



Registered Charity no. 284833

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PRIMARY NEWS

Autumn 2008

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WELCOME

Dear Parents,

Welcome to the Autumn Newsletter. It is the start of a new term. A child was observed waving his arms near the cloakroom. When asked what he was doing; he replied "*I am catching the wind*". This offers up the realisation that each of us have a personal responsibility to create the right climate for each child to 'dance like flowers in the wind'. Our daily mood makes their weather. It can be a tool for inspiration, joy, or de-escalation in a crisis. The climate is not just what happens outside the classroom.

We offer a warm welcome to teachers, parents, cares, and friends of Sunrise. A special Autumn greeting to all Primary and Nursery school children. Some children will be moving into a new class; others applying for Secondary Schools. A very exciting time. We look forward to parental involvement, and a ver productive term for all at SUNRISE.

Please update us on any new information relating to your child(ren).

Note: If your child is absent, please ensure you inform the nursery staff on the day, before 10 a.m. School starts at 9 am. Vegan / Vegetarian lunch only. Nursery supported by the vegetarian Society

PRIMARY SCHOOL UPDATE

TERM DATES (2008-2009)

Autumn Term: 2ND September 2008 - 22nd December 2008
Half Tern: 27th to 31st October 2008

Spring Term: 6th January 2009 - 2nd April 2009
Half Term: 16th- 20th February 2009

Summer Term: 21st April 2009 - 16th July 2009
Half Term: 25th to 29th May 2009.

Bank Holidays: 25th & 26th December 2008. 1st January 2009. 10th & 13th April 2009 , 4th May 2009, 25th May 2009, 31st August 2009.

TIMETABLE:

Monday

French with Elly in the afternoon. Music with the Hildegards. Singing with the Nursery and Reception class. The recorder with Meeta's class. Please

remember to bring in your recorder to each lesson. Also children taking piano lessons remember your piano books.

Wednesday

Sports Hall - Please bring your trainers.

Thursday

Swimming - swimming caps, towels etc **essential**.

STAFF ARRANGEMENTS - PRIMARY SCHOOL

Arunee Teaching four days in the Nursery Class

Shuma Teaching full time in the Nursery Class

Aradhana Teaching full time in the Nursery Class

Yvonne Teaching full time in the Reception Class

Millie Teaching full time in the Reception Class; also covering the After School Club.

Laura Teaching the older children with **Meeta** part time.

Meeta Continues to teach the older class full time.

Kameshana Will cover art classes for reception and Primary School once a week.

Mohan Teaching maths and woodwork.

Elly Teaching French.

Hildegard Teaching music. Older children the recorder and singing with nursery and reception classes on Mondays.

Donna Driving the mini buss in the morning and afternoon.

Meeta Is the Head Teacher and Child Protection Co-ordinator for the Nursery and Primary School.

Didi Is the school Principal and offers on-going support as and when required.

Note: Didi is away 17th September to 22nd September and in Germany from 6th - 9th October 2008. Yvonne will be taking a first aid course this year and will become the designated First Aid Officer for the Primary School.

CURRICULUM REVISION

MEETA'S CLASS

Lead Teachers - Laura & Meeta

SCIENCE: Teeth & keeping healthy
Electricity (circuit & Conductors) Laura

HISTORY: World wars (First and second) Meeta

GEOGRAPHY: Investigating locality around the school with the student volunteer research programme (STUVOL) Laura.

ENGLISH: Creative & Guided writing - Laura
Grammar, Spelling, Comprehension - Meeta

MATHS: Place values, symmetry, addition, subtraction - Meeta.

RECEPTION CLASS (Year 1 & 2)

Lead Teachers - Millie & Yvonne

Welcome to new students Bryn and Ruben

AUTUMN THEME: ME , MYSELF AND I

September Me, myself and I.

October People in the Community

November Universal family of God (Parents are asked to participate and contribute. Please discuss with Millie and Yvonne.

