



Notícias do Jardim

Brincar · Imaginar · Descobrir · Aprender

Editorial



Winter brought with it the harshness of nature, the intensity of the rain and the force of the gales, the cold, the darkness and the silence of the late nights.

Many leaves have fallen, many birds have migrated... An absence of life, in an apparent truth... and the earth can, at last, reveal itself in its essential nature.

The earth withdraws and, serene, shelters the flame of life.

It is now wholly earth, living fully within itself, in the depths of its roots, holding the light and the warmth.

In winter, in retreat,
The earth finds itself and waits,
in an immense and slow contraction
of Being.

Silent, in a long gestation,
it prepares for spring,
the rebirth,
a new time of expansion.

In winter, the earth and nature show us the way. They invite human beings to think, to reflect, to contemplate what they cannot see, to listen to what they can only sense. They invite us to value life, Being, and the warmth of the inner light.

The earth and nature, and through them the sky as well, invite us to value the Self and our inner world, placing ourselves at the service of the world and of humanity.

Irene Franco

Celebrations at our school

Advent

Advent is a time of waiting and preparation for Christmas, marked by contemplation, hope and a focus on the inner light. It is a period that invites calm, reflection and the appreciation of simple gestures.

This beautiful celebration begins with the Advent Spiral, a deeply symbolic moment experienced with great serenity. The children walk, one by one, along the path towards the centre of the spiral, carrying a candle which they light and place along the way. This

simple gesture represents the inner light within each person, which illuminates the shared space.

In the weeks leading up to Christmas, we share moments together, sing songs and listen to stories full of meaning. In a warm and harmonious atmosphere, we cherish the rhythm, as an invitation to keep alive the divine spark that lives within each of us, making this celebration a truly special and meaningful experience.

Alexandra Gonçalves



Christmas Party

On 12 December, the families of our school gathered to celebrate the Christmas Party in an atmosphere of beauty, joy and sharing.

More than just a series of performances, this celebration sought to honour the true spirit of this time of year: togetherness, unity, gratitude and the light that every human being can bring to the world. Through music, movement and shared artistic

experiences, the children were able to experience values such as listening, caring for others, dedication and the joy of giving something of themselves to the community.

It was an afternoon filled with charm and simplicity, where art became a bridge between the school, the families and the heart of every child.

Helena Monteiro



Celebration of Twelfth Night

On 10 January, HARPA held another gastronomic and social gathering — the traditional Twelfth Night Dinner — providing moments of joyful fellowship, closeness and sharing amongst families, children and friends of the school.

Throughout the celebration, we had the pleasure of welcoming the *Ao Som da Harpa* puppet troupe, who presented, in a delicate and enchanting manner, the tale “The Girl with the Lantern”. We also enjoyed the now customary HARPA Bazaar, the Mineral Fair and, as tradition dictates, the Kings’ Hamper raffle took place.

At this time of year we celebrate the arrival of the Three Kings to meet the baby Jesus, bringing with them the symbolic gifts of gold, frankincense and myrrh. With the children, we

experience this season through stories, songs, melodies played on flutes and the careful decoration of the classrooms, creating an atmosphere of beauty, harmony and shared joy.

In biodynamic agriculture, the so-called ‘Preparation of the Kings’ is also prepared, consisting precisely of gold, frankincense and myrrh. This year we once again performed this symbolic gesture of gratitude for the work of the elemental beings, strengthening the connection between the cosmic forces and the vital forces of the Earth.

This biodynamic activity was led by our friend José Amorim and involved the whole school, as well as the presence of some parents who joined us for this special winter moment.

Helena Monteiro



Carnival

At our school, we mark Carnival as yet another experience that celebrates joy and enriches the children's educational journey, fostering a sense of community. Each school year, the activities are tailored to a narrative thread that guides learning and experiences, making every moment even more engaging.

Dressed according to the theme of their year, each child prepared their costume with their family, using creativity and imagination. In this unique and original way, each child enjoyed a very fun and special day, which ended with a lively and entertaining carnival ball.

These festive moments celebrate simplicity, art and togetherness. It was a very enjoyable and enriching experience, savoured with joy by all the pupils.

