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No. 11/2022

8th April

# CONSTANTIA WALDORF NEWSLETTER THE GRAPEVINE

Editor: Nanette Snyckers Tel: 021 794 2103

## An Autumn Easter Story by Annie Bryant

Once, a very long time ago, the old Moon Hare looked down from his Moonly home and out upon the world below where he spied a tree. She was no ordinary tree. She was strong and tall and rather majestic with an enormous thick trunk that reached up much higher than any of the other trees. Her roots grew deep into the earth and her branches danced high in the heavens. The tippy tops of her leaves almost tickled the soft furry skin of Moon Hare's feet and they quickly became the very best of friends.

Each month the tree waited and waited for her special friend Moon Hare to appear, and for those few nights when Lady Moon shone big and bright, the two friends would sit amongst the twinkling stars and chat. They talked and talked and talked about all the things you would expect a starlit tree and a Moon Hare to talk about, and they never ran out of things to say. Moon Hare especially loved hearing Tree's stories about the little girl who often came to visit her down on earth. The tree told Moon Hare how sometimes the girl would bring her blanket and cuddly toys and teacups and make fine picnics at her roots. And as the girl grew bigger and stronger she began to climb up her branches, slowly at first, then faster and faster, until her little feet raced up the tree's trunk so quickly they tickled the tree all over and she couldn't help but shake her leaves in laughter.

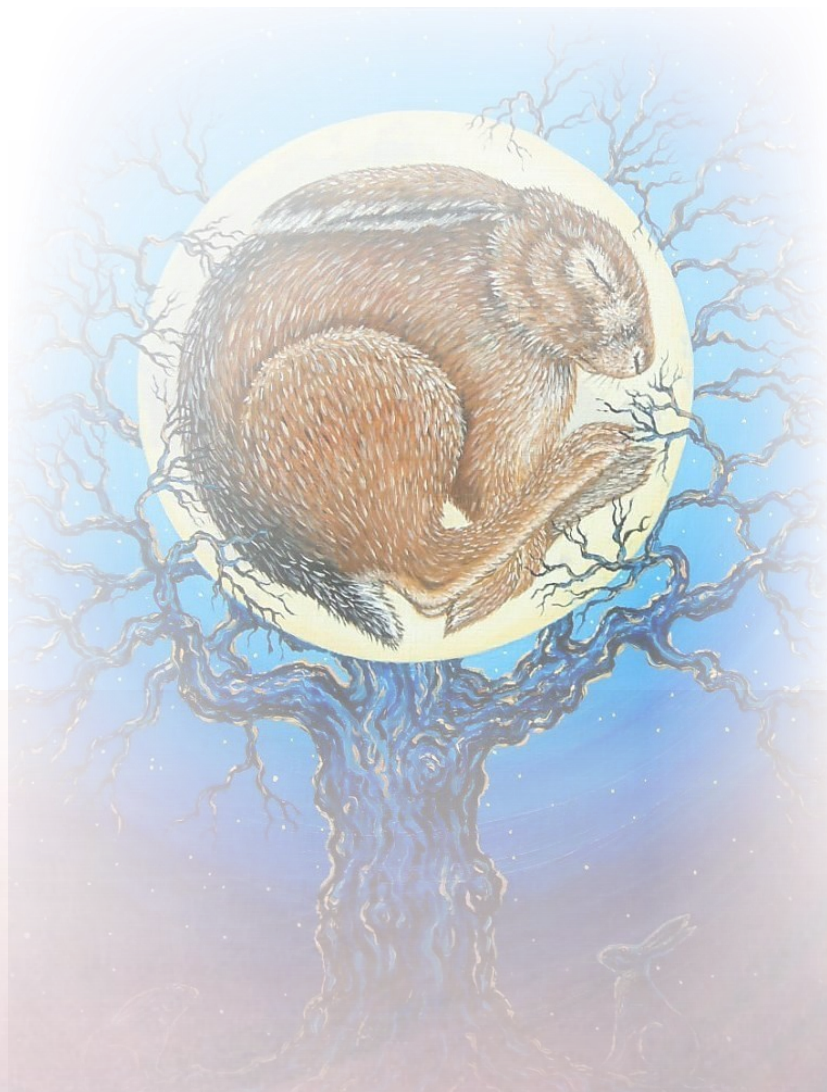
Tree's favourite part though, was when the girl reached the highest branches and she snuggled into her smooth bark and sang all afternoon long.

