IMPORTANT DATES
Please also remember the online calendar

TERM 1
29 Feb-4 Mar Class 8 Camp
Wed 2 Feb  2:30pm Secondary Interview Evening
7-11 Mar  Class 9 Camp
Mon 7 Mar  7pm Cass 2 parent meeting
Tue 8 Mar  7:15pm PFA Meeting
Wed 9 Mar  7pm Class 6 parent meeting
Thu 10 Mar  7pm Class 1 parent meeting
  7pm Class 12 parent meeting

Next newsletter admissions deadline: Wed 9 March

Dear all,

Our Eurythmyst Rae Hart has been absent this term, but will return in term 2, and we have been fortunate to have Tom Hungerford be at Sophia Mundi working with some of the classes teaching Bothmer gym. Bothmer gym is a wonderful complement to Eurythmy and is an activity that we at Sophia Mundi would dearly like to offer our students in the future. As many of you may know, Tom joins Sophia Mundi as our Class 3 teacher while Jill is on parental leave as of term 2. Welcome Tom and we look forward to working with you now and into the future.

Marie Ondendaal who has been working in Support Ed staff will be leaving us at the end of the term. Marie will continue her Masters in Special Education while Renuka Potter and Robert Stemp will pick up her good work for this year.

Secondary (Middle and Senior school)
Interim reports were sent by email this week. Reports can also be found by logging onto the edumate system. I encourage students and parents alike to make times with teachers for this coming Wednesday 2 March afternoon/evening. The more we can build our relationships the stronger and supported our youth will be. Please email admin@sophiamundi.vic.edu.au to organise a time to meet with teachers.

It was lovely to welcome new and old families to our pizza evening last friday. We were able to publically thank and acknowledge our hard working courtyard beautifying team for the wonderful work they have done over the summer. A big thank you to Jane Davis (PFA coordinator) for once again doing all the behind the scenes preparation. This year would have been the largest turn out of staff to a Community evening in a long time! I have to share, that I truly have the honour of working with inspirational colleagues that always place your children and youth at the centre of their daily work. I hope the start of the year has been as invigorating as mine has been.

Warm regards,
Fiona

From Calendar of the Soul, by Rudolf Steiner
The light from world widths
It lives on forcefully within:
It turns into soul light
And shines into the spirit deeps
For fruits to bear,
That Human Self from World Self
Lets ripen in the flow of time.

Photo: Memebers of the Pizza making team

www.sophiamundi.vic.edu.au
AROUND THE TRAPS FROM RECENT MAIN LESSONS

Prep: Learning the Rhythm of the week and we love French and Eurythmy

Class 1: The Alphabet/ Letters and we have just finished quality of Numbers

Class 2: Easop’s Fables – Literacy through writing and reading

Class 3: Maths Process and Strategies (counting to 1,000, expanding our understanding of division, place value to 10,000 and rounding numbers)

Class 4: Norse Mythology + Fractions

Class 5: Ancient India Epoch through story, geography and literacy

Class 6: Mathematics (Number and Algebra) – Patterns on Patterns

Class 7: Combustion

The emphasis of the topic is to teach the first chemistry lessons, as an experience of process. So we begin with fire (embodied process). It can’t be lifted up and put in your pocket. It lacks ‘thing’ nature. It is dynamic and transforming. Substances disappear and new ones appear within an ordered process which engages the surroundings intensely. The well known chemical substances—acids and bases emerge from the fire. The fire process takes us on a journey from the burning of plant material, to the calcining of limestone (a mineral) derived from the animal world, to metals which burn without smoke and only give us ash (ore) and finally sulphur which burns to give only acid smoke but no ash.

Class 8: Industrial Revolution

In our main lesson we have studied the Industrial Revolution. We have built a model village of what the world looked like in the 18th century. We started building in 1710 and gave each village a tavern, a church, and a smith tanners.

