

For regular news from the school, visit the News section on our website or like us on Facebook by following the link on our website homepage or this link: <https://www.facebook.com/ElmfieldRudolfSteinerSchool>



Next issue: Friday 1st February

Please email any entries to loose-ends@elmfield.com. The views expressed in this newsletter are not necessarily those of the school or its staff. The school cannot be held responsible for the quality of products or services offered in this newsletter. We reserve the right to edit content. The editor's decision is final.

Upcoming Events

Mon 21 Jan	7.00 pm	Class 7 Parents' Evening
Wed 23 Jan	7.15 for 7.30 pm	Class 8 Parents' Evening
	8.00 pm	Community choir - Hall
Tues 29 Jan	7.30 pm	Class 4 Parents' Evening
Wed 30 Jan	1.00 pm	<i>Deadline for copy for next Loose Ends</i>
Wed 30 Jan	8.00 pm	Parents' Eurythmy group - Eurythmy Room
Fri 1 Feb	Afternoon	<i>Next issue of Loose Ends</i>
Mon 4 Feb	7.30 pm	Class 1 Parents' Evening
Fri 8 Feb		PTFA Quiz Night (tbc)
Tues 12 Feb	7.30 pm	AGM of Elmfield Association - Hall
Thurs 14 &	7.30 pm	"Swallows and Amazons" Play by Class 9 -
Fri 15 Feb	7.30 pm	performed at the Glasshouse
Fri 15 Feb	4.00 pm	<i>School closes for half term</i>
Mon 25 Feb		Teacher Training Day - School closed
Tues 26 Feb		<i>School reopens</i>

Elmfield News and Information

A brief roundup of some recent goings on...

- C5 have been helping C1 with their first knitting lessons.
- C7 had a talk on Mexico as part of their Americas geography main lesson. This week they have started a series of percussion lessons with a professional drummer from Chile.
- Class 8 visited the museum of slavery in Liverpool.
- A team of Middle School pupils took part in the Dudley Dodgeball competition (report below).
- Stream of Sound held a wonderful Christmas concert.
- C5 have been presenting their work on their British Isles projects in class.
- Class 4 have made some beautiful miniature nature scenes showing various habitats as part of their Man and Animal main lesson.
- Classes 10 and 11 have been taking mock exams in preparation for their summer GCSEs.
- Work has begun on the Curriculum Garden (more information below).

Waldorf 100. The first Waldorf school was founded in Stuttgart in 1919. To celebrate this centenary, events are happening at Steiner schools all over the world. Elmfield is no exception! Look out for further details and information over the next few months.

Dodgeball competition. On Thursday the 13th December Elmfield took part in the Dudley Dodgeball competition. Altogether there was 6 teams that entered from 5 secondary school in the local community. Our dodgeball team performed magnificently on the day achieving the following record; 1 win 3 draws, 1 loss and finished in fourth place overall. I was very proud of the effort and commitment shown by so many of our Middle School pupils, with many of them turning up to practice on a Wednesday. All members of the team performed to a good standard, showing team spirit and sportsmanship. We are already looking forward to next year's event and hopefully we'll have more than one team representing Elmfield. Saul Wallis
Elmfield Dodgeball Team: Solomon, Harvey, Oscar, William, Elliot and Saxon.

Estates

After much deliberation it has been decided to turn the area that used to house the maintenance and Eurythmy huts into a curriculum garden. This decision has been taken in conjunction with the Curriculum Group and the Waldorf 100 Group. The curriculum garden will be an area that will benefit all the classes in the school. Fruit trees and bushes will be grown around the borders; willow will be planted for use in future weaving projects, and each class will have a growing area. There will also be a small wildflower area to attract bees and butterflies.

The first job is to put in the wooden fence and Steve has started work on this this week. The area will then be cleared and levelled, trees and bushes planted, the shed and polytunnel moved, and growing areas created. We are hoping to see significant progress by the end of the summer term. It promises to be a beautiful addition to the school grounds and a lasting legacy to be enjoyed for many years. If you are interested in helping in any way or getting involved please talk to Steve or contact the office.

