

Weekly Bulletin – 3 December 2021



Children from across the school walked the advent spiral this week

Dates for the Diary

Sunday 5 December – Fulbourn Winter Festival, Parade from CSS at 2:30pm

Thursday 9 December – Mindful Parenting and Rethinking Adolescence – all welcome – please see invite attached

Thursday 16 December – last day of term (KG)

Friday 17 December – last day of term (LS)

[Term Dates for 2021-2022](#)

[Term Dates for 2022-2023](#)

Parent Craft Group

Thank you for your work and participation in the craft group for our Advent Fair. It was lovely to meet you all while working together on these occasions. We made plenty of walnut babies, Christmas ornaments, little gnomes, celebration circles and angles.

We sold almost everything with only 3 pieces left!

I'm happy to continue with the craft group from January,

once a month to get prepared for next year's fair and make more complex projects as well :) please email:

eszter.ridovics@gmail.com if you'd be interested in joining!

Advent Fair – HUGE thanks!

Thank you so much to everyone who contributed – it was a wonderful day, filled with so much joy! There was a great array of delicious dishes shared by families – please retrieve your containers from the blue box on the patio if you haven't done so already. Particular thanks to David, Eszter and the rest of the PTA, without your enthusiasm and determination this special day would not have been possible!



Reminder – Fulbourn Winter Festival

This **Sunday 5 December** we have the opportunity to join with our local community for the Fulbourn Winter Festival. Join the parade at 2:30pm in our school car park, or later along the route. To help provide an idea of numbers please fill out this simple form: <https://forms.gle/sDBRohrti7r3EXP6> Remember your lanterns (our school has been given 'yellow' as its designated colour but don't worry if your lantern is a different colour). There will also be music performances throughout the day. Hope to see you there!

Community Messages

Sound Bath – looking for participants

I am currently training as a sound bath facilitator, and I am looking for participants for both group and 1:1 sessions. My main instrument is the gong. A sound bath is an immersive sound experience, also described as sound meditation. There is no water involved! "The general intention of a sound bath is to create a state of harmony in the listener by using sound to clear discordance from the participants' energy fields. Among the benefits are relaxation, an increased sense of wellbeing, expanded awareness, and access to inner visionary experience," says Seth Misterka, co-founder of the Crystal Sound Bath in Los Angeles. For more detailed information here is an article written by my course tutor: <https://triyoga.co.uk/blog/yoga/gong-bath-for-beginners/>

While I am training, I am working for donations (pay what you can afford). I don't currently have my own space so 1:1's would need to take place in your own home and if anyone has a space large enough and is willing to host a group session you may attend for free. If you are interested, please contact me at marshall484@hotmail.com. Feel free to forward this on to friends that you think may be interested. Thanks, Emma Marshall (former parent)

Safeguarding Corner

Children and young people's mental health services (CYPMHS) information for parents and carers: If you're worried about a child or need advice and support for coping with anything affecting your child's mental health or wellbeing, there are different ways to seek help. Click [HERE](#) for more info. As always, if there is anything you would like to discuss with the Safeguarding team, please contact: david.vanmarle@cambridge-steiner-school.co.uk