

FROM THE PRINCIPAL'S DESK



A rich experience of orality is an indispensable prelude to literacy.

Barry Sanders

Kia ora e te whānau

In a *Handwriting, Spelling and Reading Curriculum for Waldorf Primary Schools*, Gabriele Feiter writes that, "Children today enter the classroom bombarded by quite fixed forms that are derived from the screen. These imposed pictures become their inner world. When they want to express for example the human form, the father or mother, many children have a similar kind of picture, with a big head and big eyes. Mother and father pictures become a screen version. Children are not given the space to find their own way with visualisation. The child reflects someone else's response. The inner pictures that children make conform to what arrives on the screen. We need to allow children the time to form their own inner pictures so that eventually, when they read, they will make their own pictures of the content." Let's give children the gift of imagination and allow them the freedom to create, out of their individual thinking processes, their own inner pictures.

This week I attended the Association of Independent School's (AIS) Conference in Auckland. Workshops ranged from school and Board finances to understanding principalship, navigating complex people matters, Proprietor succession planning, and updated information from the Ministry. A number of Steiner principals attended the conference, as well as SEANZ's CEO. It was enriching to rub shoulders with other Special Character school principals, as well as engaging with experts in the educational field.

Simone Hamblett worked with our Class 1 – 7 students this week on Monday and Tuesday, and the teachers had afternoon sessions with her on both days. We came away enriched and with many tools in our kete that we can use in the classroom.

Just a reminder that classes are released between 2:50 and 2:55 so that students who catch the bus can arrive at the bus on time. The bus leaves strictly at 3:00 in order to get to the high school timeously, from where the other buses leave on schedule.

If you have not already done so, please sign up for Marije Laarakker's *Art Therapy* workshop on Monday 31 August.

Tēnā te ngaru whati, tēnā te ngaru puku

Ngā mihi, Elizabeth



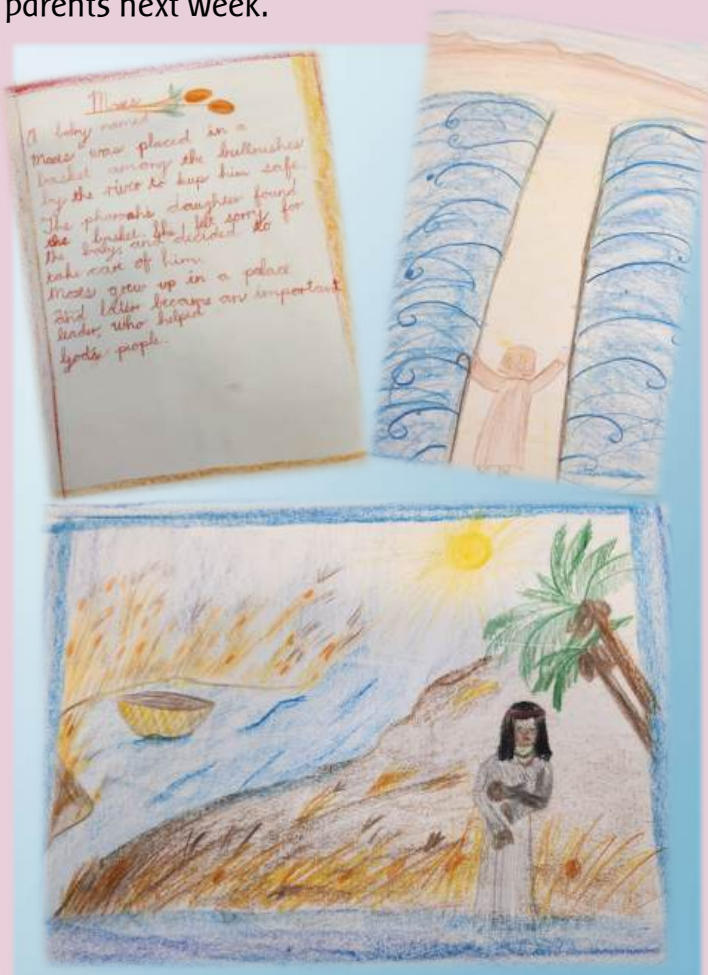
TERM DATES

Monday 31 August	Parent Enrichment Workshop #2	3:15 pm
Monday 31 August	School Board Meeting	5:00 pm
Sunday 13 September	Spring Fair Working Bee	9:30 am ~
Saturday 19 September	Spring Fair Set up	All day
Sunday 20 September	SPRING FAIR 	10:00 am
Monday 21 September	Teacher Only Day and Spring Fair tidy up	
Friday 25 September	Last day term 3	

CLASSROOM CORNER MAHANA

Class 3 began the term by continuing our journey through the stories of the Old Testament. This time, the children have been writing their summaries in cursive, and they have truly embraced the beautiful, flowing movement of the writing.

