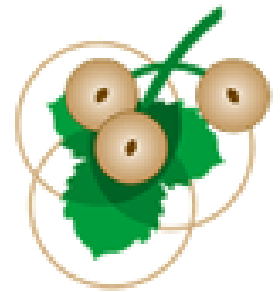


LOOSE ENDS



FRIDAY 7TH FEBRUARY 2020

For regular news from Elmfield, like and follow us on Facebook at www.facebook.com/ElmfieldRudolfSteinerSchool.

DATES FOR YOUR DIARY

Date	Time	Details
Monday 10 th February	7.30	AGM of Elmfield Association, Main Hall
Tuesday 11 th February	7.30	Class 3 Parents' Evening
Tuesday 11 th February	7.30	Stream of Sound, Eurythmy Room
Wednesday 12 th February	8.00	Community Choir, Eurythmy Room
Thursday 13 th February	7.30	Class 9 present <i>Animal Farm</i> , Glasshouse Theatre, Amblecote
Friday 14 th February		School closes for half term
Monday 24 th February		Staff Training Day, school closed
Tuesday 25 th February		School reopens for second half of Spring term
Tuesday 25 th February	7.30	Stream of Sound, Eurythmy Room
Wednesday 26 th February	6.00	Class 9 Parents' Evening
Wednesday 26 th February	8.00	Community Choir, Eurythmy Room
Thursday 27 th February	7.00	Class 7 Parents' Evening
Monday 2 nd March	7.30	Early Years Department Parents' Evening
Monday 9 th March	8.00	Parents' Eurythmy Group, Eurythmy Room
Thursday 12 th March	1.45	Eurythmy Festival, Main Hall

ELMFIELD NEWS & INFORMATION

ANNOUNCEMENTS

Elmfield Association AGM. Monday 10th February at 7.30 in the Hall. The Association is the legal operating body of Elmfield. At the AGM, the Association elects members of the Council of Management and approves the annual audited accounts. All parents and staff are welcome to attend the AGM but only members of the Elmfield Association can vote. Parents can apply for membership of the Association using a form which can be collected from reception.

Animal Farm. Class 9 present George Orwell's play *Animal Farm* at the Glasshouse Theatre at 7.30 on Thursday 13th February. Tickets cost £5 each (£2.50 concessions) and can be reserved by emailing Mrs Underwood at kelly.underwood@elmfield.com and paid at the venue on the night of the performance.

Elmfield Gift Shop. The half-term holiday is fast approaching - so don't forget to stock up with all your favourite teas, toiletries and toys etc. Winter 'New View' magazine (£6.00) available now. Looking for something special for your loved one for Valentine's Day? We have a range of heart-shaped soaps, crystals and Himalayan salt massage stones on display.

Parents' Library. 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.

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

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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.

Middle and Upper School Concert. A concert will take place on the evening of the last day of this term - Wednesday 1st April, at 7:30. This is an important event for all pupils from class 6 up to class 11; the orchestras are already rehearsing for the event, as are the choirs, and the Upper School will also form a choir especially. There will be a spectacular selection of solo items showcasing the talents of our pupils. If there is any pupil unable to attend, please let me know straight away, so I can write the orchestra pieces accordingly. We look forward to seeing you at this exciting annual event!

ECHOES FROM THE CLASSROOM

Our classes have been up to many wonderful things over the last few weeks. Here is a selection of what they have been doing:

- **Beth's kindergarten** celebrated the Chinese New Year with lovely decorations for the classroom, wonderful home-made Chinese dumplings, biscuits and a special story to finish the celebration. Thank you so much to both families of Iver and Efen for bringing this festival to life in our room.
- **Class 2** held a cake sale on 3rd February to raise money for Woodland Trust. Not only were the cakes delicious, but they also raised a total of £98.52! Well done Class 2!
- **Class 3** pupils have presented a model of a primitive shelter or dwelling that they made at home over the December holidays. The children have spoken with passion and confidence and listened intently to each other. Well done Class 3! During the rest of the measurement main lesson, Class 3 made their own imperial and metric wooden rulers. A class parent who is an architect came and talked to the children about the value and use of measurement in his profession. The class loved looking at all his models!

