



# SteinerAcademyExeter Newsletter

Issue No 84 25<sup>th</sup> May 2018

## Dates for your Diary

For meetings outside of school hours please use the West Garth Road pedestrian gate to access the site. All evening meetings start at 19.30 unless indicated.

Mon 28 <sup>th</sup> May - Fri 1 <sup>st</sup> June	Half Term		Tues 12 <sup>th</sup> June	STEM Workshop Classes 7 & 8
Mon 4 <sup>th</sup> June	Return to school for all Kindy and Classes		Tues 12 <sup>th</sup> June 19.00	Class 6W Parents' Evening with Aegir
Mon 4 <sup>th</sup> June	Vision screening for 4-5 year olds		Weds 13 <sup>th</sup> June	Last GCSE exam
Tues 5 <sup>th</sup> June 19.00 Main Hall	Eurythmy performance		13 <sup>th</sup> -15 <sup>th</sup> June	Class 6M Trip On the Hill
6 <sup>th</sup> - 7 <sup>th</sup> June	Class 6W Trip to Bath		Thurs 14 <sup>th</sup> 19.30	Class 2 Parents' Evening Class 9 Parents' Evening
6 <sup>th</sup> - 8 <sup>th</sup> June	Class 2 Trip to West Town Farm		Fri 15 <sup>th</sup> June 9.30	Coffee and Questions with Aegir
Fri 8 <sup>th</sup> June 14.30	Class 5 Parents' Meeting		Sat 16 <sup>th</sup> June	Work day
11 <sup>th</sup> -15 <sup>th</sup> June	Class 9 Trip Week		THURSDAY 19 <sup>th</sup> July 14.00	Last day of term. School closes at 2pm. No afternoon care available

## Class 1 - trip to Chagford





What a glorious sunny day for our first class trip! Last week Class 1V visited Chagford community farm.

After a little walk from the coach, we arrived at the farm where we had such an amazing time exploring the land, planting, and making lots of mint tea! We even saw some baby goats which were very very cute. We enjoyed eating our lunches in the sunshine so thank you Lou for providing us with delicious sandwiches and flapjacks! Class 1V

It really was a beautiful day for the children, seeing them interact with one another, developing closer friendships and especially seeing how they looked after one another in an unknown environment was truly a lovely thing to see. There were opportunities for the children to help out on the land with some planting if they wanted to and they really enjoyed this, as you can see from the pictures.

Here is the link to Chagford Community Farm. Please take a look, it's a wonderful place!

<https://chagfarm.org>

## Spot the Queen



### Can you spot the Queen?

Last week the nucleus of the bee keepers opened up the Steiner Hive to check the health of the colony. The results were great.

The hive is very healthy, but still quite young. They have survived the winter through being feed sugar by John Easton. They are producing brood, collecting pollen, and storing honey.

## Student News, Updates and Achievements



This is Rebekah (Class 6M) receiving her medal and certificate for passing her grade 3 flute exam with a distinction from her music teacher Mrs Laura Morris ... and also Rebekah with the North Devon Cup final trophy, won by the Crediton Youth U13s.



**Upper school students news** - please email Katie or Laila with your news!

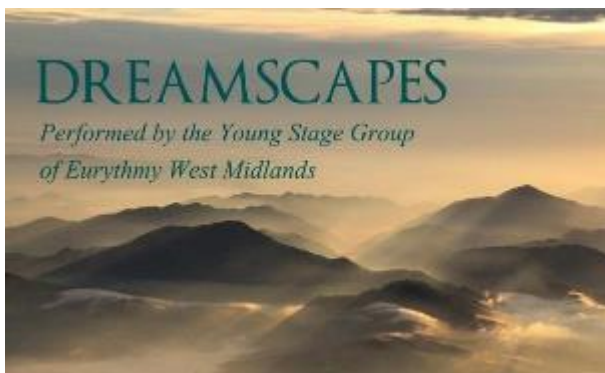


Maya Siddons Heginworth in Class 10, currently doing her GCSEs fervently, has been signed up by the brilliant ARA casting agency for film and theatre in London! The perfect agency for a Steiner student because they are really person centred, supportive and very committed to the mental health of the actors they look after.