We have just finished the story of Noah and the Ark—a wonderfully timely connection to our upcoming class play. The backdrops have been painted, wet-on-wet programmes created, costumes decided upon, and lines and cues learned. The children are very excited and cannot wait to share their play with the other classes and their parents next week.



Noah's Ark also provides a lovely introduction to our next Main Lesson, Measurement. We will map out the biblical dimensions of the ark on the school forecourt and do some baking for our upcoming festival as we explore distance, weight and volume in a fun, practical way.

Love and light

Miss Terry



VISITING NGARUA CAVES

Class 6 & 7 have been busy learning about
Geology & Mineralogy



Ngarua Caves is a cave system running under the Takaka hill.

We entered these caves as the Ahi class on the 6th of August 2026.

Our guide Janet took us through the caverns which consist of an eleven degree temperature all year round.

Afterwards, we retired to Riwaka Resurgence and we ate lunch.

Travelling down the stream/river we arrived at an opening in a large rock face.

We did not enter because the source of the river is at this point and it is prohibited by Māori; the opening happened to be in this water.

So we headed back and went home.



Article written by Jayan

GARDEN NEEDS

Once again, our gardening projects are looking for some resources that you may have spare.

We are looking for:

- bird netting
- wooden stakes to put up the netting
- any pond plants - please
- a few more half mussel buoys
- A bucket or 2 of compost worms

We had some great donations of mussel buoys and baths, last time, so thank you very much!

They have all been well used.

Nā mātou katia,
ngā kaimāra,

From all us, gardeners.



FARM TO TABLE

As the Spring Fair approaches, Putiputi, Mahana and Moana have been busy preparing treasures for the Outdoor Classroom stall. It has been busy, but wonderful, sharing ideas and skills and working together on something so special. Sometimes we have been working in our beautiful garden, and other times by the fire with a cup of tea, damper and even Milo and a marshmallow once (thanks Miss Terry!).

On a gardening note, the garden is looking very spring-like. I don't understand how we can't actually see everything growing!



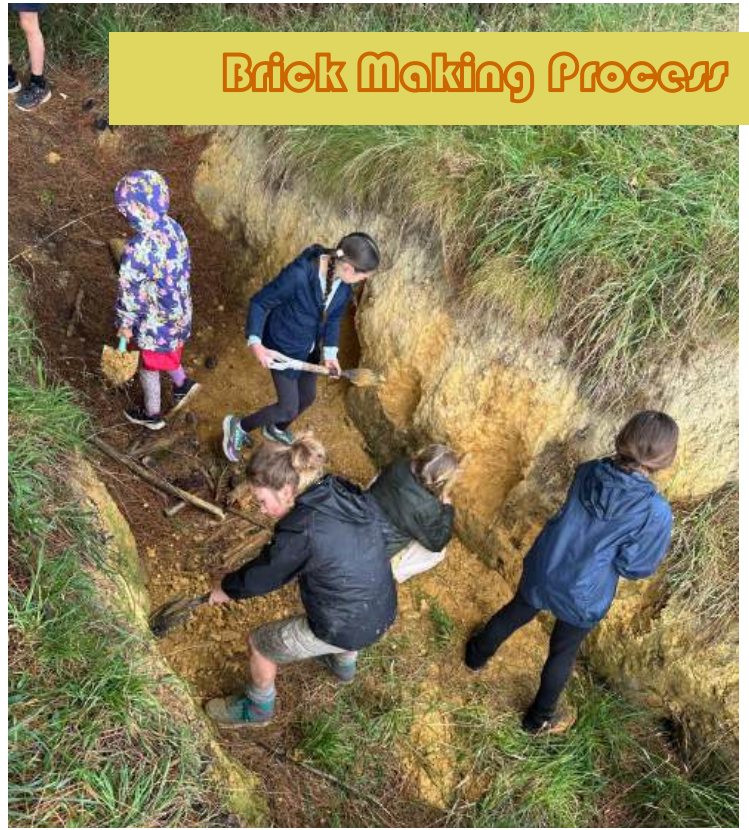
School garden

We were gifted some incredible heritage seeds from the Heritage Seed Company and are really enjoying potting them up and carefully labelling them. We are really looking forward to watching them grow and, hopefully, collecting seed from them ourselves. We believe some of these seeds to be quite rare, which makes it even more exciting.