We have slowly built it up until it was more similar to the 19th century when the Industrial Revolution took effect. Now there are factories and machines.

We have learned about entreprenurs like Richard Arkwright and their inventions to make work easier. Engineers like Thomas Newcomen and his steam engine and James Watt who improved upon that to create the rotory steam engine which really got things going. Today Ben told us how the potato saved millions of lives during this time. We also made a steam powered pencil sharpenner.

Dean Theilig.

CLASS 9 ECONOMICS

Class 9 looked at the history of Economics, beginning with early civilisation in Iraq and China and ideas around trading products of equal value. We studied the rise of business and it’s relationship to the emerging of banking.

Students were given practical experiences in running a business and working out profit and loss statements as well as studying a balance sheet.

Finally, we looked at the emergence of free market capitalism and the questions arising around the governments role in controlling aspects of its operation, such as wages, pricing and working conditions.

CLASS 10 ANCIENT CULTURES

Each day began with raising the sun as the morning verse - week 1 Hymn to Ra, Week 2 an Incan prayer to the sun.

The emphasis of week 1 was to discover how we know about ancient cultures. We worked with a wide range of ancient literary and non-literary sources, discovering that we only know what archaeologists have found. We then did a study on the anciet Mesoamerican cultures (Olme, Myan, Aztec and Incan) by not only reading and writing but also by making an Aztec mask, a gold breast plate and a codex. We concluded by eating an Aztec feast - tomatoes, potatoes, avocados, maize and dark chocolate.
UPDATED STUDENT CLOTHING POLICY

What we wear is usually seen as a means of expressing our personality. It is also a part of our environment and influences us in a similar way as do the colours and shapes that surround us in the furniture and the rooms in which we live and work. For small children, the influence of colour, pattern and texture is particularly relevant, as the effect on their developing senses is quite direct. We want to be able to see the child and not be distracted by what they are wearing.

Sophia Mundi does not have a school uniform but we do require minimum dress standards and common sense should be the over-riding rule. For example, to be able to move freely between indoors and out, students are required to wear appropriate clothing, which covers them adequately. Layers allow for the changes in temperature. We also strongly encourage labeling all of your children’s clothing.

Sun protective clothing is included in our school dress code and sports uniform. The summer dress code includes a top that has sleeves and covers the shoulders and midriff.

Shorts and skirts should be closer to the knee than the hip, i.e. no shorter than Outstretched arms hanging by their side.

Footwear must be safe and appropriate for running and other activities. Sandals need to have a strap at the back. Toe protection is highly recommended, as unprotected toes are not appropriate for woodwork, in the labs or canteen. Fully enclosed shoes must be worn when working in the labs or hard arts area.

In terms, 1 and 4 students are required to wear hats that protect their faces, neck and ears (broad brimmed or bucket hats) whenever they are outside. The broad brimmed hat is also a part of the sports uniform and may be required throughout the year.

Sophia Mundi Dress Code:

- Relatively plain clothing, free from advertising, promotion and confronting images
- Footwear must be worn at all times
- Hair is to be neat and clean at all times. Hair longer than shoulder length is best tied back and out of the student’s face.
- Shoulders and midriffs should be covered at all times
- Length of shorts and skirts — no shorter than the tip of fingers when arms are outstretched by their side

The following items are not acceptable:

- Thongs or other unsuitable or dangerous shoes
- Singlet tops – Sleeveless tops may be worn indoors, but shoulders must always be covered when outside
- Make up including Nail polish. Seniors Students are permitted to wear discreet makeup.
- Body hugging or revealing clothes, midriff tops, halter neck tops
- Miniskirts and short shorts
- Tattered or torn clothes
- Black dresses, shirts or t-shirts
- T-shirts with logos or commercial images on them (i.e. cartoon characters)
- Superhero or similar costumes
- Excessive jewellery

The sports uniform, which is available for purchase from the school office, includes:

- A shirt that covers the shoulders well and a collar that sits close to the neck, above the collarbone
- Longer style shorts/pants are at least mid-thigh in length.
- A broad brimmed hat
HEALTH MESSAGE
Following the Victorian Chief Health Officer confirming an outbreak of measles in Brunswick and East Brunswick, including cases at a primary school, it is timely for all parents/carers to be alert to the symptoms and signs of measles.

