Lisa Romero’s Visit to Tarremah

Last Tuesday evening there was a parent education talk titled Resilience by Lisa Romero which was well attended by teachers and parents from Tarremah. It was most interesting and a parent asked me to give a bit of an overview of what was presented.

Lisa Romero, is based in the Byron Bay area in northern NSW but her time is divided between other centres throughout Australia, the US, the UK and Canada. She offers courses in understanding adolescents, health and social hygiene as well as her ‘Inner Work’ meditation courses – work which she is gratifyingly and increasingly receiving recognition for.

Lisa spoke about the world becoming more focused on externalities and appearances – what people look like, ‘selfies’, media personalities, identity, etc becoming too much of a focus. She spoke of the need for more inner work, meditation and self development which is the polar trend at the moment. She spoke about people being motivated by their Desires (wants) or their Rational mind (‘should do’). Lisa spoke a third path - to be motivated by consciousness. Further exercises and details are in her books - available from the school library.

Regarding ‘resilience’, Lisa spoke about this becoming a bit of a buzz-word. Parents are struggling to do the ‘right thing’ for their child (parenting books, courses, etc is now a huge industry). She linked this back to making choices based on consciousness.

Being Human is about allowing yourself to feel everything. Even when this is to be lonely or isolated they need to experience this. She says she hopes every child experiences some of this as a child (the example she gave was that not everyone gets invited to a birthday party and the child needs to experience this) – or it emerges as a real problem in adolescence and adulthood when they cannot stand alone and make stands on principle etc.

She spoke of our being “veiled by our own biography” which means that we see things (and things that happen to our children) through our own hurts and experiences – perceptions. A lot of what she was saying was that it is through our own inner work that we heal ourselves and our children.

Lisa worked with teachers on Wednesday and Thursday afternoons on holding children in a safe and appropriate way in order to develop them fully as human beings, met with Class 9 students on Thursday morning and conducted an inner work workshop over the weekend with many from our community. If anyone is disappointed that they missed her, she has offered to return again next year to continue her work with the community here so keep an eye on the Tarremah Times next year.

Elise Blacher

Erin, Class 9

Diary Dates

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>Thursday 20 October</td>
<td>Show Day Public Holiday</td>
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<tr>
<td>Friday 21 October</td>
<td>School Holiday</td>
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<tr>
<td>Monday 24—Friday 28 October</td>
<td>Class 1 &amp; 2 Swimming</td>
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<tr>
<td>Tuesday 25 October</td>
<td>11:30am Spring Festival --- Amphitheatre</td>
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<tr>
<td>Friday 28 October</td>
<td>Secondary School Swimming Carnival</td>
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<tr>
<td>Tuesday 1—4 November</td>
<td>Class 6 Port Arthur Camp</td>
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<td>Wednesday 2 November</td>
<td>School Tour &amp; Heartwarmers Cafe</td>
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<tr>
<td>Thursday 3 November</td>
<td>6:00pm for 6:30pm Upper School Music Concert --- Hall</td>
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<tr>
<td>Friday 4 November</td>
<td>Fee Relief Applications for 2017 due</td>
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<tr>
<td>Sunday 6 November</td>
<td>11:00am—3:00pm School Fair</td>
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On Friday 14 October, Class 8 had a special visit from David of Paraquad Tasmania as part of the Health Programme run at Tarremah. It was quite an amazing experience as David, who is now a paraplegic as a result of an accident many years ago, shared his personal story with us and answered any and every question we had. He explained just how much his life after the accident changed things for him and his loved ones. He went on to explain how he spent months and months after his injury learning how to live again, learning how to dress himself and feed himself - all things we take for granted every day. He showed us videos and went through the statistics so we could understand the how, where, why and to whom these accidents can happen to, that may lead to people ending up a paraplegic or quadrapledgic.

All up it was a really eye opening experience showing us just how lucky we are and how not thinking things through and engaging in risk taking behaviours can have severe implications. Thank you David and Paraquad Tasmania.

Tara, Class 8

In the morning before this session, Class 8 also had the opportunity to play some wheelchair basketball with Kevin Faulkner from Paraquad Tasmania. Everyone had a first hand experience at the strength, conditioning and sheer determination wheelchair athletes have in order to play sports like basketball especially when Kevin told us that the hoop stays at the height of 3.3m. No concessions there!

Sharon Clarke

Class 9 Experience Primary Industry
What a week! Students from Class 9 visited a number of primary industries - including Stephano Lubian’s Biodynamic Vineyard; Grandvewe Cheesery; Letetia Ware’s Garlic Farm; Tassal; Tas Tea Company; Miellerie Honey; and Greg Whitten and Gould’s Medicinal Herb Garden.

The class was split into two smaller groups to maximize their experience. Feedback from all the industry facilitators is that Tarremah students are always welcome as they focus, work diligently on the tasks set, and ask good questions - great ambassadors for the school!

A big thank you to all the industries who welcomed our students especially Mark, Gemma, Terry and Yves who are also parents of the school.

John and Naomi
News and Events

Rubbish Free Lunch Day
On Wednesday 26 October, Tarremah will be holding a Rubbish Free Lunch Day, as a way of minimising waste, reducing litter and encouraging healthy eating. On that day students will be challenged to bring in as little packaging as possible. Suggestions for avoiding pre-packaged food on Rubbish Free Lunch Day include:

- Cheese/yoghurt decanted into washable containers, rather than individually packaged
- Fruit – it has its own natural packaging!
- Home-made popcorn in a re-usable bag
- Left-overs in a washable container
- Cloth wrapping

Please support your children in this initiative. We will be giving feedback on this event in the near future. This is an initiative of Tarremah’s newly formed Environmental & Social Responsibility Committee. Anyone who is interested in being a member, please contact Robyn Harper at robynh@tarremah.tas.edu.au.

