

*Dear Everyone,*

*May I ask your forgiveness as I use my final guest spot in the Friday Flyer to indulge in some reflections about how special Michael Hall is.*

*As I head into my final week here, I am loving watching preparations for the May Festival, with children busy practising their Maypole dancing. As I write, the Youth Eurythmy Festival is well under way with schools joining us to celebrate in this truly special element of the Waldorf curriculum. We eagerly anticipate the arrival of a Rainforest tribe for our special Huni Kuin culture visit. So many wonderful opportunities, all framed by these gorgeous surroundings showcasing the springing of the warmer seasons beautifully.*

*Can I please finish by saying thank you. To my team, my colleagues on SLT, the teachers, the friends I have made and the community that has shown such warmth and support over the last 3 years. I look forward to hearing how you are all getting on, and will definitely be back to visit! I wish the School and its community the very best.*

*So long, and thanks for all the fish.*

*Liz James  
School Business Manager*

# Upper School Spring Festival

To view more work and reflections from parents, please visit our [‘Inspiration’](#) section of the website

## The Destruction of Hedgerows

By Helena

GCSE English Presentation

I feel quite passionately about Climate Change, but there have been thousands of speeches to do with Climate Change as a general topic, so I decided to focus on a less well-known element of the climate. The topic I chose is the Destruction of Hedgerows. Not many people really know the importance of hedgerows, what they do for us, for animals and for insects. I believe that people need to be educated on all elements of climate change, in order to know how they can help. Everyone can help, needs to help, the planet belongs to all of us.

Hedgerows are incredibly important for the ecosystems of the wild. 80% of British woodland birds use hedgerows as well as 50% of mammals and 30% of butterflies. These statistics only show a quarter of the animals and insects that use the hedgerows as homes, shelters and hunting grounds on a regular basis. Hedgerows can tell us so much about history, where boundaries were, how old the hedges are, and which plants were common hundreds of years ago; a treasure trove of answers to our questions. Most of us underestimate just how important hedgerows are, we see them every day, everywhere, so what's so special?

Thousands of animals depend on hedgerows to survive, but as the population booms, so does commercial farmland. Rolling green hills, seeped with pesticides, animals perish... Nesting birds, mice beetles, bats, butterflies, hedgehogs and other rodents need hedgerows to support them, as well as 12 rare species of bird, and other creatures, such as dormice, which particularly need natural help to boost their numbers. Hedgerows provide crucial corridors in the wild, stopping animals from becoming isolated and their numbers declining rapidly. Destroying hedgerows means both plants and animals will become extinct; the equivalent of murdering whole towns.

After ww2, 50% of hedgerows were lost, as agriculture became more widespread. 69% of England is agricultural land: it seems to make sense to close down small farms, take out hedgerows to create bigger fields that large machinery can get into. How wrong are those people who think like that? Think of the planet. There are about 500,000 miles of hedgerows in England, which sounds like a lot, but only a meagre 249,791 miles are managed properly, making them fit for animals. To add to that, around 1,616 miles of hedgerow is lost every year. Terrifying to think that in 309 years, there could be no hedges left in England. Unless we stop it. Work is being done, but they need us to help. In 2021, 5km of hedgerow was restored, while a further 15km was planted. It is estimated that by doing just that, 300km of wildlife corridors were reconnected. The aim is that by 2050, 40% of Britain's lost hedgerows will be put back, this shows just how much we have tragically lost. Although work is being done, show support; manage hedgerows if they're on your land, plant a hedgerow if you can; but above all. Leave the existing hedgerows alone.

If we are appealing to vanity, fences are ugly. They spoil the landscape. Fences are also not as strong as hedges, and will need to be replaced, costing money and planetary resources. Fences do not support nature. They hinder it. Hedgerows can help us too, not just animals. They capture carbon, they improve the quality of the air, and they also help prevent flooding. Hedgerows may seem unimportant, but they provide a lifeline to many.

To conclude with, I repeat; hedgerows are crucial!