Alexandra Gonçalves



CANDLEMAS

Have you noticed how the light changes throughout the year? Candlemas is a time of year that has been celebrated for centuries, in a wide variety of ways and in many parts of the world. In the past, communities lived in deep harmony with nature, with the movement of the Sun and the stars. They celebrated the solstices (the longest day in summer and the shortest in winter) and the equinoxes, which mark the beginning of spring and autumn, when day and night are of equal length. Between each equinox and solstice, other magical moments were celebrated, such as Candlemas, symbolising the celebration of the changing light, fire and fertility. With children, we can awaken the spirit of this season by making or decorating candles, telling stories related to the end of winter, putting away winter decorations and bringing in the first signs of spring, lighting a bonfire to burn away the remnants of winter, planting seeds or creating art with them, as they are a symbol of fertility and hope.

Candlemas reminds us that the dark, cold days are coming to an end. It is the promise that light is on its way and that the earth is preparing to awaken once more. The next time we feel the days growing longer, let us remember: we are witnessing a spectacle that humanity has been celebrating for thousands of years.

Ana Sofia Soares



1st Educational Exhibition of the school year

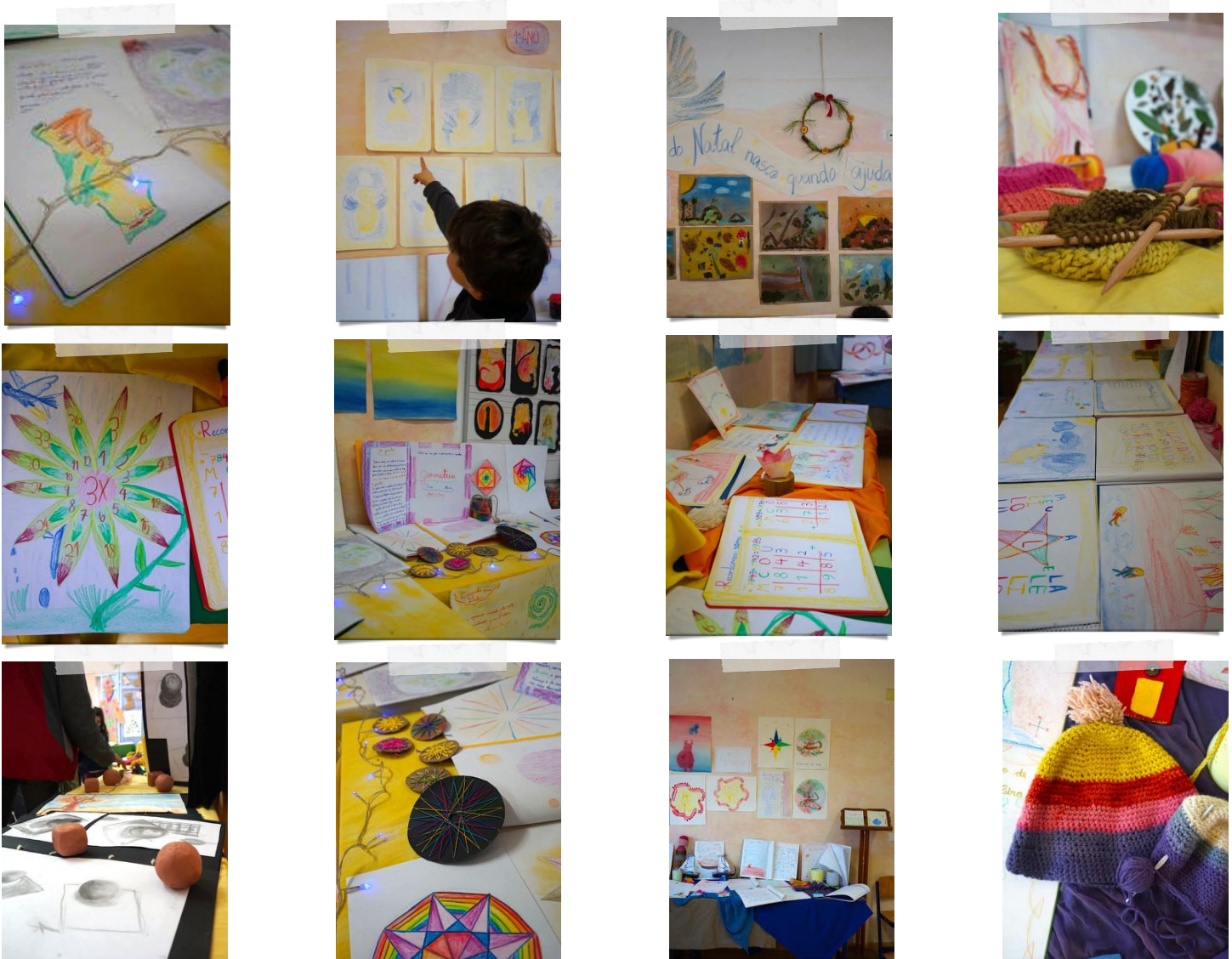
On 16 December, we held an Educational Exhibition showcasing a wide variety of work produced by our pupils, from Years 1 to 6, throughout the first term. It was undoubtedly a very enriching and rewarding experience to share our pupils' dedication, creativity and learning journey with the whole school community. It was a very rich and meaningful exhibition, where it was possible to witness the progression of learning throughout the Waldorf curriculum, highlighting the gradual and integrated development of the child at each stage of their school journey.