The Tyre Swing has currently been dismantled and removed from the playground. Steve will be working to repair this piece of equipment and hopefully it will be reinstalled during the spring term.

Elmfield Gift Shop. Starting in February there will be a minor change to our opening times. On Tuesdays and Fridays, the shop will open at 9.00am - 4.00pm. Please note that the shop will continue to open 8.30am - 4.00pm on Monday, Wednesday and Thursday. Winter edition of 'New View' magazine (£6.00) now available. We also now sell copies of the PAFAM 'Home Treatment Guide' (£5.00) - a concise guide on how to deal with common minor illnesses. Back in stock is the new edition of 'A Waldorf Guide to Children's Health' by Dr Michaela Glöckler (£12.99). Still available Wala sage pastilles (£4.75) - soothe your sore throat with essential oils & herb extracts. The Shop Team

Parents' Library. Open throughout the term on Wednesdays (8.45am - 9.45am) Now located in Elmfield Gift Shop. If your New Year resolution was to read more why not come along and browse our selection of interesting books. The Library Team

Homework Club for Classes 6, 7 and 8 - Tuesday and Thursdays after school, 3.30 pm to 5.15 pm. We provide a relaxed environment where pupils can receive support with their set homework and/or have a quiet dedicated space to study. The cost is £9.50 per session (£7.50 if you arrive at 4.00 pm) and places are offered on a first come basis. For more details please contact the office.

JOB VACANCIES

*If you are interested in either of the following roles please visit the job vacancies section of the school website - <http://elmfield.com/the-school/vacancies/job-vacancies/> - to read more and apply using the **application form** that each particular job links to on the website.*

Members of the School's Council of Management - Chair of Council and Employment

We are looking for two outstanding individuals to join our Council of Management – the School's Governing Body. Members of the Council of Management act as the trustees of Elmfield Rudolf Steiner School which is a charity and a registered company. The role of Trustee is a voluntary position.

Meeting at least six times a year on a Tuesday evening the Council is accountable for upholding the Waldorf ethos, strategic decision making, and maintaining the financial and educational viability of the school through the effective use of resources.

We are inviting applications from diplomatic, constructive and professional people who have a genuine passion for independent education.

- **Chair of Council** - The role of Chair of Council is a vital position at Elmfield. Amongst many things, you will be responsible for setting the agenda and chairing Council meetings; working effectively with the school leadership team; and taking overall responsibility for long-term planning and strategy. Please refer to the job description on the website for full details of the role. Completed application forms should be submitted to info@elmfield.com by the end of January. For further information or an informal discussion regarding the role, please contact Rainer Klocke, Acting Chair at councilchair@elmfield.com
- **Employment** - We currently have a need to appoint an individual with recent Employment and Human Resource expertise to our team. A job description is available on the school website. For further information or an informal discussion regarding the role, please contact Rainer Klocke, Acting Chair at councilchair@elmfield.com. Applications should arrive by the end of January.

Wider Community

EVENTS

The Parents Eurythmy Group starts again on Wednesday 30 January in the Eurythmy Room. This will be a 7-week block and the theme for this term is eurythmy with music. We will explore various elements in music (beat, rhythm, pitch etc.) through movement - the same way the children also learn in their lessons. All are welcome and neither prior knowledge or experience is necessary. The sessions are run by Tomie Ando-Boardman and will be accompanied with live piano music.

The cost is £49 for the whole term or £8 per session. (Dates are - 30 January, 13 and 27 February, 6, 13, 20, 27 March) Please contact Jennifer Willmott if you need any more information 07743 339 734 or willmott.jennifer@gmail.com

Ashtanga Yoga at Elmfield. Monday 8.00pm - 9.30pm Beginners' Course (10 weeks) - an introduction to Ashtanga Yoga (14 Jan - 25 March). Thursday 8.00pm - 9.30pm Improvers' Course (10 weeks) - for people who have a working knowledge of Ashtanga Yoga (17 Jan - 28 March). Mind calm - body vibrant. James Critchlow 01384 394 702 / 07967211748 www.yogabirmingham.co.uk