December Space

AUTUMN NEWS UPDATE

New computers purchased for the older class with funds raised from Carol singing in previous terms together with £200 raised from the Photography session and £200 from the Cultural Dinner. Thanks to all who were able to support,

FEE INCREASE of £5 per week. All nursery parents / carers are required to pay the full term fees of 46 weeks from September 2008 to August 2009. No exceptions.

Shuma will be taking NVQ (Lv3) this term. Shuma will also be getting married at the end of term. *Many Congratulations!!!*

DVD available to buy. This short film on DVD was made in October 2007 and shown at the vegetarian dinner. Cost of DVD £5. Copies available from Meeta.

Visits to Epping Forest for all children, from Nursery to Senior class. These school outings will be organised throughout the school year. Please see notice board. **Consent forms must be signed.**

Carol Singing at Highbury & Islington Station. An annual event in December with Meeta leading on guitar. Come and sing with the children. All Parents/ carers and friends of Sunrise welcome to take part.

WELCOME TO NURSERY NEWS

(In Blue. More Primary new follows.)

NURSERY TIMES

Please ensure children arrive by 9:30 am to enjoy morning circle time and are collected by 4:00 pm. If you would like your child to remain at the Nursery after 5:00 pm please inform Didi (extra charge for staying beyond this time).

Circle time with Kirtan and meditation strengthen relationships with each other and give an understanding of the universal family. It also give meaning to a spiritual development.

Reminder: to have a spare set of clothing, nappies and wipes available on your child's peg each day. Also use cloth bags for health and safety reasons. **No Plastic bags in the changing room.**

Keeping in line with OFSTEAD requirements each child to be signed in / out by a parent or carer, with arrival and leaving time clearly stated.

We have four new young ones in the nursery. Do you have any sensory toys for younger children? The Nursery staff would appreciate these. Please ensure they comply with the statutory safety standards and are age appropriate; natural, safe, clean, ready to touch, feel, smell, taste and hear.

There will be a natural settling in period for new children. Arunee, Shuma, Aradhana will encourage the older children to play with and support the newcomers.

There is also a little friend on the window sill as you walk up the stairs. Tucked away on the soil, you may see signs of munching on some leaves. Welcome to all.!!!

Staff Training - Monday November 3rd 2008

NURSERY TERM DATES (2008-2009)

Autumn Term: 11th August 2008 - 18th December 2008
Half Term: 27th & 28th October 2008

Spring Term: 5th January 2009 - 3rd April 2009
Half Term: 16th & 17th February 2009

Summer Term: 14th April 2009 - 17th July 2009
Bank Holiday: 4th May 2009
Half Term: 25th and 26th May 2009.

AUTUMN NURSERY TERM

Sunrise Nursery follows a curriculum based on the 'cycle of life'. Children use a variety of activities to develop creativity and learn about the world around them.

Staff include stories, drama, singing, art and crafts as part of the learning process. The Weekly Lesson plans offer learning opportunities across all areas of the Foundation stage curriculum.

The Monthly themes are:

September ANIMALS
Farm, jungle, pets.

October MYSELF AND MY FAMILY
Body parts, growth, senses, family members.

November PEOPLE AND THE COMMUNITY
To look at various communities.

December PEOPLE AROUND THE WORLD
Other cultures and celebrations, food, lifestyle and music.
Children are asked to bring in family photos.

THE ROLE OF THE NURSERY TEACHER

A nursery Teacher is an adult in a world of children. Automatically a model in a position of authority. A teachers' choices, values, and behaviour directly impact on the children. To what degree this is considered 'important' depends on how each of us define the purpose of the school and education itself.

The Teacher as a technician is supported by the current facts: anyone trained to the right academic standard, and pass the appropriate exam can become a nursery teacher.

