



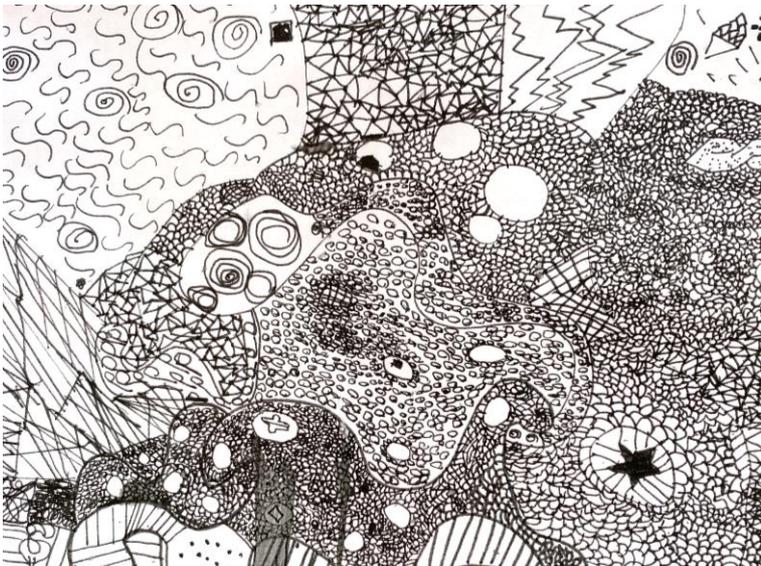
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## Froebelian Occupations in action

The juniors have an occupations afternoon on a Friday. All three junior classes amalgamate and split up into groups of about 6 children to work with an adult doing different occupations.

This term we have been doing Woodwork, Sewing, Cooking, Gardening and Herbalism. Learning traditional skills in this way is really worthwhile and gives children a chance to work in mixed age groups and with different teaching staff including Mark Hunter.

Another occupation which happens in school every week is "Blackline Work" which develops hand-eye co-ordination concentration and handwriting skills. There is a wonderful display of blackline drawings up in the Elders Classroom at the moment.



Our Tree Nursery

The Gardening group this week built a "Tree Nursery" for all the trees planted from seeds following our session with The Children's Forest last term.



**The LEMON BALM**  
 The Pleasant Fever Breaking Herb

It's hard to think of a more perfect herb for children than lemon balm. It is easy to grow and has a delicious taste and lemony smell. Lemon balm eases simple colds, fevers, coughs and flu. It is also very relaxing.

**Lemon Balm Plant**

**USE LEMON BALM FOR:**

- fevers
- colds, flu
- coughs
- nervousness, whining or crying
- lice (also, 100%)
- wounds and sores

**Latin Name:** *Mentha officinalis*

**Four Uses:** leaves

**Energy and Taste:** cool energy

**Dose for Children:** taste several cups of the tea a day. For fevers, colds and flu, drink 1/2-1 cup every 2 hours until the fever or cold breaks.

**Make as a:** tea, tincture, syrup, steam pillow, sun tea, pill powder, poultice, salve, mouthwash, poultice, bath, capsule, skin tea, pillow, steam pillow, mouthwash, poultice, bath, fomentation, oil.

**TOUCH AND FEEL**

Feel the stem of a lemon balm plant square stem?

Pick some lemon balm leaves. Now rub between the palms of your hands. What do your hands smell like? Bite off one leaf and chew it. What is its taste like?





'Through woodwork children will be learning skills that will help them shape their world'  
Learning Through Woodwork Pete Moorhouse 2018

## Kindergarten Woodwork

The Kindergarten have re-discovered their woodwork bench.

Here are some of the wonderful things they have created and their comments ...

*“ Look...look what I made.*

*I put those little things inside and it shakes.*

*I made it with Jazmin. It's called Pressie, it's for my Mummy.*

*They are a special kind of pea called brown peas.*

*I made a camera to go exploring. Judith*

*I made a camera as well to go exploring in my bedroom.*

*When you turn the bit in the middle it makes it a bit louder and easier to see. ”*



### Menu for next week:

Monday: Pasta & veggies

Tuesday: Jacket potato, beans, cheese + hummus

Wednesday: Enchiladas with veggies

Thursday: Winter veg soup with sourdough

Friday: Packed Lunch