Sun comes up, life will grow  
Tiny seeds of light we sow  
Sun goes down, life will rest  
That's the way of nature's nest

Moon Hare sighed when tree described the singing and how it rang through tree's bark and sunk deep into her roots so that it stayed with her, keeping her company on those dark nights when Moon Hare did not come. Moon Hare was glad the tree had the girl and glad the girl had the tree.

But one night, when Autumns glow had already touched her leaves, tree had some unexpected news. In a few day's time the farmer was coming to chop her down so that he could use all her good strong wood to build a good strong house for the girl's family. Tree was excited and proud of her new job but she did feel a little sad that the girl would not have a tree to climb or sing to anymore. And then, Tree leaned in ever so close to her friend Moon Hare and asked if he would help her leave a special gift for the girl.

The next night, when Moon Hare once more rose up high in the starry night, tree asked if he was ready. And to show he was, Moon Hare stretched out his big strong hind legs and thump thump thumped, thump thump thumped, thump thump thumped them. Then, with one huge leap, he bounded out of the moon and down into the tree where he hoppity-hopped all the way down tree's branches. And as his soft furry feet jumped from limb to limb they tickled the tree all over and she laughed so hard that all her Autumn leaves came tumbling down to the ground too. Moon Hare landed with a thump and giggle in a pile of Autumn leaves and then bounded off to hide in the grass.





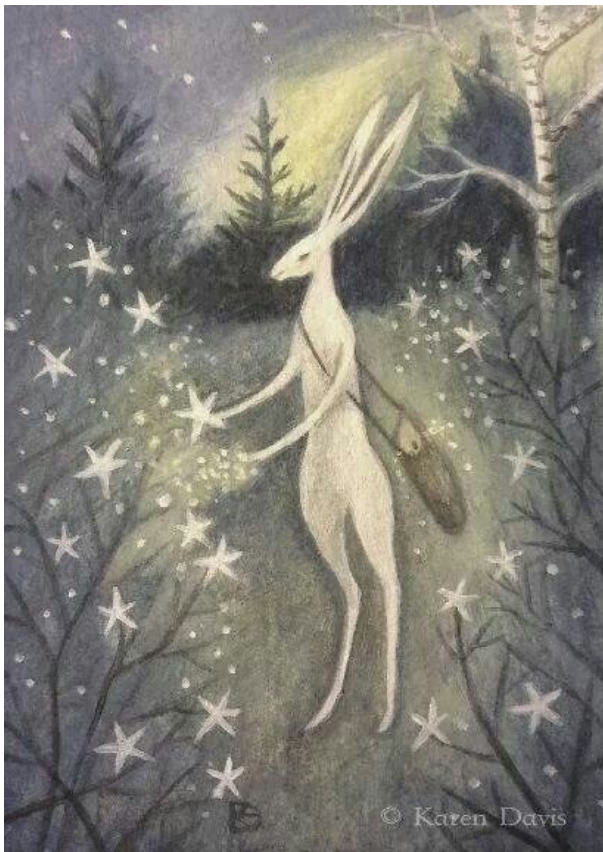
## An Autumn Easter Story by Annie Bryant ... Continued

Hidden from sight, there he waited and waited and waited until the morning light came, bringing with it the farmer and the little girl. Moon Hare stayed in his hiding place while the farmer worked hard and the tree finally came tumbling down to the ground, and then just as he'd promised, Moon Hare quickly jumped into action. Being very careful not to be seen, he swiftly bounded from fallen branch to branch, collecting every one of tree's own seedpods now lying on the paddock floor, and when his job was done, he just as quickly bounded back to his hiding place. Moon Hare watched as the little girl helped her father collect all the big and small branches and pack them into the old wooden trailer hitched to the back of the tractor. When the load was full and the job was done, the two of them climbed aboard and drove away.

The next day the Moon Hare again stayed hidden and waited. This time the girl arrived by herself and all day long she sat on the enormous stump that lay where Tree once stood, and she sang.

