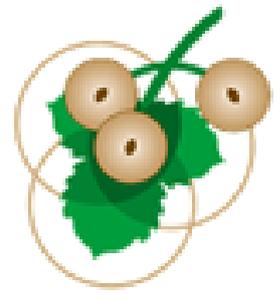


# LOOSE ENDS



FRIDAY 17<sup>TH</sup> JANUARY 2020

For regular news from Elmfield, like and follow us on Facebook at [www.facebook.com/ElmfieldRudolfSteinerSchool](http://www.facebook.com/ElmfieldRudolfSteinerSchool).

## DATES FOR YOUR DIARY

Date	Time	Details
Tuesday 21 <sup>st</sup> January	7.30pm	Stream of Sound, Eurythmy Room
Wednesday 22 <sup>nd</sup> January	7.15 for 7.30 8.00pm	Class 8 Parents' Evening Community Choir
Thursday 23 <sup>rd</sup> January	7.15 for 7.30	Class 2 Parents' Evening
Sunday 26 <sup>th</sup> January	1.00 – 4.00	Folk Music Gallimaufry, Eurythmy Room
Wednesday 29 <sup>th</sup> January	7.30	Class 5 Parents' Evening
Thursday 30 <sup>th</sup> January	6.30 - 9.00	Class 11 Parents' Evening
Monday 3 <sup>rd</sup> February	7.30 pm	Class 6 Parents' Evening
Tuesday 4 <sup>th</sup> February	7.15 for 7.30	Class 1 Parents' Evening

## ELMFIELD NEWS & INFORMATION

### ANNOUNCEMENTS

**Elmfield Gift Shop.** Welcome back! Thanks to everyone for your custom during the run up to Christmas! This week we say 'goodbye & best wishes' to our departing manager, Isabel Fogliatti - and give a warm welcome to our new manager, Ellie Jeffries. Please bear with us, in this transitional period, as we work to refill the shelves with all your favourite products.

**Parents' Library.** Our first session is on Wednesday 22nd January. We particularly invite new families to make use of this resource. Open throughout the term on Wednesdays (8.45am - 9.45am) Located within Elmfield Gift Shop - the library is available for use by all parents, staff and friends of Elmfield School. Absolutely free to use! If you are unable to attend the time-tabled library sessions, then we do operate a request service either via the shop or by email to [jackie.inman@elmfield.com](mailto:jackie.inman@elmfield.com).

**Parent and Child Group.** We currently have spaces in our Parent and Child Groups. There are sessions on Monday, Tuesday and Thursday afternoons between 1.40 and 3.15. We welcome babies and children from birth to 3 years of age. However, if your child is older please contact us to discuss suitability. Our groups offer a chance for your child to play in a peaceful, calm environment. Each session follows a similar rhythm of free play with opportunities to look at picture books, draw and play outside in the garden (weather permitting!). We also try to offer seasonal craft activities such as decorating eggs at Easter and candles at Christmas. Each session we have a little snack which usually consists of rice cakes along with water or fruit tea to drink and we conclude the afternoon with a ring/story time. If you would like to come along to any of the groups, please call the school office on 01384 394633 and let them know which session you would like to attend.

### ECHOES FROM THE CLASSROOM

Class 5 greatly enjoyed an ecological engineering workshop with two members of the Severn River Trust. Rosie Croggon (former Elmfield pupil) and Alice Fallon taught the children the story of one of the UK's rarest fish, the Shad and how engineers hope to provide fish passage at weirs along the River Severn. Using wooden bricks and marbles to represent the water, the children were challenged to build models of such fish passages and then improve their effectiveness. We are very much hoping to see the 'real thing' on the River Severn next year when the Shad will be returning to their spawning grounds.

Class 3 have been busy measuring this term! They have learned about the history of imperial measurements and where they relate to different parts of our bodies. The children have used their bodies to measure their desks,



books, the classroom, each other in cubits, palms, digits, feet, yards, hands! They have made yardsticks to measure areas of the school grounds and learned about perimeter and area. For classroom based measuring the children have carefully sanded and marked out inches onto their own wooden rulers. Next week we move onto the metric system!

## ELMFIELD P.T.F.A

**P.T.F.A. Meeting.** We will be holding our next PTFA meeting on Monday 20<sup>th</sup> January and we are looking forward to planning events for this year and working together to support the school. In order to ensure that we are working with the whole community, please contact us with any questions that you may have, whether about the work we do or any fresh ideas that you may have. We would really appreciate your input and will incorporate your comments and ideas into our discussion. Please contact us on [PTFA@elmfield.com](mailto:PTFA@elmfield.com).

## CURRENT VACANCIES

If you are interested in any of the following roles, please visit the vacancies section of our website.

- Member of the School's Council of Management – Chair of Council
- Member of the School's Council of Management – Employment
- Boarding Parents

## THE WIDER COMMUNITY

### EVENTS & WORKSHOPS

**Gallimaufry Folk Band.** Come and join us to play through some of the great folk tunes from our regular Gallimaufry evenings (and some new ones too) on Sunday 26<sup>th</sup> January from 13:00 until 16:00 in the Eurythmy room. Just like at Gallimaufry, we will sight-read our way through a selection of fantastic tunes chosen and arranged by our very own folk musician par excellence Adrian Partridge. And of course, there will be plenty of tea and cake too! So, come along with your instrument(s) or without if you just want to listen. Everyone welcome - young, old, pupils, teachers, friends and relations. Note: If you play a transposing instrument, e.g. clarinet, let us know so that we can make sure you have appropriate music to play. A small donation of a couple of pounds would be welcome to cover the cost of copying music. If you have any queries, give Julian a call on 07307 639041.

