

Sophia Mundi Newsletter

Term 4 Week 4, 2019

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



Dear families and friends of the Sophia Mundi community,

GRATITUDE AND THANK YOU

The Board of Directors and Management met over a weekend in late August - one theme of this meeting was looking at the story of Sophia Mundi from its beginning in 1984. Out of that weekend a 'History of Sophia Mundi' project has emerged. The incredible capacity of the parents is evident throughout the history of our School. This 'expression of capacity' seems to be a theme weaving through the social fabric of our school. Sophia Mundi's initial impulse came from a group of parents over 36 years ago. An inspired parental group was unusual at this time as Steiner schools mostly started with a group of teachers. Today, the theme continues as parents come together for their children but also for Community. I feel enormous gratitude and respect for past and present parents of Sophia Mundi for their vision and incredible hard work.

In this Newsletter I would like to acknowledge our Class 12 parents and in particular the six families who have undertaken the journey with us from Early Childhood. To these parents I say thank you for your commitment and inner strength to go against the current of the educational mainstream. For those who have joined us along the journey; expanding and enriching our school with love and acceptance, I know you have found a community and a home that is yours. While there have been challenges along the way, we have all planted seeds of strength, resilience and love for humanity that is blooming and deepening in your children and Sophia Mundi's graduates.

On another note: **Open Day & Spring Fair on Sunday, 10 November** is just a week away! I thank all parents, staff and students for their generosity this coming week as we come together to celebrate the years' work. Please make time in the busy Open Day to walk through all the classrooms, to ask the question you never had the courage to explore with a teacher and celebrate your child's work.

Next Newsletter deadline: Wednesday 06 November.

SOME UPCOMING DATES: Please see our online website calendar

Mon 4 Nov - Report Writing Day (pupil free day) - School Closed

Tue 5 Nov - Melbourne Cup Day (Public Holiday) - School Closed

Thu 7 Nov - Class 7 Play, 10:45am, 7pm

Fri 8 Nov - Class 5 Greek Olympics, MRSS

Sat 9 Nov - Working Bee: Open Day set up

Sun 10 Nov - Open Day & Spring Fair, 10am-4pm

Mon 11 Nov - Recovery Day (pupil free day) - School Closed

13 - 15 Nov - Class 5 Grampians (Botany Camp)

Tue 19 Nov - Class 3 Music Concert, School Hall, 5:30pm-6:30pm

Tue 19 Nov - Class 4 Music Concert, School Hall, 6:30pm-7:30pm

Thu 21 Nov - Musica e Pizza Concert, Courtyard

Class 9, 10 & IB Music Concert, 5:30pm-7:30pm

Wed 20 Nov - Class 5 Music Concert, School Hall, 5:30pm-6:30pm

Wed 20 Nov - Class 6 Music Concert, School Hall, 6:30pm-7:30pm

Fri 22 Nov - Valedictory Evening: Class of 2019

This year, our Open Day is being shared with the **Abbotsford Convent's Open Spaces weekend: Saturday 9 November - Sunday 10 November**. This is a fabulous opportunity for a rich weaving of sharing together. With the collaboration comes a few logistical challenges. The big one for parents to be aware of is car parking and paid entry costs. Please consider using public transport, cycle, park up on Studley Park Boulevard and come early. After 11.00am the Convent will be charging a \$5 per person to enter the Convent grounds. **As always have a fabulous day and look out for all children.**

Thank you all for walking this journey together.

Warmly,

Fiona Cock - Principal



Class of 2019 - Last Day Celebrations



CLASS 12 LAST DAY: 25 OCTOBER



CLASS 9 CAMP TO MT STIRLING

On Monday the 27 of October, Class 9 ventured out to the north east of Victoria to camp at Mt Stirling. We started at Telephone Box Junction and walked 4.6km uphill to Bluff Spur Memorial Hut. Pandemonium broke out when we found multiple snow drifts on the side of the Mountain. We had full blown snowball fight during a 30 degree day!

On the first night we had dinner on the summit of Mt Stirling overlooking 360 views of the high country and Mt Buller. Retiring to our tents, we slept among the ancient snow gums. On the second day we descended back down the mountain to Razorback Hut. On the final day before we departed the camp we had a creek jumping contest and said goodbye to the crystal clear mountain water we had been drinking over the past three days. It was a beautiful trip with some breathtaking weather a fantastic way to be introduced to the unique Victorian High Country.

Brooke Va racalli, Nic Andreatta and Elizabeth Chandler – Outdoor Education Teachers



CLASS 8 PROJECTS

Following three terms of preparation, planning, working, problem solving, frustration, disappointment, changes of plan and hair loss, the students of year 8 have submitted their completed year 8 projects for assessment. Many of the ideas that the students chose to pursue were incredibly ambitious and their realisation required a huge amount of motivation and dedication. This year we have had a wide array of amazing projects and I am pleased to say that other than a couple of students who were unwell, all the projects were completed to an impressive standard.

The works were displayed at a special project evening in the first week of term. For this event the students designed, prepared and presented a powerpoint and speech for an audience of peers, teachers and families. With an average length of 23 minutes the presentations explored the process, planning and challenges of their project in depth, showing both the scope of their work and their growth as individuals.

The project is intended to open the door for students to step out and work with the wider community beyond the shelter of the home or school. It requires them to take a degree of responsibility for themselves far beyond what school demands and helps them to develop a meaningful understanding of professional world they will be entering into. It also helps them explore their interests, challenge themselves and grow in resilience and confidence.

This year has been a huge success, and I would like to thank all the year 8 students for their hard work and for their support of each other. Well done! If this is what you can achieve in year 8, I can't wait to see what you will create on the other side of school!