Sun comes up, life will grow  
 Tiny seeds of light we sow  
 Sun goes down, life will rest  
 That's the way of nature's nest

Moon Hare was glad to finally hear the girl's song and it sounded just as beautiful as he had imagined. The girl continued to sing until the sun began to slowly sink in the sky, and then she stopped, stood up, and walked back home. And just as the first star of the night arrived in the sky, Moon Hare got to work. All night long he worked hard doing exactly what the tree had asked. Thump thump thump, thump thump thump, thump thump thump went his furry paws as he bounded to and fro, and when the last star of the night disappeared from the sky, Moon Hare's job was done and only then did he once more stretch out those big strong hind legs and take one enormous leap from the earth and back into his Moonly home.



The next morning when the girl came she noticed something shining in the grass. And then another one caught her eye from just a few metres away, and then another and then another, until the whole paddock of grass seemed to be filled with strange patches of shiny-ness. What could it be, she wondered? Slowly she walked over to the closest glowing patch and was surprised to find a little nest carved neatly into the grass. And there, sitting in a small neat pile softly cushioned by some autumn leaves, was a handful of small round seedpods from the tree, each one covered in a glowing white dust now glittering in the sunlight. She looked around the paddock and realized that each one of the shiny patches were also filled with the neatly carved nests and golden leaves and seedpods covered in sparkly white dust. A huge smile spread across the girl's face as she ran to the garden shed and returned with the old wicker harvest basket and a shovel. Quickly she scooped up each of the seedpods taking extra special care to collect all the sparkly silver dust too and, once she had them all gathered, she started digging holes.

It took many days and maybe even weeks, but by the time the cool Autumn winds had almost made way for the cold of Winter, the girl had planted each of the seeds, tucking them into the warm earth with a sprinkle of sparkly white moon dust. And now each year, come Autumn time when the moon shines bright and full, the Moon Hare has plenty of star trees to tickle and laugh away their leaves, as he hoppity-hops back down to earth. And when he gets there, with a great thump thump thump, thump thump thump, thump thump thump of his strong hind legs, off he goes to work, always careful to leave a sprinkle of sparkly white moon dust on top to shine in the sun and let the children know where to find the nests filled with treasure on Easter Sunday morning.

Ref: <https://www.talesandsongs.com/the-moon-hare-an-autumn-easter-story/>

Artwork Credit: Karen Davis

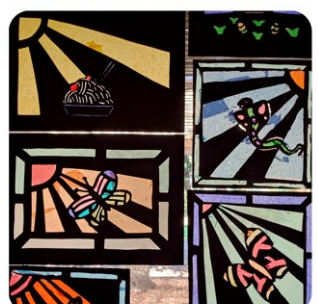
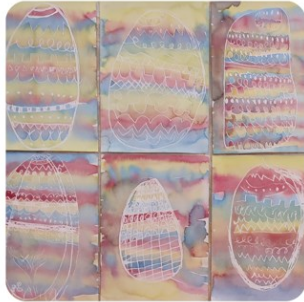
## Conversations with College

A reminder of our open door for parents to meet with College members in conversation about any issues they feel need to be heard. College members will embrace parents in the spirit of listening, and we warmly invite our parents to approach Courtney Oosthuizen [courtney@waldorfconstantia.co.za](mailto:courtney@waldorfconstantia.co.za) to arrange a "Conversation with College" in an available time slot.





## Primary School Easter Festival Photos







## With Gratitude



Jon Stodel

Dear Jon,

The College of Teachers wishes to express our huge heartfelt thanks for your many years of service as our College Chairman. It is without a doubt a deep calling to duty when one takes up this role. You have given so generously of your time, wisdom and practical deeds for the well being of our school. This is an enormous task and you have guided our ship through some very tumultuous seas over the past few years and we are all the richer for it.

And so it is with deep gratitude that we accept your resignation as College Chair but still look forward to working together into the future.

The College would like to announce that Joan Rayner will be taking over as our College Chairperson as of Term 2. We wish her a fruitful journey.

Warm regards,  
Sam Brown, (College member)

Dear Jon,

A special thank you from all the 'old' Crisis Committee members for being such a clear, concise voice during the past, exceptionally challenging two years. You often kept members buoyant (and dare we say squeezing in a laugh or two), offering much needed collegial support when levels of despondency looked like they may creep in. As the Chairman of the College, during this time, you stretched yourself far beyond any semblance of 'normal' parameters, **HOWEVER**, we are grateful to keep you as a beloved colleague and bid you a much lighter load to carry.