### HEALTH & WELLBEING

**Yoga Souls Classes at Elmfield.** Thursdays, 6.30pm - Yoga Basics, suitable for all - beginners and those wishing to go back to basics and learn the classical Hatha yoga postures. Thursdays, 7.45pm - Yin Relax, candlelight and calm! Join us for an hour of peaceful mind and relaxed body with deep but gentle stretches and meditation. Suitable for all. All classes payable per half term, or book for a one off. Held in the Movement Room. Contact Emma Cartwright to book on 07973 376 267. Visit [www.yogasouls.co.uk](http://www.yogasouls.co.uk) for more information.

**Ashtanga Yoga at Elmfield.** Thursday 8.00pm - 9.30pm, Ashtanga Yoga Self-Practice / Mysore Style Course (10 weeks). This class welcomes a small number of people new to yoga or Ashtanga yoga. However, it is essential to phone and speak to James, in order to make sure that you understand how a self-practice class works. (16<sup>th</sup> January – 26<sup>th</sup> March) Mind calm - body vibrant. Please call James Critchlow on 01384 394702 or 07967 211748, [www.yogabirmingham.co.uk](http://www.yogabirmingham.co.uk).

**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 offers both Anthroposophical GP Medical Consultations and Mistletoe Therapy at the Elysia Centre. She has been working with mistletoe (intravenous infusions and subcutaneous injections) privately since 2014 at both St. Lukes Therapy Centre, Stroud and at the Elysia Therapeutic Centre. For more information regarding Mistletoe Therapy as part of an integrated approach to Cancer Care visit [www.mistletoetherapy.org.uk/about/](http://www.mistletoetherapy.org.uk/about/). The next Stourbridge clinic date is Friday 7<sup>th</sup> February 2020. For more information please contact the Elysia Therapeutic Centre on 01384 392072.

# LOOSE ENDS

FRIDAY 17<sup>TH</sup> JANUARY 2020



**Natural First Aid, Winter Remedies, Oil & Ointment Cloths** - a workshop on External Treatments brought to you by PAFAM (Patients and Friends of Anthroposophic Medicine) in the UK. Natural Home First Aid using Arnica, Calendula & Combudoron; Winter remedies for colds and sore throats; Oil & ointment cloths: these are simple and effective treatments which can be safely used at home to support you, family and friends. Led by Fiona Sim – RN, Anthroposophic Nurse Specialist; Frances Tagg –Retired Nurse, Anthroposophic Nurse Specialist; Diana van Delzen: all of whom worked for many years at Park Attwood Clinic and have extensive experience with external treatments. DATE: Saturday 29<sup>th</sup> February 2020, 9.45am for a 10am start - 5.00pm. COST: £35 including refreshments and 2 course lunch. VENUE: Elysia Therapeutic Centre, Stourbridge. Places are limited, so please contact Cathie Green on 07974 390197 or [cathiegreen@outlook.com](mailto:cathiegreen@outlook.com).

## SERVICES

**Handyman / Gardener** available for work. Anything considered, reasonable rates, references available. Contact Hans on 01384 830758 or via Maigread in the reception office.

**Babysitting / Cleaning / Cooking.** Former eurythmy student offers her services. Please call or text Dasha if you need help on 07593 421381.

**Learn to Drive.** Have you been putting it off? Are you keen to learn and spread your wings and gain your independence or get that job that requires a licence? Come and learn in a safe, friendly and patient environment. I have taught many parents and students of Elmfield over the last 13 years, so I have many references available. Any pupil of Elmfield will get a reduced rate so come and learn with one of the best in the UK, as of my last DVSA official testing. I also use NLP (Neuro Linguistic Programming) to help you learn in a way that suits you and your learning style. Nervous pupils welcome – we will take it step by gentle step and work according to your strengths. Can't wait to meet you. Call Bridgit on 07726 953033.

## SALES, OFFERS & WANTED

**Looking for Accommodation.** Ideally a 3-bedroom house close to school needed for Elmfield parent with 3 children, 2 of whom attend school. A 2-bedroom property would be considered! If anyone knows of anything, please contact Julia on 07828 591456. Thanks.

**Looking for Accommodation.** Family from Latvia - mummy, daddy and son (7years old), are looking for living place in Stourbridge from 31<sup>st</sup> January till 17<sup>th</sup> February. Mummy is going to study eurythmy in West Midland Eurythmy school for that time. It can be living in family or renting a flat. We are open for your offer. We are open for cooperation and friendship also to invite you to Latvia. Kindly write us: [nikolak@inbox.lv](mailto:nikolak@inbox.lv), or call us: +37126535109, Thank you, Nikola.

## IMPORTANT INFORMATION ABOUT LOOSE ENDS

The next edition will be on Friday 7<sup>th</sup> February 2020. Please email any entries to [loose-ends@elmfield.com](mailto:loose-ends@elmfield.com) by 5pm on Wednesday 5<sup>th</sup> February 2020. No attachments will be added to *Loose Ends*. We reserve the right to edit content. The editor's decision is final. The views expressed in this newsletter are not necessarily those of Elmfield School or its staff. Elmfield School cannot be held responsible for the quality of products or services offered in this newsletter.

## LAST, BUT NOT LEAST

*"Kind words can be short and easy to speak. But their echoes are endless."*

Mother Teresa

Elmfield Rudolf Steiner School Ltd., Love Lane, Stourbridge DY8 2EA  
Tel: 01384 394633 email: [info@elmfield.com](mailto:info@elmfield.com) [www.elmfield.com](http://www.elmfield.com)  
Company Number 01141571; Charity Number 527521  
Member of the Steiner Waldorf Schools' Fellowship

