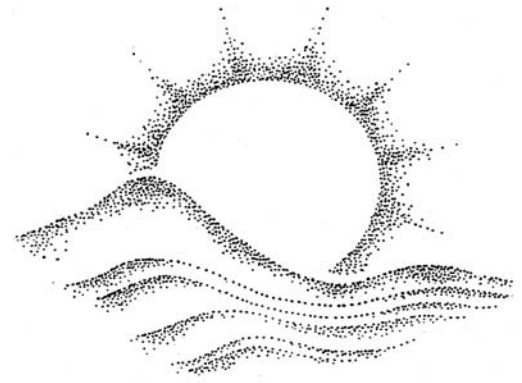




# The Golden Quill

The bi-weekly newsletter of the Golden Hill Steiner School  
community, Denmark, Western Australia



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Issue 208

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## Special events

May 29 — Council meeting  
May 30-June 1 — Festival of Voice

## Autumn Fires

In the other gardens  
And all up the vale  
From the autumn bonfires  
See the smoke trail

Pleasant summer over  
And all the summer flowers  
The red fire blazes  
The grey smoke towers

Sing a song of seasons  
Something bright in all  
Flowers in the summer  
Fires in the fall

Robert Louis Stevenson



## A huge thank you to Melissa

In the last week our much loved and valued Chairperson, Melissa Taylor, made the difficult decision to resign from the Council due to personal and work commitments. In her role as Council Chair, Melissa was involved in a hectic and exciting year, during which we saw the school flourish. We are extremely



grateful to her for taking on the challenging role of Chair last year and through Term 1 this year. Her creative energy, efficiency and sense of humour will be sorely missed by fellow councillors.

## Former student makes UN youth debating team

Former Golden Hill Steiner School student Holly Jones (16) spent Friday 2<sup>nd</sup> May in the Legislative Assembly at Parliament House, representing Belgium in the final round of the WA United Nations Youth Association's (UNYA) Hammarskjöld Trophy Competition.

The Hammarskjöld Trophy Competition is a model UN Security Council Competition. Participants represent one of the members of the Security Council and attempt to find solutions to international problems currently being debated in New York. UNYA (WA) members run the Council sessions and coordinate the entire competition. Every year over 200 Western Australian secondary school students enter the competition which culmi-

nates in a final at Parliament House. Fifteen teams all competed for the much coveted Hammarskjöld Trophy in a day of lively debate and tough competition. The Best Regional Team comprised Holly Jones and Caitlin Sweeney of Albany



*Debating her way to success:  
Holly on the steps of Parliament House*

Senior High School. Holly says that her ability to think outside the box and propose solutions to complex issues was undoubtedly stimulated and nurtured by her early years in a Steiner educational environment.

"I can thank my parents for my genetic inheritance, but Steiner education definitely helped me to be a lateral thinker and articulate my ideas creatively," Holly

said laughingly.

The United Nations Youth Association of Australia (UNYA) is a national community-based organisation that aims to increase youth awareness and participation in international issues and political processes.

**COME JOIN THE COMMUNITY RELATIONS COMMITTEE!  
ENJOY SOME FUN AND GAIETY!  
WE'RE SOCIAL BUTTERFLIES WHO LOVE TO SUPPORT,  
PROMOTE AND ORGANISE!  
JOIN DONNA & ONDY IN THE STAFF ROOM AT 3  
ON TUESDAY 13TH FOR AFTERNOON TEA!**

## Sun Shines on Anzac Day Parade

A small group of Golden Hill teachers, parents and students gathered together on Anzac Day to represent our school in remembering and paying respect to those who fought, died or were maimed in the wars of the 20<sup>th</sup> Century. I liked very much the teachers' theme in our note home - that attending was a gesture of peace. My daughter Amarante Hesse-Swain and her Class 3/4 teacher Donna Sowman laid a



handmade wreath at the War Memorial on behalf of our school community. Amarante developed an interest in the meaning of Anzac Day last year when she

watched coverage of the Dawn Service at Gallipoli. She was adamant about attending our parade this year. As a much younger child living in Chiang Mai she marched (well, sat on her father's high shoulders) in a massive rally against the war in Iraq. Our children are this world's window to a more peaceful, nurturing and mindful future. Thanks to all those that attended.