## Music

By Katya

GCSE English Presentation

I don't think music should be cut from schools or society. Music has a vast range of health benefits that people aren't even aware of. I cannot express the importance of music in society enough. I hope that I can give you a brief insight into the dangers of not having music in our lives and show you just how prominent the benefits of having it are. Music reduces anxiety, blood pressure and pain as well as improving sleep quality, mood, mental alertness and memory. I don't know about you but I think all these things are very important to have.

Firstly, music is an art of special emotional power. It engages our emotions on a much deeper level than many of us are aware of. The limbic system, which is involved in processing emotions and controlling memory 'lights' up when our ears hear music. The chills you feel when you hear a particularly moving piece of music may be the result of dopamine, a neurotransmitter that triggers sensations of pleasure and well being in the brain. Not only this, but music can also change the way we feel about ourselves and the way we relate to others. music makes us human and brings us together.

Secondly, music activates almost all of the brain. Did you know that listening to music and activating your brain so thoroughly could increase your mathematical capacity by 40%? Well now you do, but that's not all. There have been relationships spotted between high music grades and high mathematics, English and science grades, meaning that students who receive high grades in their music lessons also tend to do better in these other subjects as well. And there's more: it has been proven that students in secondary school who have played instruments for a lot of their lives are about one academic year ahead of their peers as proven by their exam grades. It has also been shown that learning how to play an instrument positively increases your IQ by an average of 7 points.

Thirdly, inside our ears we have millions of tiny hairs in our cochlea. Each of these hairs are finely tuned to detect every single sound frequency that is audible to the human ear. If you never listen to music, a lot of these hairs aren't used, and eventually can't even distinguish small alterations in the frequencies anymore. The less your ears are exposed to music, the less of a chance you have to ever resensitise the cochlea to these frequencies of sound ever again. You don't want to be a victim of this do you?

So, here's the big question, would it be better to fund proper music lessons in schools rather than pour all that money into extra academic tutoring? I will leave that up to you to decide!

## Maths Club Crossnumber Answers

Please find the answers to last week's crossnumber below:

### Across

1. 110110111<sub>2</sub>

4. 6 across - 13x6

6. The mean of 466,468 and 6 across

7. Levi's?

9.  $3x + 4317 = 5x + 3455$

1	8	7	2	9	3	4	
1			4	3	5	8	9
		6	4	6	7		
7	5	0	1		8	5	
5			9	4	3	1	

### Down

1. An odd square

2. A multiple of 2

3.  $7^2$

5. ??

6. Ali Baba's thieves

7. A multiple of 11

8. 100 - 3 down



# The Alchemist

class 7a



With Thanks to the sant Jordi Associados

Thursday 11th May 7pm

Friday 12th May 7pm

Michael Hall Theatre. Entry: donation



## Team Michael Hall is undertaking the Swim 22 Challenge!

Members of the team each need to swim 22 miles over the next 3 months. 22 miles works out at 708 lengths in a 25-metre pool, the equivalent of swimming across the English Channel! So far Mr Jones, Mr Dyer, and Ian Howard have joined the team. To sponsor one of them, click on the link below.

Mr Jones has organised this event to aid fundraising for Diabetes UK, a charity that works closely with individuals with diabetes to help improve their lives. The charity researches better treatments with a long-time goal of finding a cure for this condition. Last year, a child in our school was diagnosed with Type 1 diabetes.

<https://swim22.diabetes.org.uk/fundraising/teams/michael-hall-school>



# May Celebrations

## Lower School May Festival:

**Wednesday 10th May 11am**

We warmly invite you to celebrate May Day with classes 1 to 5, by watching the maypole dances on the South Lawn.

## Kindergarten May Festivals:

**Hazel Tree Kindergarten 5th May**

**Fir Tree Kindergarten 11th May**

**Oak Tree Kindergarten 9th May**

Timings will be shared by your Kindergarten Teacher.



## Welcome to the “Where are we now?” corner

Take a peek here every Friday to get a picture of where Waldorf Education takes our students in life.

After working in hospitality and events management, a student from 2014 has spent the last 5 years working in the film world as a Production Coordinator in London and now in Madrid.

