Dear Parents

The welcome rain this week brings awareness that we are now moving into the season of Autumn. This can be a very beautiful time of year, with golden days and bountiful harvest. It is also a time when we start to turn inward to ourselves. We feel the need for inner courage to meet what is happening and the picture of St Michael battling the dragon symbolises this time. We often notice more fights and wanting to play with sticks and ‘swords’, particularly among the younger children. Older children tend to use words for their weapons. Arguments abound! It is at this time that we bring stories of courage to the children.

We have been saddened that one of our longest serving teachers, Larissa Usenko, has made the decision to finish with her class. The Class Five children and their families have been wonderful in their support for her and we have Jane Edwards transform from Registrar to Class teacher literally overnight. This has been quite an event for all of us as it brings home the high demands on all our teachers. We all live with high stress these days and this is something we are looking at in our College meetings as we address the theme we have taken this year of ‘Building Community: How to care for ourselves and each other.’

Food Policy: With a new school year it is timely to outline our food policy. We have a few children in our classes with different food allergies. Our policy is specific to those particular classes. Members of that class are asked to exclude from lunch boxes, birthday cakes and any food brought to school foods that relate to the allergies of the child in that class.

Garden: Speaking of food, the canteen is providing absolutely fabulous food at present (they avoid any foods on the allergy list), much of which is sourced from the abundant crops in our veggie patch. Tomatoes, cucumbers, basil, eggplant, pumpkins and so much more are providing a fantastic menu. Luisa and Paola are powerhouses and have been absolutely central to getting our garden established and flourishing. While we received a $3000 grant last year to help establish the organic garden for the benefit of our students, the canteen has put in much more to create the landscaped beds, the irrigation, provide various plants and the crops which look so good. They have done this out of canteen funds, and very generous hearts that have the interests of
the children at the centre. Last week they organised a small working bee and came in and cleaned up and tidied everything ready for the filming this week. Thank you Luisa and Paola. And thank you to the many others who have helped with the garden.

There are a number of hay bales that are now surplus to our requirements that are being offered back to our parent community if you can use it. Please contact the office to arrange a time with Ken to pick up.

Carparking  The school has been negotiating with the Convent (ACF) to arrange a pass for parents to use the carpark. They have responded now and are willing to offer a pass for $100 per term which allows parents to use the carpark for bringing their children to school. This is a great possibility as the safety issues are becoming unmanageable at times. If you come each day, morning and afternoon, this would equate to about $1 per visit. After hours meetings and other events would be much easier and no extra cost. Please contact us and let us know by Monday 11th March if you would like to take up this offer. It would start from Term 2, so the Convent have time to set it up.

Congratulations to our music teacher Christine Munro and her partner on the birth of their baby, Harvey, last Thursday. All are well. Christine recently was appointed as an examiner for IB music, so she will be keeping her hand in until she returns next year

Jennifer West

REMINDER – LATE SIGN IN

To assist us with our compliance with school attendance records and procedures, all students who are late to school must be signed in at the school office. Normal school starting time is 8.45am

‘Thank you, the office staff’

CELS FOR MUSIC PROGRAM

We are seeking donation of a full size and a half size cello for teaching purposes. If you have a cello at home and would like to donate it to the music program that would be very much appreciated.

Please contact Music Coordinator Myf at myfanwy.alderson@sophiamundi.vic.edu.au or on 0424 148 880.

IMMUNISATION HUMAN PAPILLOMAVIRUS (HPV) UPDATE

Dear Parents/Guardians,

From February 2013, the HPV vaccine will be available free to males aged 12-13 years old, with a catch up program for the next two years for males aged 14-15 years. The vaccine will continue to be available for females aged 12-13 years. Attached is a flyer with information for parents and below is a web page that you can access further information.

Find out more information at australia.gov.au/hpv

If you would like further information please contact the relevant authorities.

The Immunization Nurse from Yarra City Council will be at the school in March. More details will follow when a date for her visit is set.

