School Newsletter
10 October 2014
Term 4, Week 1

Dear Parents,

Welcome back to term four. The holidays already seem a distant memory as the new term fires up. Term four is such a vital term in the learning process. As we move closer to the end of the year we begin to see the fruits of our year’s efforts.

It is interesting that in Australia, in fact all of the Southern Hemisphere, at this time of year, we are driven by the renewal forces of Spring as at the same time, we move toward the resolve processes of the year. While nature is blossoming into the new spring our learning processes are maturing and consolidating, almost an Autumn process. This can create within us a very unsettling feeling and often children will feel a nervous energy, even insecurity rise within them.

At this time of the year the teachers will be working with children in a way of confirming, (we often call it revision) going back over what we have learned and sowing seeds for what we are going to learn and do next year. This process helps the children feel secure in their learning journey and gives them hope and vision into their future.

The end of year then comes as a celebration of all the wonderful things that they have done and learned.

There are always questions about the future and how do we prepare the children for the uncertainty of what the future brings. There are some things though that we really need to take responsibility for. While, we as parents give into the pressures of our children and buy them the latest phone with all the wiz bang technology to keep them current in the world, we are giving them a very powerful tool that can work for them and against them. I often ask myself why would young children and adolescents be given a tool that can be so potentially dangerous to their long term well-being.

I would like to share with you some of the problems we have at school and how we may be expected to deal with them.

### An Invitation THINKUKNOW

**Cyber Safety Evening**

**Tuesday 14 October**

ThinkUKnow is an internet safety initiative which aims to raise awareness of the issues which young people face online and whilst using mobile phones.

This is a fantastic opportunity for you to learn more about how young people have fun online, how you can help them to stay in control on the net, and how to report a problem.

All parents, carers and teachers are encouraged to attend. This presentation will cover topics such as how young people are using technology to have fun, online grooming, cyber-bullying, inappropriate content and e-security.

For more information, you can visit the ThinkUKnow Australia website at www.thinkuknow.org.au

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**IMPORTANT DATES**

Please also remember the online calendar

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

**TERM 4**

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<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tr>
<td>Tuesday 14 Oct</td>
<td>Cyber Safety Evening</td>
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<tr>
<td>Tuesday 21 Oct</td>
<td>PFA Meeting 7:15pm</td>
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<td>Friday 24 Oct</td>
<td>Last Day for Class 12</td>
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<tr>
<td>Saturday 25 Oct</td>
<td>Slow Food Market</td>
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<tr>
<td>Wednesday 29 Oct</td>
<td>Dr Lakshmi &amp; Norman Talk</td>
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<tr>
<td>Monday 3 Nov</td>
<td>No School</td>
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<tr>
<td>Tuesday 4 Nov</td>
<td>Melbourne Cup - No School</td>
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<td>Sunday 9 Nov</td>
<td>Spring Fair</td>
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<td>Monday 10 Nov</td>
<td>Post Fair Holiday - No School</td>
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<tr>
<td>Saturday 22 Nov</td>
<td>Slow Food Market</td>
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<tr>
<td>Wednesday 10 Dec</td>
<td>Children’s Christmas Market</td>
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<tr>
<td>Thursday 11 Dec</td>
<td>Last Day of Term</td>
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**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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1) WiFi access to the internet. The school has WiFi in many areas of the school as it is convenient for the senior students to access the internet for their IB studies. Unfortunately this also allows them and other students to download movies, music and even access prohibited sites. I personally have felt strongly about the removal of WiFi for unknown health risks, as many ‘Healthy’ schools are now doing. This is now being seriously considered as the abuse of the system continues to escalate.

2) Students with phones at school. It seems that the phone has become an essential part of modern life, a reflection of our insecurity and ever growing need to feel connected. If you as a parent have given your child a phone for safety reason, that is one thing, however if that phone has internet access then that is a whole different realm of responsibility. I have heard of students accessing pornography off the internet and showing it to other students.

This is absolutely unacceptable and if your child has such a device then you need to take that responsibility. One way around this could be that all phones must be handed in at the front desk every morning. Again it is put onto the school to police issues that are created by the parents. I know that parents text their children during the day while the children are at school. This works directly against our efforts to maintain high levels of engagement from the students. With the ever increasing issues around technology and its place in education we must remember some of the very important and fundamental principles of the school.

Steiner Education is centred around the relationship of students and teachers and their engagement in learning. Modern technology is a distraction from this fundamental process as it serves the umbilical link between the teacher and student. The school has clear policies and ethos around the use of technology and the parents need to work actively together with the school in the protection of children’s innocence and learning processes, if the pedagogic practices are to be of any value. Please take the time to think about the topics I have raised and share your thoughts with me.

Kindest Regards.

Norman.

### School Raffle

Please note that although the raffle tickets are not individually stamped, we have a thorough and detailed recording system. Next time we hope to have the funds to professionally print the tickets. Happy Selling!!!

### Congratulations to Class 8!

This week Class 8 presented their projects. All of the projects were fantastic and showed a huge amount of effort. More information and photos to follow.

We warmly invite you to an evening with Dr. Lakshmi Prasanna and Norman Sievers

The Transformation of Thinking, Feeling and Willing Through Steiner Education

Wednesday 29 October
7–9pm at Sophia Mundi Steiner School

Join us and share in light refreshments afterwards

About the Speaker: Lakshmi Prasanna (MBBS, DCH) has an Indian cultural background, where she spent 20 years practicing as a pediatrician and school doctor. She is now an international speaker on child development, education, health promotion through parent education and the benefits of the Steiner curriculum.