Nursery teachers however are more than technicians. Non technical qualities play an important part in neo-humanist education. A nursery teacher need to also:-

- ◆ Show respect and engender it in others.
- ◆ Be a role model for a child.
- ◆ Promote a love of learning.
- ◆ Be perceptive and intuitive in discovering a child's needs and talents.
- ◆ Show kindness, patience, humility.
- ◆ Be creative in diffusing conflict.
- ◆ Inspire and be inspirational.

Adapted from Gurukula network Vol 1.

WHY BABA NAM KEVALAM MEDITATION

Adopted from Gurukula Network Newsletter. Vol 3.

As you think, you become ... to focus the mind in meditation it is a common practice to use a 'mantra' or specific words. At Sunrise the **mantra "Baba Nam Kevalam"** is used. It is a Sanskrit mantra that means "**Love is all there is**" or "**Love is everywhere**". Baba means beloved (it is the world in many Indian languages for father, and many gurus are called 'Baba'). Nam means vibration. Kevalam means "only" or "all". Put together at the heart of everything, only love exist.

Sunrise schools consider Baba Nam Kevalam a universal mantra because it does not call on a specific god or goddess. Meditation in a group raises a special vibration - the individual result increases greatly when the collective effort is good.

Chanting Mantra out loud before meditation is called kirtan. Followed by yoga postures which promote flexibility, helps all the organs of the body, massages the lymph nodes which is known to strengthen the immune system and heighten resistance to disease. For older children, yoga tones and balances the hormonal secretions and glands such as adrenal, thymus, thyroid. These hormones have an effect on growth, mental development and on emotions. Yoga calms the mind through regulated breathing.

The practice of meditation in the classroom depends on the age group. Nursery children learn through stories, songs and games. They might have a story about sitting so quietly that a bird makes a nest in their hands, or they may begin visualisation (studies have shown visualisation is important for building neuron pathways in young minds) or sing or keep their eyes closed to develop the skills of inner reflection.

We offer up the possibility for all to mediate - five to ten minutes each morning.

Links – Events

SHOPPING ON LINE

Visit www.sunrise.org.uk/shops and use the hyperlinks whenever you buy a book through Amazon or shop at HMV / John Lewis. Sunrise will receive a small commission to support its work. The price you pay and choices available will be exactly the same as if you had visited the store independently.

EMAIL CONTACT - We need your email addresses in order to forward newsletter, minutes and other information. Visit www.sunrise.org.uk and fill in the contact page or leave your details at the school.

CULTURAL PROGRAMME - To be confirmed.

PARENTS MEETING -Tuesday 21st October 2009 at 4:45 pm - 6 pm , in the Reception classroom.

FOOD FOR ALL

3 Cazenove Road, Stoke Newington, London N16.

Tel 070 8806 4138

Mon - Fri 9 am - 6 pm

Sat 10 am - 6 pm

Sun 11 am - 4 pm

Popular vegetarian wholefood shop with complimentary medicine, herbs and spices. Over 2900 brands of herbal remedies and dried herbs sold by weight. Chilled section with many vegan products. A great notice board, full of information. This shop is run by the Amanda Marga Charity who are active in helping communities around the world.

SUNRISE FARM IRELAND

Contact: Didi Ananda Prama,

Email: sunrisefarm@eircom.net

Visit www.sunrisefarmireland.org

or write to: Sunrise Farm, Derroran, Whitegate, County Clare, Ireland.

Women's Yoga Weekend September 19, 20, 21. Contact Sunrise Farm direct to book or for further information.

CHILDREN'S HOMEOPATHIC CLINIC

Homeopathy is a widely used system of medicine which treats the whole person. It is known to boost energy, health and vitality. Homeopathy treats the causes of illness, not just the symptoms. Remedies stimulate the natural tendency of the body to heal itself. A children's Homeopathy clinic runs at the nursery three Saturdays each month. The clinic aims to make Homeopathy available to all families, by keeping the costs as low as possible.

First consultation: £15. Follow up £10 per session.

For an appointment, please contact Food For All on 020 8806 4138.