



SOPHIA
MUNDI

The Inner City Steiner School P-12

Internal Newsletter Term 1, Week 3, 2012

IMPORTANT DATES

Please remember our digital calendar:
www.sophiamundi.vic.edu.au

Term 1

Friday 16 Feb	Community Pizza Evening, 6pm
Tuesday 21 Feb	Shrove Tuesday
Monday 5 Mar	Interview Evening - Secondary Classes, 4 - 8:30pm
Monday 12 Mar	Public Holiday (Labour Day)
Friday 30 Mar	Harvest Festival Last Day – Term 1

Term 2

Monday 16 Apr	First Day, Term 2 (Classes 1 – 11)
Tuesday 17 Apr	First Day, Prep
Wednesday 25 Apr	Public Holiday (Anzac Day)
Monday 11 Jun	Public Holiday (Queens B'day)
Thursday 21 Jun	Winter Spiral
Friday 22 Jun	Lantern Festival
Monday 25 Jun	Interview Day – no school
Friday 29 Jun	Last Day – Term 2

Next Newsletter Publish Date –

Newsletter Deadline for Articles/Adverts –

Email Michele before this date

michele.donovan@sophiamundi.vic.edu.au

Advertising Costs: \$15 per Business Ad or \$10 per Steiner/Smaller Ad

ENGINES Needed: Class 9 are learning about the internal combustion engine in their Physics prac lessons with John Rauris. He will be ready to begin working with engines in a couple of weeks. **WE URGENTLY NEED OLD ENGINES (EG LAWN MOWERS) THAT STILL WORK, FOR THE STUDENTS TO PULL DOWN AND REASSEMBLE.** If you have something or know someone who does, please let John know asap.

Dear Parents,

The expansiveness of summer challenges us at this time of year to draw in as we return to school and meet the need to focus on our work. We have had a good start to the year with students adapting quickly to the changes. Tomorrow is Michele's last day in reception and from next week we will welcome Jane Edwards and Leanne Sarah who will share this position. Jane is our Aftercare coordinator and Leanne is our new eurythmy teacher. Both have experience in the office in former employment situations and we look forward to them joining us in this capacity. We will farewell Michele tomorrow at the Pizza evening.

Last night we had a most thought-provoking talk from Dr Lakshmi on nutrition and how we best prepare our children to meet the world through the way we nourish them. Diet is an important element in the way we strengthen them to be able to digest their experiences in life. A number of topics were touched on including allergies, types of food and their effects, biorhythms and their importance to the rhythms of mealtimes. This theme of Nutrition and Nurture will continue through the year, so look for the next talk in Term 2.

We have a number of opportunities for adult education at school this year. Along with the medical – educational talks given by Dr Lakshmi each term there is the Craft Curriculum Course offered by Margaret Skerry on Tuesday evenings throughout the year. This popular course has participants making many of the craft articles made by the students in Classes 1 to 6. Along with doing, Margaret speaks about the general philosophy that underlies Steiner Education, the developing consciousness of the child and therapeutic and artistic aspects of the craft skills. Also last night was the beginning of a weekly course by Johannes Schuster on Art & Architecture. Johannes was a co-founder and teacher at Little Yarra Steiner School and he designed their early buildings. He is a deep student of form in art and nature and this course offers an excellent opportunity to explore these realms.

As mentioned last newsletter, we are developing a whole school approach to behaviour management based on restorative practices and we invite parents to support and understand the language and the philosophy behind Restorative Circles. John Cunningham and Cat Gilliam will be here on the 3rd & 4th March to offer a weekend workshop. Jim Lord is helping to organise this workshop. Flyers are available in the foyer for all these courses.

From next week, we ask that parents who drive their young children to school start or continue to use the Clarke St entrance. This means you may need to leave a little earlier to negotiate the traffic along Nicholson St to get into Abbotsford St. I will be at the Clarke St gate at 8.35 am sharp each morning and leave at 3.30pm after school to accompany children through the Convent gardens. This will allow you to drop off and pick up at these times. We are also negotiating with the Convent cheaper possibilities for parents who may wish to access the main Convent carpark if they are going to be in the classroom or doing something at school.

See you tomorrow at the Pizza night – bring your toppings and help prepare a wonderful community evening as we welcome our new families.

Jennifer West

Naplan Tests 2012

The students in Classes 3, 5, 7 and 9 are due to take part in the national NAPLAN testing of literacy and numeracy skills on May 15, 16 and 17. You will hear more about this in your Parent-Teacher meetings and will have a chance to ask any questions you have about this testing, as well as see examples of past tests. Renuka Potter is the school Coordinator for the NAPLAN testing. Please get in touch with her if you have any questions on 0414 966 731 or renuka.potter@sophiamundi.vic.edu.au

Secondary Classes

There is an Interview Evening on March 5th, 4 – 8:30pm. It is predominately aimed at students who have begun the year with some concerns, so we can support them in getting settled and engaged at school as quickly as possible. Of course, we welcome all parents that wish to discuss their son/daughter's progress with our teaching staff. You will receive an email by 25 February from the Class teacher/Guardian which will let you know whether your son/daughter is working to expectations or not.

