

## Who are these sessions for?

This course of 6 workshops has been designed especially for parents and Assistants new to Steiner early education and whose children attend the Steiner Academy Exeter (SAE). It will provide a good grounding in the theory and practices used in the first 7 years at a Steiner school and aims to help families get the most out of school life and its community. Please contact reception to register your interest. (01392 757371, admin@steineracademyexeter.org.uk)

## What is the aim of the course?

The sessions aim to develop confidence, understanding and a greater ability to engage with children in an imaginative and creative way. A resource list is distributed at each session and a wide selection of books and related material will be on display for reference.

Working in a relaxed and friendly environment, participants will learn songs to sing with friends and children; the art of story-telling and puppetry for many occasions; simple seasonal handcrafts made with natural materials. There will be regular opportunities for group discussions as questions arise from each session's main topic.

## Structure of Course

The sessions take place over three two day sessions, firstly in the afternoon from 1.30 – 5pm and the following day from 10 – 1.30 pm. Each session covers a special main topic

## Course Main Topics

1. Child development – What is it to be a child and how can our approach be one of enlightened understanding
2. Rhythm, Repetition and Reverence – Why are these qualities of primary importance for the young child.
- 3 Play – What do today's children really need for their imaginations to grow healthily and why does digitalisation pose such a threat.
4. Discipline – A compassionate approach to meeting and setting boundaries for a harmonious family life.
5. Mealtimes – Growing, preparing, cooking and & making meals with a young family.
6. Festivals and Celebrations – How can the cycle of the year and birthdays become enlivened and bring a deeper significance to family life.

## Dates are as follows:

Session 1 – Tuesday 24 October 2017

Session 2 – Wednesday 25 October 2017

Session 3 – Tuesday 13 February 2018

Session 4 – Wednesday 14 February 2018

Session 5 – Tuesday 29 May 2018

Session 6 – Wednesday 30 May 2018

## Session Format

Welcome, Adult songs, Verse

Seasonal Songs, Ring time, Finger Rhymes and Poetry

Seasonal stories, Puppetry

Main Topic & Discussion

Break for refreshment

Seasonal arts and crafts

## Price of the course

£150 for all 6 sessions. Including refreshments. Cost can be paid in instalments. We are able to offer financial support if you receive (or would receive) free school meals for your child.

## Why is a course like this valuable?

Many parents feel challenged by the prospect of their child starting school. A Steiner school is not like any other form of education and is an opportunity to re-experience your child's growth and development in a completely different way. This course hopes to bring together kindred spirits in a warm and friendly environment creating greater confidence and resourcefulness when working with young children.

On completion of the course a Certificate of Attendance will be given.

## Course Leader

Joy de Berker has been involved in Steiner education since 1987, first as a parent of children attending a Steiner school and subsequently in 1990 as a qualified practicing Steiner Kindergarten teacher.

She has for many years been a visiting lecturer at College and University teacher-training departments and has offered advice and practical support for many new Steiner teachers and initiatives.

Joy is the course leader of the family development course *Education for a Happy Childhood* and the new series *Challenges of Childhood* in Bath . She has also been the co-ordinator of the Bath Steiner Study Group since 1997.

Now a mother of five grown up children and grandmother, she divides her time between her family, her commitment to Steiner education and her work as a painter and stained glass maker, Joy's special interests lie in music, the natural world, art, cooking and language.

## What is Steiner Education?

Steiner Education is the fastest growing educational movement with over 1,200 schools in 60 countries and 2,000 Kindergartens worldwide. It provides educational facilities for children from birth to eighteen years. In many countries these are fully or partially state funded. The first (Waldorf) Steiner School opened in 1919 as a non-denominational, free school inspired by the work and direction of Dr. Rudolf Steiner, an Austrian scientist, philosopher and educationalist that lived from 1861-1925.

Steiner's goal was to work with both the social and anti-social impulses of the human being towards a healthy and meaningful social life, relevant to the needs of the time. He realised that much of education was unrelated to life and the relevant stages of child

development. The imbalance between a healthy intellect, a loving heart and a strong physical body could be rectified by a new social order and art of education.

## Testimonials from past courses

"The course I attended was an inspiration. There was a wealth of material, hands-on craft, wonderful puppet shows and a lovely space in which to experience some of what is offered to children in Steiner education" *S. Ware, Devon*

"Everything was made so lively and interesting. I really looked forward to going each month" *G. Clay, Cardiff*

"I gained so much confidence in so many ways and found I went home refreshed and enthusiastic" *C. Wheeler, Glos*

## What you will need for each session

Pen and paper plus a folder for handouts.

A small amount of preparatory reading prior to each session to inform the main topic.

## Some suggested reading

*You Are Your Child's First Teacher*  
*R. Baldwin-Dancy*

*Work and Play in Early Childhood*  
*F. Jaffke*

*Families, Festivals and Food*  
*D. Carey, J.Large*

*Education Towards Freedom*  
*F. Carlgren*

## For further information contact

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# The Steiner Academy Exeter Introductory Course



A series of six sessions introducing the theory and practice of Steiner early years education and its important contribution to childhood today.

Suitable for all adults who wish to work with children aged 0 -7 years in a creative and imaginative way

**JOY DE BERKER**