Fundraising for Raleigh international - An ex-Elmfield student, Johannes Klocke, is hoping to volunteer in Nepal next year with the sustainable development NGO Raleigh international. The aims of the placement are to increase awareness of hygiene and improve access to water and sanitation in poorer communities. If you would like to support the charity please donate to his JustGiving page:

<https://www.justgiving.com/fundraising/johannes-klocke> or contact Johannes by email j.klocke@btinternet.com if you need any odd jobs doing. Any donations are greatly appreciated! Kind Regards, Johannes

Come Play With Me - **A Steiner inspired family group** held on Wednesday mornings from 9.30 - 11.30. Children up to school age are most welcome with their parent or carer. We play, bake a snack and enjoy songs and rhymes together. If you would like to join us in the community room at the Christian Community, 22 Baylie Street, please contact Janet Klaar, 01384 352177 or by email janetklaar@yahoo.co.uk
We look forward to welcoming new members to our group.

Stories For All - Sunday 27th January, 4pm - at the Christian Community.

The Brave Little Parrot; Sam pig and the hurdygurdy man; The Little Prince and the Fox.

With musical interludes. Adults £2. Children £1.

Contact Jane Sahin – 07724 863 418.

A talk on “The Root of the Art of Eurythmy in Goethe’s Natural Science” - Friday 25th of January at 7.30 pm in the glasshouse college theatre space, Wollaston Road, Stourbridge DY8 4HE
In 1912 Eurythmy as a new art came into the world through Rudolf Steiner. Where did Steiner get the idea

from to invent a new art? Primarily it was through editing Goethe's scientific work which saw art and scientific research as having the same common root and a similar goal.

Would you like to know more? Come to the talk by Dr Wilburg Keller Roth, a GP practising as an anthroposophical doctor in Basel in Switzerland. For many years she has also been part of the ward of the Eurythmy-Therapy-Training in Dornach, later in Budapest and Prague. Between 2011 and 2014 she was one of the course leaders for the on-off eurythmy therapy training for doctors in England.

The Elysia Therapeutic Centre invites you to join a series of free talks. Just arrive or register your interest info@elysiacentre.org, 52 Bowling Green Road, Stourbridge DY8 3RZ. Tel: 01384 392 072

Monday, 21 January:

6.30 – 7.00 pm - **Mindfulness**

An introduction to Mindfulness and how we can bring about change relating to dietary issues.

Sue Rogers, qualified psychotherapist /counsellor & Mindfulness Practitioner will also be running a course in the summer dedicated to this topic. This evening talk is an opportunity to meet her and learn more about what this course will entail

7.15 – 8.00 pm **Being Ourselves in the Workplace**

When boundaries get confused, work gets hard and complicated. We can feel misunderstood, taken advantage of, stretched and anxious. People are sensitive, resourceful and powerful! When we work together we braid our individual power into a stronger chord. Join Sebastian Parsons, Designer and co-founder of Soul's Choice, for a talk and discussion that allows us to differentiate and understand the interplay between ourselves, as the individual and ourselves within the work role. And how when being able to do this, a purposeful relationship, as intended between the individual and the organisation can unfold.

Monday, 28 January:

7.00pm – 8.00pm - **Muscle testing and Kinesiology: a demonstration**

An opportunity to experience (or witness) muscle testing in action! Bring a remedy, supplement or food that you want to be tested on; or just come and learn a bit about kinesiology and the art of muscle testing. Jonathan Livingstone, formerly a director of Kinesiology Federation, is a Touch for Health trainer and author of *The Therapist Within You* (2009) and *Relearning Experience* (forthcoming).

Monday, 11 February:

6.30-7.15pm - **Peaceful approaches to parenting**

Joanne King, systemic family counsellor, provides an opportunity to consider your approach to parenting and to explore Ghandi's ideas of peaceful protest to unwanted behaviours. Joanne has a wealth of experience working within mental health with children, young people and difficult relationship issues.

