

12 November 2019

Newsletter Number 7

Dear Parents, Carers, Staff and Others,

I hope you all had a wonderful time at the Martinmas celebrations. We had this lovely message today regarding the Lantern Walk:

“I’m writing to let you (know) that the lantern walk brought a smile to my face and my older son. Thank you to all the teachers who organised such a refreshing event.”

I had planned to join Kindergarten for theirs, but some rather sad family news overtook, so my apologies.

When I am out with Violet my spaniel now I marvel at the speed of change in the landscape. Winter will be with us soon, of course. This means I should be reminding you all to ensure your children have gloves and hats please, but also to layer up with vests or long sleeved t-shirts so they can be warm enough to really enjoy themselves when outside.

The next school event, of course, is the Advent Fair. For those who are fairly new to the school, you may not be aware that the Advent Fair is historically the biggest fundraiser of the year, so please do get involved.



If you are keen to get involved in the work of the school, there are various ways in which parents and friends can contribute their time and experience. Drop me an email to find out more, please.

Amanda.kemp@cambridge-steiner-school.co.uk

Advent Fair Clothing & Book Swap

Once again Kelly and Coralie will be running a bonus clothing and book swap for the whole duration of the Advent Fair, November 23rd! This will open up the swap to parents who

can't make Friday mornings.

Please bring along your unwanted items as described in previous correspondence, preferably to us in the Community room beforehand on Friday mornings, leading up to the Fair weekend. Or with Charlotte, clearly labelled for Kelly and Coralie to organise before the Fair. Alternatively, if you have nothing to swap at the moment, but find something you like on the day, you may purchase any items for £1 each.



Warm Feet Appeal

We have been in touch with Jimmy's Shelter in Cambridge and for our Christmas Appeal we will be collecting gifts of NEW socks for homeless people using the Cambridge shelter over Christmas. Please do join us in this by purchasing warm socks (thermal are perhaps most useful at this time of year) and sending them in. The children will be encouraged to wrap the socks and send a message of kind wishes to the recipient. If you decide to wrap socks at home, please add a small label identifying whether the socks are for men or women and the shoe size. Socks are easily affordable at Pound shops and similar, so this should be an appeal we can all get behind. We will need all socks in and wrapped by Monday 9th December at the latest please. [We can accept gifts of socks from this week](#)

Empowering Parents & Educators to Help Children Thrive – message from School of Sophia via SWSF

Dear Parents, Teachers & Friends,

We are delighted to share with you "[Festival of the Child](#)" a global summit, empowering parents & educators to not only survive the challenges of the 21st century, but also to help children thrive. Taking place online from 14th-20th November 2019, it's completely free to watch during the live broadcast. Over the course of 7 days, 21+ wonderful experts will share their personal wisdom and insights with you on how to support your child to grow up to be healthy, confident and full of hope for the future. Including Torin Finser, a longstanding Steiner Waldorf teacher, author and educator of over 40 years talking about innovating for the future in education and paediatrician Dr Michaela Glöckler, sharing insights on how to grow up healthy in an age of digital media, the summit includes a broad cross-spectrum of expertise, including storytellers, authors, teachers, psychologists and more.

Interview topics include the importance of play in the early years, the courage of parenting with a history of trauma, and setting healthy boundaries for teens as they explore social media. If you want to discover fresh new perspectives on how to empower your child with a strong sense of self, deep respect for others and strengthened capacities to meet the changing world, sign up here www.festivalofthechild.com

We'd very much appreciate any support sharing with any family and friends who may be interested in joining this online journey

World Antibiotic Awareness Week 18-24 November

A message from Cambridge Healthy Child Programme team:

“Antibiotics treat bacterial infections such as meningitis, tuberculosis and pneumonia. They don't work on viruses, therefore cannot treat cold/flu infections. Bacteria are continually trying to find new ways of withstanding antibiotic treatment (antibiotic resistance) and this is one of the biggest threats facing us today.

Overuse/misuse of antibiotics is a major factor that causes antibiotic resistance. The more often a person takes antibiotics, the more likely they are to develop antibiotic resistant bacteria.

There are simple actions you can take to help keep antibiotics working:

- Don't ask for antibiotics if you have a cough or cold. Antibiotics should only be taken for bacterial infections. Many infections get better on their own, without antibiotics. Ask your pharmacist for advice first and they may be able to help with your symptoms.
- If you are given antibiotics, take them exactly as prescribed; never save them for later or share them with others.

You can also help prevent infections spreading by:

- Using tissues and disposing of them when you sneeze.
- Washing hands thoroughly with soap, especially after you have used a tissue or sneezed into your hand.”



Books with Love

Our library is starting to look loved and cared for again. Huge thanks to Anna Wain but also those parents who have offered their help. Please come and find me or Anna Wain if you can offer your help or have books to donate. Sharing stories is something to be treasured for a lifetime. With your help we will make our library exciting and joyful again.

Waldorf 100: What Next?

“The Future Starts Now

We are still busy with the postproduction of the festival, but the future begins with every single act of will that we do every day in the classes and in life itself. In the coming weeks there will be many more regional and supra-regional Waldorf 100 festivals, which we of course accompany and support, but now the most important task is to harness the positive energy that has emerged from all the wonderful initiatives and projects around the world for the future. Therefore many intensive discussions on the various levels of our cooperation about are about how we can make this possible.

Waldorf 100 certainly marks not only the end of one century, but above all the beginning of a new century. Now everything depends on putting the tasks of our time, the needs of our children and the creation of a humane world, which also includes our brothers and sisters in all the manifold realms of nature, at the centre of our consultations, our heart forces and our actions. This takes place every day in every encounter, but we also have the responsibility to share and follow up. Let us embrace the time we live in!

We will hear from each other again!

With all our very best wishes,
Henning Kullak-Ublick - Waldorf 100”

Co-Housing Project – message from parents

We are a group of families seeking to set up a small co-housing community. Our plan is to build a long-term community where we can live co-operatively, in an environmentally friendly way and where we can raise our children in a relaxed and supportive context. We have found a property to develop in Fulbourn and we are looking for more families that share the same vision and would like to get involved. If you are interested in hearing more details, please contact Federico Flego & Clara Panozzo (icocla08@gmail.com)

Vacancies

There are still some roles in school as yet unfilled, all up on our website. If you know someone who may be interested in these, please do pass on our website address. Thank you.

Best wishes

Amanda