Catherine Hesse-Swain

## Summer reading challenge

The 2007/08 state Summer Reading Challenge aims to reinforce teachers' efforts to ensure that every young person becomes a proficient reader. To be congratulated are two participants from Golden Hill Danica Evans and Amarante Hesse.

Let's try to have lots more over the next summer holidays.

## Important Note re Family Participation Forms (FPS)

Dear parents, please keep the sheet you received in term I for recording FPS hours for the whole year. There is now the option to use a folder in the office where you can keep the record sheet and enter your hours for the year.

## Dental Van

You are probably aware that our school dental van is discontinuing its service til further notice. Due to such a poor pay packet it's not surprising there's no-one to fill the position. Once closed will it ever reopen? Private dental care is a very expensive option. You can do something by writing your concerns to the Health Minister:

Hon Jim McGinty,  
4th Floor London House  
216 St Georges Terrace  
Perth WA 600;  
email jim-mcginty@dpc.wa.gov.au  
and/or:  
Director Peter Jarman  
DHS Locked Bag 15  
Bentley DC WA 6938  
Email jarman@dental.health.wa.gov.au  
Karen

## NEW PARENT WELCOME

We'd love to meet you, so come and join us at Peppermint Cottage on Wednesday 14th at 9am. Begin your day with a relaxed cuppa & chat. Little ones also welcome!



## Class 5/6/7

Welcome to Kayla (6th), Paula (7th) and Lyzette (their mum - our new math teacher's assistant). They're a lovely addition to our class and our school and also their sister/daughter Natasha in class 4. Call them up for playdates, They're new in town from South Africa via 2+ years in Norseman.

Class 5/6 are in Homer's Odyssey, have done glorious pictures of Circe and are learning to write better and faster to a deadline.

Class 7 learned about Columbus and the discovery of the New World. They have individual projects for the first 4-6 weeks of the term. We also had a peep into Inca, Aztec and Mayan culture and what was taken by conquistadors like Pizano and Cortez.

Woodwork has started and the kids were great despite having to share tools although there will be enough this week.

This term we welcomed Sarah, our new craft teacher, and Quentin who is supporting us as our garden teacher with lots of knowledge and a gregarious style.

20 minute parent/teacher interviews are scheduled for the last two weeks of term.

Much love  
Rebecca

## And how do Golden Hill children do at high school?

In 2003/04 the then College of Teachers at Golden Hill conducted a low key (no financial outlay) research into our student's progress at high school. In English 47% of our students (26% boys, 21% girls) achieved excellent or above average and 10% (5% boys and 5% girls) achieved below average. In Maths 58% of our students (37% boys and 21% girls) achieved excellent or above average and 4% (2% boys and 2% girls) achieved below average.

Whereas 20 years ago concern was expressed over the under representation of girls in Maths and

Science at school, and Australian Council for Educational Research report at the time found that boys were under represented in fine arts, foreign languages and literature. The survey of students attending Denmark High revealed that both boys and girls elect to study, and achieve well above average in arts subjects. Some of the students were also shining in Computing and Physical Education. Many favourable comments were made by the high school staff at the time regarding our past students involvement in extra-mural community projects.

## Understanding Food Labels Helps Families Make Healthy Choices

Buying healthy and enjoyable food for your child's lunch box can be tricky at the best of times, but having to interpret nutrition information panels and health claims can make it an even more complicated task for parents.

