

*December 2007: This letter was sent to parents to inform them of the range of activities their children were experiencing in the Seniors Programme...*

Dear Parents,

As we draw to the end of a busy term we would like to share with you some of the experiences we have shared together in the seniors.

This term in greenwood work, along with all of our usual activities of sawing, splitting and stacking firewood and making charcoal, hammers and beautiful benches



(which have kept us busier than ever!), there have been several other tasks to work on. A lot of work has gone into clearing and tidying areas around the workshop, improving our working environment enormously. We have begun coppicing a lot of hazel, serving the dual purpose of managing the trees and providing us with the materials for many jobs. There has been much work on the transformation of one of our structures into a

‘tearoom’ area for break time. All in all it has been another busy term.

We have some new workshops and lessons this year. In bike maintenance the students and co-workers are responsible for the maintenance and repair of the houses’ bikes. In archery, everyone practices aiming and hopefully hitting the bulls eye! Some children from the lower school join this lesson for short periods and our responsible seniors are good roll models to them.



The weavers have been very busy. Between them they have made 3 scarves, 3 cushions, a bag and a pom-pom, with more work in progress.



Some of our third year students have been having individual life skills lessons in which they have practiced cooking a meal for themselves in our training kitchen.



Also a group of students has been going for off-site life skills sessions, where they have practiced, for half a term, shopping, using the bank, the post office, trains, buses and everyone's favourite, the café! They have been swimming for the other half term to a local leisure centre where they especially enjoyed the Jacuzzi!

On Friday mornings we come together and have a weekly assembly during which the first years' Eurythmy work and the second and third years' main lesson work is brought together. We practiced sword fighting and protecting others from the dragon during Michaelmas. We enacted St. Martin cutting his cloak in two and sharing it with the beggar during Martinmas. We have also experienced our senses and learnt about the different temperaments. Each student has the chance to shine and to perform in front of everyone. We are discovering some natural performers!



The assembly is followed by our café which is prepared by one of our older seniors and served by them too. Our cakes and biscuits are made by our baking group and are delicious. It is very lively, with 30 to 40 people, and a wonderful learning experience in how to queue up!

Finally, we have experienced our beautiful Advent Lemniscate during which we carried our candles and placed them in the moss.



This is a snapshot of some of our rich experiences in the seniors this term. We hope you have a good holiday and send you all our best wishes from everyone here at the Sheiling School.

Helen Vuilleumier (Seniors Programme Co-ordinator)