Tarremah Community Directory
You may have already received a copy of the annual Tarremah Community Directory for 2016. If you would like an additional copy they are available from the front office.

We hope that the directory will help facilitate communication and mutual support throughout the community. If your name does not appear in this directory, and you would like to be included in 2017, please enter your details by following the link below.

http://www.tarremah.tas.edu.au/tarremahdirectory

RSEFTAS Bursaries open for 2017
The Rudolf Steiner Education Foundation (RSEFTAS) is pleased to announce our open invitation for:

Applications for Bursary Fund Assistance for Steiner Students 2017. This will be our final year offering Bursaries.

Applicants are required to have enrolled their child at Tarremah Steiner School through the school’s formal processes.

Please do not direct your enquiries re the RSEFTAS Bursaries to the school. Tarremah School has its own ‘fee relief’ scheme and you apply through the Business Manager. The RSEFTAS is a separate organisation to the Tarremah Steiner School and as such has separate tasks and funds. The receipt of fee relief from the school does not exclude you from the Bursary Fund or visa versa.

Please see our website (apology for old dates – it is being updated) www.rseftas.org.au. To apply or enquire secretary@rseftas.org.au. Applicants from 2016 may reapply.

Fee Relief 2017
Fee Relief Application Forms for 2017 are now available from the School Office. Please complete and return to the Office by no later than Friday 4 November, 2016.

Geoff Rainbow

Parent Survey
Tarremah Steiner School values the ideas and opinions of parents and one of the ways we seek your assistance is by completing the annual Parent Survey. Last year we had a fantastic response from parents and findings were presented to Council, Executive and Teaching Staff. Information from this survey has been used in the Tarremah Five Year Strategic Plan and has helped to guide decisions made within the School.

This year we have adjusted the survey in response to your comments. All questions in this year’s survey are optional, however the more questions you answer the more information the school has to work with and therefore a better understanding of areas in which we may need to focus. Links to the Survey will be sent out in the first few weeks of Term 4.

Student Survey
This year we will also be running a survey for upper school students in Class 8, 9 and 10. Children will have an opportunity to give feedback via a similar computer survey, but a much simpler version than the Parent Survey.

This survey will give us some great feedback on how we can improve our school and the learning experiences of the children.
Parents and Friends

A big THANKS to the parents and children who came to the Working Bee on Saturday. The weather was wonderful, the company was awesome and we achieved so much! Some of the jobs completed were: all outside of classrooms got swept, and weeded, wooden furniture was oiled, climbing wall was oiled, rubbish picked up, dead branches and weeds taken away, amphitheatre seats all mulched, class 2 mudbrick seats fixed, middle school ballcourt now has lines for ball games, pond/waterfall near library had a clean out (and we even saved the tadpoles). We all enjoyed hot spuds and soup for lunch. A big thanks to Janine, Marcus and Kim for their great skills in catering for a crowd. We had a turnout of 50-60 people.

Tarremah Growers for our Spring Fair Stall
Start gathering and stockpiling cardboard boxes. We need heaps for the Spring Fair!

Student Stage
Come all ye students from grade 3 to 10 who wish to perform on the student stage this year at the fair. We welcome all singers, musicians, magicians, poets, soloists, duos or groups. We would love to have you perform and there is plenty of time to develop a new act or simply brush up on an old one. The programme will fill up fast so if you are interested please contact me as soon as possible on jackiemcdonald@westnet.com.au and let me know your name, your grade and your act. This list will be closing 2 weeks before the Fair, so get in quick!

If you have a gymnastic or dance act please contact Russell russellmdobie@gmail.com

CIRCUS ACTS contact Amanda to be included in the 2:30pm circus performance at the Fair.

Treasure Trove at the Fair
Look closely around your home, garden and sheds for unused toys, games, books, puzzles and general household goodies.

You can either store them at home and bring them on the day before the Fair during setup, or, to the shipping container at the school during 4th term. The key is in the office. Happy hunting and decluttering!

Steiner DOLL DISPLAY at Spring Fair
As always, we will have a display of home made Steiner dolls at the Spring Fair. The display, accompanied by information regarding the suitability of the dolls to various ages is an opportunity to show visitors to the school some of the beautiful and natural toys we offer our children at their various stages of development. We are, therefore, asking for dolls of any size, from tiny pocket dolls, to “blanket” dolls and sack babies, to fully formed dolls. The dolls do not have to be in “as new” condition, and we especially welcome those that have been obviously well loved and played with, patches and all!

Could you please take some time to provide a short story of your doll’s journey, including when/by whom it was made, and for whom, and any other information you would like to add.

If possible, please bring dolls to the old class 9 Room on Saturday, 5th November (i.e. if you are heading in for “set up”); otherwise they may be taken to the old class 9 Room prior to the start of the fair on Sunday. They may be collected and taken home with you after the fair. Please phone me with any questions on 0401 565 648 or email rosie_bergerbarry@yahoo.com

Thursday is "Pasta Day"
Following on from a successful “Soup Day” in Term 3, the P&F are continuing on with pasta for Term 4. Our first day was HUGE with many enjoying a hot lunch. Every Thursday. Pasta topped with tomato based vegetarian or meat bolognaise, with grated cheese and sprigs of parsley from the garden. Gluten free pasta available. $3 for small or $5 for large serving.

Publishing details
Tarremah Times Newsletter is published fortnightly during term times. For further information please contact the school office or visit http://www.tarremah.tas.edu.au

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