Food manufacturers use packaging as an opportunity to promote the benefits of their product but may not tell the whole story about what the food contains, such as high fat, sugar or sodium (salt) levels. Parents are often left feeling confused about what is really healthy for their child. Advocacy group The Parents Jury's campaign for Improved Food

Labelling Systems informs and empowers Australian parents to learn about the types of information that appear on food packaging, to understand labelling regulations, and to practice reading food labels at home with their families.

It is important that parents are able to trust the nutrition information they find on food packaging because Nutrition Information Panels, nutrition claims and endorsement 'stamps' all influence the purchases that parents make on behalf of their children, for better or worse.

The Parents Jury's campaign advocacy kit contains information

about the different types of information that appear on food packaging such as ingredients lists, Nutrition Information Panels and nutrition claims. It teaches parents how to interpret food labels and to read between the lines of potentially misleading claims and endorsements. The kit also contains lots of handy tips, resources and Internet links to help parents and children make ongoing healthy food choices.

To get involved with The Parents Jury's campaign for Improved Food Labelling Systems, visit <http://www.parentsjury.org.au>, or email

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## Smart ideas to liven up kids' school lunches

To keep children's energy levels high, and to help them through a busy day at school, they need to eat a variety of foods. Most of these foods should come from the main food groups, including breads and cereals, fruit and veggies.

Overweight and obesity rates in children have nearly tripled over the past 20 years, which is a major public health issue. Overweight and obese children are more likely to develop type 2 diabetes and heart disease compared with healthy weight children. Please feed children healthy school lunches to help prevent overweight and obesity. Below are some tasty and healthy ideas to help get children through the school day from the Heart Foundation brochure *School lunch box ideas*. Please note that recommendations for use of margarine have been replaced with butter.

### Snacks

- cheese and sultanas
- small reusable container of fruit in 100% natural juice
- small reusable container of yoghurt
- whole meal fruit scone with butter and jam
- half a pre-cooked corn on the cob

- wholemeal pikelets with butter and jam
- popcorn mixed with sultanas
- celery stick filled with ricotta cheese and dotted with chopped dates
- wholemeal crispbread with butter, cheese and chutney or pickles
- banana, ricotta and sultanas wrapped in wholemeal lavash bread
- fruit loaf with butter
- fruit based muffin
- veggie sticks (carrot, capsicum, snow peas, celery) with small reusable container of dip

### Lunch

- mashed kidney beans, tomato, spinach leaves and avocado in a whole-grain bun
- lean chicken strips, shredded lettuce and grated carrot rolled up in Lebanese bread
- veggie soup in a thermos along with buttered wholegrain bread roll
- egg and lettuce wholemeal pita bread
- rye bread sandwich with lean meat, mustard, tomato and lettuce
- tuna lettuce and avocado in a wholegrain or wholemeal roll
- cheese, chutney and alfalfa sourdough sandwich
- rice salad with vegetables and lean

- bacon or ham
- grated carrot, lettuce, tomato cucumber and avocado wholegrain sandwich
- salad pack: boiled egg, carrot sticks, cherry tomatoes, lettuce and a slice of bread
- 4 corn slices with butter and peanut butter with grated carrot and sliced celery
- coleslaw: shredded cabbage with grated carrot, sliced celery, grated cheese, chopped parsley and a little vinaigrette dressing
- salad roll up: tabouli, grated carrot, cucumber and hummus inside a wholemeal pita bread.

A lunch box full of healthy food is important for children's growth and development. As you would know, children eat different amounts of food according to their growth patterns. For smaller appetites pack smaller serves - cut sandwiches into quarters and chop fruit into bite size pieces.

**For the sake of all trying to maintain healthy food habits please leave highly sugared and salted snack foods for home treats.**

Thanks to Yallingup Steiner school for highlighting this issue in their newsletter.

## Denmark Recreation Centre Junior Sports

### Junior Tennis Coaching

When: Mondays

Time: 3.15 - 4.15pm

Cost: \$5.00

Come to the Recreation centre for fun coaching by fully qualified instructors, beginners, intermediate, advanced.