About the Speaker: Norman Sievers, Principal at Sophia Mundi School, grew up on a Bio Dynamic farm in the Bega Valley. His connection to Anthroposophy goes back three generations and he has been involved in Steiner schools in Australia and California over the past 40 years, teaching both in primary and high school. Norman’s particular interests are in promoting and developing Steiner pedagogy in a modern and relevant context.

This event is sponsored by the Parents and Friends of Sophia Mundi to promote Health and Wellbeing in the community.

For further information contact:

SOPHIA MUNDI STEINER SCHOOL
T 03 9419 9229  F 03 9419 0835
E reception@sophiamundi.vic.edu.au
www.sophiamundi.vic.edu.au

### Sophia Mundi Steiner School Raffle

Tickets $3.00 each or 4 for $10.00

Contact reception@sophiamundi.vic.edu.au or 9419 9229 for tickets

**1st Prize - Over $1000 of Steiner handcrafted toys.**

- The two headed dragon of the lake, the royal princess,
- the knight, the royal court horse and her foal,
- deer family of the forest, toadstools and crystal,
- mother duck and her two ducklings,
- the enchanted unicorn and a supply of exquisite Northern Lights pure beeswax candles.

**2nd Prize - Two night’s accommodation for 4 guests at Porcupine Ridge Estate - Daylesford,**

- staying in ‘The Barn’, including a bottle of local wine, generous breakfast provisions (all linen and bath robes provided), valued at $650. Located 15 minutes out of Daylesford, situated on 127 acres with expansive views. www.porcupineridge.com

**3rd Prize - A $300.00 organic produce hamper,**

- including delicious preserves, chocolates, an organic honey and almond cake, sauces and spices.

Prizes to be drawn at 3pm on the Main Stage at the Sophia Mundi Spring Fair on Sunday 9 Nov. The fair runs from 10am till 4pm. All winners will be contacted by phone asap.

**School Raffle**

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Dr Janet Rimmer a respiratory physician in Sydney recently informed us in The Age that one in five Australians are affected by hay fever. This condition is also referred to as Allergic Rhinitis with a peak incidence in ACT of up to 44% of residents affected. She also noted that in general, allergic conditions have increased in the last 10-20 years and that with climate change this is likely to increase. The scientific understanding being that allergens (substances that provoke an allergic response) such as couch grass and other introduced species will pollinate more prolifically with warmer temperatures.

It is always worthwhile extending the current scientific, evidence based medicine approach to include the human spiritual approach as Rudolf Steiner was able to with his vision of the Fourfold Human Being.

This is understood as the

1. Physical Body. (PB) Which we can see.
2. Etheric Body. (EB) Also known as the Vital force and Chi in other philosophies. Best visualised as the new green growth in spring and the abundant energy of our healthy young people. This, as Michael Kokkinos described in the Etheric Body article, is available to the body for learning and memory work after the bulk of a child’s physical growth is completed—usually around the seven year mark and evidenced by the hardest part of the body tissue, second teeth, coming in.
3. Astral Body. (AB) Also referred to as the emotional body, the seat of our desires and motivations. Which needs to be monitored and managed to live acceptably within societies norms. Hence the role of the Ego Organisation.
4. Ego Organisation. (EO) These last 2 bodies generally work together and were seen by Rudolf Steiner as separating from the first two, the Physical and Etheric Bodies, when we enter healthy sleep. The best analogy of their working together is of “the rider (EO) and horse (AB)” where the rider consciously controls the speed and direction of the otherwise potentially wild horse.

The Anthroposophical Medicine understanding of Allergic Rhinitis sees an emotional (AB) and physical sensitivity or overstimulation response to the environment which requires the support of a strengthened Etheric Body to contain it.

Whilst Anthroposophic remedies for acute and chronic Allergic Rhinitis exist, (see Weleda’s Gencydo range which includes oral sprays, herbal medicines), lifestyle measures and dietary support can go along way to improving the body’s sensitivity.

Janie Bailey is an Anthroposophic Naturopath and Psychotherapist working from Kew Junction and now also on Tuesday and Thursdays with Lakshmi Prasana and Michael Kokinos at Well Being at The Convent. Email her on baileyjanie864@gmail.com
Spring Fair 2014

Sign up sheets have now gone up on the parent’s board outside the canteen. Please take a look and add your name (and contact email) to any stall or activity that you wish to contribute too. Classes are not exclusively taking on activities, so please feel free to choose what interests you. Please even think about putting yourself down on more than one stall (crazy, I know), but it really helps to spread the load across the whole community and gives people running stalls a chance to have a break, see their children perform and enjoy some of the activities too!!

Please have a read through the attached information for an overview of what the fair will encompass this year and take note of areas where you can help.

We will continue to send email and newsletter updates and reminders over the forthcoming weeks and depending on your selected activity, you may receive invites to working groups or requests to assist from these activity leaders. Thank you for your contribution in advance. Together we can make this another successful Fair.

Promotional Flyers and Boards

Please collect a promotional bundle from reception. Please place these around your community and in the back of your car to advertise as widely as possible. Let’s get the message out!

Junior Introduction to Kayaking Course at FCC

Fairfield Canoe Club — which is just a few km up river from Sophia Mundi — is running a Junior Kayaking course for six weeks starting on Sunday 26 October. The course is aimed at boys and girls aged 11–16.

The course will focus on flatwater kayaking and work towards increasing fitness, self-reliance on the water, and interest in developing competition skills and kayaking more generally.

Each session will run from 10.30 am till noon. In each week there will be a progressive technical focus and the participants will gain experience in single and team boats.

Contact Rowan Doyle for more details on 0418 397 033 or online at http://fairfieldcanoeclub.org.au/kayak/node/440.