School Newsletter  
12 September 2014  
Term 3, Week 9

IMPORTANT DATES
Please also remember the online calendar

**www.sophiamundi.vic.edu.au**

**TERM 3**

**Wednesday 17 Sept**  Class 3 Performance  
**Thursday 18 Sept**  Class 8 Performance  Prep Spring Festival  
**Friday 19 Sept**  Spring Festival 11.15 - 12.45  End of Term 3  
**Saturday 27 Sept**  Slow Food Market

**TERM 4**

**Monday 6 Oct**  Start of Term 4  
**Tuesday 7 Oct**  Start of Term 4 - Prep  
**Tuesday 14 Oct**  Cyber Safety Evening  
**Saturday 18 Oct**  Morning Tea at Little Sophia  
**Friday 24 Oct**  Last Day for Class of 2014  
**Wednesday 29 Oct**  Dr Lakshmi & Norman Talk  
**Sunday 9 Nov**  Spring Fair

Email: newsletter@sophiamundi.vic.edu.au for admissions.  
Business card sized adverts are charged at $15.  
Please see the blog pages on our website for regular updates.

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From the Principal’s Desk,

Above we see the workings of a child on the ‘spectrum’. Oh how we love to readily put everyone into their little box to explain the way they are or what difficulties they may be having. I would look at this and say “Genius,” after all, Einstein as a child in primary school was largely seen as unteachable, ‘a dreamer’ who spent most of his time looking out the window. If this is on the spectrum, then what a wonderful spectrum that must be!

If the test above was given as a part of the state’s standardised test, such as NAPLAN, it would most likely be marked as wrong, yet the student has carried out the directives to an exacting degree.

If in education our role as teachers and parents is to help the child unfold their inner being and to respect and develop their individual human spirit then we really need to question some of the practices we see in education.

Standardised testing has its place however it is not the measure of a child’s true intelligence or personality, character, creativity, self-discipline, leadership, courage, sense of beauty, humility, self-awareness, persistence, motivation, reliability, spontaneity, resilience, humour, curiosity, endurance, enthusiasm and so on and on.

Our role as educators must always focus on the talents and attributes of the child so that we can focus our help and guidance on the areas most challenging for the child without overlooking the already well establishing gifts that the child may have.

We need to ask, “Is what I want for the child in the best interests of the child or is it in my best interest how I want the child to turn out?”

Too often what we want for our children is not in their best interest and therefore difficulties will arise in the pursuit of these goals. If a student is motivated in a direction that interests them and they understand why they are heading in a particular direction, then there is no holding them back, however if the direction is unclear and they have little interest in the topic then it will be an uphill battle to engage them in their learning.

Steiner education is based on a firm understanding of child development, physically, emotionally and
intellectually, bringing to the students lesson, content that is directly balanced with these developmental stages.

“Intelligence is often used as a measure of a child’s maturity and as a result we parents may assume that an intelligent child is ready for the world. This is not so as just because giftedness is present in one aspect of the child’s life, don’t assume it pervades all areas. There is no magic age of responsibility.” (Parenting, 7 Ways.)

If our education is to effectively enable the freedom of the human spirit, then we must work in such a way that the individual talents and abilities are fostered and encouraged and that our children are not burdened by labels which they may carry into their prosperous futures.

The expectations of parents and teachers can have a direct result on the stress and anxiety of the student, hindering them in the pursuit of their goals and ambitions, which is totally contrary to the intentions of everyone.

……and on some other matters……

I recently received notification from the VRQA, (Victorian Registration and Qualification Authority) that they have concluded their review of Sophia Mundi Steiner School. This means that we have satisfied all the requirements of the VRQA review process.

As we are reaching the end of term 3, I would like to wish you all a safe and restful holiday. With the end of the year approaching rapidly, I am working on various projects to enable more improvements for next year. Some of them are:

- Play equipment for the central courtyard
- The high school lockers
- Subject orientated classrooms for the Middle School
- Senior Technology lounge (Mezzanine in the library)
- Painting maintenance on the upper levels

Kindest Regards,
Norman.

Important Notices

There have been more cases of Conjunctivitis reported. If your child is thought to have contracted Conjunctivitus it is important that you keep your child at home until eyes are completely clear.

There has also been a few cases of Head lice reported. Please ensure that you check your child/ren’s hair regularly and treat as appropriate.

Class 8 Performance of Twelfth Night
by William Shakespeare

On Thursday the 18th of September at 2pm and 7pm
An all-star cast from Sophia Mundi High School
Starring: Dom Phillips from year 11, Rebecca Martin from year 9, Coco Tait from year 9

Class 9 Camp to Nungatta

Nungatta is a place where life slows down, the life here is very different to the lives we live back in Melbourne.

The routine of school, the class timetable, lunch and recess, all vanish away as the Nungatta life routine picks up and takes over. The slow mornings are blissful as the fog parts or the frost melts and one by one you see the kangaroos peering out through the tussock grass. We wake with the sun and sit with our tree we have chosen on the first day writing or drawing in journals. Warm porridge is ready on our return which gives us the energy we need for the day. After a bit of woodwork time we are visited by Pete who lets us know what he needs done for the day whether its working out in the paddocks shifting clay, firewood or rock or pulling out the unwanted blackberries or weeds in the garden everyone pitches in and gets the work done. Inside a group is chopping firewood and baking bread for the hungry workers return. The afternoon is much like the morning and as the sunsets the guitars and voices fill the night air.

