



## *A home away from home*

I wandered lonely as a cloud  
That floats on high o'er vales and hills,  
When all at once I saw a crowd,  
A host of golden daffodils;  
Beside the lake, beneath the trees,  
Fluttering and dancing in the breeze. - William Wordsworth

Kia ora Kowhai and Tui whānau,

I am hopeful and determined to be able to hold our **Spring Picnic** in just under 3 weeks! Here are some things to note about the day:

- Please ensure you put your name and your family on the list at the sign in tables so we can monitor the attendance if we are still in Level 2.
- Please bring your own picnic and drink for your family to share.
- Please bring some gold coins. We will have some little fundraisers happening like a raffle, preserves for sale, a family photo booth, and hopefully some small crafts.
- Please bring (only if you can) some non-perishable food or any other necessities as we would like to donate a care package to Women's Refuge to help support people at this time.

Please remember to return your **Aspiration Forms** to the teachers so we can support your child better!

Also look out for the **Calendar Fundraiser** we have at the moment in each centre.

For any of you who know me, you will know that Mental Health and Wellness are a huge part of the 'other work' that I do in my life as a Life Coach. So this morning I came across some resources that I wanted to share with you all during this challenging year. Even though in the Waikato we have been blessed to have not been as impacted by the last Lockdown, we are still affected with possibility of having friends and family in Auckland under stress, by having our plans and events cancelled, by having a fear of the unknown ever present in our lives, by the stress and heaviness of social media and news each day and by financial and home stressors from the affect of this pandemic and the impact that this is having on our children as they see people around with masks and experiencing social distancing or not being able to see Grandma etc.

I recognize that this is different for everyone and some people are far worse off from it all than others. In response to this, here are some tools brought together by the MOH to support young adults but they can help your well-being at this time too. Keep in mind these are mainstream resources so choose what works for you best.

- Check out <https://www.mentalhealth.org.nz/> for plenty of adult resources for your wellbeing.
- Aroha is a chatbot that provides practical, evidence-based tools to manage stress, maintain social connection and stay active. <portal.habits.auckland.ac.nz/Portal/#/landing-covid19bot-trial>
- Auntie Dee is a free online tool for anyone who needs some help working through a problem. [www.auntydee.co.nz](http://www.auntydee.co.nz)
- Melon Health has a kete of resources to support teenagers' emotional wellbeing. There are videos, downloadable worksheets and a 'First steps to managing anxiety' mini course. [www.melonhealth.com/manual](http://www.melonhealth.com/manual)
- Mental Wealth has resources where you can learn more about mental health. [www.mentalwealth.nz](http://www.mentalwealth.nz)
- SPARX is an online self-help tool that teaches young people the key skills needed to help combat depression and anxiety in an interactive game-world. [www.sparx.org.nz/home](http://www.sparx.org.nz/home)
- The Lowdown has some great resources about recognising and understanding depression and anxiety. [thelowdown.co.nz](http://thelowdown.co.nz)

If you are struggling, please let us know if we can support you at all. Please note that I offer Day Retreats for people needing some time out to rest and restore right beside Kowhai in Rimu Cottage. See my advert on next page. Due to the nature of the year, I am happy to make the fee work for you!

### *A Verse for Our Time*

We must eradicate from the soul  
All fear and terror of what comes towards man out of the future.

We must acquire serenity  
In all feelings and sensations about the future.

We must look forward with absolute equanimity  
To everything that may come.

And we must think only that whatever comes  
Is given to us by a world-directive full of wisdom.

It is part of what we must learn in this age,  
namely, to live out of pure trust,  
Without any security in existence.

Trust in the ever present help  
Of the spiritual world.

Truly, nothing else will do  
If our courage is not to fail us.

And let us seek the awakening from within ourselves  
Every morning and every evening.

Rudolf Steiner

## **Kowhai Tui Childcare Spring Family Picnic**

**26TH SEPTEMBER 2020  
11AM**

**BYO PICNIC**

**ENJOY SONGS, STORY &  
GAMES**

**PLEASE RSVP IF YOU ARE  
COMING AS WE HAVE TO  
MONITOR ATTENDANCE  
NUMBERS**



### **Coming Up!**

- ⇒ 26th September 11am: Spring Picnic
- ⇒ 26th October: Labour Day. Centre Closed
- ⇒ 18th December: Special Person's Morning Tea
- ⇒ 23rd December 5:30pm: Centre Closes for Christmas Holidays.
- ⇒ 12th January 7:30am: Centre Re-opens for 2020.

I am so pleased to know that my Retreat is still able to be open and taking bookings!

You might need this day more now than ever before.

I can tell you that every attendee of the Retreat leaves feeling grounded, loved and ready to show up in life more powerfully.

You can book just for you!

For you and your friend, sister, partner.

Or book in your small group of friends or you workplace team.

[www.breathingspacecoaching.co.nz/rimu-cottage-day-retreat-1](http://www.breathingspacecoaching.co.nz/rimu-cottage-day-retreat-1) 021 163 1084

## **KEY CONTACT DETAILS**

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