With much warmth, members of the Crisis Committee

## Under the Stars

On Friday 25th March we hosted our first outdoor film festival and what a lovely evening it was for all. The excited crowd picnicked together for sunset before the hilarity of the slapstick greats, Charlie Chaplin, Buster Keaton, Laurel and Hardy, the Keystone Cops and the modern master of slapstick, Mr. Bean, ensued! This was a wonderful gathering and social event, bringing light hearted fun and joy to our community.

**A big thank you to all who made it possible:** the Class 1 community and parent representatives, the CWS events team, the grounds staff and of course those who came to enjoy the evening and support this fundraising event.

We managed to raise enough money for Class 1 to afford beautiful new pear wood recorders. This was not only a Class 1 fundraiser, the Primary School classes all had the opportunity to host a food stall and raise some much needed class funds following a very dry spell for events. We hope to host more such events in the future!

Lionel Chanarin, Class 1 Teacher







## Class 5 Gift



Our family has moved to Zimbabwe for 6 months, and our children, Azara and Gabriel (who have been at Constantia Waldorf for about 5 years) are currently attending the Kufunda Village School, which is a Waldorf-inspired village school outside Harare, in a community called Kufunda.

The school is small (about 60 kids) but has amazing teachers and a wonderful forest with thatch buildings that accommodate the classes. I soon noticed that the school library was very small and thin, so contacted Derek to ask if the CWS Class 5's were able to collect any books from home that they no longer needed and could donate to the Kufunda school.

Derek and Kim (from the library) collected a pile of books that would be brought up by the co-founder Maaianne, who lives here and runs the work they do including biodynamic farming etc.

There were so many books collected by the Class 5's and the library! They could only bring about a third of the books in their luggage this time round.

Below are some photos I took of the Kufunda Class 5's, including Azara, opening the boxes and looking at some of the wonderful books donated.

Trevor Button is the Class 5 teacher, and there are only 6/7 children in the class. They were all very excited to see the books, including a large atlas and all they wanted to do was keep looking at the books. Azara was especially happy to read the beautiful cards sent to us all and the school!

**Thank you Class 5 and Library!**

Check out the Kufunda Village School at <https://www.kufunda.org/school>



## Class 12 Plays - Audience Member Feedback

"Children with the self-discipline of seasoned professional adult actors spent two hours delighting - probably an unsuspecting - audience of family members and friends and one or two next door neighbours. Indeed some lessons could be gleaned from their performances, their split second timing, their getting deeply into the zone.

The company of actors did everything to fill the evening with laughter, enjoyment and high fourth dimensional theatre. I am surprised they were not at the door ushering or taking tickets or stamping our hands. Maybe they were too. They were everywhere else! Perhaps there was even a fifth dimension in the ether. The audience brought the fourth wall down with their warmth and appreciation. What a delightful evening. Perhaps I err in missing a few excellent performances because of the rapid pace of the show. Good theatre should always demand a second viewing to witness those scenes one missed in the first sitting. Such was last night's show.

Everyone, from the director down to the shortest part on that stage last night knew exactly what they were saying and why they were saying it. They knew what they were doing and why they were doing it. And this delighted me no end and it seemed to delight everyone else sitting in that cramped auditorium. An extension of the season wouldn't be amiss.

Thank you for giving me hope that the entertainment industry will soon be filled with more very creative people. There is room for you in our crazy world; you are needed."

**WELL DONE CLASS 12's!**







## Parent Education



### CONSTANTIA WALDORF SCHOOL

Warmly invites you to join us for our

## Parent Education Series

We warmly invite each member of our community to join us on the first Wednesday of every month for our Parent Enrichment evenings.

Come and experience new ways to observe the developing human being in order to better understand the Waldorf Journey.

**Diarise the first date: Wednesday 4th May, 2022**

**Date:** Wednesday 4th May 2022

**Time:** 6:00 to 8:00PM

**Venue:** Centennial Hall

**RSVP:** Booking is essential - Watch this space for updates

**Cost:** Free of charge



**The Craft Shop**  
Constantia Waldorf School  
Spaanschematriver Road, Constantia  
021 794 4574  
[craftshop@waldorfconstantia.co.za](mailto:craftshop@waldorfconstantia.co.za)

Open Monday to Friday  
9am to 1pm - during school terms  
Please phone to check opening hours.