Measles usually begins with a fever, sore throat, red eyes and a cough. A rash typically develops around three to seven days after the first symptoms, generally starting on the face and then spreading to the rest of the body.

If your child becomes unwell, please telephone your medical practitioner to arrange an appointment as soon as possible.

NAPLAN TESTS 2016
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 10, 11 and 12. 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. Margaret Perversi is the school Coordinator for the NAPLAN testing. Please get in touch with her if you have any questions on 9419 9229 or margaret.peversi@sophiamundi.vic.edu.au

Autumn Festival
Thursday 24 March
11.15 - 12.15
Everyone Welcome

This year every class from primary to high school is involved. Join with our wonderful school community; send in a seasonal offering for the Autumn Table. Come along to listen to the students bring the end of term alive with music and song to celebrate Autumn and the gift of St. Michael’s quest for our well-being, striving for courage and justice against darkness and strife. Summer is brought to an end and Autumn provides the bounty of summer’s energy spent.

LOST CELLO BOW
Last seen on Monday in music room:
cello bow half size.
If found please return to Oscar Lyons class 5 or call Jackie 0438 579 601.
Needed for practice! Thankyou

HEALTHY EATING - LUNCHBOXES
Do you remember that catchy slogan: “We are what we eat”. Open to interpretation? Nevertheless we all know that we are affected by what we take into our bodies. And so with this thought in mind, can I ask parents to keep an eye on what goes into those yummy lunch-boxes. A healthy lunch will make for a child/youth better able to learn. Trying to teach a child/teenager with the wrong food in their bodies, is a bit like trying to play music on a wonderful instrument that is out of tune.

Piers Martin (graduate 2015) at the opening of the Glen Eira Victorian & Tasmanian International Baccalaureate Schools Exhibition currently on at Glen Eira City Gallery. He is discussing his art work with interested art teachers from St Leonards
MRSS TALKS FOR PARENTS

Dear Community,

We invite you to attend a talk by Dr Rob Gordon

‘Weathering the Storms’

Along the way, sometimes all in one day, we encounter the storms of life; challenges that test our equilibrium. How best can we equip ourselves, as parents, and teachers, and our children, to weather these events?

Rob will speak about the effects of ‘tests’ on our lives, and the ‘silver lining’ within these challenges.

Wednesday March 2nd
7.30 pm in Oak Hall

Rob Gordon is a clinical psychologist who has spent the last 30 years working with people affected by emergencies and disasters. Since 1989 he has held the role of consultant and advisor to the Department of Human Services Victoria and has provided similar services to the emergency department of the Australian Red Cross.

He draws on an enormous breadth of experience including his private practice and group work with teenagers. Rob’s three children went through MRSS some time ago now but we always feel privileged when he can return to share his thoughts and anecdotes to the school community.

College of Teachers

PARENT COLLEGE

Following on from last week’s discussion of Steiner’s seven-year cycles, next week we explore parenting children later in life compared to earlier, and the strengths and challenges of both.

All welcome to come and share your story.

9 -10:30am in the cottage (aftercare room)

REMINDERS TO OUR COMMUNITY

Please note that no dogs are allowed on school grounds.

The Convent car park is a dangerous place. Please make sure children are supervised at all times.

We also ask that students are reminded to make their way to school once dropped to the Convent site.

ARTISTS VISIT AFTERCARE

Parents and staff share their artistic skills in Aftercare each week. In the last few weeks, Alex Hamilton brought in a book of his drawings and sat with children who were keen to explore different ways to use line.