Also in the Outdoor Classroom, Mahana has nearly finished their brick-making project. We have done every step from scratch, collecting all of the materials we need to make our own brick frames and finding the perfect ratio of ingredients, all collected from the farm, to make strong bricks. We hope to use these in the garden.

We are all very much looking forward to the Spring Fair!

Brick Making Process



SCHOOL NOTICES

PARENT ENRICHMENT WORKSHOP # 2

Art Therapy

**Monday 31 August 3:15 to 4:15 pm
with Marije Laarakker**



*"How do I take my place, how
do I hold space for myself"*

*Therapeutic and social art ex-
ercises with clay, to reflect on
how we place ourself in this
world, in a group, in a team,*

*and on how we can create a safe space where
we can recharge.*

Sign up:

<https://forms.gle/V6q4mBoMed78pxqW6>

SAVE THE DATE

**Spring Fair Working Bee
Sunday 13 September**



Sign up sheet coming up soon!

SCHOOL BOARD

Kia ora e te whānau

The Board would like to congratulate Christophe Mullings and Sue Gleeson for taking office on the Board on Wednesday 12 August.

As you will have seen in our returning officer's email, the results were as follows:

46 votes for Christophe Mullings

42 votes for Sue Gleeson

30 votes for Matthew Robinson

0 invalid votes

61 total forms returned

The Board would like to thank each of you who voted for your active participation in our election. We are very much looking forward to Christophe and Sue's valuable future contributions to our Board. We would also like to thank Matthew Robinson for his nomination and active participation in our election.

Ngā mihi mahana

Paula Robertson

Presiding Member

NATIVE TREE NURSERY

Another planting season has come! This year the following plants are available for sale:

✂The plants are \$2 each and sold in bundles of 4 in root trainers.

Five fingers (90)

Akeake - red (80)

Akeake - green (16)

Harakeke (90)

Swamp flax (6)

Geminata (40)

Cabbage tree (80)

Coprosma (125) - this number

includes some 2 year old larger sizes available in individual pots at \$4 each



Please contact us via email to arrange the details.

tree.nursery.group@motuekasteiner.school.nz

All the funds raised from the school tree nursery this year will go to Ahi end of year graduation camp. Thank you so much for your continuous support for our rangatahi!

Ahi Class Whanau Native Tree Nursery Team

The Legendary MOTUEKA STEINER SPRING FAIR

10-4 PM
SUNDAY

20 SEPTEMBER

MUSIC FOOD
GAMES
CRAFTING

ROBINSON RD

A MAGICAL DAY of FAMILY FUN

Dear families,

The Spring Fair is 3 weeks away. If you haven't already, please signup here:

<https://signup.zone/MSS-SpringFair2026>

Next week Wednesday 2 September, the Spring Fair Committee will be at the bottom carpark from 2:30pm to answer any questions you may have about the fair.

Food Stalls money donations

Donations of ingredients for our food stalls are hard to get.

When ingredients are donated, the school doesn't have to pay GST on the sales of that stall (15% of the stall takings), it can make a huge difference!