GLOBAL YOUNG LEADERS CONFERENCE USA

Congratulations Thea Hoyle (class 11)! Thea has been accepted into the prestigious Global Young Leaders Conference in late June this year. The Global Young Leaders Conference (GYLC) is a unique leadership development program that brings together outstanding young people from around the world to build critical leadership skills in a global context.

GYLC offers students the opportunity to learn from and exchange ideas with some of the world's top business leaders, policy officials, lobbyists, journalists, diplomats and academics in the challenging and dynamic environments of Washington, D.C. and New York City. Thea has won a partial scholarship to attend this conference in the USA.

Congratulations Thea (and family) on a well-deserved achievement from all the staff and senior students at Sophia Mundi.

Fiona Cock, Assistant Principal

IB VISUAL ARTS

On Saturday the Year 11 and 12 art students attended an IB Visual Arts Seminar and art exhibition held at Glen Eira Art Complex, Caulfield. The morning covered different aspects of the course and included former students discussing their process and artistic journey, professional artists showcasing their work and further discussions with specialist IB Visual Arts teachers. Sky and Gaia are seen here with former IB student and guest speaker, Lucy. The total experience provided our students with many exciting ideas and options to consider in the coming months.

Michelle Zuccolo
Senior IB Visual Art Teacher

IB Students Sky and Gaia with former IB student Lucy & guest speaker at the IB Visual Arts Seminar
COMMUNITY NOTICES

ANTHROPOSOPHIC THERAPEUTIC TREATMENTS
Including Footbaths, Abdominal compresses and Liver compresses. Available every Friday afternoon during school term. Anthroposophic Treatments are prescribed in a series of 3 or 7 sessions after an initial consultation. The skin is the body's largest organ of assimilation and elimination and as such the topical applications of substances used in Anthroposophical medicine can have a profound effect on one's well being.

All bookings and enquiries can be made via SMS or mobile call: Janie Bailey on 0412 863 741
Janie is a Division 1 Nurse, a Naturopath and has completed an Anthroposophical Health Consultant Training at the Goetheanum.

EURYTHMY THERAPY 2013
Movement for Health and Healing
A unique opportunity exists for you to experience eurythmy therapy at little or no cost with a final year eurythmy therapy student. Leanne is a qualified eurythmist working under the mentorship of a professional qualified eurythmy therapist. Eurythmy therapy is an effective yet gentle movement therapy based on sounds translated into gesture and movement. The movements can be large or small, energetic or gentle, in standing, walking, jumping or sitting. Through repeating specific sounds, breathing and other physiological processes can be activated or calmed, balanced and supported. It can therefore be used to help a wide range of health and other disorders. Suitable for children and adults. Limited places at Sophia Mundi.
To make an appointment please phone Leanne on 0410 823 967

SUSTAINABILITY LIVING FESTIVAL
A huge thank you to Matt Deeble and all the helpers for organising and helping to run the sand at this year’s festival at Federation Square last weekend.
They were able to staff the stand fully for all three days of the event and to present a great face to a new group of interested people.
Matt reported that “We had good attendances on the stand across the three days and received around 20 requests for more information or to be contacted about tours. We made strong connections with the SLF organisers who may be able to direct us to other cost effective ways to communicate with the broader Melbourne sustainability community. And finally we also improved our relationship with the Convent and Childrens’ Farm but also showcasing them.
We really appreciate everyone taking the time out of their weekend to promote the school. Attached is small pic as reminder of the stand set up on the hot day!”
Warm regards
Matt

PARENTS AND FRIENDS ASSOCIATION
PFA Community Night
for parents and friends of Sophia Mundi
Saturday 23rd March
6:00pm to late
“A fun night of good food and music”
Put the date in your diary now so you do not miss on a great night of fun and entertainment.
More details in the coming weeks.

SOPHIA MUNDI COOKBOOK
Calling all families, staff and teachers …We are now collecting your favourite family recipe and a story/tradition associated with it. If one of your favourites happens to come from a well-known chef, show or book please add this reference to your story. We are collecting as many recipes as we can to make a truly delicious cookbook. Recipes can include anything from cakes to preserves, breakfast to treats, snacks, sweets etc. Please email your delights and stories to sophiamundicookbook@gmail.com
Tatiana, Luisa and Paola

HELP WANTED: We are looking for someone to look after our two daughters, 4 and 7 on a Monday and a Tuesday between 7.30am and 5pm. Tuesday can be flexible between a shorter or a fuller day. If you would like to discuss further please call Jo on 0449 61 202.