7.15 – 8.00pm – **Eurythmy, what is it exactly?**

Join curative Eurythmist, Ursula Werner and discover a little about what lies behind this incredible mindful movement. You will also take a way with you a self-caring daily exercise that can help restore your inner strength, and bring about warmth and calm.

Meeting the child of the 21st century with Clara Aerts - "Echo's from the future: Building a compass in early childhood for navigating the digital age" - York Steiner School, Danesmead, Fulford Cross, York, YO10 4PB - Saturday 9th February 2019: 10.30am to 5pm. Registration from 9.30am with coffee and cake, lunch and all refreshments included.

In her role as IASWECE co-ordinator, Clara Aerts from Belgium speaks for the young child during the Quality of Childhood sessions organised by the Alliance for Childhood in the European Parliament. She also works with others in Brussels to lobby for a child centred education that puts the wellbeing of the child at the core of policy making. With the digital age changing the whole educational landscape rapidly, the focus at the moment is very much on keeping the free space for schools and parents to choose an age appropriate media education that is human centred and builds on natural and healthy sense experience.

This conference is open to anyone concerned with the wellbeing of the young child.

www.iaswece.org and www.eliant.eu for more information. Booking forms available on www.steinerwaldorf.org or contact Sam Greshoff on sam@steinerwaldorf.org

HEALTH

Meeting the Hellebore Plant: The Christmas Rose. PAFAM event at the Elysia Therapeutic Centre
Saturday 2 February, 10am to 4.30pm

Join us in getting to know this remarkable healing plant: *Helleborus niger*. Its gifts of healing range from helping certain kinds of Cancer, to Epilepsy and Parkinson's, from ADD/ADHD to Dementia and more!

Adrian Large, will lead us in a detailed observation process in which all can participate. We will then try to come to an understanding of the healing gestures of the Plant. To aid us in our appreciation of the qualities of the Christmas Rose we will be treated to some inspiring stories from Jane Sahin. There will be an opportunity to engage in exploring the qualities and gestures revealed, with the artist Laura Ridolfi.

Finally, we hope to honour the Celtic Christian festival, dedicated to St. Bride (1st Feb) and Candlemas (2nd Feb). Cost £35 which includes a two-course lunch and all refreshments.

To book a place contact Cathie Green. Email cathiegreen@outlook.com Tel: 01584 881197

8 Week Holistic Weight Management Course - Elysia Therapeutic Centre

Would you like a new approach to losing and maintaining weight loss that is sustainable long term and healthy? I am a registered Nutritional Therapist and will be running an 8 week holistic weight management course from 21st February which aims to teach you the skills you need to effectively manage your weight sustainably for life, whilst ensuring your body is adequately nourished and food is still enjoyable.

Cost is £150 for 8 X 1-hour sessions. For further information or to book your place, contact me at info@nutritionforvitality-laraseago.com or 07887 943037

Short-term problem - Focussed Psychotherapy. Psychophonetics offers an intense and in-depth exploration of a particular problem. We go through a process of observing the issue on different levels (spiritual, emotional, practical), finding new knowledge about it and from this finding the action that is necessary. Psychophonetics works with the idea that if we are willing to take on a difficulty, we will strengthen ourselves. Sessions are at least 1.5 hours and may include movement and sound. Sliding scale of payment. Contact Jacqui Williams (BACP registered psychotherapist) 01384 440942.

Are you suffering from back problems, muscular tension, poor posture or perhaps from insomnia, stress and anxiety? Physiotherapy (holistic approach); Rhythmical Massage Therapy; 1-1 Modified Pilates are offered as separate therapies or as an integrated approach at the Elysia Therapeutic Centre.

For info: www.annavanzelder.com - For appointments please phone Anna: 0778 9852 378

SERVICES

Private tutoring in English Language and Literature for Elmfield students with Jonathan Livingstone MA PGCE, a highly skilled & experienced English teacher and tutor and associate of Dyslexia Guild (subscribed to enhanced DBS service). Contact: 07951 260446 or jhlivingstone@gmail.com

Painter and Decorator. Local and reliable painter with a preference for using eco-friendly paint available for inside and outside work. Call James on 07805 943 697 for a free quote.