We are calling families and the wider community to donate money or pay some bills to buy these ingredients. Please contact if you can help

The donated amounts below would save 15% GST on sales:

~~Milk \$80 (would save \$12 GST)~~

BLT Buns: \$160 (would save \$250 GST)

Ice Cream: \$400 (would save \$330 GST)

Sausages: \$360 (would save \$190 GST)

~~Bacon \$220 (would save \$100 GST)~~

Contact:
Caroline 021 053 0837 or Sorie at the office
(Food Coordinators)

plant stall



Welcomes donations of seedlings (tomatoes, etc.), house plants and/or any perennials that you can divide from home. Bring on set up day or fair day. Any questions contact Paula paula.finch@motuekasteiner.school.nz

Matchbox Castle

We have pre-cut treasures at the office that need sewing; some are easy and some are a little involved. Come and collect a kit from the school office!



book shop



If you have second hand books please drop them as soon as possible at the school office. Kids books, hard covers, paperbacks and puzzles are all appreciated. For heavy donations please contact Gareth 027 705 0275

Star Shop

This very popular children's shop needs 100's of handmade items. If you would like a fun winter project please get in touch with Jo - 0211709495.



clothes shop



We are looking for more clothes donations for the 2nd hand clothes stall at the Spring Fair! If you have any clothes in good condition we gratefully take them. Either drop at the school or kindy office or directly to Marie.

Patatas stall: The Patatas stall is looking for a coordinator. Supplies and equipment are all sorted. Potatoes will be prebaked so what you'll need to do is collect potatoes, cut and fry on the day. Prep and tidy up as well.

THE ONE CHANGE THAT WORKED: I BANNED MYSELF FROM SOCIAL MEDIA—AND MY CHILDREN HAVE NEVER BEEN HAPPIER

by Anna Mathur



I used to think my phone helped me to relax. But setting strict limits on my usage has improved my mood and my relationships

I am a psychotherapist who works with frazzled, snappy parents, and spend my days writing about why we struggle to find calm.

I also used to pick up my phone hundreds of times a day, failing to realize that it was making me a snappier, more irritable, less present mother.

My phone was my office, my income, my means of communication. Every time I checked it, there was something to action, a notification of something new, something that told me I was useful and productive, giving me dopamine hits that motherhood didn't offer. It had become my coping mechanism.

The phone was also where I went to decompress, to have five minutes that felt like mine. But while social media appears to be the most stimulating thing in the universe, what felt like rest was actually just a further demand on my already stretched mind.

When I thought about how much time I spent on my phone, I felt ashamed. That number wasn't just data; it signified the gap between the available mother I wanted to be and the one I was in those moments.

It was only when I started paying attention to what happened in my body when one of my children (aged seven, nine and 11) interrupted me mid-scroll that something shifted. I felt the spike of irritation and heard a sharpness in my voice.

I had been treating my snapping as a patience problem and a character flaw, but what I realized is that reaching for your phone more than you want to is not weakness – it's biology.

Research shows that for those of us with ADHD, or tired from chronic stress and poor sleep, the pull of the phone is really strong. Impulse control is a frontal lobe function, and that part of our brain weakens when we are tired or overwhelmed.

I was going through perimenopause, which makes it harder still as oestrogen declines and the brain becomes more reward-seeking.

I promised to limit my use, but I'd break my own rules every time. So I stopped relying on willpower and downloaded an app called App Block.

I cannot access social media or my email during the hours my children are home, and I have 15 minutes to check in once they're in bed. If I need to do something for work, I go to my laptop, which feels far more intentional.

What I didn't expect was how much calmer I would feel. The low hum of overstimulation I had normalized turned out to be costing me more than I knew. My nervous system finally had room to breathe. I was less irritable, more present, in a way that didn't require effort.

One habit that helped was narrating my phone use out loud. When I pick it up in front of the kids, I say: "I'm just adding bananas to the shopping." It keeps me accountable, because once I've said it, I do that one thing and put it down.

And it tells my children that I'm not disappearing, as I used to.

Now, when the kids settle in front of the television in the evening, I laze with them and read a book. Being spoken to mid-chapter doesn't spike stress in the same way.

There's no algorithm or notification vying for my attention. I'd forgotten what it felt like to be bored, where rest lives and ideas surface.

And this change has improved my relationship with my husband. Much of our evenings together had been sitting side by side on our phones, each somewhere else entirely. Without the phone as my default, I'm more available.

It's improved our relationship in ways I didn't anticipate. We talk more, debriefing over our days. We give each other more undivided attention, which is the most valuable thing you can give anyone.

Reducing the time I spent on my phone has deepened my most important relationships, and that is no small thing.

My kids see me relaxed and resting. They tell me about the small details and worries of their days, they snuggle up to me. These moments are so special and now I'm fully present for them.

Anna Mathur is a psychotherapist and author. Her new book, *How to Stop Snapping at the People You Love*, is published by Penguin Life.

