



MID-YEAR NEWSLETTER

JUNE 2023

STARTING THE MORNING IN CLASS 1



Each morning, we begin the day with a verse where we give thanks to nature for her gifts and seek strength and guidance in our learning. After we have done the register, we do our rhythmic time which includes skipping, bean bag tossing and catching, saying times tables, walking the letters, counting sticks, singing and dancing, cooperative games, nature walks, and right-hand left-hand activities. Rhythmic time comprises of activities through which students unconsciously learn many skills such as body geography, front and back space, coordination, speech, poetry, songs, dances, teamwork, cooperation, patience, gross and fine motor skills, balance, turn taking, memory building, confi-

dence, rhythm, beat, timing, and much more. Rhythmic time is packed with learning actively which is preparation for the children to be alert for the introduction of new concepts which happens during their main lesson time.

Daniel Raubenheimer

Class 1 Teacher



GREEK OLYMPICS

Class 6s from Waldorf schools all over Cape Town, as well as from Hermanus, McGregor and Plettenberg Bay, united for the annual Greek Olympics. We all gathered at Constantia Waldorf for the two-day event. The schools were mixed and divided up into 5 teams, each named after a Greek City. Children donned their togas after many weeks of training and participated for their city in discus, shot put, javelin, long jump, sprints, spider, some different styles of wrestling and even water balloon tossing.

Each class shared a presentation before the Olympic flame was lit, followed by the singing of 'Glorious Apollo' and reciting of the Olympic Oath.

Many new friendships between the schools were forged and wonderful memories were made!

Olympic Oath

'Great Zeus, mighty ruler of Olympus,
We pledge our honour to these games.
Strength and grace will guide our limbs,
Courage and beauty will guide our hearts,
Truth and the spirit of co-operation will guide our minds.
We pledge to strive with all our skills
To win with grace and lose with dignity.



Shelby Hadwen
Class 6 Teacher

CRAFTING WITH CLASS 5

The Class 5s have been working on their cross-stitch sewing skills. They started with their designs on a piece of paper, then onto the material. I have been so grateful to have parents taking on the lessons and engaging with the children as they bring a positive energy to the group.

We also have grannies coming in to help, this means a lot to the children, as they bring a quality of gentleness and caring for work and each other. It's so touching to watch the harmonious relationship. I found it very special for some township children because of different reasons, as some only see their grandmothers once in 2 to 3 years because they are in the Eastern Cape.

The children have started with crochet. These lessons have been enjoyed by all and they are looking forward to their completed piece of work.

Fezile Mdzinwa
Class 5 Teacher

EXPLORING THE WORLD THROUGH SECOND LANGUAGE

The Class 7s are looking into the future, and this past week they presented beautiful orals focusing on using the future tense accurately in Afrikaans, about a country they want to visit. They enlightened us with interesting facts about the country of their choice, and why they would like to explore it. They delivered delightful, insightful presentations!



Larissa Bester
Afrikaans Teacher



GARDENING IN CLASS 3



The children have a special part of the school where they can create their own garden and grow flowers and vegetables. We prepared the planter boxes and learned how to make compost. We planted season-appropriate vegetables so that they can grow with the winter rain. The children made their own flower beds and planted succulents of many varieties, which they look after with care.

Gardening encourages a sense of responsibility in the children and a feeling of belonging on the earth. A growing sense of gratitude emerges from the children for the gifts the earth gives and there is a mutual respect and working together between human beings and the earth.

Candice Plowden
Class 3 Teacher



ART AUCTION and a NIGHT of COMEDY

Our Early Childhood fundraiser each year has become quite an established event. Parents make art items or offer services which are then auctioned off by a comedian at a magnificent venue on top of the world with a view of the setting sun over the ocean.

We find that parents sometimes discover their creativity through this process. Although, in the deep south of Cape Town, a lot of our parents are of the creative ilk, being known as photographers or artists. We also have donations from other classes and from the sponsored parents.



Finger food is brought and shared, and children are tucked up at home with carers and sitters so that mom and dad can enjoy the night - ending with a boogie to some upbeat tunes from DJ Dai, who is also a parent from our school.

In the past, we have raised between R50 and R100 thousand - much needed for the smooth running of our school.

We all look forward to this fun event, hoping for generous bids from the audience!

Laura Moss
Kindergarten Teacher



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CONTACT US

admin@imhoffwaldorf.org

(+27) 021 783 4237