The Craft Shop is  
**CLOSED DURING SCHOOL  
HOLIDAYS**  
and will reopen on  
**MONDAY 25th April, 2022**



**FIND US ON FACEBOOK!**

Click [Here](#) to Join Our  
Craft Shop Group

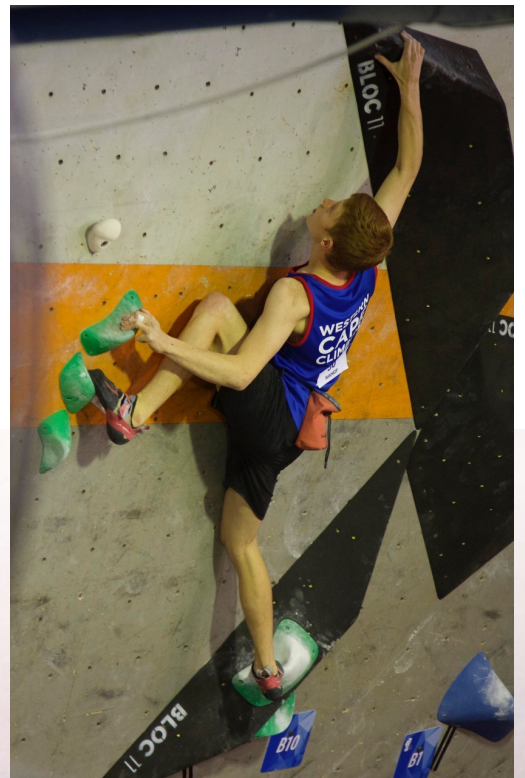


## National Climbing Championships 2022

Congratulations to Drew Olden and Kai Samuelsson for their fantastic results at the National Climbing Championships that was held in Cape Town at City Rock and Bloc11 on the weekend. Drew Olden placed second in Lead as well as second in the Boulder in the U15 category behind Nick Allen, who, it could be argued, is the strongest competitor in the country at the moment. He also placed second in Speed and as a result walked away with 3 silver medals.

Kai Samuelsson placed 2nd in U17 Lead and 4th in Boulder in a highly competitive and closely matched field. The level of competition in the country is at an all time high, with the Western Cape coming out as clearly the strongest province. There is every indication that the level of completion will go from strength to strength so there has never been a better time to be involved in climbing in South Africa.

**Well done to all!**







## Lunchtime Menus



### THE CHUBBY CHEF TUCKSHOP MENU

Strictly Halaal

Monday	<b>Beef Burger</b> Beef patty on a seeded bun with lettuce, tomato, red onion, gherkins & mayo	R50	<b>Chicken Burger</b> Free range crispy chicken breast on a seeded bun with crunchy lettuce, pepperdews & spicy mayo	R50
	<b>Vegetarian Burger</b> Veggie patty on a seeded bun with crunchy lettuce & spicy mayo	R60	<b>Potato/Sweet Potato Wedges</b> Add Avo Add Cheese	R50 R10 R5
Tuesday	<b>Tempura Prawn Poke Bowl</b> Brown rice, tempura prawn, avo, roasted nuts, cucumber, spring onion, fried onions, wasabi mayo, miso mayo, sweet chili reduction & fresh coriander	R90	<b>Veg Poke Bowl</b> Brown rice, roasted cauliflower, avo, roasted nuts, cucumber, spring onion, fried onions, wasabi mayo, miso mayo, sweet chili reduction & fresh coriander	R60
Wednesday	<b>Korean Fried Chicken on Bao Buns</b> Made with soy sauce, brown sugar, honey, chilli flakes, fresh garlic, ginger & spring onions.	R60		
Thursday	<b>Green Salad with Falafel</b> Rocket, chickpea falafel, cabbage, red onion, cucumber & avo (if available) & balsamic vinaigrette	R60	<b>Beef Lasagne</b>	R50
Friday	<b>Butter Chicken Curry</b> A smooth and rich textured sauce, served with Basmati rice	R60	<b>Veg Bhuna &amp; Paneer Curry</b> Made with vegetables and paneer served with Basmati rice	R50
Snacks & Drinks Available everyday	<b>Bos Iced Tea (various) 500ml Can</b>	R20	<b>Beef Biltong (50g)</b>	R20
	<b>Liquifruit Juice (various) 500ml Can</b>	R15	<b>Muffin of the Day</b>	R15
	<b>Bos Fruit Icy (various) 100ml</b>	R15	<b>Samoosas x 4</b> - Cheese, Corn & Jalapeno - Chicken	R24
	<b>Fruit Smoothie 370ml</b> apple, banana, carrot, blueberries, yoghurt, honey, chia seeds	R45	<b>Patata Waras x3</b> Potato balls in spiced coating	R18
	<b>Gem Smoothie 370ml</b> banana, almonds, yoghurt, milk, honey	R45	<b>Sourdough bread loaves</b>	R50
	<i>RS credit for every glass bottle returned</i>			<i>needs to be ordered 48 hours before</i>

