2016 KAMAROI PARENT EDUCATION
TERM 1 PROGRAM

A warm welcome back, and a special welcome to anyone new to the Kamaroi community. The Parent Education program offers a chance for current and future parents, as well as members of the wider community, to learn more about Steiner Education and principles, child development and parenting; and often to deepen our awareness of ourselves and others.

Our sessions are in the second half of term to allow for all of the Class meetings that occur in Term 1. We have two daytime and two evening sessions planned as well as a Sunday workshop.

Don’t miss Lou Harvey-Zahra! Whenever Lou visits Sydney we aim to book her in, as the feedback from parents is always excellent. Lou is practical, inspiring and full of creative tips and strategies to ease the parenting journey. Her Tuesday morning talk is free to attend, and her weekend workshops are heavily subsidised, so do take advantage of the opportunity and significant savings.

Evan Sanders will be running a special meeting for all Class 5 parents on Technology. This session is really important for all Class 5 parents to attend.

By popular demand Vanessa Snaith-Gardiner will run The Artistic Nexus. This session hasn’t been run for a couple of years. Come along and be inspired by Vanessa’s passion and deep understanding of Steiner Curriculum and the role art plays.

And our term would not be complete without Lisa Devine who has the incredible ability to bring the often ‘heavy’ concepts of anthroposophy in a way that is relevant, enriching and inspiring. If you are new to Kamaroi and/or Steiner Education, this session is an absolute MUST! For those who are ‘Lisa Devine regulars’ – you know you won’t be disappointed!

Most sessions this term are offered FREE, and the weekend workshop is heavily subsidised thanks to the generous funding from the Parent Association. All welcome. Bookings via the trybooking links.

Enquiries: parented@kamaroi.nsw.edu.au, or Katie Orton on 0405 329 006. The program is also on our website www.kamaroi.nsw.edu.au
**TERM 1 PROGRAM AT A GLANCE:**

<table>
<thead>
<tr>
<th>Week 6:</th>
<th>Lou Harvey-Zahra: Creative Discipline, Connected Family: Transforming Tears, Tantrums and Troubles while Staying Close to your Children</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuesday 1st March 9:30am – 11am</td>
<td><a href="http://www.trybooking.com/KHLW">http://www.trybooking.com/KHLW</a></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Week 7:</th>
<th>Lou Harvey-Zahra: Happy Child, Happy Home: Conscious Parenting and Creative Discipline Workshops</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sunday 6th March 10am – 3:30pm <em>Charge applies</em></td>
<td><a href="http://www.trybooking.com/KHLV">http://www.trybooking.com/KHLV</a></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Week 7:</th>
<th>Evan Sanders: Technology: Keeping it Positive, healthy &amp; creative – a meeting for all Current Class 5 parents</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thursday 10th March 7:00pm – 9pm Class 5 parents only</td>
<td><a href="http://www.trybooking.com/KJUK">http://www.trybooking.com/KJUK</a></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Week 8:</th>
<th>Lisa Devine: Introduction to Anthroposophy</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday 14th March 7:30pm-9pm</td>
<td><a href="http://www.trybooking.com/KKFI">http://www.trybooking.com/KKFI</a></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Week 8:</th>
<th>Vanessa Snaith-Gardiner: The Artistic Nexus: The Heart of the Steiner Curriculum</th>
</tr>
</thead>
</table>

---

**Creative Discipline, Connected Family:**

**Transforming Tears, Tantrums and Troubles while Staying Close to your Children**

**Presented by Lou Harvey-Zahra**

**TUESDAY 1st March 9:30am – 11:00am**

Bookings: [http://www.trybooking.com/KHLW](http://www.trybooking.com/KHLW)

---

Would you like to transform everyday challenging behaviours in a positive manner? As parents, many of us struggle with finding effective ways to manage our children’s behaviour. Is it possible to discipline without using punishments? How can we set limits while maintaining closeness and trust?

Lou Havey-Zahra’s method ‘Creative Discipline’ really works. The talk will include ideas for overcoming everyday trying issues with parents with children from toddler and primary years. Not to be missed!

Feedback: “Lou Havey-Zahra’s talks and books offer simple and practical tools you can put into practice the next day and see the results. I did!” (Macime Urquhart, parent)

“I recommend Lou’s books to my new parents. *Creative Discipline, Connected Family* is a great guide to holding children for their highest good, and understanding children’s needs.” (Mara Lupieri, Steiner-Waldorf teacher)

**Lou Harvey-Zahra** is a mother of two, Rudolf Steiner teacher and popular parenting author with three books including Happy Child, Happy Home and her new book Creative Discipline, Connected Family (Floris Book). Lou’s books are available from Sydney Rudolf Steiner Book Centre and Lou’s website [www.skiptomylouparenting.com](http://www.skiptomylouparenting.com) (at the event, $30)

---

Enquiries: parented@kamaroi.nsw.edu.au, or Katie Orton on 0405 329 006. The program is also on our website [www.kamaroi.nsw.edu.au](http://www.kamaroi.nsw.edu.au)
Happy Child, Happy Home:

Conscious Parenting and Creative Discipline Workshops

Sunday 6th March 10.00am to 3.30pm – B.Y.O. Lunch

Bookings: [http://www.trybooking.com/KHLV](http://www.trybooking.com/KHLV)

Conscious Parenting (10am to 12.30pm)
What are the essential elements of childhood? Including transforming ideas to strengthen the parent-child bond and create ‘happy children, happy homes’. Conscious parenting tips to help make family homes more harmonious, plus, practical and fun suggestions for making ordinary family moments extraordinary.

