. inspired crafts. wholesome food.

Lift club in Greenstone area

I am looking for anyone who lives in the Greenstone area that is willing to share a lift club after school. I am able to do collection from school 2 to 3 days a week and we can also do drop offs in the morning. I am a safe and responsible mommy driver in a safe vehicle. Please contact Bridget 0739082976.

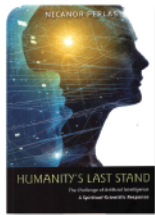
Looking for a superb housekeeper/ au pair?

My name is Nyari. I am always passionate and eager to go the extra mile. I am 39, have a sunny disposition and a driver's licence. Call or WhatsApp me on 084-350-7200. (reference available from Shauneen Procter on 083-260-8118)



The Steiner Centre Book-shop & Basil Gibaud Library

Book review of **HUMANITY'S LAST STAND**, by Nicanor Perlas. The Challenge of Artificial



Intelligence. A Spiritual-Scientific Response
This book is a synthesis of dozens of lectures on AI from around the world given by the author, in the last three years leading up to its publication in 2018.

The essential questions, addressed and challenged are :

- What image of the human being stands behind Artificial Intelligence (AI)?
- The illusion and dangers of transhumanism and "perfecting humanity" vs. what it means to be truly human ?
- How do we understand consciousness and human freedom?

With references to sources from diverse quarters on:

- The latest technological advances – for good or ill use by humanity at large
- The benefits, impacts and consequences of AI/AGI/ASI
- New understandings of Science, worldwide corroborating Spiritual Science in fields of Quantum Physics, Astrophysics, Neuroscience, and Epigenetic Biology
- Rich resources referenced from Anthroposophical literature, eg Steiner's "Philosophy of Freedom", and P.Heusser's " Anthroposophy and Science"

Contact Lola on

johannesburg@anthroposophysa.org.za

www.anthro-jhb.org.za Telephone 011 706

8544. Office hours: Tue 8h30-13h00; Wed - Fri

10h00-14h00. Rudolf Steiner Centre at Michael

Mount Waldorf School.

Parents! Parent Effectiveness

Training workshop coming up

Parents, learn how to build strong, cooperative, deeply satisfying relationships with your children, step-by-step. P.E.T workshop starts on Thursday 7th of February 9:15am to 12:15pm. Contact Marti Björkman for details. 0823391543. www.parents.co.za

Family Home for Sale – walking distance from school



Safe family home in Bryanston, in gated enclosure, acre property, pool, pool house, study, office, 3 reception rooms, 4 bedrooms, 3 bathrooms, cottage/domestic quarters, verandah, mosaics, artist's touches and plenty of space to play. R4.4m.

bonny@itldesign.co.za 082 821 1862

Ebury Ave Townhouse for sale R2 450 000



Double volume home. Upstairs features 3 bedrooms, 2 bathrooms, downstairs features lounge, dining room, study, guest bathroom all living areas flowing onto private garden. Spacious granite kitchen with space for 3 undercounter appliances. Walking distance to Michael Mount and other amenities. Alarm system including garden beams, pet friendly complex, large communal pool. Contact owner Lucie Bird 083 455 9726.

Extra swimming lessons after school

When: Weekdays from 12.30pm
Where: Michael Mount swimming pool
Water safety, learn to swim, stroke development and squad/fitness training
Contact: info@swimnow.co.za
Denica 0724927404

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Cottage to let

Cottage to let in Lonehill. Ideal for single person. R5000 pm includes water / lights.
Please call Kim on 083 488 1055

Waldorf Parent-Child Classes

Quality time for parent and child. Connect with other parents, observe your child, learn songs and rhymes, experience music, make toys and gain a deeper understanding of Waldorf education.

When: Tuesday afternoons from 14:00 to 15:30 in the nursery school garden. Thursday mornings from 08:30 to 10:00 and 10:15 to 11:45 at the playgroup. Please contact Frances Higgins on 0823014919 for more information or email her at Frances.higgins@posteo.de



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smp@icon.co.za

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www.englishforyou.co.za

Third party information is not necessarily endorsed by the school.

Ad rates for parents and friends of Michael Mount

R30 for up to 50 words. Headline free.

R50 for 50 words plus an image. Headline free.

We reserve the right to edit for clarity and space.



Food for Thought



LEARN
TO CHANGE
THE WORLD

Michael Mount participates in postcard exchange in celebration of 100 years

Michael Mount students are participating in a worldwide postcard exchange to kick off the 100th anniversary of Waldorf education this year.

They are amongst the 1100 Waldorf schools from more than 80 countries sending postcards across the globe. Each postcard is individually designed to show something about our school or our country or it may have a personal message. The project started in 2018 and has connected hundreds of thousands of students to one another. Here are some samples of postcards designed by our students that were mailed to countries around the world last year.



Postcards received are displayed on a world map at reception and also in the windows of the auditorium foyer.



“The most important things in life are the connections you make with others.”

– Tom Ford



Est. 1960

Michael Mount Waldorf School

Nurturing conscious, creative, independent thinkers

www.michaelmount.co.za

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FIBRE INTERNET

Even though there is an option to unsubscribe from this mailing list, (see below), we are unable to oblige because we use the school's database master, which we are not allowed to alter – for reasons we are sure you can appreciate. So, if you are a parent and do not want to receive the newsletter, may we ask you to simply delete it from your mailbox ... and remain on our database.

If, however, there is a legitimate reason for unsubscribing, e.g. duplicate emails or you are no longer connected to the school, kindly send a request with an explanation to me at mtriacca@michaelmount.co.za and I will inform the relevant department to investigate and correct the school's database master.