THE CHUBBY CHEF

### HOW TO ORDER

Choose from the Chubby Chef Tuckshop Menu.

You may order using the following options:

- WhatsApp: 082 978 7869
  - Email: [tcctuckshop@gmail.com](mailto:tcctuckshop@gmail.com)
  - Or request the "Google Forms" Order form via email
- Orders to be in at least 24 hours before.

Please use your child's full name and class number when placing the order.

Confirm your order by sending proof of payment using your child's name as reference.

Banking details:

Fadia Toefy  
Standard Bank  
Claremont 025109  
Account Number: 072 612 452  
Current Account

*Please check with us directly as we may be able to do emergency orders before 08h00 on the day.*

For any enquirers contact: 0716276338  
Fully Halaal



*McMu*

#### Available Daily

Chicken and mayo toasted sandwich	R35
Cheese and tomato toasted sandwich	R25
Plain Cheese toasted sandwich	R20
Cheese sticks (4)	R20
Chicken half moons (4)	R35
Veggie half moon (4)	R30

#### Weekly Menu

Monday	
Chicken wrap (Gluten free on request)	R40
Roasted veg wrap (Gluten free on request)	R35
Tuesday	
Cheesy chicken Pie (160 grams)	R40
Spinach and Feta Pie (160 grams)	R35
Wednesday	
Butter chicken with rice	R50
Veg curry with rice	R50
Thursday	
Mac and Cheese	R40
Friday	
Pizza - Tomato and cheese (per slice)	R15
Pancakes X2 (Toppings: Nutella, Sugar, lemon)	R25



### HOW TO ORDER

01

CONTACT ME ON WHATSAPP  
0799364348 OR BY EMAIL  
[Keltoumcheikh60@gmail.com](mailto:Keltoumcheikh60@gmail.com)  
N.B. Orders must be placed  
from Friday to Sunday 9pm  
max.

02

SEND ME YOUR CHILD'S NAME AND  
SURNAME, CLASS AND YOUR PHONE  
NUMBER. CHECK WEEKLY MENU, AND  
PLACE ORDER WITH WHAT OPTION  
YOU HAVE CHOSEN FOR EACH DAY.  
EG,  
LUCY PRINCE  
CLASS 6  
0713164273  
MONDAY - CHICKEN WRAP X1

03

CONFIRM ORDER BY SENDING  
PROOF OF PAYMENT. USE  
CHILD'S NAME AS REFERENCE.  
BANK DETAILS:  
KELTOUM MANSOURI  
BIDVEST BANK  
ACCOUNT TYPE: SAVINGS  
ACCOUNT NUMBER:  
20405163001 BRANCH CODE:  
462005  
QUICK PAY: (+27) 71 627 6338

The Chubby Chef and Deli Katies would love to provide more meal varieties for the upcoming winter in Term 2, and would like to hear from the community! Please let us know what you and/or the student/s would like to see offered on the menus! The Chubby Chef and Deli Katies will review all your suggestions and see what they can come up with. Click [HERE](#) to answer the survey.