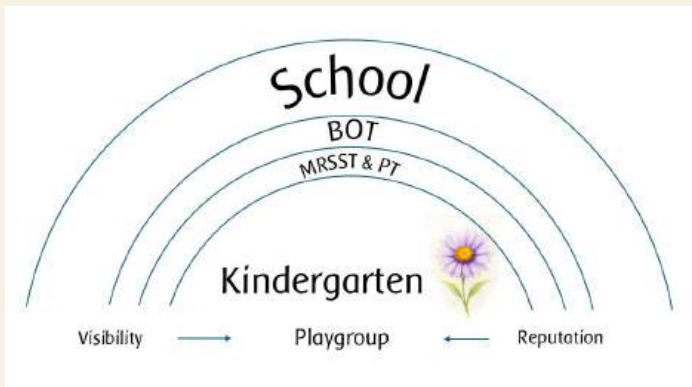
MRSST UPDATE

Hi everyone

Tri – Board Meeting

I mentioned previously how the Motueka Rudolf Steiner School Trust (MRSST) Proprietary Trust (PT) and School Board (BOT), which included the school principal Elizabeth Swanepoel, met to focus on “How can we work collectively together to make the Motueka Steiner School and Kindergarten the best they can be.”

The included diagram came from the thinking of one group.



They presented their idea to understand and appreciate, that while the school was an overarch like a rainbow, to grow and expand the essential focus needed to be the origins. The playgroup, those little souls beginning their journey, who could then move on to our wonderful kindergarten.

We need to build reputation and visibility amongst the communities of Tasman through the BOT, MRSST and PT. How: MRSST has taken the lead being responsible for the playgroup and kindergarten. Malin and Greer are doing that in reaching out to those who can contribute and physically assist in “getting things done”. The PT will take the lead in communicating more widely so people understand the Steiner Waldorf special character. The BOT will reach out through teachers and parents to capture their thoughts and ideas in this regard.

This is the brainstorm of personal thoughts projected by members together.

Trust, Understanding, Cohesion, Thrive, Child-centred, Abundance, Fun, Joy, Transparency, Clarity, Support, Unity, Communication, Balance, and Synergy.

Woolshed

We have had a useful meeting with Elizabeth, the school principal, Akane, kindergarten teacher, Tom Walsh and Ben Crane of the Wednesday “men’s group”.

Following the fair, the plan is to have a big cleanout which would include recycling, recovery to interested parties and rubbish. We will notify you of the date (it will be on a Saturday) including declaring some items of general interest so people can attend, claim something and help with the cleanout.

The woolshed would then be partitioned into areas for Kindergarten, School, Fair storage, MRSST, and a special area for recognised Steiner parent interests. This special area would allow use by agreement with a koha contribution for appropriate activities.

We have been notified by the insurer to have a suitable sign at entry covering use and including a sign to record procedure to cover MRSST liability.

Acknowledgement

Sometimes we have people who give more than just words. Many may not know Beba McClean and Phoebe Quinlivan because they are hidden away in the kindergarten office. One of the biggest challenges any kindergarten can have is the Education Review Office (ERO) undertaking. It is very demanding and normally three yearly. If one has not been previously involved there is no experience to fall back on.

The past few months have been about the ERO review and dealing with unknowns. The review process is very unforgiving and over three years with staff changes even more so.

I have noticed how difficult it has been, tiring and stressful for them both. If you get a chance, please say a big hello and thank them for what they have done and what they do.

Best to you all

Lindsay Alexander

Chair MRSST



COMMUNITY NOTICEBOARD

Looking for a home

We are a family of 4
(8 and 10 years old children)
looking for a 2-3 bedrooms house to rent
around Mapua, Tasman or Motueka area,
anytime from end of September to
beginning of November.

Working in the region, we are keen gardeners,
friendly, responsible, responsive, open-minded,
easy to communicate and collaborate with.

We can provide references.

Contact us on 0275167851
mati.hegarty@gmail.com



Pan Eurythmy



PAN EURYTHMY ON SATURDAY MORNINGS FROM SEPTEMBER 26th TO MARCH 20th FROM 9 TO 10 :15AM AT THE MOTUEKA RUDOLF STEINER SCHOOL [165 Robinson Road Lower Moutere](#)

Pan eurythmy is a sequence of rhythmical harmonious movements to music. It was developed in Bulgaria by Peter Denov in the 1900s. He was a spiritual teacher, musician and philosopher.

