



BIRALI STEINER SCHOOL NEWSLETTER

6 August, 2021

Term 3 – Issue 2

In our Biral Newsletter this week we want to share our appreciation, with huge applause, to each one of you – to each of our parents and carers managing at home under most challenging circumstance, while continuing to support your children with their ‘Learn at Home’ packages or in your important roles as essential workers; and to each of our students stepping bravely into a very different learning approach for each of them.

Of course, this week, as you are so very aware - and experiencing yourselves with reconsidering and planning for your own families – all of the Biral Leadership Team and our wonderful Biral staff have continued their efforts to be responsive and positive, as together with you, we continue to support each other through our current circumstances.

Usually, our Biral Steiner School Leadership Team – including Principal, Teaching and Learning Coordinator, Business Manager and College Chair, has been meeting weekly to consider and plan for the ongoing vital work of the developing Biral College and Faculty focus for Semester 2.

Biral College discussion and reflections around Anthroposophy and Steiner Education are enhanced by the knowledge and extensive research of our Inaugural Biral College Chair, Ted Muller, and our Teaching and Learning Coordinator, Chloe Ann Francis.

The sharing of deep knowledge and understanding of Steiner Education approaches to learning and curriculum are of significant value to our Biral College Staff Meetings, for our planning our students’ learning engagement, and for our continuing focus on our student well-being.

Chloe Ann, in the role of Teaching and Learning Coordinator (TLC) role is significant to supporting teachers with quality education expectations, underpinned with the Steiner Curriculum model.

Currently there is focus on quality Main Lesson, on assessment evidence and informative reporting, and on effectiveness of Individual Enrichment. The TLC role coordinates Birali teacher aides with expanding their repertoire of skills, for support of Individual Enrichment planning across our diverse student group. Another important aspect of this TLC role is coordination of education staff timetabling and program services.

As you can see, with the start of Semester 2 staff and class enrolment changes - and now our current Lockdown, there are many layers of complexity for consideration.

Our appreciation, on your behalf, to Chloe Ann and every one of our capable Birali Leadership Team - Chloe, Beck and Ted - for their commitment to our Birali community.



Warmest regards,
Helen Starr
Interim Principal

FROM THE BOARD CHAIR

Dear Parents and Carers,

I was reminded recently of Steiner's challenge for us to constantly find the balance between form and freedom, both as individuals and as an organisation. As a Steiner school there can sometimes be a misconception that we are an organisation with complete freedom. This is not true and we have to hold our form when it comes to financial constraints, the law and external regulators and standards. As we have experienced, and are experiencing, regulations can change and it is important we keep our form during these challenging times and work within the limited conditions imposed on us.

Thank you for supporting the school during this snap lockdown. We understand the disruption it can bring into the home.

I would also like to thank the teachers and teacher aides for their commitment to delivering at home learning packs. Your ability to pivot at such short notice is commendable. Thanks to the admin team who have been feverishly working in the background supporting the teachers and ensuring we adhere to the logistics of a lockdown. A special thank you to the leadership team, Helen, Chloe Ann and Beck, for your steady and guiding hand during this uncertain time. It is a difficult task to manoeuvre a school at such short notice and to continue to focus on how best to serve the students during this time of uncertainty.

There is still some adaption to living in this pandemic and we are learning to work with this.

On behalf of the Board I would like to send my gratitude for your commitment to Biralì as we travel this journey together.

Let's look after ourselves and each other as without our wellbeing nothing else matters.

Warm regards

Steve Laughton
Biralı Board (MBBSSA)

FEATURE ARTICLES

Lisa – Class 3/4

Class 3/4 have had the arrival of 3 new baby guinea pigs and 6 chickens an exciting and interesting time. The male guinea pigs will stay with our class, which gives us 4, while the females have been adopted by the Middle School, and we appreciate their assistance to us. As well, small chicks have been a lovely welcome to the class with the children. Our 3/4 students are enjoying opportunities to share their experiences in cooperation and responsibility in ensuring proper and safe animal handling and feeding for small creatures.



Our discussion about benefits of recycling, a healthy diet for our animals and the positive feelings we each experience from having them with us are so interesting... as we enjoy chicks on their desks while working and giving comfort to those who need it.



Our Term 3 Main Lessons have been focussed on exploring fractions, through learning how Thor's hammer smashes the rocks into pieces. In our mythological story, Thor names these pieces fractions. As we explore our story, Thor then goes home to eat the bread made by Freya. Freya shares with Thor how she would need to cut the bread up into pieces to carefully share amongst his friends - these pieces are fractions. Our 'hands on' learning has explored this theme through dividing paper & fruit pieces.



Maetreyii – Instrumental Tutor

Instrumental Music is progressing very well with our engaged and enthusiastic students!

Children from Class 4 through to secondary students enjoy Marimba lessons once a week. Our students participate enthusiastically and are doing very well.

Class 4 children have performed once at the recent Biralí Fair - they have done fabulously as a team, and are now moving slowly to more difficult songs.



Class 5/6 children are also on to more difficult songs such as "Just a Scratch".

Secondary students are practicing more rhythmically challenging songs such as "Ruby".