## Diary Dates

DAY	APRIL 2022	MAY 2022	JUNE
Fri	1. Class 12 Plays		
Sat	2. Class 12 Plays		
Sun	3.	1. Workers Day - Public Holiday	
Mon	4. NEW DATE: SPEECH AND HEARING TESTS	2. Workers Day Observed - Public Holiday	
Tues	5. NEW DATE: SPEECH AND HEARING TESTS HS Sports Day	3.	
Wed	6. NEW DATE: SPEECH AND HEARING TESTS	4. Parent Education Evening	1.
Thur	7.	5.	2. Parent Education Evening
Fri	8. School Ends - (PG and KG) - Easter Festival	6.	3.
Sat	9.	7.	4.
Sun	10.	8.	5.
Mon	11. School Holidays	9.	6.
Tues	12. School Holidays	10. Class 6 Parents Evening - 6:30pm	7.
Wed	13. School Holidays	11. Class 7 Parents Evening - 6:30pm Class 12 Parents Evening 6PM	8.
Thur	14. School Holidays	12.	9. Music Concert 6PM
Fri	15. Public Holiday - Good Friday	13.	10. Class 12 Eurythmy Performance
Sat	16.	14.	11.
Sun	17.	15.	12.
Mon	18. Public Holiday - Family Day	16.	13.
Tues	19. School Holidays	17.	14.
Wed	20. School Holidays	18. Introduction to Waldorf - KG Evening 7PM	15.
Thur	21. School Holidays	19.	16. Public Holiday - Youth Day
Fri	22. School Holidays	20.	17.
Sat	23.	21.	18.
Sun	24.	22.	19.
Mon	25. School Starts - Term 2	23.	20.
Tues	26. Sports Parent Evening 6PM	24.	21.
Wed	27. Public Holiday - Freedom Day	25.	22. TG, PG and KG Ends Term 2
Thur	28.	26.	23. St Johns Festival
Fri	29.	27.	24. School Ends - End Term 2
Sat	30.	28.	25.
Sun		29.	26.
Mon		30.	27. School Holidays
Tues		31.	28. School Holidays
Wed			29. School Holidays
Thur			30. School Holidays

### Constantia Waldorf School 2022 Term Dates

**Term 1:** Tuesday 25 Jan - Friday 8 April

**Term 2:** Monday 25 April - Friday 24 Jun

**Term 3:** Monday 18 July - Friday 23 Sept

**Term 4:** Tuesday 11 Oct - Friday 9 Dec

*Disclaimer: Please take note that dates are subject to change without or little prior notice.*





## Classifieds



WIN your share of R230 000

# SWIPE IT UP

MySchool MyVillage MyPlanet

MySchool

Can CWS beat last year's swipes and WIN?

In this year's challenge, we will be compared to our total number of swipes from April 2021, against the total number of swipes you receive in April 2022!

10 SCHOOLS with the highest percentage growth in swipes will win their share of R230 000 CASH.

Each swipe is an entry. The more you swipe your MySchool card or linked Woolies card, the closer we will get to win.

'Swipers' will also be able to win their own share of R200 000 CASH! Competition ends on the 30th April 2022!



**BASIL  
GIBAUD  
LIBRARY**

Large selection of  
Anthroposophical &  
children's books

Sophia House  
18 Firfield Road  
Plumstead  
021 761 9600  
[info@aswc.org.za](mailto:info@aswc.org.za)

Opening hours:  
Tuesday to Friday  
11 am to 2pm

## ICH VERSTEHE NUR BAHNHOF!

**EXTRA-MURAL GERMAN LESSONS STARTING IN TERM 2 FOR CLASSES 8, 9 AND 10.**

**EVERY THURSDAY FROM 2.30PM. R100 PER LESSON.**

**SIGN UP LIST OUTSIDE THE HANDWORK ROOM.**

**FOR MORE INFORMATION E-MAIL FRAU SMART AT**

**[ANDREASMART@WALDORFCONSTANTIA.CO.ZA](mailto:ANDREASMART@WALDORFCONSTANTIA.CO.ZA)**

Experienced child-carer and Waldorf mom offering full time, live-in aupairing for young people ages 4 to 18. Looking to au pair for families in Constantia, Hout Bay, Bishops Court, or areas close to Constantia Waldorf School. Including: crafts, outdoor and cultural adventures, homework/study/project supervision, meal preparation (for vegans & vegetarians also), food shopping and home management. References available. Contact Liesl: [lieslrohland@gmail.com](mailto:lieslrohland@gmail.com).

Organisational, study and project coach: Coaching sessions and ongoing support for teenagers who need assistance moving from 'overwhelm' to prepared and moving forward steadily with their goals. R300 per hour. Reference available. Contact Liesl [lieslrohland@gmail.com](mailto:lieslrohland@gmail.com).

Professional housesitting and petsitting service. Take a break, having peace of mind that your home and furry loved ones are well cared for. References available. Contact: Liesl [lieslrohland@gmail.com](mailto:lieslrohland@gmail.com).