

Sophia Mundi Newsletter

Term 3 Week 10, 2018

Our vision is to educate individuals who can meet the future out of a sense of inner freedom and purpose.



Dear Parents and Community,

The end of Term 3 signifies the closing of another chapter. We have seen students and staff perform in fabulous productions of music and class theatre, with the final performance being Class 8's Midsummer's Night Dream this week. The Spring Festival yesterday was celebrated with Maypole Dance and music; and had a renewed sense of energy that comes with the arrival of spring! For a small School, we certainly weave a rich and creative tapestry.

The importance of the Arts and nature resound through our Steiner Education. Teachers and Guardians interlace these cornerstones skilfully and appropriately so that they align with each student's developmental stage.

A case in point is the Class 9 camp, recently held in Nungatta NSW (on the NSW/VIC border). It is one of those special places, only known to a few and held precious by our Alumni. The camp's remote and simplistic experience provides the opportunity for the growing student to extend beyond their comfort zone. Held over a period of two weeks, it provides the space for students to be reflective of the journey of what is referred to as 'the second phase of childhood'. (This is in line with the developmental stage of the Class 9 student – at this stage new impulses begin to form as conscious thought and feeling takes hold in the world around them.)

As our young people return home, they are ready to enter a new phase in their schooling and life. They step forward with new purpose and begin to embrace a different perspective and way of engaging.

On another topic, thank you to all those who are working hard on final preparations for our **Open Day on Sunday, 11 November**. This is a huge event in our school calendar and takes a lot of organisation. I know that our parent community are very busy and that it can be difficult to find the time to devote to working on our event. I truly appreciate the work of those parents who are so generously giving of their time. Our Open Day brings our school community together and it simply wouldn't happen without the dedicated efforts of a wonderful team of parent volunteers. Please help out by supporting wherever you can. **The Open Day Working Bee (set up) is on Saturday, 10 November.**

Next Newsletter deadline: TERM 4 Wednesday, 10 October.

IMPORTANT DATES: Please see our online website calendar

UPCOMING DATES:

Fri 21 Sep Staff Curriculum Day

Mon 24 Sep Staff Documentation Day

-----**TERM BREAK 24 SEPTEMBER - 05 OCTOBER**-----

Mon 8 Oct First Student Day, Term 4 Prep-12

Thu 11 Oct Class 8 Project Presentations

Mon 15 Oct Class 6 Excursion: Scienceworks

15 – 19 Oct Class 4 Camp: Upper Yarra

Fri 19 Oct Last Day for Class 12 students

22 – 26 Oct Class 7 Camp: Bike Riding

Sat 27 Oct Saturday School Tours, 10am, 11am, midday, 1pm

29 – 31 Oct Class 9 Camp: Hike

Thu 1 Nov Class 6 Play

Sat 10 Nov *Open Day Working Bee*

Sun 11 Nov Open Day 10am- 4pm

Mon 12 Nov *Open Day Recovery Day *no school**

Thu 12 Dec Prep Festival

Children's Market, 3pm

Last Student Day, Term 4: Prep-11

Today we farewelled our dear Prep Assistant Ann Gschwendtner. Ann is heading off to Europe to visit family before resettling in Tasmania – we wish her well! We welcome Milly Wolski, who will be Prep Assistant to Rene McKay from next Term.

Finally, I invite the school community to the upcoming **Class 8 Project Presentations on Thursday 11 October from 2.30 to 6.30pm**. Students present the projects they have been working on all year. These are based on a topic they are passionate about exploring. Don't miss out on these inspirational presentations!

We wish each of our students restful reflection and renewed vigour for the coming term, which resumes on Monday 8 October.

Warm regards, Fiona



Sophia Mundi Steiner School

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@sophiamundisteinerschool

CLASS 7 MAIN LESSON

This Term, the Wish, Wonder, Surprise Main Lesson took the Class 7s on a Mystery Tour given only enigmas for clues. The children found themselves amongst the majestic columns, radiant stained glass windows and brilliant engravings of the Neo-Gothic St. Patrick's Cathedral.

Christina Kakris, Class 7 Teacher



PREP FAMILIES CAMP

On the first weekend of spring almost all of the prep class families joined together for a one-night sleep-over at the Uniting Church camp in Grantville on Western Port Bay. We walked through the surrounding bushland, enjoyed a shared meal from the wood fired pizza oven - thanks to Jake for the pizza dough! - and sang by the fire under the stars. It was a great experience for adults and children alike, an opportunity to work together, get to know each-other and deepen our connections as we embark on this journey together. I'm already planning for next year!

Jami Jones, Prep parent



CLASS 2 PERFORMANCE: 'THE LEGEND OF ST CHRISTOPHER'

Class 2 presented two performances of our class play 'The Legend of Saint Christopher' to parents, friends and the school community last week. As their proud teacher I warmly congratulate the children on such an immense achievement.