Creative Discipline (1pm to 3.30pm)
Learn new ideas to transform behaviours in a positive manner and stay connected to your children. This workshop will assist parents with everyday challenges while fostering positive, lifelong connections. A practical and inspiring afternoon.

Cost:  
Individuals: $35 half day, $60 full day (usually $60 & $95)  
Couples: $50 half day, $85 full day (usually $95 and $150)

*note: prices are subsidised by the Kamaroi Parent Association*

Venue: Kamaroi Rudolf Steiner School, 220 Forestway, Belrose (Blue Room)

Lou Harvey-Zahra is a mother of two, Rudolf Steiner teacher and popular parenting author with three books including *Happy Child, Happy Home* and her new book *Creative Discipline, Connected Family* (Floris Book). Lou’s books are available from Sydney Rudolf Steiner Book Centre and Lou’s website [www.skiptomylouparenting.com](http://www.skiptomylouparenting.com) (at the event, $30)

“Thank you so much Lou, I left feeling confident that I could use these practical and transformative ideas straight away to make a difference to our family. It’s day 4 after the workshop and we are already having more fun, more magic and more love.” Georgie Williams (parent)

“I really enjoyed the Happy Child, Happy Home workshop it showed me so many rich, practical ideas to create a harmonious, happy and secure family environment - so thank you!” Kathryn Early (parent)

Enquiries: parented@kamaroi.nsw.edu.au, or Katie Orton on 0405 329 006. The program is also on our website [www.kamaroi.nsw.edu.au](http://www.kamaroi.nsw.edu.au)
Children and Technology: Keeping it Positive, Healthy, and Creative
Presented by Evan Sanders as a special Class 5 Meeting

THURSDAY 10TH March, 7:00pm - 9:00pm
http://www.trybooking.com/KJUK

Evan will lead a discussion about technology and children within a Steiner context. We will look at the many different viewpoints, issues and resources of which to be aware, and look at ways to encourage creative, healthy use of technology at school and at home. Evan plans to run another session in Term 2 or 3 for the wider parent community around technology.

Evan Sanders is a teacher, IT professional, and former Kamaroi student. He has degrees in Digital Media and Education from Flinders University in South Australia, as well as a diploma in Rudolf Steiner Education. In addition, he has eight years experience working as a freelance web developer. Evan is passionate about finding creative ways to use technology in education to help develop children's imagination, skill and creative ability.

Introduction to Anthroposophy
Presented by Lisa Devine
MONDAY 14th March , 7:30pm - 9pm
http://www.trybooking.com/KKFI

Rather than a set of dogmatic prescriptions, Anthroposophy offers living pictures out of which human beings can freely sculpt their own biographies. These imaginative pictures nourish with living spiritual light and provide a direct source of inspiration and intuition that flows into everyday life. Each human being needs a body and soul that has been sculpted into a living vessel for their free spirit and in this way life becomes a truly artistic path of initiation. This course will explore living imaginations and translate them so that they can be applied in everyday life as it meets us in 2016.

Lisa Devine has recently taken on a role as pastoral care worker at Kamaroi. She trained as a youth worker in the early 1980s and worked in a range of youth at risk programs before moving into working in the disability field. She has a Masters in Psychology and has counselled young people and their families over many years. Lisa takes young people to Africa every two years in a leadership development program. Her connection to the work of Rudolf Steiner began in the 1990s when she trained as a Eurythmist and has deepened ever since. She has

Enquiries: parented@kamaroi.nsw.edu.au, or Katie Orton on 0405 329 006. The program is also on our website www.kamaroi.nsw.edu.au
worked as a Chaplain/Counsellor in three Steiner schools in Melbourne and now is the Chaplain for Glenaeon and Central Coast Rudolf Steiner School. She is also now working closely with the Kamaroi staff and students. Currently she is developing and implementing social programs targeted at preventing and treating young people suffering from eating and self-harm issues. Lisa teaches Introduction to Anthroposophy, Cosmology and Human Communication courses at the Sydney Rudolf Steiner College.

The Artistic Nexus - the Heart of Steiner Curriculum.
Presented by Vanessa Snaith Gardiner

**FRIDAY 18TH MARCH, 9:15AM – 11:45AM – Craft Room**
http://www.trybooking.com/KJTX

Only 18 spots available – bookings essential

This session will give an overview of the artistic education of our children throughout their primary years, classes 1-6. This truly universal language of painting and drawing which plays such an important role in children's physical, emotional and spiritual development will be experienced, reflected upon and discussed together to deepen our understanding and appreciation for this soul nourishing activity.

No experience is necessary, all questions welcome.... This session is a beginning introduction, which may deepen into further sessions.

*Vanessa Snaith-Gardiner has been studying, teaching and practicing Eastern and Western healing approaches to personal transformation for over 20 years, teaching and lecturing within the Anthroposophic movement for 13 years. Holding degrees in Fine Art, Education, Anthroposophic and Transpersonal Art Therapy, she shares her deep enthusiasm for the enrichment, clarity and support that art and meditative practice bring to our task in consciously evolving together.*

*Vanessa trained at Tobias School of Art and Therapy in the UK. Registered with the Cities and Guilds Masters level. Vanessa is also the handcraft teacher at Kamaroi.*