Dear Parents,

Welcome back to Term 3. I truly hope that everyone, especially the children, have had a restful and restorative break. This is the real winter term and I would like to remind parents to be mindful of the weather and the warmth of your children, ensuring that they are adequately dressed for the conditions.

Over the holidays we received notification that Alex Turner would not be returning to Sophia Mundi. He has decided to take up a full time job offer elsewhere in the Outdoor Ed field. We wish Alex all the best and thank him for the care and dedication that he gave to our children while they were in his care.

We are very saddened to hear that the snowboarders who perished in the snow over the past week were good friends and colleagues of Alex and Jen. We give our condolences to their families and offer any support that we are able to give at this time.

Coming up this term we are holding a Parent information evening: This will be held Wednesday 13 Aug, 7.00pm "The value and importance of Rhythm in the health and education of the child." This will be presented by Dr Lakshmi for a health perspective and myself from the education perspective. This lecture evening is in-line with our approach to building a safe and healthy learning environment for all students and including the parents. Please come along and support this evening of adult learning in our school. This is an area which we wish to develop in the school to support parents to support their children's education. I look forward to seeing you all there.

Also we will be holding a High School Presentation evening for parents in Classes Five and Six to give a picture of the years ahead and meet some of the teachers. This will be on Aug 7 at 7.00pm. Any other interested parents are of course welcome to attend.

The following article is merely a sharing of my thoughts.

Ted in Class 3 has been learning the viola with our music teacher Myf since February this year. He is learning how to read the notes and play them on his instrument. Ted loves animals. Late in Term 2 he brought this piece of music to his lesson that he had written completely by himself for the Tasmanian Devil. You will notice the piece does not use the violin treble clef or the cello bass clef but the viola alto clef. Writing your own music is a great way to learn more about your instrument and how to read the notes.
Promotion of Positive. Finding the inner self.

I often wonder why some people are negative or even nasty to and about each other. Is this a basic human trait which we have not yet mastered or is it a reflection of our insecurities? Do we put others down in an attempt to mask our own deficiencies to make us feel better about ourselves?

Sometimes children will go to great lengths putting each other down, mocking others'behaviours, teasing and in extreme cases bullying. It seems that more effort and energy is required to cause grief and unhappiness, than is needed to engender laughter and joy. Then why do we go to such efforts to create situations that benefit no one and how can we change a rising of negative behaviours into a culture of supportive and tolerant behaviours.

Just saying to our children, “be nice to one another”, may seem to be the simple solution however it does not really address the underlying frustration and confusion that some children may feel.

It would seem also that in some cases, the roots of our unhappiness is in our ever growing reliance on materialism and the more that we have the unhappier that we become.

Our children are innocent bystanders to the consumerist society, being dragged into the web of technology and ‘must have’ designer clothing and being sold on the idea that more is better by never ending TV advertising. Our children must battle the need to compete with their peers for the latest iphone or name brand clothing, while defining their own ‘self’ . This surely leads to an inner turmoil that for them has no clear answer. Social acceptance is for them, extremely important as judgement and exclusion by their peers seem intolerable.

The battle for identity leads to all sorts of inner struggles and at times, reflects in strange and questionable behaviours. Some children, who can’t find their own ‘self’ easily, may become sad and withdrawn or they may become aggressive and abusive. All of these behaviours which are judged by society as unacceptable to the normal standards are experienced by these searching children.

One of the challenges that face our children in this modern, pace driven generation is to find, determine and establish their own identity in a rapidly changing environment full of expectations and demands. Is it therefore surprising that children’s behaviour at times seems to be extreme?

“In our materialistic world, the inner journey becomes more and more important.” Says spiritual teacher David G Arenson ND.