Budget and Fee Policy for 2015

The 2015 Budget and Fee Policy, prepared by the Finance Sub-Committee of our Board of Directors, were approved without amendment at the Board meeting on 3 September. The 2015 Fee Policy is available on our website on the Parent Handbook and Policies page, with hard copies available at reception.
An Invitation THINKUKNOW
Cyber Safety Evening
Re-scheduled
Tuesday 14 September

Slow Food Market
Class 11 is doing the Slowfood Market on Saturday 27 September which is in the middle of the school holidays. They would appreciate any support for the community as they are fundraising for the Class 12 farewells. Any cakes or slices that parents could make can be delivered to the school on the Friday 26 September.

Satissfaction Survey
A reminder that this weekend is the final chance for the survey to be completed. Please ensure you have taken the time to help us improve the school with this valuable feedback opportunity.

Anthroposophical Health Column
Is there a connection between education style and future health?
Many medical systems of the world recognise the life forces of the human being (eg vitality, prana, chi). In anthroposophical medicine these are called 'etheric forces' - they are related to immunity and resilience. Today I’d like to share two key thoughts that Rudolf Steiner highlighted about our health giving etheric forces:

Children’s healthy physical growth is highly influenced by the vitality in their environment. Our children’s main environments are home (ie us!) and school. Knowing this, we would be wise to nurture our own forces and also support the vitality of our school and class teacher who will spend many hours with each child.

The etheric forces (forces of growth) are the same forces we use for abstract thinking. Too much academic strain in early years can deplete the body’s life forces and modern research now recognises this. Holding this thought, one begins to recognise the health promoting wisdom behind the Steiner curriculum especially in the early years where the natural vitality of children is protected. Children with healthy etheric forces maintain health well and, when the time is right, delight in learning and academic work.

Article by Michael Kokinos

Congratulations!
Congratulations to Macgregor Doyle for representing Sophia Mundi and coming 7th in the Inter Schools Cycling Championships. A fantastic result - excellent effort!

Trangias For Sale!
Jen Gibson has two shiny new Trangias for sale at $140 each. These are lightweight cooking stoves for Outdoor Education. The students will need these from class 7 upwards so get in quick!

Community Pages

School Helper’s Corner
Library Helpers
Time: Any day - any period of time
Tasks: Returning books, Tidying shelves, Covering books, other library tasks

Book Reviewer
Time: once a fortnight
Task: The School Librarian is looking for people to take turns writing a book review each fortnight for the school newsletter on one of the books in the school library.

Slow Food Market Helper
Time: 4th Saturday every second month
Tasks: Cooking team - make cakes for the stall, Helping team - man the stand for a couple of hours, Setup/ Packup team - either 7:00am or 1:00pm to setup the stall or pack up the stall.

Working Bee Team
Time: team meeting once a term and help each term break
Tasks: Working Bee team - looking for a group of people to work with School Admin. to plan the activities required for each Working Bee. There is a list of items that are always worked on, but sometimes there is projects the Teacher’s College would like to see implemented. Once working bee are announced all parents of the school community are encouraged to help.

Head Gardener
The schools Organic, Biodynamic kitchen garden is after a head gardener. This is not quite as daunting as it might sound. essentially the garden needs some direction and a long term planting plan. We have a small team of willing volunteer gardeners, who are looking to be assigned tasks. Spring is here, we need you! If this sounds like you, please contact reception if you are interested.
Raffle
Beth Jones, Class 1 has graciously offered to run a Raffle for the Spring Fair. If you have prizes to offer, including gift vouchers for services, have great ideas in line with our school’s philosophy or know of people who would be receptive to being contacted for donations, please pass these along to Beth or Jane: beth.jones@hotmail.com

Pocket Lady
The Pocket Lady has been a much loved tradition at the Fair and we are looking for one or several willing Pocket Ladies to take up the apron this year. For those who have not encountered the Pocket Lady before: the pocket lady wears a special apron covered with pockets into which small wrapped treasures have been placed. Calling her wares, the pocket lady roams the fair inviting children to retrieve a treasure, for a gold coin donation. We have a collection of treasures from nature which need to be wrapped prior to the fair; we would gratefully receive any small crafted delights too. If you are interested in sharing in this Role, which is very popular with the children, please come forward!

Set-up and Pack-up
If you are handy and strong (or even one of these) and can spare the time the Saturday before and Sunday after the fair to assist with the set-up and pack-up of the Fair, please let us know. It would be really great to have a well briefed, dedicated team to help things run smoothly.

If you have a moment over the holidays please give some thought to how you and your class might like to participate in the upcoming fair. Many thanks!

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Spring Fair 2014

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Saturday Morning Talks
Saturday 27 September 2014
10:30am to 12:30pm | Phyllis Hore Room, Kew Library
Margot Horne
The mystery of the outer planets Uranus, Neptune and Pluto
Enquiries: Doris 9722 9716 or Brendan 0402 692 731

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An evening with Ven. Robina Courtin
When: Wed 17th Sept
Time: 5.30pm-9.30pm
Where: Australian Shiatsu College
103 Evans St, Brunswick
Phone: 9387 1161 to register
Cost: $20 donation

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The Dove’s Annihilation is a solo piano recital, with its generic boundaries opened to the involvement of intense spoken-word poetry and the radically expressive movement art of eurythmy. In music, poetry, movement, we bear witness to Plath’s conscience-awakening vision of the contemporary world order as a crucible made of darkness and fierce hope.

Music by Messiaen, Beethoven, Schoenberg, Scriabin, Shanahan and Bach. A Kithara initiative.

Conceived by Danaë Killian | Choreographer Jan Baker-Finch

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Carmen’s Organic Kitchen
100% Made with Love

DULCE DE LECHE
Argentinean Style Caramel Spread

VANILLA SUGAR
PANCAKE MIX
Wholegrain Gluten Free

VEGETABLE STOCK
Concentrated 250ml & 500ml

INFUSED CHILLI OIL

Hampers Made to Order
100% Made with Love

Enquiries: 0421 894 062

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