

The Three Rs: Routines, Rituals and Rhythm.

At this talk, Rowena will introduce the fundamentals of her book, *The Three R's*. The Three Rs' is a very practical resource designed for busy parents of children aged 2 to 12 years. It offers easy to apply tips and strategies on how to organise your family life by using routines, rituals and rhythm – especially helpful at those demanding times such as getting ready in the morning, after school, homework time, meal times and bed time.

Whatever a family's make up, children thrive within a stable environment. By following a few simple steps, you can create a calmer, more orderly daily life for your family, while enjoying your own unique brand of togetherness and shared values.

All children can and will benefit from routines, rituals and rhythm.

Talk by Rowena Parkes

Date: Thursday 23rd October

Venue: Morning Star Kindy

Time: 7pm

Rowena Parkes

Rowena Parkes runs a parenting and education service based in Coffs Harbour which provides a private training and coaching consultancy to help parents and teachers to achieve the best outcomes for children, within families and schools. Her approach is based on the latest research, backed up by 30 years experience of working with children and adults. She

has a strong track record in training and assessing teachers, facilitating workshops in professional development, and providing expert consulting to parents and families.

Rowena feels passionate about the vital years of childhood. This is a formative time, and what we do as educators and parents can make a big difference. In her parenting and professional development workshops, she treats everyone as both a teacher and learner, and as bringing something important to the group.

Working with families, Rowena helps parents to apply practical strategies that reduce the stress in family life today, providing positive alternatives for those seeking to change parenting habits that aren't working.



Chrysalis School Assembly In Maam Gamambiya

Week 5

Date: Friday 7th November

Venue: Maam Gamambiya (School Hall)

Time: 9:30-10:15am

Morning tea

10:15-10:30 am

*To be followed by the talk
'Parenting Your Child between 9 and 12 years'*

Parenting Your Child Between 9 and 12 years.

James will talk on the period of childhood (spanning birth to 21 years), focussing particularly on the changes which occur in the child during the 9th and 10th year. This can be a challenging and confusing time for parents and teachers of these children and it is important to work consciously with the child during this time as foundations are being laid within the child that can help or hinder how they meet adolescence.

Talk by James Deefholts

Date: Friday 7th November

Venue: Maam Gamambiya (School Hall)

Time: 10.30am following the assembly)

James Deefholts

James Deefholts is the Class Two teacher and is currently completing his second round of class teaching. He was trained at Parsifal College in Sydney and UNE (Armidale) and is passionate about conscious parenting as well as deepening his understanding of education as preventative medicine. He is the father of an 12year-old, 10 year-old, a 4 year-old and a 1 year-old.

Events during Term 4

"Celebrate Chrysalis"

Planning Meeting

Date: Monday 10th November

Venue: Morning Star

Time: 7:00pm

Final Year Leaving Project Presentations

Date: Friday 28th November

Venue: Maam Gamambiya (School Hall)

Time: 6.00pm sharp.

End of Year Music Concert

Date: Wednesday 3rd December

Venue: Maam Gamambiya (School Hall)

Time: 6:00pm

"Going Up" Ceremony Kindergarten to Class 1 2015

Date: Wednesday 10th December

Venue: At River Song Kindergarten



Chrysalis' Life Long Education Programme

Chrysalis aims to provide experiences to deepen parent's understanding of Steiner Education through a variety of experiential experiences and group interactions.

Check out our website for more details:

www.chrysalis.nsw.edu.au



CHRYSALIS
STEINER SCHOOL
educating the whole child



Information

Talks

And

Workshops

Term 4 2014