The exhibition allowed us to observe not only the final results, but also the entire process of building learning over the different school years, with a special focus on the artistic component, which is so central to Waldorf pedagogy.

The teachers were present, clarifying doubts and answering parents' questions, valuing this moment of sharing and bringing the school and family closer together. More than just a display of work, this exhibition highlighted the journey undertaken by the pupils, emphasising the importance of a learning pathway that respects the holistic development of each child.

The exhibition of work from the 1st and 2nd cycles was an act of sharing. An invitation to see, with the heart, the journey undertaken by each child.

Alexandra Gonçalves



Fundraising campaign

Pupils in the second cycle mobilised the school community to support the victims of Storm Kristin

In an initiative enthusiastically organised by our secondary school pupils, a campaign to collect essential items for families affected by the devastating Storm Kristin took place in early February. The storm had caused severe damage across several regions of Portugal at the end of January.

The response from families in our school community could not have been more positive. Over the course of a few days, essential items – ranging from non-perishable food to hygiene products – were collected, demonstrating the families' immense generosity.

To ensure that all aid reached those most in need as quickly as possible, the school partnered with *Cáritas Diocesana*. The organisation, which was at the forefront of supporting the people of the Leiria district – one of the areas hardest hit by the storm – was responsible for the logistics and direct distribution of the collected goods. *Caritas Leiria* has already mobilised tonnes of aid and emergency funds for the reconstruction of homes, and our school's



contribution was yet another way of supporting and reinforcing these efforts on the ground.

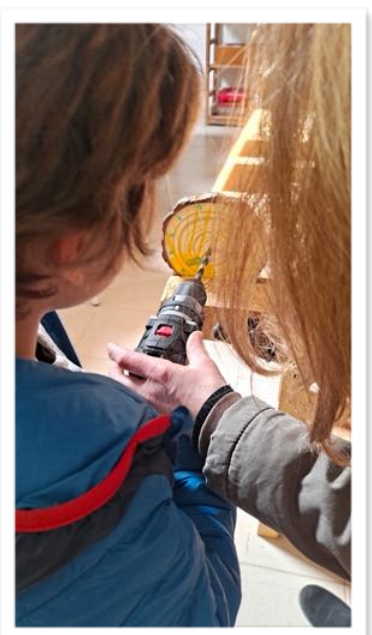
More than just a collection drive, this campaign was a true practical lesson in citizenship. Seeing the pupils so committed to organising and raising awareness within the school community is proof that school is a unique place for empathy. A special thank you to everyone who contributed. Together, we helped bring hope and comfort to those from whom Storm Kristin took everything.

Ana Sofia Soares

Father's Day gift

The Year 3 class, drawing on two maths topics from this year's curriculum – Time and Roman Numerals – made a lovely clock as a Father's Day gift. They wrote out the numbers, drew the clock face, punched a hole in the centre and attached the hands, with the invaluable help of our dear Isabel Lã Branca. It was a wonderful project that resulted in some truly beautiful clocks!

Ana Margarida Passos



Study Visits

A journey through heritage and emotions

On 27 February, pupils in Years 4, 5 and 6 swapped their classrooms for different venues dedicated to Music lessons.

On a field trip focused on discovery and active listening, the group immersed themselves in an experience where music, history and identity came together in a unique way. More than just a simple outing, this initiative was designed to awaken the senses. Direct contact with cultural heritage enabled the pupils to understand how music shapes our history, whilst activities fostering aesthetic awareness challenged each individual's imagination and creativity.

Ti Chitas: The Voice of the Mountain – Belém Cultural Centre



The highlight of the morning was Teresa Gentil's opera *Ti Chitas*. Through this work, we discovered the story of Catarina Sargenta, the shepherdess from Penha Garcia who became an icon of the adufe. We let ourselves be guided by her legacy – a voice that “is a mountain” – and immersed ourselves in the soundscapes of Beira Baixa. This experience also allowed us to appreciate the role of women in the oral transmission of knowledge and to understand how the musical legacy of figures such as Ti Chitas defines our identity. This was, without a doubt, an exercise in sensitivity and respect for the cultural diversity that surrounds us.