Irena Riquelme shared stories and songs from Chile and Evie Lolios and her mother sang traditional Greek songs. Abbotsford Convent is an ‘Artists Precinct’ and we are fortunate the arts are flourishing in our wider school community.

We are delighted a local harpist, Jane Belfrage, plans to visit us on Wednesdays.

Thank you to all of our generous visitors. We are very grateful.

Fiona Couttie

LOST PROPERTY

This term we are attempting to organise the Lost items more methodically. There is a cupboard in the Courtyard where stray clothes, lunchboxes etcetera will be kept. If more clothing items are labelled it would help in finding homes for them. At the end of each term we will clear the cupboard and donate the goods to a charity.

If your child has lost anything always feel free to search for it.

Thanks-Gregorio, Anne and Dianne (Lost Property Committee)
Award winning cellists
Chien-Hsiu Ong & Alister Barker

warmly invite you to a dynamic evening performance of works for solo and duo cello by Bach, Barrière, Haydn and Mozart.

Saturday March 12th 7.30pm
(Doors open 7pm for a 7.30pm start)

Warrandyte Mechanics Hall
Cnr Yarra St & Mitchell Ave. Warrandyte

Chien-Hsiu Ong  studied at the Detmold Hochschule für Musik and the Royal Northern College of Music in Manchester. Her primary teachers were cellists Christoph Rocholl, Marcio Caniero and Karine Georgian. Chien-Hsiu was awarded Taiwanese Young Musician of the Year in 2003 and has performed as a soloist and chamber musician in Taiwan, Hong Kong, the UK, Germany and Australia. An experienced orchestral musician, Chien-Hsiu worked with The Hallé and Opera North orchestras in the UK. Between 2006 and 2008 she was a member of the Hong Kong Sinfonietta. Since moving to Melbourne in 2008, Chien-Hsiu has performed extensively as a chamber musician and has broadcast live on 3MBS FM. Chien-Hsiu performs frequently as a casual musician with Orchestra Victoria and very much enjoys teaching the cello. Further details about Chien-Hsiu can be found at www.ongcello.com

Alister Barker  studied at the Royal Northern College of Music with cellists Kim Dinizhen and Karine Georgian. Since returning to Australia in 2005, he has performed frequently in Melbourne. Alister has broadcast live on ABC Classic FM and 3MBS FM and attended the Australian National Academy of Music between 2007 and 2009 as a student of Howard Penny and Nicholas Bochner. Alister performs as a casual musician with Victorian Opera, the Melbourne Symphony Orchestra, the Raga Dolls Salon Orchestra, The Melbourne Chamber Orchestra and as a member of the Monash Academy Ensemble. Passionate about music education, Alister has taught extensively both the UK and Australia. Further details about Alister can be found at www.alisterbarker.com

Bookings: please call 9439 0662, warrandytemusic@gmail.com
www.twilightmusic.com.au

Tickets: Full $28, Conc. $21, Child $10 (under 18)
Our cafe will be open on the evening for refreshments.
TOBIAS AT SOPHIA MUNDI

The Tobias Class provides a space for students, to explore creative literacy and numeracy, which nurtures identity and develops confidence, defining expression which resonates to forge a community driven by personal passion and a commitment to higher learning.

The Tobias Class seeks to expand and enrich learning during 45min intensive sessions once a week during the Main Lesson Cycle, to build breadth and depth into the curriculum, as students explore practical and project based learning, which is linked to the Main Lesson to integrate and extend knowledge.

Inspired by the imagination and creativity of teachers, the Key Learning Areas are presented artistically and by direct experience, to complement the work done by the class teachers, in working with the imagination towards the development of the intellect.

Individual learning plans developed in consultation with parents, teachers, and where relevant support education and welfare staff, guides the focus of this work, which will be incorporated into the child’s Individual Education Program (IEP) which is regularly reassessed and may be revised as and when required throughout the year.