Maya was seen by a casting agent whilst performing an excerpt from Julius Caesar at the Cygnet Youth Theatre under the guidance and brilliance of Hannah Brookes, and was asked to send three show reel pieces afterwards and was immediately signed up! She is the 2nd under 18 that they have on their books as the other actors are all adults, and she will be mentored in to her career as an actor, soon to become a member of spotlight. Other actors on their books are currently in National theatre productions, feature films and various other exciting projects. Already she has been asked to audition for a short film in London. It was been very exciting and like a dream for us all, as it clearly what Maya wants to do. It feels like a really good testament to her Steiner Education, the way she has calmly held and managed the process and her open and mature sense of the depth of character acting, unencumbered by some of the issues we may have, such as self consciousness, disassociation etc It also has seemed to me, as her mother that her educational journey through Exeter Steiner school, a Steiner school in India called- Vidya Aranya and the Steiner Academy Exeter has allowed her to truly be herself and find her authentic path. Its really special to have witnessed this, so, gratitude to all that have worked and nurtured Mayas true essence! You know who you are!

Feet firmly on the ground, I hope!! She is as I write this sitting her maths exam! And, going on to Exeter college to get stuck in to A Level Theatre studies and drama as well as Graphic design and Film and video. **Marianne Siddons**

## Evening performance of Eurythmy



We are very lucky to have this group of young eurythmists come and visit our school, with performances for the children (during the day) and also the school community and parents (in the evening). The group that attended the youth eurythmy festival in London saw extracts from the "Dreamscapes" programme at Steiner House. It is not an exaggeration to say that these are among the best young artistic eurythmists in the world at the moment.

If you are curious about what eurythmy is, it is an excellent opportunity to come and experience it first

hand. The members of this group trained in Switzerland (for 4 years) and have been working as eurythmical artists full time for at least 2 years. The performance will take place on 5<sup>th</sup> June at 7 pm  
Donations welcomed

## School notices

### Please be aware

We educate our students about drugs in different ways and at different times, depending on their age and their level of vulnerability and maturity. As with sex education, the `neither too soon nor too late` mantra applies here as well. We also have a large site which requires extra vigilance from a Safeguarding perspective, both during school times and in the evenings, weekends and holidays. In common with other school we will avail ourselves from time to time of police sniffer-dog spot checks. These are not targeted at specific students or classes, but can serve as a useful deterrent. Please don't be alarmed if your child comes back with tales of police dogs sniffing at bags and lockers. Sadly, in this day and age, it is routine. **Alan Swindell, Principal**

### Neither too soon nor too late. Sex education and the C Card Programme.

Recently, and in line with most secondary schools in the UK, we have agreed to participate in the `C Card Programme`.

The programme enables older students (age 13 and above) to obtain a C card, which in turn gives them access to free contraception (condoms). Before being issued with such a card the student needs to have an in-depth conversation with the school nurse or a specifically trained member of staff. The aim of the conversation is to establish that the student understands the importance of safety, consent and the benefits of waiting for the right supportive context before starting a sexual relationship. This advice is confidential. The law makes clear that parents do not have the right to know that their child has been given a C card, but the student is always encouraged to be honest and open and to discuss their choice with their parents.

We support the programme because of the positive impact it has had in reducing teenage pregnancies and STDs nationally.

Our school teaches students about relationships and sex in a variety of ways. Main lessons including class 5 Botany, class 6 Lifecycles and class 7 Nutrition and Hygiene all give a context in which to explore some of the universal themes that underpin relationships and procreation. We also dedicate a portion of our PSHE (Personal, Social and Health Education) curriculum to provide all pupils with the age-appropriate information they need to understand attitudes and values around sex, and to develop the awareness and skills to make their own choices when the time comes.

The teaching is backed up by a comprehensive `Relationship and Sex Education` policy that can be viewed on our web site. Its aim is to support `lifelong learning about physical, moral *and emotional development*, *deepening understanding of the importance of stable and loving relationships*, *respect, love and care*. *It is also about the teaching of sex, sexuality, and sexual health.*`.

The aim is always: neither too soon nor too late. **Alan Swindell Principal**

## Important information

### Absences

If your child is unable to attend school due to illness or other circumstances, please inform the school before 9.00am on the day and every day thereafter. Please either email [absence@steineracademyexeter.org.uk](mailto:absence@steineracademyexeter.org.uk) or phone [01392 757371](tel:01392757371) and leave a message on the school answer phone, selecting the absence option from the menu.

If your child has had sickness or diarrhoea, then they need to be absent from school for 48 hours after the last incident. Please still contact the school each day that your child is absent.

