

Loose Ends

1st March 2019

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 22nd March

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

Sun 3 March	3pm	Trumpet & Piano Concert – at the Christian Community
Tues 5 Mar	7 pm	Open Evening
	7.30 pm	Stream of Sound choir - Eurythmy Room
Wed 6 Mar	8 pm	Parents' Eurythmy - Movement Room
	8 pm	Community choir - Hall
Thurs 7 Mar	7 pm	Class 7 play and Mardi Gras evening - Hall
Fri 8 Mar	7.30 pm	PTFA Quiz Night - Hall
	7 pm	Northern Harmony workshop - Gig Mill Methodist Church Hall
Mon 11 Mar	7.30 pm	Northern Harmony Concert
Thurs 14 Mar	6.30 pm	Class 5 Play
		Class 4 trip to Falconry Centre
Sat 16 Mar	10 - 4 pm	Stream of Sound singing day
Mon 18 Mar	7.30 pm	Class 2 Parents' Evening
Wed 20 Mar	1.00 pm	<i>Deadline for copy for next Loose Ends</i>
Fri 22 Mar	Afternoon	<i>Next issue of Loose Ends</i>
Thurs 28 Mar	6 pm	Eurythmy Festival
Fri 29 Mar	7 - 9 pm	Gallimaufrey Eurythmy room

Elmfield News and Information

A brief roundup of some recent goings on...

- Dr Michaela Glöckler gave a very well attended talk to the parents and wider community
- Class 9 put on 2 fantastic performances of 'Swallows and Amazons' at the Glasshouse Arts Centre
- Class 11 Drama Group had a workshop on cinematic and physical theatre
- Classes 5 and 6 created a series of e-safety posters for display around the school
- Class 11 Drama Group went to the Old Rep to see a production of Kafka's 'Metamorphosis'

Visit to Elmfield Rudolf Steiner School by Dr. Michaela Glöckler

On Sunday 10th February Dr. Michaela Glöckler visited our school to deliver an open talk to parents, and the wider community, on "Supporting the Healthy Development of Children and Young People with the Tools of Steiner Waldorf Education."

Thank you to those who attended. It was wonderful to have such a positive response! Over one hundred attendees from many different areas of the school and wider community came to hear Dr. Glöckler share her wealth of knowledge and experience on Child Health and Development and Steiner Waldorf Education. Taking us on a journey from the beginnings of Steiner Waldorf Education to the present day, and reminding

us of the key role of parents in founding, supporting and growing all of the Steiner Schools that exist around the world today, Dr. Glöckler asked us to consider: What Steiner Waldorf Education is trying to achieve today - nearly 100 years after the first Steiner Waldorf School was founded? Is the education still meaningful for us now? In what way can it be made fruitful for the future to come? And, in what kind of world are our children going to live?

Talking about how education needs to be orientated towards the healthy development of the child she then progressed through the different stages of child development, addressing how Steiner Waldorf education supports this process by putting the child's needs at the heart of education rather than the constraints of society. She emphasised the fundamental roles of parents and teachers working in partnership to create the best possible environment for healthy learning and development, whilst recognising that we are all life-long learners.

Dr Glöckler was both inspiring and thought provoking, and left us all with lots of food for thought.

We would like to thank the PTFA once more for funding the event and all those who generously donated on the night to support future parent talks at Elmfield. We are currently in the process of looking for our next speaker and are seeking input from parents and the wider community. If you have any further feedback on the evening or ideas for future topics, please send an email to info@elmfield.com with the Subject 'Open Talks'.

For those interested in finding out more about Dr. Michaela Glöckler's current work with ELIANT, or referencing some of the information sources she referred to during her talk, do visit the Eliant Alliance website at <https://eliant.eu/en/home/>

Deadline for Fee Discount application - It is our aim at Elmfield to make Steiner Waldorf education available to pupils from as wide a range of economic and social backgrounds as possible. Therefore, the school has a limited Fee Discount programme, open to all parents who are eligible and those who find themselves in sudden financial hardship. We are now accepting applications for Fee Discounts for the academic year 2019 to 2020. The deadline for applications to be received is Thursday 11th April 2019 at the latest. The application form can be found on the Fees page of the school website - <http://elmfield.com/the-school/admissions/fees/> Please be aware however, that the availability of this scheme depends, at any time, on the number of parents currently receiving a discount. This means that we cannot always offer a discount, even if you are eligible for one.