Why do we do class play? Why are they so important? The end product, the final performance, is not really what it is all about. Rather, it is about communicating artistically to an audience; it is about using voice clearly and expressively; it is about memory, remembering not only lines, but music, movement, sequence, when to come in and out; it's about working together and looking after each other and caring for each other; it's about embodying it deeply and enjoying what you are doing; it's about trusting the process of gradually developing an artistic work step by step, giving each other the space to fully engage and the courage to share it with others.

And in all these things the children of Class 2 excelled. This play has allowed the children to change, grow, transform as individuals and as members of our little class community. It has offered them a very deep artistic experience that has enriched their souls, and which they will remember down to the smallest details for years to come. I am proud and honoured to have gone on this journey with these wonderful, joyful children!

*Katina Kondos,
Class 2 Teacher*



CLASS 7-10 STUDENTS LEARN CIRCUS SKILLS AT CIRCUS OZ

Over the past few weeks the Circus Arts students from Classes 7-10 had three lessons in trapeze, cloud swing and tissue (aerial apparatus) at Circus Oz, just up the road from the Convent. Many of these students



have been doing circus skills at Sophia Mundi for a year and a half but never up high on the ropes. It was a treat for them to visit Australia's oldest modern circus company to build their skills in aerial work. As with most novel

experiences, the students took to the ropes with ease. They also noticed old photos on the wall from my time as a juggler and acrobat in Circus Oz in 1998 and 1999! In the first lesson they were able to watch ten minutes of the performing troupe rehearse for a show - something not many school students get to see. Perhaps in the future Sophia Mundi could find a place to put trapeze's and ropes at the Convent, making it possible for regular aerial work with the students!

Katherine Ellis – PE Coordinator & Teacher

CLASS 9 CAMP - NUNGATTA (NSW/VIC border)



CLASS 7 GARDEN BOUNTY

Class 7 recently gathered some of their harvest from the Veggie Garden and had a small feast.

A delicious vegetable soup with carrots, onion, nettle, garlic, sweet potato (and more) was cooked together in our lovely large soup pots and served with beetroot salad, olives, feta, buttered wholemeal bread and homegrown organic lemon juice. The students responsibly prepared and feasted whilst sharing riddles and enigmas, then cleared the kitchen in top-notch style!

Christina Kakris, Class 7 Teacher





6 WEEK YOGA PROGRAM FLOW & RESTORE FOR WOMEN

These yoga classes are specially designed for women, and considers the needs of the feminine body, not only the changes in energy levels during monthly cycles, but also the many life stages that women experience in their lives. This practice encourages women to work with their unique cycles, acknowledging and understanding their own rise and fall of energy and to embody a non-linear approach through poses which are both nurturing and supportive. These classes consider the interplay of the physical and emotional body with hormonal changes while assisting to release tension from the body and bringing about both balance and calmness to the hormonal and nervous systems. The class provides women the space and time to restore their energy levels as well as encouraging their own nourishment and self-care.

Time: 9.30am -10.45am (class duration 1hr15 mins.)

Location: One Heart Yoga & Meditation Studio
Room C1.31, Level 1, Wellbeing at the Convent
Abbotsford Convent, 1 St Helier's Street, Abbotsford.

Dates: Tuesday 23 October - Tuesday 4 December.

(Please note no class on Tuesday 6 November - Melbourne Cup public holiday).

\$150.00 - 6 weeks or casuals \$25.00/session.

**Please contact Barbara on 0466 211 748, or
info@shamanakayoga.com.au for bookings.**



'CATCH UP: THE WORLD IS TURNING'

Please read this great article online at Sophia Mundi's Blog (<http://www.sophiamundi.vic.edu.au/blog/>) The article originated from Glenaeon Rudolf Steiner School.

Sophia Mundi Steiner School

Where students love to learn ...

OPEN DAY

St Mary's - Abbotsford Convent

10am - 4pm

Sunday 11 November

*Silent Auction Live Music
Open Classrooms Market Stalls
Children's Activities Delicious Food*



Last week our School Board delivered the news that Sophia Mundi's Fee Policy remains unchanged for 2019. Our School is constantly giving back to us in so many ways and we thank the staff and committee for all their hard work.

**This is the perfect time to give back to our School
and make this year's Open Day a success!**

White Elephant Stall

Do you have grand plans for a Spring clean out? Now is the time to do so. Please put aside any worthy items for our "White Elephant Stall" stall ie. quality used books, clothes, toys and interesting wares.

Silent Auction

Approach your favourite shop, donate something from your own business or re-gift that bottle of wine! There are so many ways you can contribute to this year's silent auction. Even if it's small we can bundle your items to create a hamper. To make it easier, we have compiled a note and form to approach businesses, available on request from openday@sophiamundi.vic.edu.au.

When approaching businesses, don't forget to emphasise that it's a great way for them to gain exposure and ask them to include their business cards with their donation. We look forward to the success and enjoyment of this great community event!

The Open Day/Spring Fair Committee

openday@sophiamundi.vic.edu.au