

Parent Education Program Term 2 2018



Overview

Term 2 is always a full one at Kamaroi with the Fair, winter festivals, class plays and a wonderful raft of other things on offer.

We will offer Parent Ed sessions after the Fair and encourage you to book the dates below into your diary. Most sessions are free to attend, thanks to the generosity of the Kamaroi Parents' Association. This term we will also offer a six-part series which will have a cost to parents associated (although with discounts for Kamaroi families).

We are very excited to welcome **Godelieve** back to Kamaroi (a former parent) to kick off our program with a session on raising emotionally intelligent children. **Lisa Devine** will delve into the world of the pre-adolescent and assist with strategies for navigating this often tricky time.

Vanessa Snaith's *Winter Creative Communion* is sure to nourish and enrich as we turn inwards with the approach of winter

Have you ever wondered 'what exactly is Eurythmy?' Come along to a session with **Diane Tatum** and discover how Eurythmy can build health, harmony and intelligence!

Bookings for most sessions can be made via the trybooking links below. Godelieve's six-part series can be booked directly through her. Please feel free to share this program with the wider community – friends and grandparents always welcome!

Resources: In the library there is a parent section full of great resources on parenting, child development, and Steiner philosophy and education.

This Term I'd recommend checking out one of Susan Perrow's books: A-Z Behaviour Tales; Therapeutic Storytelling; and Healing Stories for Challenging Behaviour. Borrow from the parent library or order your own copy at <http://susanperrow.com/books/>

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Program at a glance

<p>Week 6: Monday 4th June 7:00pm – 9:00pm</p>	<p><i>Godelieve Hofman-Verkuy:</i> How to Raise an Emotionally Intelligent Child</p> <p>www.trybooking.com/UNTS</p> <p>Note: There will also be a six-part series offered – see further down for details</p>
<p>Week 6: Wed 6th June 9:15am – 11:00am</p>	<p><i>Diane Tatum: Eurythmy:</i> Building Health, Harmony and Intelligence in Children (and Adults!)</p> <p>www.trybooking.com/VUTE</p>
<p>Week 7: Wednesday 13th June 7:30pm – 9:00pm</p>	<p><i>Lisa Devine:</i> Understanding the Pre-Adolescent Journey</p> <p>www.trybooking.com/VUSX</p>
<p>Weeks 7, 8, 9 Term 2 (June 14, 21, 28) Part 1</p> <p>Weeks 2, 3, 4 Term 3 August 2, 9, 16 Part II Thursdays 7:00pm - 9:00pm</p>	<p><i>Godelieve Hofman-Verkuyl:</i> Tuning Into Kids Six-Part Series</p> <p>\$210 pp, \$360 per couple (a further discount applies to Kamaroi parents)</p> <p>Bookings and Enquiries: Godelieve on 0425 256 989 or info@goodfamilylife.com.au</p>
<p>Week 8: Friday 22nd June 9:00am – 11:00am</p>	<p><i>Vanessa Snaith:</i> Winter Creative Communion</p> <p>www.trybooking.com/VUTF</p>

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How to Raise an Emotionally Intelligent Child

Presented by Godelieve Hofman-Verkuyl

Monday 4th June, 7:30pm – 9:00pm

www.trybooking.com/UNTS

Would you like to learn how to:

- Support your child, even when they behave in really challenging ways?
- Help your child to manage their emotions, including anger and anxiety?
- Help to prevent behaviour problems in your child?

In this 90 minute presentation you will learn:

- What Emotional Intelligence is and why it is important
- How behaviours are connected to an emotion
- Tips and tools to help your child recognise, and regulate their emotions
- Strategies to manage challenging behaviours e.g. aggression and anxiety

This presentation provides you with an introduction to the Tuning into Kids course, which will be offered to parents at Kamaroi over 6 nights in June and August 2018.

This evening will be presented by Godelieve Hofman-Verkuyl, an ex-Kamaroi parent. Godelieve is an accredited and highly experienced Parent and Youth Educator with over 15 years' experience in assisting families in creating respectful, understanding and supportive relationships between parents and their children. For more information visit www.goodfamilylife.com.au or contact Godelieve on 0425 256 989



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

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Eurythmy: Building Health, Harmony and Intelligence in Children (and Adults!)

Presented by Diane Tatum

Wed June 6th 9:15am – 11:00am

www.trybooking.com/VUTE

Why do children learn Eurythmy? So their learning - in all subjects - can come alive inside their bodies and grow with them as they grow. Eurythmy is the Language of Creation-Forces ~ a magical language that helps us (grown-ups, too!) to develop the capacities of being inwardly alive, focused and creative in life and learning.

This workshop will explore the many ways that Eurythmy can foster health, social awareness and intelligence through a body-based, experiential format. Starting with Kindergarten Eurythmy and moving up through the classes, we'll get an 'insider view' of the human capacity for imitation (the life-body in action), and explore new realms of awareness from the ground up.

Please wear comfortable clothing and bring a sense of curiosity and fun.



Diane Tatum has been in love with Eurythmy for 40 years.

She began teaching Eurythmy, Music and Drama at the Rudolf Steiner School in New York City in 1982, having completed the 4-year professional training in Hamburg and in Spring Valley, NY. In 1988 she was recruited by Else Klink to join the Stuttgart Eurythmeum as a professional stage artist, performing internationally. Diane first came to Australia on tour with the Eurythmeum in 1989. She then worked for several years in Germany with Therapeutic Eurythmy in Special Education schools as well as in clinics, hospitals and disability services. Diane settled in Australia in 1994 and began working as Professional Development consultant, teaching at Glenaeon, Kamaroi and tutoring in

Child Development at Sydney Rudolf Steiner College. In 2007 she completed an MEd in Education at UTS. Diane is renowned for her work with teachers at the Glenaeon Curriculum Intensives each year and for her production of Curriculum Resources for teachers worldwide.

Diane is also an award-winning children's music producer of 'The Magic Garden', (NAPPA Award), and singer-songwriter for 'A Flower Fairy Alphabet' (Parents' Choice Gold Award). The Magic Garden has now been translated into Chinese. Diane's big, new dream is to harness the power of Eurythmy for environmental change.

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

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Understanding the Pre-Adolescent Journey

Presented by Lisa Devine

Wednesday 13th June, 7:30pm - 9pm

www.trybooking.com/VUSX

The pre-adolescent phase can often prove challenging for parents. What can you expect? What's 'normal'? How can you meet the needs of your child during this stage? Come along and gain a deeper understanding of this phase of childhood development. Bring your questions, concerns and challenges.

Lisa Devine is the 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 an Eurythmist and has deepened ever since. She has 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.



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Winter Creative Communion

Presented by Vanessa Snaith

Friday 22nd June, 9:00am – 11:00am

www.trybooking.com/VUTF

Some artistic soul food through painting, drawing, making and story (AKA Steiner for grown-ups!) Absolutely no prior experience necessary. A space to tend your inner forces and fortify. Connect with the nature and soul spiritual processes we meet in this deepening time in the cycle of the year.

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.