Most people have been misled into believing that happiness is outside of them, that there is some idealised destination, some material possession that, if they can gain a hold of, then all will be well. If they can get this external “thing” and grab onto it and hold on to it tightly, then they will feel whole and complete. In fact, our whole society is geared towards materialism. If it were possible for us to understand their inner turmoil with knowledge of their emotional experiences and expressions we may be closer to helping them develop their own sense of happiness and self-recognition.

Generally children will find their problems in the actions of others: “Sue bullied me at school today and said that my dress was old fashioned and that I am not cool because you won’t let me go to the movies on Saturday night before the sleepover at Rachelle’s place. I am really sad and I have no friends. I hate you and I hate school. I want to go to another school where I will have lots of friends.”

We could fix it all........

• Phone Sue’s Mom and abuse her for her daughter’s bully behaviour
• Buy a designer dress
• Let her go to the movies to watch Maleficent ( must be ok as it is a Disney film)
• Let her go to the sleep over

Will she then........

• Be cool
• Have lots of friends
• Love Mom
• Be happy to stay at school?

Probably not.......however if as a parent we stand by our values and allow our children the time to be sad and withdrawn, hopefully they will find their inner ‘self’ and gain strength through the process. If we always try to ‘fix’ their problems and dilemmas then they may struggle later to find their true inner being, true freedom and happiness.

Our happiness lies within the essence of our inner being and finding it sometimes requires, times of nothingness and quiet. If they say, “I’m bored!” Reply, “Good” and be satisfied not to respond by offering things to relieve the boredom. These are the times that they may dig deep and find themselves.

Good Luck.
Norman.
Keeping Warm

Janie Bailey’s Anthroposophical Health Column

Warmth is a much discussed word in Steiner Schools and this seems the most appropriate season to introduce it in our first Anthroposophic Health Column.

In Early Childhood (birth to seven years of age) Warmth is a foundation concept to support the healthy physical and emotional development of the child.

The adults in a child’s life have a very important role in supporting this as they can advocate warm and sensible clothing. Frequently the young child will comment ‘oh, but I’m not cold’ when the parent or teacher requests they put on another layer of clothing. It is important to understand that the organs for thermo-regulation and accurate assessment of heat and cold, the adrenal glands, are not fully matured and efficient until 14-16 years of age.

There are two helpful guidelines for determining how many layers a child really needs:

1. As a general guide ‘one layer more than the adult’
2. More specifically and individually, by touch, feel your child’s feet— if they are adequately dressed and you can be confident their circulation is supplying all the warmth and nutrition they need to mature if their feet are warm! Warm feet—happy body.

As for emotional warmth, if red woollen scarves, beanies, jumpers and thick socks or snuggling beside a wood heater sipping on yummy soup is a vision we can associate with feeling physically warm what is it that helps us feel emotionally warm?

A sincere smile, a beautiful sunset, a good belly laugh, a home coming, a sense of helping the child feel loved, welcomed, included and grounded are all life affirming gestures that show emotional warmth beneficial for healthy development.

There are also Anthroposophical remedies and treatments which can support the warmth gesture.

IMPORTANT: Volunteer Host family needed!

Christian has now returned to Germany, we are extremely grateful for all he did for Sophia Mundi over his stay. He will be greatly missed around the school.

We look forward to welcoming our next volunteer, Titus Blome, who will arrive in the middle of August and be with us for 12 months.

We are required to provide accommodation for Titus. Please may we call on any families who would be happy to host Titus either for the whole year or a much time as you can commit to.

An allowance of $150 per week will be paid by the school to cover costs. For more information or to express an interest in helping please contact the school office.

Class 4 visit Heide Museum of Modern Art

At the end of Term 2, Class 4 visited the Heide Museum of Modern Art to view Emily Floyd’s exhibition. Emily is a parent in Class 4. We enjoyed the visit to the gallery and loved Emily’s art work. It was a wonderful day!

We also enjoyed the climbing tree in the gardens, a few children really tested themselves physically and arrived on the ground below the tree with a sense of achievement. The children played chasing games on the grounds, really stretching their legs, and at the end delighted the parent helpers with a singing game.