Home services - All kinds of gardening work from maintenance to make-over. House painting - interior and exterior. All kinds of odd jobs considered. Call Martin and leave a message or text, 0744 216 2030.

2nd Nature Garden Maintenance - John and Kim Dutton are experienced gardeners grounded in *Permaculture and Biodynamic principles*, with over 40 years combined experience, offering all kinds of garden maintenance, including free tree pruning. Give us a call on 07807 348239, or email duttons2ndnature@yahoo.com

Need a friendly, reliable, hard-working extra pair of hands? Thoroughly Helping Hands currently has capacity to help more clients, with new team members in place. If it's moral and legal we'd love to help you! Meals, catering, cleaning, gardening, tuition, tip runs, company, you name it, we can probably help with it. Call Georgie on 07792 775751 for a chat and free no obligation visit or have a look at our website: www.thoroughlyhelpinghands.com

My name is Matej Rybka; I am 23 years old and I come from the Czech Republic. I am looking for a job starting January 2019 during the week-ends and on Thursday afternoon in order to finance my eurythmy studies in Stourbridge. I am open, dynamic and serious about work. I have experience with gardening, cleaning and maintenance jobs. If you are interested, please contact me at my e-mail address: rybkamatej@seznam.cz or via my telephone: 07522465501

Percussion lessons. Hello, I'm a professional drummer from Chile and a eurythmy student in Stourbridge. I have more than 10 years' experience teaching drums, hand percussion, and Latin rhythms. I can teach drums and percussion to children (bongo, djembe, Cajon, etc. – can also be a group class with the parents). You can contact me by email sidiazc@gmail.com or phone/WhatsApp 07512 051 506. Thanks. Sebastian Diaz

ACCOMMODATION

Wanted to Rent: 3 bed home (near school if possible) for family of 4 (2 girls in Transition and Class 8). Please contact Emma on 07973 376 267.

Weekday accommodation - Pleasant room available with en-suite shower room in Oldswinford, Stourbridge. Would suit professional person seeking weekday accommodation; close to Stourbridge Junction railway station. Shared use of kitchen / dining room / garden. Please contact Carrie on 07941 869863 / 01384 833738

SALES, OFFERS AND WANTED

Wanted: good second-hand car for sale (or use) with automatic gear shift. We have just moved from China to Stourbridge so that my wife can study Eurythmy. Our son will be joining Elmfield next week. I frequently work in China and Vietnam, which creates the situation that my wife will often have to pick up our son from school in her break-time. Please contact us on phone numbers 0756854078 or 07858073042 Bernardus Nijhuis/Chen Ju

For Sale - **2 x Axkid Minikid rear facing car seats** for children 9-25 kilos (up to approx 6 years) We have the instructions still, or happy to help install then. Only selling as no longer have a car. £50 each. Also, **Babybay crib** that attaches to side of bed. Large size. Mattress also available if wanted. £40 Please contact Imelda: icmcghee@yahoo.co.uk or 07967 408269

Children's Trike Schwinn Roadster 3 yrs+ and **Children's Apollo bike** with stabilisers 3-5 yrs £20 each ONO

For Free collection - **New View and Resurgence magazines.**
For any info e-mail charliebee23@gmail.com.

Going free - guinea pig/ small rodent cage. Please contact Emma 07973 376 267.

Locally produced raw unprocessed honey available, straight from the hive to you. Raw honey can be used in the same manner as manuka, both topically and internally. 454g/1LB jars are £5 each. I also have a small quantity of proper **organic free-range eggs** available from our resident hens. They are naturally reared, using homeopathy and holistic methods. 6 eggs are £1.25 each. Both items can be collected from school on Weds, Thurs and Fri mornings. For more information or to arrange collection of either eggs or honey, please ring me, Tina, 07974 679461

Last but not least...

“Alone, we can do so little; together, we can do so much”

Helen Keller