



Haere mai!

A Home Away from Home

Welcome to Autumn!

How nice to experience the rain this week! I know there will be many grateful hearts out there.

We have welcomed more fresh faces to our family this last month and were hoping to have a Play date last weekend to help everyone meet and get to know each other but unfortunately I had to postpone it. Look out for a new date in April for us all to come together.

In the meantime the next month is a busy one in our community. We have our Autumn Harvest Celebration coming up on the 31st March. Everyone is welcome to join us for a beautiful shared meal. We are so blessed to have so many families from different cultures here at Kowhai and Tui and we encourage you to bring a traditional plate of food if you wish for the evening.

On a sadder note, we say Good-bye to our dear teacher Georgia in April. She has got a job working in the Garden with Earth Stewards which on a positive note means we will see her right next door each day and can visit her. We are blessed to have Sarah filling her position here at Kowhai and have Brooke also soon returning to us.

Warm blessings, The KTC team.



Coming Up!

- ⇒ Tuesday 31st March
5:30pm: Autumn Harvest Dinner
- ⇒ Sunday 5th April: Medieval Carnival
- ⇒ Friday 10th April: Good Friday, Centre Closed
- ⇒ Monday 13th April: Easter Monday, Centre Closed
- ⇒ Monday 27th April: ANZAC day, Centre Closed

THE MEDIEVAL CARNIVAL IS FAST APPROACHING!

THIS IS A MAMMOTH EVENT FOR OUR COMMUNITY. AND A THOROUGHLY ENJOYABLE DAY LIKE NO OTHER FOR THE REGION.

KOWHAI TUI IS ON NACHOS STALL AGAIN. PLEASE SUPPORT US IF YOU CAN BY GIVING AN HOUR OF YOUR DAY TO HELP ON THE STALL AND/OR MAKING A BATCH OF NACHO MIX FOR US. RECIPE ON SIGN IN TABLE.

THE PARENTS ASSOCIATION WOULD LOVE NEW MEMBERS, OR IF YOU WOULD LIKE A SINGLE JOB PLEASE EMAIL: PAATWWS@GMAIL.COM OR CATCH JO (BELLAS MUM

Children are full of curiosity; they enjoy a little rough and tumble, and love to explore the world around them. And of course they never walk if they can run, jump, hop or clamber instead. So it's not surprising that they occasionally lose their footing. Knees are grazed, wrists sprained or heads bumped. Sometimes a little kiss and a plaster make everything better, but sometimes the injuries require first aid, and here natural medicines are a great help. Keep this little emergency first aid kit to hand on long journeys, days out or just at home and you will always be prepared to deal with minor accidents.

Treating grazes

Grazes, especially to the knees, elbows and palms of the hands, are among the commonest injuries. Since it's often only the top layer of skin that is damaged, grazes usually do not bleed very much. Use calendula essence or saline (0.9% solution) to clean them carefully of any dirt. If neither of these is available in an emergency, tap water or mineral water may also be used. Then squeeze a little ointment from a tube of Weleda Calendula healing cream on to the affected area. Its natural ingredients with their structuring power encourage the start of healing and promote regeneration of the injured skin.

Relieve itching and burning sensations

With the warmer temperatures, mosquitoes, wasps and all their little friends are also out and about. And they are particularly fond of children's soft skin. Here, too, Weleda Burns and Bites Gel provides fast, effective relief. Apply a thin layer of the gel to the affected area for a rapid, pleasantly cooling effect. The gel contains arnica (Arnica Montana) and stinging nettle (*Urtica urens*) to reduce swelling and alleviate pain and itching fast, as well as calendula (*Calendula officinalis*), Weleda Burns and bites Gel is also useful for the treatment of sunburn or other minor burns.

First aid for kids of all ages

Squeezed fingers, twisted ankles and tumbles can all give rise to blunt injuries. These are injuries like bruises, sprains and pulled muscles, in which the outer skin remains undamaged. In such cases, arnica (Arnica Montana) has been shown to help heal injured tissue. Weleda Arnica cream/ or gel has a perceptibly cooling effect, reduces swelling, inflammation and alleviates pain, Just avoid applying to broken skin

Another remedy to keep with you at all times is Weleda Arnica drops 6x But don't worry: you won't need to carry two first-aid kits around with you on your next family day-out – all these natural remedies also work on fully grown explorers.

What to pack in your First-Aid kit:

- Plasters
- Two dressing pads (Woman's sanitary pads are great!)
- Triangular bandage
- Two long bandages
- Weleda Arnica Cream
- Weleda Burns and bites Gel
- Weleda Arnica drops 6x
- Pocket knife
- Water

Maree Smith RN, Anthroposophical RN 021 150 9433



0508 4WALDORF (0508-492-536)

Yvonne: Administrator (Ext 3)

eceoffice@waikatowaldorf.school.nz

Cai: Accounts (Ext 3)

eceaccounts@waikatowaldorf.school.nz

Rebecca: Manager for Kowhai and Tui (Ext 3)

kowhai@waikatowaldorf.school.nz

Kowhai Whare: (Ext 1) or 022 039 7707

Tui Whare: (Ext 2) or 022 039 7732