ELMFIELD P.T.F.A

The new PTFA Committee are already busy planning some exciting events for the year ahead. More to follow at a later date! If you would like to ask any questions of the PTFA, have any fundraising ideas or would like to support in any way please let us know via our email 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

Parents' Eurythmy Group. Are you a parent who is interested in finding out more about Eurythmy? The Parents' Eurythmy group is a small and friendly group of parents who meet during term time. Lessons are taught by Eurythmy Teacher, Tomie Ando-Boardman and are open to all. Our next block of 4 weeks will be at 8-9pm on Monday evenings in the Eurythmy Room at Elmfield starting on Monday 9th March. The cost is £28 for the 4-week block, payable by 17th February to confirm your place. Please contact Sue if you are interested or would like any more information 07928 135920 or suzybrien@hotmail.com.

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Cosmic Nutrition with Henk Kort, nutritional therapist. The Glasshouse Arts Centre, Stourbridge, DY8 4HF, Friday 13th March (7-9pm) and Saturday 14th March 2020 (9-5.30). Why do we eat? What happens to the food we eat? Mainstream agriculture versus organic/biodynamic agriculture. With the help of talks and exercises, meditative research and practical testing of different food substances we would like to research the incredible transformational process of earthly nutrition into cosmic nutrition, the highlight and core-concept of biodynamics. Microbiome, autism and major western diseases will be discussed and how to reverse these 'diseases of nutritional extravagance'. Please email Rita Kort at ritakort@gmail.com or call on 07854 446784 if you are interested in attending the course. The fee for the weekend is about £40, including breaks. Lunch is available at the Ruskin Centre cafe.

Art for Children. Coming in the Spring to the Elysia Therapeutic Centre, Art for Children (Ages 9 -16 years) with Bernardus Nijhuis. Using various mediums of painting, soft pastels and clay, Bernardus Nijhuis will work with the children, building their techniques and enhancing their experience of colour, form and dimension. Since 2009, Bernardus Nijhuis has worked as a tutor in anthroposophy, teacher trainings, art, self-development, team-building and veil painting for many Waldorf initiatives (schools) across Vietnam, Hong Kong Thailand and China. This role included mentoring the Waldorf schoolteachers, giving art workshops as well as supporting parents, teachers and children in their personal development. To express an interest in these specialist children's art workshops please email us on info@elysiacentre.org.

Gymnastics for the Skin and Soul. Coming in the Spring at the Elysia Therapeutic Centre join Ursula Werner for an awakening experience of some "soul gymnastics" thanks to the mindful movements of Eurythmy. Elizabeth King will then follow guiding you through some refreshing movements and useful facial gymnastic exercises specifically designed to support the eye area. A purposeful yet light, fun and invigorating workshop - perfect way to start the spring! Cost: £18. To reserve your place please contact Elizabeth on elizabeth@skinsensibility.co.uk.

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. Elysia Therapeutic Centre, Stourbridge on Saturday 29th February 2020, 9.45am for a 10am start - 5.00pm. £35 including refreshments and 2 course lunch. Places are limited, so please contact Cathie Green 07974 390197 or by email at cathiegreen@outlook.com.

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 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. (16th January – 26th March) Mind calm - body vibrant. Please call James Critchlow on 01384 394702 or 07967 211748, www.yogabirmingham.co.uk.

SERVICES

Looking for a job. Hello, my name is Johanna, I am 25 years old and, from Germany. I came to Stourbridge to join the Post-Graduate Stage-Work in Eurythmy at the Glasshouse. I am looking for a job for example: cleaning, caring for children or people with special needs, gardening, lessons in German... For the last four years I studied Eurythmy at the Institute for Waldorf Education in Witten-Annen. During my studies my side job was caring for people with special needs. I attended the Freie Waldorfschule Flensburg for 13 years. In upper school I worked with children and

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people with special needs in various music or drama workshops. Please text or call me on 07933 259649 or email if you are interested at johannavoigt@posteo.de.

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

SALES, OFFERS & WANTED

Double Room available, furnished. The location is Enville, and a car is necessary as it's rural and no buses. Location is quiet and peaceful. Please get in touch if interested on 01384 872289 or jbelte3@gmail.com.

Girls bike for sale. For age 4-6 years. Good condition. Price: £20. Location: Norton. Contact Lisa on 07952 477545.

IMPORTANT INFORMATION ABOUT LOOSE ENDS

The next edition will be on Friday 28th February 2020.

Please email any entries to loose-ends@elmfield.com by 5pm on Wednesday 26th 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

*"The real voyage of discovery consists not
in seeking new landscapes, but in having new eyes."*

Marcel Proust

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