The movements connect the human being to the heavenly and earthly forces in nature. Pan Eurythmy is danced from spring to autumn outside in nature. There are 28 movements in circle sequence followed by 2 forms celebrating the sun and zodiac, and the virtues of the human being in the pentagram. Every year there is a large gathering in the Rila mountains in Bulgaria, where hundreds of people from all over the world meet to do pan eurythmy together. It is a community building experience. This year I visited the capital of Bulgaria: Sophia, where Peter Denov lived and worked. I did Pan Eurythmy, in the mountains near there with over 200 people from different countries. I experienced an overwhelming feeling of loving community, hope and peace for all humankind. In Bulgaria Pan Eurythmy is danced every morning in most towns in parks and nature, and even in schools.

We would like to bring the seed of this experience to the Motueka School. Everyone from 9 to 99 years of age is most welcome to join us in this meditative celebration to the nature spirits and the divine forces.

We look forward to seeing you all. Feel free to join us any Saturday.

Blessings of peace to all, Trevor and Karin

For further information:

trevor.scott.croll@gmail.com (from 18th of sept: 021 21 71 558)



Piano stool wanted

The school is looking for a piano stool with adjustable height options to suit all children. If you have one at home that is no longer being used or come across one in a charity shop, please contact the school office.



Our family is
looking for a home ♥
IN THE MOTUEKA AREA



We, a friendly, open minded
family of 4
(Ewa, Wojciech, Mia 4.5yo, Leo 6yo)
are looking for a house to rent
in the area of **Motueka**.

 **2-3
BEDROOM HOUSE**

 **FROM
OCTOBER 2026**

We are open-minded people.

-  who love to discover new places, be in nature and embrace new experiences
-  who enjoy spending time in nature and living with the seasons
-  who love working with people and being part of the community
-  who are easy to collaborate and value good relationships

We are looking for a peaceful place to call home, where we can share, create and be part of the wonderful community around us.

We would love to hear from you!

IF YOU KNOW OF ANYTHING AVAILABLE OR HAVE A LEAD -
we would be so grateful! ♥

+64 20 487 3100 Telegram
ewa.szczepaniak@gmail.com

rites of passage foundation

CHILDREN & PARENTS

4 upcoming events for you and your child.

These weekend programmes are an opportunity to celebrate your relationship free from devices, with other parents and children in nature.

Registrations for 2026 & 2027 are open now

Rising Families - For fathers & their daughters (ages 9-11)

October 2nd - 4th 2026

Rising Families - For mothers & their sons (ages 8-10)

October 9th - 11th 2026

Rising Tides - For mothers & their daughters (ages 9-11)

Oct. 30th - Nov. 1st 2026 & March 12th - 14th 2027

Rising Sons - For fathers & their sons (ages 8-10)

November 13th - 15th 2026

Held by experienced facilitators in Mōhua, Golden Bay, Aotearoa, New Zealand.



LEARN MORE
<https://ropf.org.nz/>



Anthroposophic Meditation Week

Connecting to the
Angelic World
and to Christ

New Zealand
Dec 14 to 19, 2026, Mon-Sat
in Aio Wira Retreat Centre

8 Aio Wira Road, Waitākere,
www.aiowira.org.nz, 20 km from Auckland

Course leaders: Agnes Hardorp, Thomas Mayer

Times: Arrival day 6 pm - 9.30 pm,
seminar day 9 am - approx. 9.00 pm,
departure day 9 am - 2 pm

Course fee: 850 NZD, reduction possible
Accommodation: Between 350 and 650 NZD
Meals: 325 NZD

To register: meditation333@protonmail.com
www.anthroposophical-meditation.info



SIBLING
DISCOUNT
AVAILABLE

SPRING HOLIDAY SAILING CAMP

Optimist Sailing

These iconic little boats are the starting point on many sailors' journey. Suitable for ages 8-11 years, beginner, intermediate & advanced classes.

Fusion Sailing

For age 11+, learn to sail in something stable and comfy, then progress in to the RS Feva for advanced levels.

W/c 29th September & 5th October, 9am-4pm, courses 2-5 days long.