If you have news of an old scholar that you would be happy to share, please let us know here:

[scholarsold89@gmail.com](mailto:scholarsold89@gmail.com)

## Alumni and Friends of Michael Hall School

We are looking for support to improve  
our Alumni database.

Are you:  
Confident with data entry?  
Willing to volunteer some time?

If so, please email Tatiana to register  
your interest:

[tatiana.sowter@michaelhall.co.uk](mailto:tatiana.sowter@michaelhall.co.uk)

## Job Opportunities

- Class Teacher
- Kindergarten Cover Assistant
- Bus Driver

Please click [here](#) for more information.

## Second-Hand Festival Clothes

We are opening a second-hand festival clothes cupboard and would love to receive donations. Items needed: **Black** and **white** trousers/skirts and tops, age 11 upwards, black shoes from size 1. **Green** trousers, tops, skirts, dresses age 6-11. **Red/Orange/Yellow** clothing aged 6-9 Please leave donations in Reception for the attention of Maria Finnemore.

# SPRING MENU

WEEK 3

	MON	TUES	WED	THURS	FRI
<b>SOUP</b>	Curried Cauliflower Served with Homemade Bread	Cream of Onion Served with Homemade Bread	Tomato & Basil Served with Homemade Bread	Mushroom & Tarragon Served with Homemade Bread	Chefs Choice Served with Homemade Bread
<b>MAIN</b>	Classic Beef Lasagne, Garlic Bread & Chefs Salad Box (G, MK, SE*)	Seasonal Vegetable Mixed Bean Pie, Puff Pastry, Crushed New Potatoes & Herby Gravy (G, MK)	Chicken Goujons, BBQ Mayo & Crispy Onions Hot Deli Brioche Roll, Sautéed Potatoes & Salad (G)	Quorn & Roasted Vegetable Fajitas, Sour Cream, Avocado Salsa & Sweetcorn Rice (E, G, MK)	Breaded Fish Fillet, Lemon & Watercress Mayo with Potato Wedges (E, F, G)
ALL DISHES SERVED WITH SEASONAL VEG OR CHEF SALAD					
<b>PUD</b>	Jam & Coconut Sponge (E, G, MK)	Fresh Cut Fruit Selection	American Pancakes with Chocolate Sauce & Berries (E, G, MK)	Fresh Cut Fruit Selection	Strawberry & Vanilla Ice Lolly
<b>STREET</b>	Spinach & Mushroom Lasagne, Garlic Bread & Chefs Salad Box (G, MK, SE*)	Tomato & Herb Pasta, Grated Cheese & Garlic Bread (G, MK, SE*)	Roasted Field Mushrooms, Garlic Mayo & Crispy Onion Hot Deli Wrap, Sautéed Potatoes & Salad (G, MK)	Creamy Pesto Pasta, Grated Cheese & Garlic Bread (G, MK, SE*)	Vegan Hotdog with Fried Onions & Wedges (G, SE*)

*Eat the Seasons*

ORGANIC

May Jersey Potatoes

Strawberries

Courgettes

**Go Vegan**

ALLERGENS KEY...

EE - EGG  
CR - CRUSTACEAN  
E - EGGS

F - FISH  
G - CEREALS CONTAINING GLUTEN  
L - LUPIN

MK - MILK  
MO - MOLLUSCS  
MU - MUSTARD

N - NUTS  
P - PEANUTS  
SE - SESAME SEEDS

SO - SOYA  
SU - SULPHUR DIOXIDE

CLASS 7 PRESENTS

# BRIC-A-BRAC SALE

WEDNESDAY 10<sup>th</sup> MAY

12:00 - 4:30

Clothes, books, toys, homeware, shoes etc. & FRESH BAKED SCONES





# Mansion Market

Kidbrooke Park, Priory Road  
Forest Row, East Sussex

**A wonderful market offering unique  
and beautiful crafts, gifts, artisan  
foods and much more!**

## 13th May 2023

**Free admission & parking 11-4**

email: [mansion.market@michaelhall.co.uk](mailto:mansion.market@michaelhall.co.uk)  
charity no: 307006 this is a fundraising event