Many thanks to Emily for making this wonderful day possible. And a big thank you the parent helpers and drivers. The children and I are really appreciative of your help and support.

Alliance Français poetry recital success!

Félicitation to our wonderful French students who have succeeded in reaching the finals of the Alliance Français poetry recital.

We have had a huge number of successful students this year:

Class 3: Daniel and Matilda
Class 4: Pia, Samuel, Yani, Jessica, Benjamin and Rhiannon
Class 5: Elanor
Class 6: Henry and Olivia
Class 7: Spike, Clay and Jolie

Slow Food

The next SlowFood market is Saturday 26 July.

Class 7 will be running this month’s stall and would really appreciate any bakers who could donate cakes / cookies /slices etc. for the market.

Please email slowfood@sophiamundi.vic.edu.au for more info or to arrange a donation.
Violin for sale

¾ size John Woo violin, made in 2005. In excellent condition with bow, Hard case, rosin, Wolf chinrest. Price $900. This violin is a step up from the Suzuki Nagoya and we first want to offer it to Sophia Mundi parents before putting it on the Suzuki newsletter. Price is negotiable but this is a fair price with the Wolf chin rest included. You may like to have one of the violin teachers give their opinion of it if interested. Contacts: Kate and Brendan, landline 9481 3409, Bren mob. 0401 410 337, Kate mob. 0412 806 578

Home Music Teacher Needed

I am after someone who is happy to come to my home in Kew twice a week to teach my son, who is 5 years old, and my daughter, who is 9 years old.

If there was anyone interested and appropriately qualified please contact Alexandra Nicholls via this email or on 0410 078 106.

An account of the IPMT from Janie Bailey and Geraldine Devas

Amidst a flurry of woollen scarves, beanies and jumpers and a cacophony of coughs, sniffs and sneezes the 2014 Melbourne International Post Graduate Medical Training (IPMT) got underway at The Michael Centre, Warranwood. The IPMT or is a full week residential intensive, available to Doctors, Nurses and Allied Health Professionals. It is an initiative from the Medical Section of the Goethaneum, located in Dornach, Switzerland and headed by Dr Michaela Glockler with a total of 83 delegates attending.

Just like Sophia Mundi Steiner School’s timetable, after a beautiful Eurhythm session at 8.30am, a rhythm of focused study/main lesson commenced the day - a plant and text study. The day was punctuated with delicious organic meals shared together. The afternoon work saw us divide into our specialist/ professional modality groups for Case Sharing, practicum and deepening of their Anthroposophic understanding of their work and its application.

In participating in the Psychotherapists stream Geraldine and Janie enjoyed the anthroposophical wisdom and professional guidance of Davide Bertorelli, Psychiatrist and Lisa Divine, Christian Community Priest. Lakshmi Prasanna carried the Curative Education and Social Therapy stream and Michael Kokkinos the Health and Illness in the Musculoskeletal-skeletal system. There were of course other wonderful Anthroposophic Health Professionals on the panel.

This year, for the first time Dr Michaela’s evening talks were open to the public and it was so good to see parents and staff from school attending. The theme of the week was the Etheric Body and much of the talks covered The Seven Life Processes. These talks are always a highlight and in a mysterious and beautiful way seem to meet many peoples questions. However, there are always more questions than answers!

To meet Michaela Glockler’s availability the 2015 IPMT is scheduled for July 12th to 19th at a venue to be confirmed. It is her vision that the venue in Australia changes annually to enable the access of the local community and to strengthen and support the Australian Anthroposophical initiatives in general.

The time was so well spent and an absolute highlight. Please speak to us should you have any questions. Janie Bailey and Geraldine Devas.

Carmen’s Organic Kitchen brings to food lovers, products that are affordable, organic, earth friendly & delicious.

For all enquiries send us a message on: www.facebook.com/Carmensorganickitchen