SHROVE TUESDAY Celebrations Tuesday 21 February. Known as: The last day before Lent. Lent is a time of abstinence, of giving things up. So Shrove Tuesday is the last chance to indulge in certain foods; Christians use up all the foods that aren't allowed in Lent. Pancakes are eaten on this day because they contain fat, butter and eggs, which are forbidden during Lent. The name Shrove comes from the old word 'shrive' which means 'to confess'. Shrove Tuesday is a day of celebration as well as penitence, because it's the last day before Lent.

Sophia Mundi Shrove Tuesday Celebration **starts at 11.15am.** We will sing, dance, play games and eat pancakes. **Finishing at 12.30pm**

Volunteers required by 10am

See your class Pancake Day roster

- To set up tables, stoves & utensils
- To cook the pancakes
- To serve the pancakes
- To help pack up

From the Primary School Faculty

WORKING BEES - help needed!

> **Working Bee Saturday 25 February.** Please put in your diaries. We will be constructing the new pathway down to the new playground adjacent to the tennis courts, laying out parts of the new prep garden, constructing parts of the new/updated climbing frame and doing plenty of gardening.

> **Working Bee Saturday 17 March** (likely, but it might shift by a week either way). Again a date for your diaries. We will be completing the climbing frame construction on the swimming pool playground as well as gardening around this area and working further on the new Prep garden.

> **Working bee organisation.** We'd love a couple of people to help organise and supervise on the days of the working bees. Ensuring that our willing workers are supported, coffee-ed, have the right materials and tools at the right time and are doing their jobs safely is a critical task.

The [working bee website](http://www.sophiamundi.vic.edu.au/community/working-bees/).

<http://www.sophiamundi.vic.edu.au/community/working-bees/> has up to date information about working bees and some great photos of what we've been up to. Please contact Rowan Doyle at rowan.doyle@sophiamundi.vic.edu.au if you can help out with any of the above.

French Happenings

The annual French Film Festival is coming up soon, and I would encourage learners of French to enjoy the cultural and linguistic experience offered. The festival runs from March 7 - 25. The full programme and venues are available at www.affrenchfilmfestival.org

Miriam

Organic Frozen Berries

Liz will bring fresh & frozen berries & jams on Wednesdays between 3 – 4pm.

Prices are \$5 per punnet, \$15 per Half Kg or \$25 per kg fresh & \$10 per half Kg frozen.

Orders can be emailed to trewhellafarm@gmail.com or texted to

0408 548 359

Regards, Liz

Organic Vegetable Boxes

Shelley will commence her delivery of vegie boxes to Sophia Mundi on the 2 February (next Thursday) and this will continue for the rest of the Term. She has lots of yummy produce at the moment, including - tomatoes, cherry tomatoes, sweet corn, green beans, zucchini, lettuce, salad mix, celery, broccoli, carrots, potatoes, spring onions, fennel, beetroot and silverbeet.

Prep Garden

Re: Chook house for new prep garden.

Could the parent who spoke to me last year re designing/making the new chook house please contact me at prep or on my mobile 0404080342 to discuss same.

Thank you, Mary.

World's Greatest Shave – Julia (Class 6)

Julia is participating in the World's Greatest Shave to support the Leukaemia Foundation. That means she will shave all her hair off to raise money. If you would like to sponsor her it would be greatly appreciated. You can either put your donation in the box at the office or give it to Julia after school.

Donations over \$5 are tax deductible.

A Fond Farewell

As I'm sure most of you are aware, I have resigned from my position here, in order to follow a career in teaching. This year I will be studying full-time teacher training while still practicing as a kinesiologist & yoga teacher. My last day at school will be tomorrow, Friday 17 February.

It's hard to come to the realisation that I won't see you all every week, regularly. But I will do my best to stay connected with you all & may even be back for a placement!

A heartfelt thanks to all of you – I'm so grateful to have had this opportunity and have really enjoyed my year at Sophia Mundi. I will miss the school community, staff, parents and beautiful children so much, though will leave with so many wonderful memories.

Warmth, Michele

Restorative Circle Process

Forging Confident Communities by Embracing Conflict in (Metamorphic) Restorative Circles

Two Weekend Working Sessions

Saturday-Sunday 9-5pm 3-4 March

St Mary's – Abbotsford Convent

St Heliers Street in Abbotsford

Presented by

John & Cat Gilliam Cunningham

To Register:

Jim Lord m: 0412 382 085

e: jimlord@eftel.com.au

w: www.bbbsmrc.eventbrite.com

Fees: Sat/Sun \$240 (\$200 concession by 24 Feb)

Enquire regarding staff & parent discounts; space is limited to forty participants.

