



BIRALI STEINER SCHOOL NEWSLETTER

20 August, 2021

Term 3 – Issue 3

As with all of our Biral students, we have been enjoying this beautiful winter sun – and enjoying the melodic sounds of our Instrumental and Music program led by our talented staff, Marianne and Maetreyii! Your contribution to supporting their practice and playing at home is very much appreciated.

Our Biral College meetings continue to focus on Festivals and their value in our community. As we move through Term 3, our staff are focussing on planning and preparing for our end of Term Spring Festival celebrations. Every class will be weaving this focus through their experiences in the classroom.

Our Biral Faculty has been exploring and discussing the value of 'Readiness to Learn' - how do we as a professional community build this understanding with each other and for our students' engagement. Our Enrichment Team, last week and this week led by Marianne, have prepared some wonderful resources for our discussion. This week we have been sharing proactive and positive strategies for engagement - as we continue our shared discussion and individual reflections on AITSL Professional Standards for Teachers.

I would like to extend thanks to the Biral community for their continued support as the school navigates through the challenges presented by the current restrictions. Hoping to receive positive news of these restrictions loosening for next week!

Warmest regards,
Helen Starr
Interim Principal

FEATURE ARTICLES

Emma – Class 7/8

"The world is full of magic things
patiently waiting for our senses to grow sharper."
W.B Yeats

Class 7/8 are almost finished a main lesson that has been focussed on creative short stories and poetry. Creative Writing helps us express our feelings and emotions and supports us to become more confident in ourselves. It has been a wonderful 3-week block hearing, creating and sharing stories, poetry and songs with one another. Some of the things we have been writing about are our childhood memories, our wishes and using our imagination to bring characters and untold stories to life.



It has been an interesting few weeks, with the 'at home learning', required mask wearing and adjusting to new routines. I must say the class have shown maturity and commitment and I am very proud of all of them. It has also been an exciting time of welcoming two new students Jaeda and Ethan, and several new class pets.



Marianne – Music

Birali students are given a wide range of practical and experiential opportunities in both classroom and instrumental playing sessions. Our main impulses have centred around music of indigenous cultures and building knowledge of music elements rhythm and pitch. The older students are creating 'people music' to review (or introduce) these awarenesses. Maetreyii and Marianne have been collaborating to ensure the students are 'on the same page' in developmental understandings of music and what they are able to play. So you will hear students very proudly playing a song that they may have learned as a class game.



We will be singing and playing in the Spring mood soon, but currently, as some strings students were learning Ode to Joy, the students from class 5 to 8

are putting together an arrangement of Beethoven's famous piece by singing it or playing an instrument and part of choice.



The class 3/4 children play their orchestra pieces daily, and in honour of the arrival of the chickens, students have been enjoying feathered theme. They work enthusiastically further developing musical concepts such as inner hearing to derive 'stick music' and farm fence (staff) pictures.

The class 1/2 children sing, move listen and dance with much joy. They love learning to be as 'a team' to keep rhythms with percussion.

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". It is so rewarding for all students and I when we master a song together! Secondary students have progressed to reading musical notes including ensemble playing an increasing variety of musical instruments.

Jenny - Well Being Officer

Food and Mood

Healthy Kids are Happy Kids

"What we eat is what we are". I'm sure you've heard this before. There is so much to talk about! One of the biggest challenges for parents is trying to tempt a fussy eater. (Tips in a later article on this subject, including ideas for healthy snacks.) The findings of a recent study in Australia suggest that junk foods may actually 'shrink' the hippocampus part of your brain with a key role in mood regulation. The right snacks can not only boost our kid's physical health but their mental health as well.

Below are a few facts and reminders for parents and caregivers who have wondered about this connection.

- **Getting your 5 a day Vegetables and fruit** - contain a lot of the minerals, vitamins and fibre we need to keep us physically and mentally healthy. Eating a variety of different coloured fruits and vegetables every day means you'll get a good range of nutrients.
- **Getting enough protein** - Protein contains amino acids, which make up the chemicals your brain needs to regulate your thoughts and feelings. It also helps keep you feeling fuller for longer. Protein is in: lean meat, fish, eggs, cheese, legumes (peas, beans and lentils), soya products, nuts and seeds.
- **Eating the right fats** - Your brain needs fatty acids (such as omega-3 and -6) to keep it working well. So rather than avoiding all fats, it's important to eat the right ones. Healthy fats are found in: oily fish, poultry, nuts (especially walnuts and almonds), olive and sunflower oils, seeds (such as sunflower and pumpkin), avocados, milk, yoghurt, cheese and eggs.

- **Looking after your gut** - Sometimes your gut can reflect how you are feeling emotionally. If you're stressed or anxious this can make your gut slow down or speed up. For healthy digestion you need to have plenty of fibre, fluid and exercise regularly. Healthy gut foods include: fruits, vegetables and wholegrains, beans, pulses, live yoghurt and other probiotics.
- **Staying hydrated** - If you don't drink enough fluid, you may find it difficult to concentrate or think clearly. You might also develop a dehydration headache (which puts no one in a good mood).
- **Eating regularly** - If your blood sugar drops you might feel tired, irritable and depressed. Eating regularly and choosing foods that release energy slowly will help to keep your sugar levels steady. Slow-release energy foods include: pasta, rice, oats, wholegrain bread and cereals, nuts and seeds.

UPDATE YOU MAY HAVE MISSED

- [People's Long Weekend - Moreton Bay Region \(Holiday\)](#)

REMINDER

The school notice board is now located to the left hand side of the reception entry.

BIRALI VIRTUES PROGRAM

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

Week 3 - [Patience](#)

Week 4 - [Peacefulness](#)

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

IMPORTANT DATES

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)
5 th Nov	Prep Vision Testing
29 th Oct	People's Long Weekend

SCHOOL ACTIVITIES PLAYGROUP

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

Wednesdays 8:45am- 12pm

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

BIRALI COLLECTIVE (CRAFT SHOP)

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

CONTACT DETAILS

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