

Therapeutic Services at Halton Waldorf School

Halton Waldorf School offers three distinct areas of support for children who may benefit from additional assistance to enhance their educational journey. Each approach is tailored to meet individual needs and may be used independently or in combination to help children overcome challenges, foster inner growth, and support balanced development:

- Therapeutic Art
- Therapeutic Eurythmy
- Extra Lesson Support

Together, these offerings fall under the broader initiative of Therapeutic Services, which aims to meet each child in a safe and supportive environment. The goal is to help students find balance within the three core faculties of thinking, feeling, and willing.

This holistic approach nurtures the development of the whole child by working with the creative forces of head, heart, and hands, and through awareness of life processes, sensory integration, rhythm, and the need for rejuvenation. By engaging these aspects, the services work to strengthen and support each child's healthy growth and overall well-being. These therapeutic services can also benefit individuals of all ages.

Referrals to Therapeutic Services and Educational Support are made by the class teacher in collaboration with families and the therapist or educational support staff. Please note that in some cases, there may be a waitlist. These services are either fully or partially funded by the child's family or guardians.

Our Therapeutic and Educational Support Room is located on the main floor of our grade school campus, designed for one-on-one sessions and equipped with a camera to ensure safety and transparency.

Therapeutic Art

Anthroposophical Therapeutic Art is a foundational aspect of holistic healing, developed by Rudolf Steiner and Ita Wegman in 1921 in collaboration with Dr. Margarethe Hauschka and artists such as Liane Collot d'Herbois.

This modality recognizes art as an intrinsic human need with the power to activate self-healing forces. Through creative processes like drawing, painting, and clay modelling, Therapeutic Art helps build resilience and restore inner balance by engaging the whole human being—body, soul, and spirit.

Rihana Rutledge – Therapeutic Art Practitioner

Rihana Rutledge brings over 20 years of experience working with children and holds a deep passion for Waldorf education, artistic expression, and the anthroposophical foundations behind them.

She completed her Waldorf Teacher Training and Lifeways Ontario Training in Toronto and is a Registered Early Childhood Educator in good standing with the College of Early Childhood Educators. Rihana is also a graduate of the Ontario College of Art and Design.

Her advanced training includes certifications in Anthroposophical Art and Biography (School for Social Art and Healing, Richmond Hill) and Transformative Arts Therapy (Tobias School of Art and Therapy, UK). Rihana has also volunteered for over a decade in the Wellness Program at Hospice King/Aurora and led workshops at the WECAN Annual Conference and the Anti-Racist Table, focusing on Diversity, Equity, Inclusion, and Belonging.

Therapeutic Eurythmy

Therapeutic Eurythmy is a movement-based therapy that addresses physical, emotional, and academic challenges. Rooted in rhythm, sound, speech, and song, it aims to promote healthy breathing, improved circulation, relaxation, and overall vitality.

Each session is personalized to meet the child's unique needs. While multiple sessions are typically required, exercises may also be given for practice at home. Movements are linked to specific speech sounds—vowels and consonants—and are used to support the body's natural developmental processes, release blockages, and encourage optimal learning and health.

Today, Therapeutic Eurythmy is widely practiced in schools, clinics, hospitals, and special education centers around the world. It is known to support a wide range of concerns, including:

- Allergies and digestive issues
- Insomnia and bedwetting
- Dental and postural problems
- Anxiety and ADHD
- Learning difficulties and developmental delays

Michael Chapitis – Therapeutic Eurythmist

Michael Chapitis has been offering Therapeutic Eurythmy at Halton Waldorf School since 1999. He currently provides part-time services to students from Kindergarten to Grade 12 at three Waldorf schools: Halton, Trillium, and the Waldorf Academy.

Michael is one of only four certified therapeutic eurythmists in Canada, having completed a rigorous seven-year training program. His practice focuses on addressing physical and emotional imbalances that impact learning. Michael received mentorship and advanced training from renowned educator Marjorie Spock, a pioneer of Waldorf education in North America and an early witness to the development of eurythmy under Rudolf Steiner.



THERAPEUTIC SERVICES

STUDENT INFORMATION

FULL NAME: GRADE:

TEACHER NAME:

TEACHER SIGNATURE:

THERAPIST'S SIGNATURE:

- DISCUSSED WITH PARENT:
 ART
 EURYTHMY
 DISCUSSED WITH THERAPIST:
 R. RUTLEDGE
 M. CHAPITIS

START DATE OF SESSION:

END DATE OF SESSION:

THERAPEUTIC ART	12 SESSION CYCLE	1st CYCLE COST TO PARENT	2 MONTHLY INSTALLMENTS OF
30 MINUTES 1 SESSION PER WEEK	\$834.00	\$480.00	\$240.00
THERAPEUTIC EURYTHMY	14 SESSION CYCLE	1st CYCLE COST TO PARENT	2 MONTHLY INSTALLMENTS OF
30 MINUTES 2 SESSION PER WEEK	\$834.00	\$525.00	\$262.50

PLEASE NOTE: THE FIRST CYCLE OF EURYTHMY IS SUBSIDIZED BY THE SCHOOL. ANY ADDITIONAL CYCLES WILL BE BILLED AT THE FULL RATE OF \$834.00 PER CYCLE, IN 2 MONTHLY INSTALLMENTS.

PARENT APPROVAL

I UNDERSTAND THIS SERVICE IS NOT PART OF THE BASE TUITION FEES AND AGREE TO SUBMIT PAYMENT BEFORE THE SESSIONS ARE COMPLETE.

PARENT SIGNATURE: DATE:

PLEASE RETURN THIS FORM TO THE OFFICE UPON SIGNING.