



The Kindergarten  
at Rosemary Hill  
a waldorf nursery school est 1977

Issue 2—28 October 2016

## The Kindergartner



*Toddlers playing on the jungle gym in the garden outside the Baby & Toddler room.*

We are in the last stretch of the year with only 6 weeks left until we break for the long summer holiday.

The children are enjoying the warmer weather, and the gardens at The Kindergarten have been transformed into a lush green paradise after the rainfall over the past week. Please remember to lather those tender toddler skins in a high factor sun screen before school every morning!

Some administrative reminders:

- Debbie & Sharné's classes will be performing their Christmas play on Wednesday, 7 December, the last day of school. After the play, Sharné will hand her Grade R-class and their

parents over to Hayley at Class 1. An invitation was sent out to each family with all the finer details of the day.

- School officially closes on Wednesday, 7 December, but The Kindergarten's holiday programme will continue until Friday, 15 December. If you intend to let your child attend school during this period, kindly inform Jeanette on 082 495 3579, or Thea in the school office on (012) 802 1175. The Kindergarten will open again on Wednesday, 11 January 2017.

- Please remind any friends or family members that we are still accepting applications for next year.

The more, the merrier!

- Please register on the My School-programme. Enrolment is free and every cent contributed through this initiative makes a difference. Please visit [www.myschool.co.za](http://www.myschool.co.za) to get your application form and start swiping your card for our school!

As mentioned in the previous issue of The Kindergartner, I would like to encourage you to please send any comments, complaints or queries to [info@thekindergarten.co.za](mailto:info@thekindergarten.co.za) You are also welcome to contact me with any suggestions for features or discussions on certain topics that you would like more information on.

## Rhythm & Routine

Even though I have been a parent at The Kindergarten for the past seven years, I am still struck by the stunning simplicity of the interior at a Waldorf nursery school. I remember walking through the doors of the nursery school for the first time, taking in all the muted colours, the mostly handcrafted toys made from natural materials, the lovingly put-together nature table and the attention to aesthetics inside the beautifully adorned class rooms.

My eldest had spent some time in a mainstream nursery school and the difference in atmosphere and approach could not be more visible. Not that I am criticising other education systems; there are other excellent early childcare options available. I would like to explain what I have come to understand from the Waldorf approach to early childcare.

Some of the most frequent questions I get asked when showing new parents the beautiful baby and toddler room at The Kindergarten are: "What does the Waldorf curriculum entail for the little ones?" "How will you be stimulating them?"

The main objective in our Baby & Toddler-room is to imitate life at home with a parent (usually a mother or grandmother) who provides a warm and nurturing environment in which a child can thrive, feeling loved, secure and encouraged by a natural daily, weekly and seasonal rhythm. Most parents understand that some measure of routine at home helps a young child feel secure in the knowledge of what they can expect, and what is expected of them. Most of us have also had to deal with the rapidly flaring temper of a tiny tyke who is suddenly unsettled, or even unnerved by an unexpected break in routine.

So, the Waldorf curriculum for the early childhood children is as simple as that: doing daily activities and light chores (baking, sweeping the sand back into the sand pit, setting the table for a meal, clearing the dishes after a meal) in the company of warm and caring adults as it might have happened at home.

The daily rhythm will be the same every day, and the following is an abbreviated version of the routine in the Baby and Toddler-room:

06:30 – Free play inside

08:00 – Breakfast

08:30 – Circle (verses, singing, baking, gardening, etc.)

09:00 – Outside play & sandwiches (weekly painting)

11:20 – Lunch

12:00 – Resting time

13:30 – Home time

This daily rhythm, with a measure of flexibility creates a safe haven for the children in which to play, explore and discover and use their imagination. From the daily rhythm to the weekly and seasonal rhythms, each with its own customs and celebrations, the children become part of a 'family' in a home away from home.

Children blossom when there is order and simplicity and in following a routine, they gain a sense of stability and reassurance.

It is therefore important to build a good relationship with your child's teacher or carer, to minimise the gap between home and school and help the caregiver gain insight into each child's personal world.