**FUNDRAISING EVENT**

# HUNI KUIN TRIBE CONCERT

**10TH MAY | AT 7.00 PM - 9.00PM**



**EXPERIENCE THE MUSIC AND CULTURE OF  
HUNI KUIN TRIBE FROM THE AMAZON, BRAZIL**

**AT MICHAEL HALL  
THEATRE**

Tickets available here:





# CELTIC MELODY AND SONG

with Rhyll Godber

Three Saturday morning Sessions 10.00 – 12.30

May 13<sup>th</sup> June 10<sup>th</sup> July 8<sup>th</sup>

Welcome to the magical world of the Celts:  
music, dance, song...embedded within the  
wisdom of their culture. SING!  
take up these gifts; enter into the  
timeless power and beauty of  
these hidden treasures.

All are welcome

Venue: Forest Row Community centre, The Garden Room

Contribution: £30 for three sessions / negotiable

Contact: Rhyll Godber 07587 119 544 / rhyllgodber@gmail.com

*The wonder of music is to claim the heart so totally, as to  
cross all barriers, reaching in to the eternal.  
Song opens a pathway of love.*

We are a family joining Michael Hall School from September and looking for our new home. Our daughter is 12 years old, she loves to play the piano and adores juggling, long walks in nature and animals, especially our two dogs. We both work mainly from home, Gabor is a civil engineer and also a carpenter, Judi is a lawyer and also a Steiner teacher. We've been part of different Waldorf school communities in the past 9 years, we have friends at Micheal Hall too.

First we would like to get to know the area so now we are looking for a 2-4 bedroom house to rent for 6-12 months with the aim of buying a property in the near future.

Our well behaved dogs usually stay outdoors but spend the evenings and nights inside. They are friendly with people and fully house-trained.

If you have a property you are considering to let for a nice, tidy and reliable family please contact us via e-mail (gabor@topocrew.co.uk or judy.torok@yahoo.co.uk) or mobile (0750 650 3602 or 0753 500 8971).



"I'm important. I  
expect you to make a  
plan. I want  
certainty - not  
conflict & chaos!"



Create a co-parenting plan  
at [bestwaytodivorce.com](http://bestwaytodivorce.com)

+ Needle Felting Courses +  
with Cecily Kate



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& special offers. Subscribe today for **£10 off** your first course!



Treat yourself this May and expand your sense of peace  
... by creating something beautiful in wool

The Oast Studio, Hodore Farm, Parrock Lane, Hartfield, East Sussex TN7 4AR  
Cecily Kate 07961 239074 or Alison 07973 481341



# East of the Sun and West of the Moon

A beautiful and mysterious story of love from Norway

6TH MAY  
4PM

TICKETS: £10 ADULTS  
£5 CHILD

EURYTHMY WM  
STAGE GROUP

PEREDUR CENTRE FOR THE ARTS  
WEST HOATHLY RD, EAST GRINSTEAD, RH19 4RF

# EARTH AWAKE

7th MAY 2023  
7pm

HE WHO KISSES THE JOY AS IT FLIES. LIVES IN ETERNITY'S SUN RISE. / William Blake through Eurhythmy



Tickets:  
£15, £10 conc.

Eurythmy WM  
Stage Group

Peredur Eurhythmy, West Hoathly Rd, East Grinstead, RH19 4NF

## Sewing and Craft Workshops

SEWING & FELTING  
PAPER FLOWERS  
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Special Friday Flier offer - 15% off your first class.  
Use code FF15 [www.oaststudio.co.uk](http://www.oaststudio.co.uk)



## ADULT TENNIS LESSONS AT MICHAEL HALL

All lessons will have a focus on developing Tennis techniques to enhance your game, in a fun active and competitive way.

Each lesson will be designed to improve all areas of your game covering the technical and tactical aspects whilst improving your physical and mental health..

Days	Times	Lessons
Monday	8:15-9:15am	Cardio Tennis
Friday	08:30-09:45am	Mix Doubles, Tactics and Play

For more info and to book your space please contact [rosstennis@icloud.com](mailto:rosstennis@icloud.com)







CHILD & ADOLESCENT  
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- Depression Reduction Programs
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