POSITIONS VACANT
Little Sophia Kindergarten require an Assistant Monday to Friday 10am to 4.30pm with following certificates – commencing 4 March 2013
Certificate III in Children's Services, Current Working with Children & Police Check, First Aid Level 1, Anaphylaxis & Asthma
HOLIDAY PROGRAMME Group Leader
Monday to Friday 8am until 4.30pm (term breaks)
Current Working with Children Check & Police Check, First Aid Level 1, Anaphylaxis & Asthma certificates
Diploma of Children's Services, Primary or Kindergarten teacher
Please email expressions of interest and current CV to Connie Farina littlesophiainc@bigpond.com

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Including Footbaths, Abdominal compresses and Liver compresses. Available every Friday afternoon during school term. Anthroposophic Treatments are prescribed in a series of 3 or 7 sessions after an initial consultation. The skin is the body’s largest organ of assimilation and elimination and as such the topical applications of substances used in Anthroposophical medicine can have a profound effect on one’s well being. All bookings and enquiries can be made via SMS or mobile call: Janie Bailey on 0412 863 741
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BALLARAT STEINER SCHOOL
AUTUMN FAIR & OPEN DAY
Sunday 17 March, 10am-3pm
DIPLOMA in SPEECH
The Wingèd Word Speech Training is set to commence Tuesday April 23rd at The Michael Centre, Warranwood Vic. The course brochure is available by email. Interviews are being held during March. Please contact Riana now to arrange a time.
thewingedword@gmail.com

Seasonal painting workshops with Sally Martin
9-11 March: Autumn
14-16 June: Winter
8-10 November: Spring
Venue: Michael Centre, 37a Wellington Park Drive, Warranwood
Times: Friday – Sunday 9.30am - 4.00pm
Cost (includes materials): $360
Enquiries – Annabel Salomonsz
0412 716 592
Enrolment - Sally Martin
07 5478 6260

ADULT CLASSES AT SOPHIA MUNDI 2013

ZUMBA FITNESS (Rosina Auditorium)
Mondays 9am-9.45am until 25th March
Irina 0432 712 984

CRAFT CURRICULUM COURSE FOR ADULTS 2013
Tuesday evenings during school terms, 7-8.30pm
$30 per week, materials included
Bookings/enquiries: Margaret Skerry
marg.skerry@gmail.com

TOWARDS A UNIVERSAL LANGUAGE OF FORM: In Search of the Spiritual in Art and Architecture with Johannes Schuster (Library)
Wednesdays 7.30-9.30pm
Bookings/enquiries: 0466 678 970, js@biosculpturalarchitecture.com

THE WINGED WORD: SPEECH CLASSES for Teachers and Parents
with Riana (Eurythmy room)
Wednesdays 3.45pm – 4.45pm
Booking/enquiries: Riana
thewingedword@gmail.com

EURYTHMY CLASSES for Parents & Friends
Tuesdays 9.30-10.15am
Commencing in Term 2
Cost: By donation (proceeds to the school)
Enquiries: Leanne 0410 823 967

An Invitation to all Sophia Mundi Mums, dads, teachers and friends.
Start the week with a perfect combination of dancing and meditation. Move to beautiful world rhythms, get fit, learn some or lots of that elusive co-ordination, and find peace and unity within your own inner heart beat.
When – Every Monday, for 5 weeks only from the 25th of Feb - to 25th of March 2013
Where - Rosina auditorium, Abbotsford Convent
Time - 9 am - 9:45 am (half hour of Zumba and 15 mins of heart rhythm meditation).
Cost – by donation
What to bring- Water, towel, yoga mat, comfortable clothes and runners or shoes, and Good energy!!
for details contact Irina on 0432 712 984

This is a fundraising activity for the school, so the more people participating the more funds we can collect and also a great opportunity to join in our school community.