### A Message from the Kitchen

We have started a snack provision for the upper school using surplus bread from Tesco through the Fairshare scheme. We also revived a donation of Jam from Highfields preserves based out at Cullompton. Thanks you Highfields!

Can I also remind class 2 parents to book for the week ahead please by 9am on Monday.

We now have our own Instagram account, so if you would like to see what your child is eating then do have a look. You don't need an account to do so! [Steiner\\_kitchen\\_exeter](#)

### School menu for next half term

Day of Week	Week 1 4th & 18th June 2nd & 16th July		Week 2 11 <sup>th</sup> & 25 <sup>th</sup> June & 9 <sup>th</sup> of July	
	Main	Desert	Main	Desert
Mon	Pistou (french pesto) and mushroom Pasta with rocket and tomato salad	Homemade Cake	Ratatouille Pasta with salads	Homemade Cake
Tue	Cheesy wedge with potato's and seasonal greens	Fruit salad and cream	Arborio rice stuffed peppers with new pots	Fruit salad
Wed	Spanish style tortilla with salads	Fruit fool	Spanish style tortilla with salads	Fruit fool
Thu	Organic beef chili with a corn salsa	Fruit	Handmade organic beef burgers in a bun with potatoes	Fruit
Fri	Pizza and salads	Biscuit	Vegetable burritos with wedges and salad	Biscuit

## Waldorf 100 Postcard Exchange

**WALDORF  
100**

**LEARN  
TO CHANGE  
THE WORLD**

The first Waldorf school was founded in Stuttgart in 1919. Today there are over 1,100 Waldorf schools and almost 2,000 Waldorf kindergartens in some 80 countries around the globe.

As part of the centenary celebrations, Steiner schools around the globe will be connecting by sending postcards to each other.

Over the next couple of weeks pupils from classes 6M, 6W and Kindergarten will be taking home postcards that they will have designed at school - please can parents affix the correct postage and send it off to the country addressed on it. **Jenny Mathers, class 6 M.**

### Comedy and Tragedy with class 9

As part of their main lesson - Comedy and Tragedy class 9 have produced masks, theatre layouts and performed Oedipus for classes today.



## Images from the May Fayre

What a fun day. Thank you to everyone for their help and involvement.



## Community News, Events and Advertising

*Disclaimer: Placement of advertisements does not imply endorsement by SAE of the products or services offered.*

### Hosts needed for 6<sup>th</sup> August

SGI UK, Buddhism In Acton for Peace, are holding a course at SAE on 6<sup>th</sup> and 7<sup>th</sup> August and we are looking for some accommodating local people who would be willing to offer Bed and Breakfast, on night of 6<sup>th</sup>, at a reasonable rate for those travelling to attend the course from Cornwall, Somerset, Bristol, Gloucestershire and Wiltshire. please contact [cathi.finbow@steineracademyexeter.org.uk](mailto:cathi.finbow@steineracademyexeter.org.uk)

Thank you  
Cathi Finbow



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## Free trial piano sessions for S.A.E. pupils

On Tuesday afternoons with James Knight, one of the piano teachers at S.A.E.

Member of Incorporated Society of Musicians ([www.ism.org](http://www.ism.org)) and Association for Steiner Waldorf Music Education (<http://waldorfmusic.org/>)

**Sessions by prior arrangement**

For more information please contact:

James Knight

Tel: 01392 966921/07766 540595

Email: [j.i.knight@live.co.uk](mailto:j.i.knight@live.co.uk)

**SLEEP ORGANIC™**

We (Chris & Nisa) are parents of Zora, who attends St. Michael Steiner School, Hanworth. We have started an ethical online business called *Sleep*

*Organic* ([www.sleeporganic.co.uk](http://www.sleeporganic.co.uk)) which offers premium quality certified organic and fairtrade cotton bedding - Sleep Organic is a registered Fairtrade and Organic business in the UK.

In our first year of business, we aim to donate 5% of every purchase made by Steiner School families (parents, teachers, friends) to their school. We believe it's a great opportunity to raise funds for Steiner schools - something we care deeply about. We are doing this in our local Steiner School community and would love to offer it to the wider Steiner community.

### How it works

The donation would be initiated by simply typing 'Steiner School XXX' in the *special instructions for seller* box in the shopping cart prior to checkout. We (Sleep Organic) would then donate 5% of the purchase to the nominated Steiner School.

**W J McAllister**

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