Careers fair at Elmfield on Wednesday March 13th, 1.45 pm until 5.45pm, for Classes 8 and above. In attendance we will have: Connections; CITB; National Apprentice Service; Wolverhampton College; Access to Music; RAF; DMBC - apprenticeship team; Stourbridge College; Halesowen College; Juniper Training; Nova Training; Girls into engineering.

This will be an opportunity for pupils and parents to gain impartial advice, information and guidance for future career/study steps. The pupils will have some time in the afternoon to go around the hall and stalls with their class teachers/guardians. If parents wish to come too, they are invited from 4pm to 5.45pm.

Eurythmy Festival - Thursday 28th March at 6pm. We are happy to invite you to our annual Eurythmy Festival this spring! On this occasion we come together to celebrate the work of the pupils from all classes. It is an opportunity to have a glimpse into some of the work that the children are engaging with during their Eurythmy lessons. We will be showing a selection of their work done so far or still in progress. All classes are working towards sharing their work with their friends and family and look forward to welcoming you to this evening. Annamaria Balog and Maria-Victoria Sanabria-Caro

The **term dates for the next academic year 2019 to 2020** are now available on the Term Dates page of the school website. Printed cards will be available from the Office shortly.

Elmfield Gift Shop. Special offer on Dr Hauschka Rose Nurturing Body Oil - now £16.00 (RRP £21.50/75ml.) We also have a limited supply of the boxed Rose Day Cream sets that include a free 30ml Cleansing Milk & 30ml Facial Toner. Mogli fruit pouches (£1.00) are made of Demeter fruits - not made from concentrates and no added sugar. We have recently taken delivery of a range of gift items, jewellery and musical instruments from our Fair Trade suppliers. Do come along and browse our shelves - too many items to list here! The Shop Team

Parents' Library. Open throughout the term on Wednesdays (8.45am - 9.45am) Now located in Elmfield Gift Shop. New to our shelves, this week 'A Waldorf Guide to Children's Health: Illnesses, Symptoms, Treatments & Therapies' This is a revised edition of a classic text that combines anthroposophical medical practice with complementary therapies. Co-written by Dr Michaela Glockler (who recently gave a talk at school on Steiner Waldorf Education), Dr Wolfgang Goebel and Dr Karin Michael. A comprehensive reference book on childhood illnesses, plus guidance on first aid, medical emergencies and how to cope with chronic illnesses. 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.

Swallows and Amazons Review - *I am learning that one of the joys of an Elmfield education is that when a class is identified as having particular talents as a group, the curriculum adapts. So it was that Class 9 came to present Swallows and Amazons at the Glasshouse Theatre. The plot is simple: two rival groups of belicose children on summer holiday (the Swallows and the Amazons) end up uniting to wage war against the adults (the Barbarians). The action takes place on a lake and its islands.*

This might present a problem of set design and construction – but not to Class 9. The set was simple but effective; the two sailing boats were brilliant as they were propelled across the lake by the actors' feet hidden from view. So, well done to the set team of Malakai, Harrison and Leon (who also had small acting roles) and the expert guidance and woodwork talents of Mr Lumsden. On stage, Malakai's flying cormorant was pure genius; Leon had just two words to say all night – but his delivery of the second, "Si", will stay in the memory. A good lesson: you don't need to have a big part to make a big impression.

The Swallows had the most to learn and master. Someone (Director Mrs Underwood?) had the ingenious idea of having the four children played by different actors in Act 1 and Act 2. The 'handover' scene at the end of Act 1 was one of the best in the play. Each actor really embodied their character: Aran and Gerard (John Walker, aged 15) exuded leadership; Margaux and Faith B (Susan Walker, aged 14) were delightfully bossy with their younger siblings; Sophia and Vanessa (Kitty Walker, aged 9) were convincing free spirits. Noah and James played Roger Walker (aged 7) so brilliantly – it was as if they had never grown up themselves!

The Amazons, three girls from the Blakett family, had holidayed by the lake for many summers compared to the first-time Walkers. Faith D (Nancy), Evie (Peggy) and Jasmine (Jane) oozed confidence and menace; and their diction, singing and movement was fantastic and a real highlight.