Students are required to practice for weeks to master the music, which can certainly be a challenge for them. However, it is so rewarding for all students and I when we master a song together!

Recorder groups from Class 5 to the Class 8 are continuing to practice for recorder ensembles and performances.

Some of the Class 5/6 children have commenced with the Alto recorder. At this stage, they are just simply practicing to read notes and remembering fingering for the Alto recorders.

Secondary students have progressed to reading notes and playing songs for both alto recorder and soprano recorders. They are performing in ensemble playing an increasing variety of musical instruments - piano, ukulele, soprano and alto recorder. It is so much fun!

Jenny - Well Being Officer

The Importance of Sleep in relation to Liver Rhythms

Below are key points that might help us understand why some family members get tired, irritable, over active.

Better to go to bed early:

- 7:00 pm for younger children (12 hrs sleep),
- 8:00 pm for middle school (including teenagers - 10hrs) and 9:00 - 10:00 for an adult (7-8 hrs).
- The liver regulates our energy level for next day and follows the sun cycle so around 6:00pm it wants to go to sleep and start to store sugars (glycogen) needed for next day.
- When kids stay up late at night, this affects the liver's metabolism and it can no longer simply store sugar.
- The liver reverses its process and breaks down glycogen for sugar and kids get a 'second wind', depleting energy (glycogen) for next day.
- Their body then releases stress hormones from the adrenal glands to keep functioning.
- These hormones provide more sugar but increases heart rate, blood pressure and suppresses immunity.

- Combination of stress hormones and too little glycogen makes us crave sugar. Eating sweet things on an empty stomach, overstimulates the pancreas producing too much insulin.
- Too much insulin causes our cells to take up too much sugar so there isn't much sugar left in our blood (low blood sugar – hypoglycaemic).
- Kids feel tired, irritable, lightheaded, impulsive, overactive and craving more sugar.
- Going to bed early and cutting down on sugar helps the child and family function better, particularly very sensitive individuals.

(Summary of key points from an article by Susan R. Johnson MD, and in consultation with Birali parent/teachers)

UPDATES YOU MAY HAVE MISSED

- [Ekka Public Holiday – Monday 9th August – Postponed](#)
- [Update from the Principal – Thank you](#)
- [Important COVID Update – At Home Learning](#)

REMINDERS

At this time, under the SEQ Lockdown requirements, it is mandated that all adults and students in Year 7 and above will wear face masks while anywhere on the school site.

BIRALI VIRTUES PROGRAM

Each week the school explores a new virtue, with the introduction made at assembly on Mondays.

Week 3 – [Consideration](#)

Week 4 – [Courtesy](#)

To read more about the virtues program please: [Click here.](#)

IMPORTANT DATES

7 th Aug	Working Bee Cancelled School Tour Cancelled
9 th Aug	International Day of Indigenous Peoples
28 th Aug	Heart Songs & Meditation
1 st Sep	Indigenous Literacy Day
10 th Sep	Jump Day – Jump Rope for Heart
11 th Sep	Heart Songs & Meditation
13 th Sep	Anniversary of United Nations Declaration on the Rights of Indigenous Peoples
17 th Sep	Last Day of Term 3
4 th Oct	Queen's Birthday Public Holiday
5 th Oct	First Day of Term 4 (Tuesday)

SCHOOL ACTIVITIES PLAYGROUP

(CLOSED DURING COVID LOCKDOWN)

Tuesdays & Thursdays 9am – 11am

Registration required via Admin.

- Download the Playgroup Registration Form by [clicking here](#).
- Download the Playgroup Code of Conduct by [clicking here](#).

BIRALI PARENT CRAFT GROUP

(CLOSED DURING COVID LOCKDOWN)

Wednesdays 8:45am- 12pm

to view the full schedule please [click here](#):

BIRALI COLLECTIVE (CRAFT SHOP)

(CLOSED DURING COVID LOCKDOWN)

Open during term

Tues & Fri 2.00 PM – 3.00 PM

Weds 8.45 AM to 12.00 PM

STEINER & ANTHROPOSPHICAL LINKS

These Steiner/Anthroposophical related activities and services, whilst not directly related the school, can be seen to be in sympathy with and supportive of the impulse of Steiner education.

- **Waldorf 100** Learn to change the world [Click here](#)
- **Waldorf Resources** for schools, parents and teachers. [Click here](#)
- **Waldorf Today** [Click here](#)
- **Sydney Rudolf Steiner College**
- **What's on Teacher Training and Adult Education.** [Click here](#)
- **Steiner Education Australia SEA** is the peak body for Australian Steiner Schools. SEA support, advocate and represent the free and healthy development of Steiner education in contemporary, diverse contexts. [Click here](#)
- **Keeping the Light Alive!** Monthly articles demonstrating Rudolf Steiner's relevance to today's world. [Click here](#)

COMMUNITY NOTICES

Parent Run Social Media Groups:

- **Birali Parents** [\(Click here to join\)](#)
- **Birali Bazaar (Buy & Sell)** [\(Click here to join\)](#)
- Please ask Birali Parents for links to class pages

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