



Our programs are based on the educational ideas of Rudolf Steiner.

- All playgroups are run by a Steiner trained group leader.
- Honouring each phase of early childhood.
- Allowing development to take its natural course.
- Seeing imitation rather than direct instruction as the effective way to learn during early childhood.
- Seeing play as the child's natural and appropriate form of expression.
- Giving attention to healthy physical development as the main focus in the early years.
- Fostering healthy development of the senses: particularly senses of touch, movement, balance and of own well-being.

### How to enrol

- Contact the school office for availability of places and to request an enrolment form.
- Fill in an enrolment form and return with deposit to school.
- Playgroups are held mornings and afternoons for two hours. Morning sessions run from 9.30 – 11.30am and afternoon sessions from 1.00 – 3.00pm. Families attend once a week.
- Playgroups are held in The Cottage (opposite the Prep garden) 99 Nicholson Street, Abbotsford.
- Playgroup fees are \$220 per term (incl GST), for one session per week. The full term's fees is payable at the beginning of the term. The pro-rate rate is \$25 per session.
- A Library contribution of \$3 per term is included in the term's invoice. This goes towards the purchase of early childhood related and Steiner books.



SOPHIA MUNDI Limited  
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SOPHIA  
MUNDI

The Inner City Steiner School P-12



# Family Playgroups

at Sophia Mundi

*Something worthwhile to  
imitate, touch, explore.*



## Family Playgroups at Sophia Mundi

Family Playgroups are for parents and their babies and children from birth to three years old. We provide an environment in which children can play, while facilitating mutual support and nurturing for parents.

The place in playgroup is offered to the "family". Mostly it's mothers who attend, but some fathers come along regularly.

Older siblings and grandparents are welcome visitors.

Playgroups are held in the cottage and garden adjoining the school in Nicholson Street.



If a child in her play has been able to give up her whole living-being to the world around, she will be able, in the serious tasks of later life, to devote herself to the service of the world.

*Rudolf Steiner*



### What do we do at playgroup?

- We aim to provide a setting filled with warmth, beauty, nature and honest, homely activity.
- We sing and tell stories in the familiar voice of parent or teacher.
- We make and share a morning or afternoon tea of simple, healthy food.
- We celebrate the changing seasons through food, garden, and craft activities.
- We attempt to be responsible for the well-being of the others in the group.
- We are mindful that the environment is for children and request that cameras and mobile phones not be used during the session.