The Amazons' Uncle became pirate Captain Flint in the children's fantasy world – Josh played him expertly, showing just the right mix of enthusiasm, tolerance and frustration that all put-upon fathers know so well!

The Swallows' mother, deftly played by Holly, of course was concerned that the adventures stayed within bounds, but joined in willingly when cast by the children as Queen Isabella. As all mothers do, she eventually called a halt to the games when it came to bedtime!

Music played a key part in this production – setting the mood and accompanying the singing. My jaw dropped when Rufus (piano) and Blaise (flute) began the overture to Act 1. I had not heard them play before; I thought they were professional musicians contracted in for the show. Later, when Josh added the guitar they became a brilliant trio. Alisa's quiet and moody soprano completed and complemented the band.

A very big "well done" to Mrs Price for arranging and directing the wonderful music. These four musicians took on acting parts too – I will not be able to look at a policeman for a while without thinking of Blaise!

In the final curtain-call you could see how much this show meant to the cast – what they achieved as a class team was a triumph. But as they readily acknowledged, they could not have had so much fun, nor reached such a high standard, without Mrs Underwood's steady and sure hand 'on the tiller'. We all owe her a great debt of gratitude.

A proud father

JOB VACANCIES

*If you are interested in any 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.*

Full-time Education Lead - Starting from September 2019

We are looking for an exceptional individual to join our team in the senior role of Education Lead to oversee best practice in the classroom and teacher development. You will be responsible for enabling the ongoing growth and sustainability of Elmfield School as a Steiner Waldorf school of teaching excellence. The role currently includes responsibility for safeguarding ensuring best practice and compliance with changes in legislation and procedures.

This role is currently under review and the role of DSL may become a separate role.

To discuss this post or for a tour of the school before applying please telephone Lesley Taberer on 01384 394 633. Applicants must complete and submit an application form to arrive by 15th March.

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 March. 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 March.

PTFA

PTFA FAMILY QUIZ NIGHT - Friday 8th March - 7.30pm in the Hall

Come and enjoy a great night out, meet new people, raise funds for the school and celebrate the start of the Waldorf 100 celebrations. Open to staff, parents, carers, friends and pupils from Class 6 upwards.

Cheese & Biscuits & Nibbles provided. Bring Your Own Drinks

Tickets: £10 for a table (max 6 people). Purchase tickets from the School Shop.

Deadline to purchase tickets Wednesday 6th March at 12.30pm

Wider Community

EVENTS

'The Wonderful Discovery of Witches' - 15th March 2019, 7pm - Glasshouse Arts Centre

It's 1615, and Magistrates Potts and Nowell are on a mission to arm their countrymen against a plague of devilish outsiders. Until now their chief weapon has been Jennet Device, youngest of the Pendle coven, the girl whose testimony condemned her entire family to the noose. But now Jennet has grown up, her eyes are starting to open, and, tonight, heads will roll.

Admission: Adults £8 / Concessions £6. Tickets available on the door or can be purchased from our website: <https://www.rmlt.org.uk/events> or alternatively reserve tickets by calling 01384 399408.

'The Government Inspector' – 29th March 2019, 7pm - Glasshouse Arts Centre

The Mayor of a small town is in a cold sweat. News has reached him of an imminent investigation by a high-ranking government official who is travelling incognito. The town's officials are thrown into a panicked frenzy. They waste no time to cover up the misdirected contracts, misuse of public money, the bribes, fiddled expenses, abuses of office ... corruption that has been going on for years! Matters spiral hysterically out of control when they believe that a stranger in the town is the real Government Inspector! The Government Inspector written in 1835 by Gogol is an hilarious satire about corruption in a world where, increasingly desperate to hide their wrongdoings and keep the supposed Government Inspector happy, everyone loses their moral compass.

Admission: £8 adult, £6 concession. Tickets available on the door or can be purchased from our website: <https://www.rmlt.org.uk/events> or alternatively reserve tickets by calling 01384 399408.

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.

Children's Summer Camp for children from 8 to 14 years of age of all backgrounds.

20th – 30th July 2019: Colin Godman's Farm near Forest Row, Sussex. Games, Singing, Arts and Crafts, Organic food, Treasure Hunt, Hiking, Stories, Swimming...