Early bird discount
if booked before 31st
August

Nelson Yacht Club | Location: 322 Wakefield Quay, Nelson,
7010 | Tel: +64 225 487 501 | info@nelsonyachtclub.org.nz



LEARN - RACE - CONNECT



TARUNA
COLLEGE

Connect. Nourish. Sustain.

Enlivening the Earth

Weekend Workshop for Home Gardeners

11-13 September: starting Friday afternoon, finishing Sunday afternoon
Cost: \$350



Are you interested in growing good food, working with mother nature and weaving a spiritual understanding into the very practical work of your gardening? Are you curious about soil health, nutrient-dense food, planting by the Moon and the Planets, or being part of a growing community incorporating these practices as you garden?

Then we welcome you to come and take part in this workshop encapsulating the essence of Biodynamics in an introductory setting. We will explore topics that include:

- the foundations of biodynamics
- understanding and using natural local fertilisers
- how to use a biodynamic gardening calendar that aligns your garden work with planetary rhythms, so that fertility and resilience are enhanced.

We will also build understanding and have hands-on experience of:

- learning observational techniques and how the natural world is speaking to us
- making your own natural fertilisers, including barrel compost (cow-pat pit)
- biodynamic preparations - including 500 (manure) and 501 (silica), and the compost preparations.



Biodynamics is a holistic approach that views the garden as a living organism, emphasising the interconnectedness of all living things. It incorporates cosmic principles, biodiversity and unique homeopathic preparations to enhance soil health and garden vitality.

This workshop is designed for everyone:

- wanting regenerative practice in their own garden
- interested in wellness for land and people
- wishing to increase their perceptive powers of land, soil and life
- already a biodynamic practitioner wanting to experience the wider context and community of biodynamics.

Your workshop facilitators:

Monique Macfarlane - biodynamic practitioner and educator, who makes biodynamics accessible and relatable

Rachel Pomeroy - biodynamic teacher and star watcher.

Gratitude to the Kete Ora Trust for generous sponsorship of this workshop.



For further information and registrations please contact
info@taruna.ac.nz or see our website www.taruna.ac.nz
or call +64 6 8777174



NZ MOUNTAIN FILM FESTIVAL

NATIONAL TOUR

PRESENTING PARTNERS: THE NORTH FACE, WHARE KEA CHALET, LUMIX

NZ Mountain Film Festival

SCREENING HERE:
Māpua Hall - Sunday 6th September
Doors Open 5:30pm. Screening starts 6pm

Supporting the Motueka High School Adventure Racing Team

www.mountainfilm.nz

Print your own TEA TOWEL!

LIMITED SPOTS AVAILABLE, IN TIME FOR FATHER'S DAY

1 INK & PRINT YOUR OWN PRE-SET TEMPLATE

\$19

2 CUSTOM MADE DESIGN
WRITE YOUR OWN TEXT

\$25

WILLOW BANK HERITAGE VILLAGE

ONE-OF-A-KIND TEA TOWELS - NO MASS PRODUCTION, JUST HANDMADE MEMORIES.

BOOKINGS ESSENTIAL | BOOK ONLINE
WWW.WILLOWBANKWAKEFIELD.CO.NZ/PRINT/
CONTACT US: INFO@WILLOWBANKWAKEFIELD.CO.NZ
79 WAKEFIELD-KOHATU HIGHWAY, WAKEFIELD

OPEN EVENING EVENT

WILLOW BANK

HERITAGE VILLAGE

1KM SOUTH OF WAKEFIELD

FRIDAY 5PM - 8PM
SEPT 4TH

Hot Chocolate

VILLAGE OPEN AND LIT UP, OUTDOOR CINEMA, BURGER BAR & VICTORIAN CAFE OPEN

Hot Soup

VICTORIAN STYLE CAFE / SECRET GARDEN / 1950S BURGER BAR
LAUNDRY / DRESS SHOP / PUPPET THEATRE
WORKING BAKELITE PHONES / PLAYHOUSE / LIBRARY
DOLL MUSEUM / SCHOOL HOUSE / GROCERY STORE
CINEMA / PRINTING PRESS • MORE

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AVAILABLE FOR GROUP BOOKINGS
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79 WAKEFIELD-KOHATU HIGHWAY, WAKEFIELD