Community Notice Page



'The Face Of Birth' a New Australian Documentary about birth and the power of choice, is being released on international women's day the 8th of March at the NOVA cinema in Carlton. The film shares beautiful diverse and empowering birth stories many from home birth mothers, including Noni Hazlehurst and Dr Sara Renwick- Lau, and is interspersed with a wealth of information from top birth experts from around the world, including Sheila Kitzinger and Ina May Gaskin.

Written, and co directed by Sophia Mundi parent Kate Gorman, for all information on screenings and tickets please go to the website www.faceofbirth.com

Philosophy of Art & Architecture 2012 Evening Courses

Introductory Course 7 evenings per term
Wed. 7:30 – 9:30pm

Sophia Mundi, St Mary's Convent,
Abbotsford

Cost: \$175 per term (Concession \$125)

No background in Anthroposophy required.

Enquiries / Bookings call 04 666 786 70 or

Email Johannes

JS@biosculpturalArchitecture.com

For more information go to the website and click on 2012 courses
www.biosculpturalArchitecture.com

Melbourne Rudolf Steiner Seminar- 2012 courses

We invite you to join us in 2012 in either our full-time course or **part-time Wednesday evening courses**.

Parents are especially encouraged to consider joining any of our part-time courses in 2012.

- Primary Education (p/t 3 years)
- Early Childhood (p/t 1year)
NEW COURSE
- Children with Special Needs (p/t 1 year)
NEW COURSE
- High School (p/t 1 year)
- Gymnastics- Bothmer (p/t 3 years)
- Advanced Diploma of Rudolf Steiner Education* (course code 69801TAS), two years full-time accredited course, providing a pathway to a Bachelor of Education. *VET Fee help available, Austudy approved.
- Teacher Professional Development

Information: tel. 03 9876-5199

www.steinerseminar.com

Email: office@steinerseminar.com

Address: 37A Wellington Park Drive, Warranwood, 3134, less than ten minutes from the Ringwood exit of the Eastern Freeway.

Healthy Lunchboxes

Lovely prepared lunchboxes are a powerful reminder of family love – no packaged food or canteen meal can achieve the same.



The Clever Packed Lunch offers a complete solution; written by a Steiner parent, edited by a Nutritionist – time- saving system, menus and recipes.

eBook - \$9.95 see more and

Printed book - \$24.95 from Hazel m:0412 840 765 e:hazel@lunchideasforschool.com
w:www.lunchideasforschool.com

Holiday Rental

Venus Bay modern, family home, three-bedroom, sleeps 7 close to expansive beach, inlet, fishing, bushwalks. Also available weekends

Off-peak rates

Contact Michelle 9499 1585

Toorak Study Groups

Study Group No. 1: Facilitated by Megan Young & Carol Liknaitzky

Child Development in the light of Rudolf Steiner's world view and applying it to the care of the child in the home.

* Maximising the physical soul and spiritual wellbeing of the child by creating a home environment that provides neither too much nor too little.

Study Group No. 2: Facilitated by Rebecca Maxwell

(will be held in Burwood in 2012)

Group discussions will be based on a selection of lectures and meditations by **Steiner** and published in the text titled '*Staying Connected*'.

Entry: No charge

Time & Dates: Both groups meet from 8 - 9.30pm most Thursdays during school terms, commencing 1st March.

Location: Study Group 1: Toorak
Study Group 2: Burwood

Booking: Is essential and will be accepted throughout the year.

Enquiries: Elizabeth, PH: 9826 2784 M: 0409 231 355

Email: lifelonglearning@iinet.net.au

Feldenkrais Classes at Abbotsford Convent

In Feldenkrais Awareness Through Movement® lessons you explore simple movement sequences slowly and gently, attending to your sensation, breath, quality and co-ordination of your movement.

Through this process you develop a clearer and deeper experience of being in your body and learn to use your attention more skillfully.

When: Mondays 6 – 7pm

Where: The Salon, Ground Floor
Abbotsford Convent

Dates: Term One 6 February – 26 March
Term Two 16 April – 25 June

(No class on public holidays 12 March and 11 June)

Cost:

Term One	\$110 full / \$90 conc
Term Two	\$160 full / \$130 conc
Class Pass	pass to any 6 classes between 6 Feb – 25 June \$110 full / \$90 conc

Contact: Naomi Richards, PH: 0407 839 890

Email: n_e_richards@hotmail.com



Thursday mornings 10.30am-12.30pm
at the Abbotsford Convent

For more information visit our website at:
www.pregnancyclassesmelbourne.com.au