Contact: Aaron Mirkin 01453 299311 ccstroud@talktalk.net www.cc-camps.org

MUSIC

NORTHERN HARMONY CONCERT - Monday 11th March 7:30pm

Northern Harmony are a vibrant group of singers from Vermont, USA, who can tune their voices to an amazing range of vocal styles. They only visit us every 18 months, and every time they leave us speechless. Don't miss the concert, bring your children and teenagers along so they can experience awesome live music. Invite your relatives and neighbours! Let's fill the hall for this concert. If you can offer a bed for one of their singers on Fri 8th or Mon 11th March it would be appreciated, as would any offer of help to feed them. Contact Caroline.price@elmfield.com.

NORTHERN HARMONY WORKSHOP - Northern Harmony are also offering an open workshop, so you can get to sing with them and try out some of their fabulous harmonies.

NB. The day and venue for the workshop with this inspirational group of singers has changed! It will now be at 7pm at Gig Mill Methodist Church Hall, Glebe Lane, Stourbridge DY8 3YG (Use Witton Street Entrance) on **Friday 8th March**.

TRUMPET AND PIANO CONCERT - Sunday 3rd March. 3pm at the Christian Community, Baylie Street.

Concert to be held at the Christian Community on Sunday, with Edward Malpass and Janine Parsons, promises to be a lovely event! Very suitable for children, might inspire them to take up piano, or a brass instrument!

STREAM OF SOUND'S BIG SONG PARTY - for singers aged 9 to 18. Sat 16th March, 10:00 - 3:30.

Experience harmony singing from the inside, singing songs from around the world. Run by Stream of Sound members, who, having spent their summers running similar sessions at festivals, are bringing their wealth of experience back to Stourbridge. Cost £10 for the day, bring your own lunch, and we'll showcase what we've learned at 3pm. Forms available outside reception. This event is open to any student, so invite your friends from outside school too.

Calling all musicians young and old - Our next GALLIMAUFY will be on Friday 29th March.

Come along and share your musical talents, join in with the impromptu folk band or just listen on Friday 29th March from 7 pm until around 9 pm in the Eurythmy room. Gallimaufry is an open musical evening and all are welcome - pupils small and big, teachers, parents and friends. We try and have one every term and it's an excellent opportunity to practice playing in front of a small and friendly audience and share what you

have been working, prepare for an exam or for the forthcoming school concert (10th April). As always, yummy bring and share refreshments. Any queries, please ring Julian Gilde after 6 pm on 01384 442 106.

HEALTH

Are you suffering from chronic pain? Anna van Zelderren, Chartered Physiotherapist has 7 years of experience working in a Pain Clinic in London. She offers Physiotherapy (holistic approach); Rhythmical Massage Therapy; 1-1 Pilates Rehabilitation as separate therapies or as an integrated approach at the Elysia Therapeutic Centre in Stourbridge. For info www.annavanzelderren.com
For appointments please phone Anna: 0778 9852 378.

The Elysia Therapeutic Centre invites you to join a series of free talks & workshops: Just arrive or register your interest via info@elysiacentre.org 52 Bowling Green Road, Stourbridge DY8 3RZ. Tel: 01384 392072

Muscle testing and kinesiology: a demonstration - 19 March, 7.30 - 8.30pm

In case you missed it last time, here is another 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 how Jonathan uses muscle testing when working with emotional trauma and other issues. Jonathan Livingstone, therapist and coach, formerly a director of Kinesiology Federation, is a Touch for Health trainer and author of *The Therapist Within You* (2009) and *Relearning Experience* (forthcoming).

A Happy Ageing approach to looking after your skin - 26 March, 6.30pm - 8.00pm

Join this skincare workshop and discover how through understanding your skin's rhythm, trusting your senses and using Martina Gebhardt's simple soulful skincare can help lead to healthy, vital skin. Workshop with Elizabeth King, Holistic Skincare Therapist and Trainer Skin & The Soul Within. Using Martina Gebhardt - Demeter certified skincare range.

Rhythmical Einreibung – Gentle Therapeutic Touch - Tuesday 2 April, 6.00 - 6.40 pm

What is Rhythmical Einreibung and how is it different from Rhythmical Massage? These two disciplines are related but also distinct from one another. In this short talk Fiona Sim will outline the differences between the two techniques and describe instances where RE is particularly useful, for example in situations of exhaustion and fatigue, for those with cancer, pregnant women and for people who are very frail where other forms of massage may not be suitable. Fiona Sim is a Registered Nurse and Rhythmical Einreibung Practitioner and Teacher with 30 years' experience in this gentle, therapeutic touch technique.

