

Nau mai. Haere mai!

Welcome to 2020!

We hope you all had a moment over the break to slow down and restore yourselves and your children.

Being in our Waldorf Community for 13 years and studying the philosophy has encouraged me since my first child was young to have strong rhythms in my home. We thrive when our daily routine is solid and certain. And we are chaotic when there is none. In the holidays these all go out the window which is so lovely and nice to completely relax and not watch the clock at all. But I do enjoy picking the rhythm up again and getting back into the swing of things in bigger and better ways for the new year.

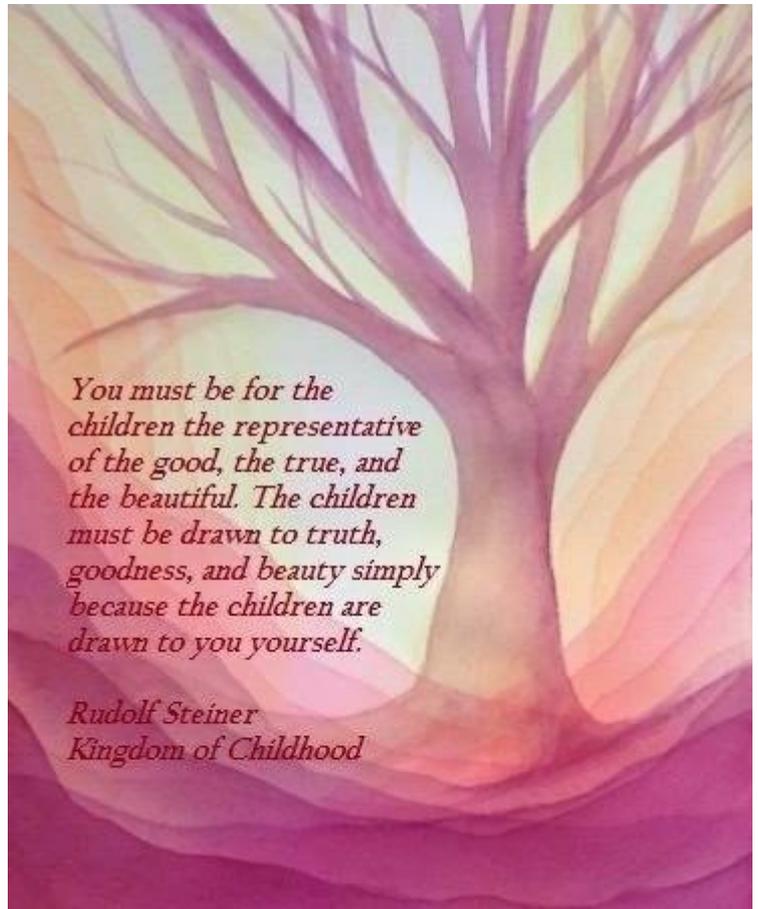
I encourage you to look at your rhythms too and see what works and what doesn't and how some rhythms can be strengthened further. From the wake up routine to breakfast time to drop off here at Kowhai. To the pick up, evening and bedtime sequence. Here are some questions to ask yourself as you reflect on your rhythm for the beautiful new year.

- ⇒ Do I give each step in our day enough time?
- ⇒ Do we get to sit down at meal times?
- ⇒ Is everyone getting to bed at a reasonable hour?
- ⇒ Do I get moments to break and breathe throughout the day?
- ⇒ Do we get quiet time together like reading or puzzles or singing or out in nature?
- ⇒ Is there too much screen time creeping in?
- ⇒ Is there a moment where my child gets upset the same time, each day? How can I make adjustments to make this time more harmonious? Does the step take too long? Are you too involved or too distracted? Is it confusing or contradicting by trying different strategies each day?

We have so many books and articles to support you in your time here at Kowhai Tui as a parent of young children.

Enjoy the many more Summer days to come!  
The KTC whānau.

### *A Home Away from Home*



### Coming Up!

- ⇒ 20th–24th: Laura away at the Waekura Seminar
- ⇒ 27th Jan: Centre Closed for Anniversary Day
- ⇒ 6th Feb: Centre Closed for Waitangi Day
- ⇒ Tuesday 31st March 5:30pm: Autumn Harvest Dinner

## New Years Reminders

With the hot weather please remember to pack in your child's bag the following...

- ⇒ Sunhat
- ⇒ Spare clothing
- ⇒ Togs for water play
- ⇒ Wet bag to send wet or soiled clothing home in.



Please see our 2020 New Year's Deal. Any new families who enrol and start this January will receive two weeks free. We would love it if you shared this with your network of people. If you refer a family to us and they enrol and start their child, we will show our appreciation by giving you one FREE week of FEES.



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