The Rhythm of the Days – National Museum of Ethnology



In the afternoon, we visited the exhibition “Music and the Seasons: Traditional Portuguese Instruments”, a fascinating journey through the traditional instruments that mark the calendar in Portugal. We learnt that many of these instruments, such as idiophones, are not just used to make music: they mark the passing of time and rituals, especially during winter. It was an informative and hands-on lesson on how a people's musical heritage is linked to the seasons and their deepest-rooted traditions.

Indeed, the appreciation of musical diversity and the development of listening skills were the main themes of the day, proving that Music Education is an essential tool for our connection to the world and for building our own identity.

Ana Sofia Soares



A visit to the theatre

Even amidst the turmoil caused by this winter's storms, a truly special and inspiring morning unfolded for the primary school pupils.

We had the opportunity to watch the play *The Pied Piper of Hamelin*, performed in the auditorium of the Sociedade Euterpe Alhandrense in Alhandra.

This wonderful artistic event featured pupils from the Silva Marques Conservatory in a performance that combined theatre, live orchestral music and dance, offering an

experience rich in sensitivity, imagination and artistic expression.

Through music, storytelling, movement and beauty, the children nourish their inner lives, broaden their sensitivity and strengthen their ability to feel, imagine and understand the world in a deeper and more harmonious way.

It was a very enriching morning for all of us, experienced with enchantment, attentiveness and shared joy.

Helena Monteiro



Ferrogallic Ink Workshop

Throughout the primary school curriculum, the process of learning to write is experienced gradually, symbolically mirroring the evolution of humanity itself. Before progressing to writing with pen and ink, children embark on a journey of deep connection with the gestures, forms, rhythm and beauty of written language, first developing their handwriting through coloured pencils and graphite pencils.

In Year 4, a particularly special moment in this journey arrives: the introduction to ink. This step is experienced not only as a new technical skill, but also as an experience rich in inner meaning — the realisation that writing with ink is more permanent, in contrast to a pencil, which can be erased.

To enrich this stage, the Year 4 class took part in a hands-on workshop dedicated to the traditional craft of making iron gall ink, led by the artisan Dália Lourenço. Using gallnuts, the children were able to observe and experience the ancient process of ink-making, gaining an understanding of how, over the centuries, humankind has sought different ways to record words and thoughts.

After preparing the ink, they tried their hand at writing and drawing with quills and feathers, immersing themselves in a deeply sensory, artistic and historical experience. Amidst careful movements, discovery and wonder, it was a very enriching morning, where learning emerged as intimately linked to concrete experience,

creativity and a living connection with the history of writing.

More than just learning a new tool, the children were able to feel that writing conveys intention, presence and responsibility — making this moment a true milestone on their journey of growth and learning.

Helena Monteiro



Little miracles at Quintinha da Harpa

In the natural surroundings of our school, we are reminded every day of Rudolf Steiner's beautiful words: "If we are attentive, not a single day will pass without a miracle occurring in our lives."

Here are some of the miracles that have unfolded before us!



Upcoming events

Conversations between us, with Leonor Malik

Finding my place amongst others and with others

Given the worrying ‘chaos’ that characterises humanity’s journey at this moment in time—which, whilst hindering individual development, also demands that we learn to work together for the betterment of humanity—I propose that we create a space for dialogue, where we can reflect together and chart a course that will help shape humanity’s future.

Procedure:

- General overview of the chosen focus area
- Sharing of individual experiences
- Seeking constructive consensus

When: Wednesdays – under the auspices of Mercury’s healing powers, from 4.30 pm to 6.00 pm

Dates: 25 March, 22 April, 20 May and 17 June

Where: Music and Movement Room

Registration: Must be completed by Monday of each week.

Art Therapy Workshop, with Isabel Monteiro



Another opportunity for inner exploration through art, a space to explore memories, emotions and personal stories with sensitivity and mindfulness. “Journey to Childhood” invites you to return to your roots, unlock your feelings and transform what emerges into creative expression. No judgements. No expectations. Just the process.

Upcoming Dates:

6 June, from 10am to 4pm

4 July, from 10am to 4pm

Registration:

isabel.monteiro.arterapeuta@gmail.com or tel. 918 090 073

DON'T FORGET!
Spring Festival



This year we'll be celebrating this event on 23 May at 3 pm!

DON'T MISS OUT!