### Junior Cricket Coaching

When: Tuesdays

Time: 3.30 - 4.15pm

Cost: \$2.50

Sharpen up on those cricket skills in the off season, enthusiastic coach with overseas experience.

### Junior Badminton

When: Thursdays

Time: 3.30 - 5.00pm

Cost: \$2.50

Great for fitness and co-ordination badminton is always fun. Fully qualified instructor present.

### Have a Go Skating

When: Fridays

Time: 3.15 - 4.15pm

Cost: \$2.50

Enjoy the open space of the Recreation centre as you practice in a safe environment, and have a ball with friends.

Stuart Olton

Assistant Manager of Recreation  
Services

Shire of Denmark

PO BOX 183 Denmark WA 6333

9848 2044

### Music Alive

- Recorder lessons (Tuesdays during school hours);
- Marimba group lessons (Mondays 3.30pm - 4.10pm Uniting Church); and
- Kids drumming circle (Thursdays 3.30pm - 4.10pm, Music Room Denmark Primary School)

Also ukulele lessons available

For info and enrolments call Regi on 9840 9084

## Mower Tender

Tenders called for the school's old key start 'Rover' ride on mower in working order.

The lowest or any tender will not necessarily be accepted.

Please drop tenders in writing to the Environment Group via Sabine in the office by 31 May 2008.

## Wanted

1/2 size violin.

Please contact

Theresa Short

On 9848 2629.



## Available for donation

Our school has:

- 2 fridges and a freezer; and
- a couch and two chairs

Looking for a home. Donations gladly accepted. Please see Rebecca.

## Nearly 1000 Steiner schools and many, many graduates

Every year there are hundreds of new Waldorf graduates seeking ways to expand their horizons, combining international travel with foreign language learning, who would like to live abroad for some time to improve their language and intercultural skills and would probably feel more comfortable in a foreign culture if they were living with a Waldorf family. Parents could also entrust their children more willingly to a young person from a different culture if they had at least some basic pedagogy in common, the perfect link. In my view the aupair experience is the perfect way to bring these ideas together. If you are interested or have any questions please contact Petra Pfisterer directly:

Am Keltentlager 29 - 55126 Mainz -  
Germany

T +49 6131 971 3950

F +49 6131 971 3951

info@aupair-openminds.de

www.aupair-openminds.de

## Holiday opportunity

Hi, we are a family of four (Lynda, James, Jai and Kahn) from Noosa Steiner School in QLD are keen to swap our home at Coolum Beach (1.5 hours north of Brisbane and 20 min south of Noosa) for a motorhome or camping bus - by this we mean a little bus like a Coaster and nothing fancy but suitable for camping in. We want to be in WA for up to 6 weeks from mid December to late January (dates are a little flexible) and are planning to be travelling south of Perth only during this time and not intending to do huge miles but rather "plonk" in several places for a week at time.

Our home is an elevated Pole home at Coolum Beach on a hilltop that looks over a forested valley to the beach which is a 2 minute drive away.

There is a main beach and several small bays that all offer excellent swimming and surfing. The home has 4 bedrooms and two bathrooms and rents at that time of the year for a min \$800 per week. It is possible that a car can be arranged if need be

Should someone have a motorhome but not be planning to come East, we would consider hiring it. If you are interested or know someone with a small bus/motorhome, please contact us on 0419794167 or 07 54463295 or email burrellhomes@bigpond.com

Kind regards

Lynda James Jai & Kahn



## The deadline for the next newsletter is 23 May '08

Please submit contributions to the file tray marked 'Newsletter' in the office or preferably email to the editor. Include your name, phone number and date. We reserve the right to edit contributions as required. Articles may include personal opinions that do not necessarily reflect the views of Golden Hill Steiner School. This newsletter was edited and produced by Sue Mills. E-mail contributions to: s.mills@westnet.com.au