Students will be supported in initiating a project towards the consolidation of learning and the implementation of skills taught, providing opportunities for students of all abilities, who would like space to explore and develop expression by nurturing individual creativity.

Through the dynamic interaction between the individual and their social environment, potential finds expression in the dual dimensions of transformative learning, and the simultaneous construction of culture and the self. Invoking a discourse, which can inspire discovery and exploration, stimulating the senses and creating memories that are shared, greatly enriches the sensory and symbolic vocabulary of individuals, by empowering experiences that use language, arts, and movement to connect the world of the past, present, and future through learning that is designed to fosters an attitude of wonder at the creation of new meaning.

Focussing an individual holistic approach, The Tobias Class seeks to extend and bring balance to expression working with the head, heart and hands to focus the will. Exploring numeracy, form. colour, movement, sound and the written word, to develop a healthy sense of self through meaningful social relationships.

STREET SONGS CO.

8-10 Year Olds
Abbotsford Convent
Autumn: Thurs 31 March - Sat 2 April
Winter: Wed 20 June - Fri 1 July
Spring: Wed 28 - Fri 30 September
10am - 1pm each day

Holiday program for Musical Minds
Sing, Play, Create, Express, Perform

3 days of music appreciation, choral, composition & confidence building.
Limited places available
streetsongs.co/musicschool
Monique Styne-Lee 0428001481

MUSIC SCHOOL

Term 1 Week 5, February 2016

We are a Not-for-Profit and accredited Kindergarten offering Family Playgroup and Funded All Day Kindergarten with CCB and CCR eligibility.

“Our aim is to foster enthusiasm, joy and wonder for life in an environment of goodness, beauty and imagination.”

35-37 Abbotsford Street, Abbotsford
phone: 9417 2537
email: admin@littlesophiakindergarten.org.au
website: littlesophiakindergarten.org.au
AU PAIR
Hi
I’m very interested in becoming an au pair in Australia for six months from August. I’m 18 years old and am graduating from high school this summer. After high school I want to spend a year working and experiencing the world before starting an education next summer. I live in a small town called Varde in Denmark. I’ve attended boarding school, which has made me a more open minded person. I have babysat my three cousins and my neighbours’ children since I was about 10 years old, so I’m used to and pleased with taking care of children. At home I help with cooking and cleaning the house every week and I’ve had a part-time job since I was 13 years old. At the moment I work in a supermarket. In my spare time I like doing sports or spending time with my friends and family. I have a driver’s license and I am fluent in English. Furthermore, I’m a very punctual and responsible girl, who prefers to be organized. And my two older brothers have contributed to a lot of patience. My family and I like to travel and experience different cultures and this year we have an exchange student from the US living at our house.
Best regards, Sara Mette Bjerg

My Role as a Reiki Practitioner is to provide holistic healing creating harmony in the body relieving stress, bringing you back to your natural balanced state!
Further information: Natural Therapy Pages Balancetess - Instagram & Facebook Carlton & Elsternwick Tomka 0411 487 046

Anthroposophic Health Clinic at the convent
Blue Sky Therapies
1st floor above Cam’s Cafe room C1-38
www.blueskytherapies.com.au
please call the practitioner directly for an appointment

Michael Kokinos - Anthroposophic Physiotherapist & Craniosacral visiting March 14 - 21 Ph. 0418 532 166

Lakshmi Prasanna - Educational and School Health Consultant 0408 963 507

Teresa Harkin - Anthroposophic Nurse offering nurturing treatments (footbaths, herbal compresses and rhythmic body oiling) to help with stress, anxiety and developmental stages. Wednesdays and Saturdays 0413 148 903

Janie Bailey - Naturopath and Counsellor working out of Anthroposophy Tuesdays 0412 863 741

The inclusion of adverts/links do not represent an endorsement of those sites by Sophia Mundi, nor can the School be held responsible or liable for the accuracy, availability or content of the information or services therein.