Dear Parents

I think we are all grateful that the warm weather has abated and hope that it won’t return for another long spell until next summer. Children get quite tired, (as we do) as sleeping rhythms are often disturbed. This can increase the autumn irritability, so routines and rhythms are important.

We see the consequences in the carpark when parents may be running late and the area becomes a real danger. Please do not park if there is not a bay as it really causes problems for everyone and the Convent often gets the complaints (as we do in the office). Please let us know urgently if you would take up a carpark pass as this has to be arranged soon. It will cost $100 for a term and allow you to park during the day and at night, thus saving hassles and possible fines.

This weekend Fiona and I will be in Sydney to attend the delegates’ meeting for Steiner schools in Australia. These meetings are important for the schools to work on common issues (such as a Steiner curriculum) and for contacts to be built and maintained between schools. Around 40 delegates attend these meetings.

In this newsletter you will find details of our end of term events/presentations, including the Harvest Festival on Thursday 29th March, the Music Recital and the Prep Autumn Festival on Wednesday 27th March, and the Parents and Friends ‘Viva Paella’ Community Night on Saturday 23rd March. I hope you can attend and enjoy these celebrations.

Jennifer West
End of Term Recital

Parents and friends are invited to attend an informal recital of works in progress from our Class 6, Secondary and Senior music groups. We will hold a similar event towards the end of Term 2 and a formal evening concert in Term 3.

Date: Wednesday 27th March
Time: 2:40-3:30pm
Place: School Courtyard - weather permitting - or Eurythmy Room

Groups Performing:
Class 6 Orchestra
Mundi Voce Choir
Woodwind Ensemble
Guitar Ensemble
Percussion Ensemble
Middle School Orchestra
Senior Chamber Ensemble

WELFARE UPDATE – RESTORATIVE PRACTICES

Last year the College of teachers devoted many meetings to investigating Restorative Practices and exploring the nature of conflict and communication in our community. Through the professional guidance of international practitioners Jon and Cat Cunningham we began by working on our own issues, to deepen our understanding and feel the real power of this work. Since then we have been introducing the work across the school, in appropriate ways according to age appropriateness and development.

Restorative Justice Practices aim to establish a mutual understanding through investigating what wrong was done by an incident and how to resolve this. It is an opportunity to empower all concerned and cultivate compassion and empathy. It uses reflective listening to gain mutual understanding and acknowledge responsibilities. All those involved have an equal chance to speak, be heard and take mutually agreed actions to create change. It is an international movement within Waldorf schools to create positive change.

So far we have seen some very positive shifts occur with this work. With time and practice we will establish this as a collective way of resolving conflict and tools for building harmonious community.

We encourage parents to become acquainted with the work at parent evenings, to allow a common language to support us all.

Geraldine Devas
School Welfare Person

AFTERCARE REMINDER

Please remember to book in your child by phoning 9419 9229 (option 4) or emailing aftercare (aftercare@sophiamundi.vic.edu.au), if you require casual aftercare, so that we can plan and cater appropriately.

Alternatively you can leave a message at the school office.

Thanks,
Vicky Stock
Aftercare Coordinator

SPRING FAIR 2013

SPRING FAIR ORGANISERS WANTED
The team of girls are back again to plan and organise a great Spring Fair for 2013, but we cannot do it alone. We would like some more people to join us in the fun, laughter and friendship we enjoy as we create another great Spring Fair for Sophia Mundi. If you are interested in joining us please contact Deneille on 0412 275 782 or delkington@noojee.com.au.
We look forward to working with you all.
Bette, Deneille, Poppy and Tatiana
Spring Fair Team 2013

A number of people last year organised stalls on the day that reflected their own talents and skills. i.e. massage stall. Anyone wishing to organise a stall for the Spring Fair this year can they please contact Deneille by 20th April on 0412 275 782 or email delkington@noojee.com.au
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

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

ORGANIC EASTER EGG FUNDRAISER
Organic Times are a regular sponsor of our Spring Fair is offering our school community the opportunity to purchase organic chocolate Easter eggs and bunnies cheaper than retail for Easter. Money raised will contribute towards the Parent and Friends Association. Please fill in the attached order form and return to the office with correct money by Friday 22nd March. Pickup of Easter eggs will be on Tuesday 26th March after school in the canteen.

OFFICE SPACE FOR RENT - Walk to School
395 Johnston St (nr school)
Two offices available
Short or long term
We are currently two Steiner parents occupying office space and we’d love to have more join us to run our businesses so conveniently close to our children, the Convent and parkland. Phone James: 0409 325 943
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.