Working from 'the inside out' rather than from 'the outside in' - Tuesday, 9 April 6.00 – 7.00pm

Workshop with Anna van Zelderren, Physiotherapist MCSP, exploring the holistic approach to Physiotherapy, Therapeutic Massage & Movement in relation to 'well-being and vitality'. This workshop accommodates 5 participants so please register your interest in attending by emailing info@elysiacentre.org or call 01384 392072

Anthroposophical Medical Consultations and Mistletoe Therapy with Dr Claudia Kempfen at the Elysia Therapeutic Centre. Dr Kempfen qualified as a GP in the UK in 2002 and as an Anthroposophical Doctor in the UK in 2013. She has been working with mistletoe (intravenous infusions and subcutaneous injections) privately since 2014 at St. Lukes Therapy Centre, Stroud and also at the Elysia Centre. For more information regarding Mistletoe Therapy as part of an integrated approach to Cancer Care visit www.mistletoetherapy.org.uk/about/

The next Clinic date is Saturday 23rd March. For more information please contact the Centre on 01384 392072. To book an appointment, please contact Dr Kempfen directly on 07869 219 559.

SERVICES

English Tuition for students aged 11-16 years. I am a local English teacher with many years of experience teaching in the Stourbridge area. I have successfully taught in local schools and created individual learning plans and programmes of work for whole classes and one to one. My lessons are unique and are designed with the whole student in mind. They are developmentally appropriate and use texts that are carefully chosen

to suit each individual. I have vacancies for local students who are at school, home educated or just need a little extra attention. If you think I can help your child in their studies, call or email me now for a free consultation. 01384 380286 alison.cooke4@btinternet.com

Hello, my name is Laura Julia Hilpert. I am 21 years old and I come from Germany. At the moment I am in Brisbane. **I am looking for a friendly Waldorf family because I want to be an au pair.** I went to a Waldorf school in Germany and I will study at a Waldorf university. I have an international driver's licence. My hobbies are yoga, vegan cooking, bush hiking, running, surfing, belly dancing, painting, laughing and to have fun with children. If you are interested, just write me an email: laura-julia22@gmx.de

Handyman / gardener available for work - anything considered, reasonable rates, references available. Contact Hans on 01384 830758 or via Maigread in the reception office.

Creative Young People Parties at Rosewindows Stained Glass Studio - Rosewindows stained glass can cater for a creative birthday party, making glass mosaics or a small stained glass piece, depending of the age. Kiln-formed glass activities will be on offer in the near future. Contact Rosa Ferris to discuss your wishes and a quote on 079 8631 3838 or look at her website www.rosewindows.net

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.

Private tutoring in English Language and/or Literature for Elmfield GCSE students @ £30 per hour (minimum of 90 minutes per session); or £35 for one hour. Highly skilled & experienced English teacher and tutor and associate of Dyslexia Guild (subscribed to enhanced DBS service).
Jonathan Livingstone MA PGCE, 07951 260446, jhlivingstone@gmail.com, www.education1-1.co.uk

Looking for a job in Stourbridge. My name is Matej Rybka; I am 23 years old and I come from the Czech Republic. I am looking for a job doing manual labour starting February 2019 during the weekends 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 require some other kind of service, please contact me, I may still be able to provide it for you. If you are interested, please contact me at my e-mail address: rybkamatej@seznam.cz or via my telephone: 07522465501

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

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

Please recycle your newspapers - Many many thanks to the faithful friends who regularly leave newspapers for my cats. At this time of year we need a great deal. Please leave any you can spare in the cupboard sideways, well secured in a bag at 21 Hall street, Old Swinford. Alison Hodge

Hello, my son Jakob (15 years old, currently C9) would be very **interested in finding an English-speaking host family** for 4-6 weeks to improve his English skills. He goes to the Rudolf-Steiner school in Marburg / Germany. If he could find a host-family at Elmfield this would be a fantastic chance for him. All details could be clarified by email or phone whenever a first contact has been made.

Thank you very much, Armin Djamei (Djamei@gmx.net)

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...

*“Each one of us has it in themselves to be a free spirit,
just as every rose bud has in it a rose.”*

Rudolf Steiner