Aela- Jewellery

Amelia- Ceramics

Arlo- Gym Equipment

Bella- Resin River Table

Feilx- Medieval Helmet

Ingrid- Film Script

Lili-Bespoke Stationary

Maggie-Cookbook and Website

Mia-An Album of Original Songs

Sienna-Dressmaking

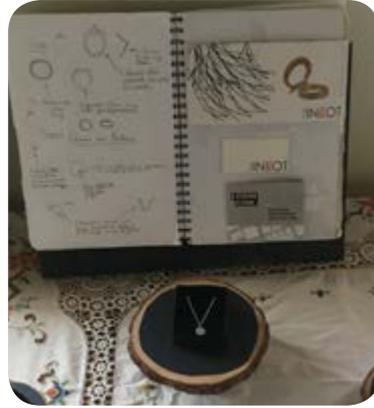
Sulia-Zines on Melbourne

Ted- Fantasy Novel

Tilly-Short Film

Congratulations to all students and staff.

Rohan Vickers, Class 8 Guardian



Spring Fair & Open Day

10am - 4pm Sunday 10 November

sophiamundi.vic.edu.au



Saturday 9 November: Open Day Working Bee

Sunday 10 November: Open Day, 10am-4pm

Monday 12 November: Rest Day Holiday

The Sophia Mundi Open Day is only a week away! This event is a whole-of-school coming together to celebrate the work of our children and teachers, and a highlight of our school year.

ITEMS NEEDED

- Milk – dairy (full cream and skinny),
- Milk – soy and/or almond
- Coffee beans
- Books (a Second-hand Book Stall may be featured this year)

MARKET STALLS

Traditionally most classes have a market stall for the Open Day. Please connect with your Class Carers to help with preparations, fill out rosters for the stall, set up and pack up on the day.

Stall allocations

- Children's Tent: Prep
- Craft: Class 1
- Silent Auction: Class 2
- Curries: Class 3
- Sausage Sizzle: Class 4
- Woodwork: Class 5
- Cake & Coffee: Class 6
- Lemonade & Granita: Class 7
- Tie Dye: Class 8
- White Elephant: Class 9

Class 10-12 are invited to volunteer wherever they can!

WHITE ELEPHANT STALL

Please bring your quality used goods, household items, clothes, bric-a-brac etc to school from Monday 29 October onwards.

OPEN DAY POSTCARDS

Spread the word about our Open Day by distributing postcards to shops, cafes or libraries. Postcards are available from the display area in reception.

VOLUNTEERS

We need volunteers to help with additional activities and organising roles, including:

- Cleaning Crew (Monday 11 November)
- URGENT - Guides to assist with vehicles for bump-in & bump-out
- Coffee (Baristas)
- Soft serve ice cream
- Pocket Lady
- Face Painting
- Silent Auction assistants
- Sales assistants for Second-hand Book Stall
- Granita servers

If you can contribute, please email openday@sophiamundi.vic.edu.au

GENERAL DONATIONS & SILENT AUCTION

Sophia Mundi Open Day is looking for donations from the school community! If you can kindly donate goods and/or foods, please contact openday@sophiamundi.vic.edu.au

The Class 2s are working hard at securing items for the Silent Auction and we could also use your help! If possible, re-gift something that you have not yet used or donate something from your own business. If you have a favourite shop, ask them if they would like to donate. (Remember to emphasise that it's a smart way for a business to gain exposure by including their logo with their donation.) Email openday@sophiamundi.vic.edu.au to confirm your personal donation, or to request a donation form so that you can formerly approach businesses for donations.

CAKE STALL

Baked treats from our cake and coffee stall are always in high demand at the Open Day. Hopefully you have been trying out the recipes we featured in our last Newsletter!

Note - baked goods proforma forms are available at Reception for those donating their creations to the Open Day.

FOOD SAFETY

We have updated the food handling instructions this year and the laminated document will be circulated and displayed as a sign at each food stall. **EVERYONE working with food at the Open Day must gain a Food Safety Certificate before handling any food on the day.**

Note: it is widely recognised within industry that the food handling certificate renewal should take place every three years, so make sure you are up to date! DoFoodSafely is a free, non-accredited, online learning program provided by the Department of Health and Human Services Victoria, to enable you to understand how to safely work with, and handle food in commercial settings.

To complete the food safety assessment quiz and receive the certificate, go to <http://dofoodsafely.health.vic.gov.au/>



ABBOTSFORD CONVENT OPEN SPACES

Abbotsford Convent is hosting their Open Spaces event from Saturday 9 November until Sunday 10 November which will affect our Open Day event in terms of entry points, parking, bump-in and bump-out.

- (1) **To avoid being asked to pay the \$5 entry fee the password for visitors to the School's Open Day is "Sophia".**
- (2) Parking will be restricted on the day – it is advisable that you get dropped off or catch public transport.
- (3) Vehicles carrying supplies or stock for stalls can park in the goat's paddock. This is a restricted area and we are anticipating parking space for around 10 vehicles.
- (4) Suppliers and stallholder vehicles are required to exit via a different path, as the Open Spaces event ends at 6pm. For safety reasons, each vehicle will require volunteers to guide each vehicle out of the Convent safely before 4:30pm. If you can volunteer in this capacity, please contact openday@sophiamundi.vic.edu.au

For any clarification – please speak directly with Colleen Bate – Open Day & Spring Fair Coordinator:
openday@sophiamundi.vic.edu.au

LES MISÉRABLES

WEEKEND REHEARSALS

Rohan, our director, has been having productive weekend rehearsals since the beginning of term and we are starting to see some great work come together. There is still a huge amount to do, so please support your children to come to those rehearsals if they are required and – where possible – be flexible so that we can get most students there. You'll be sent an email when needed for these additional rehearsals. Rehearsals will run from 9am until 4pm in the school hall, unless otherwise notified.

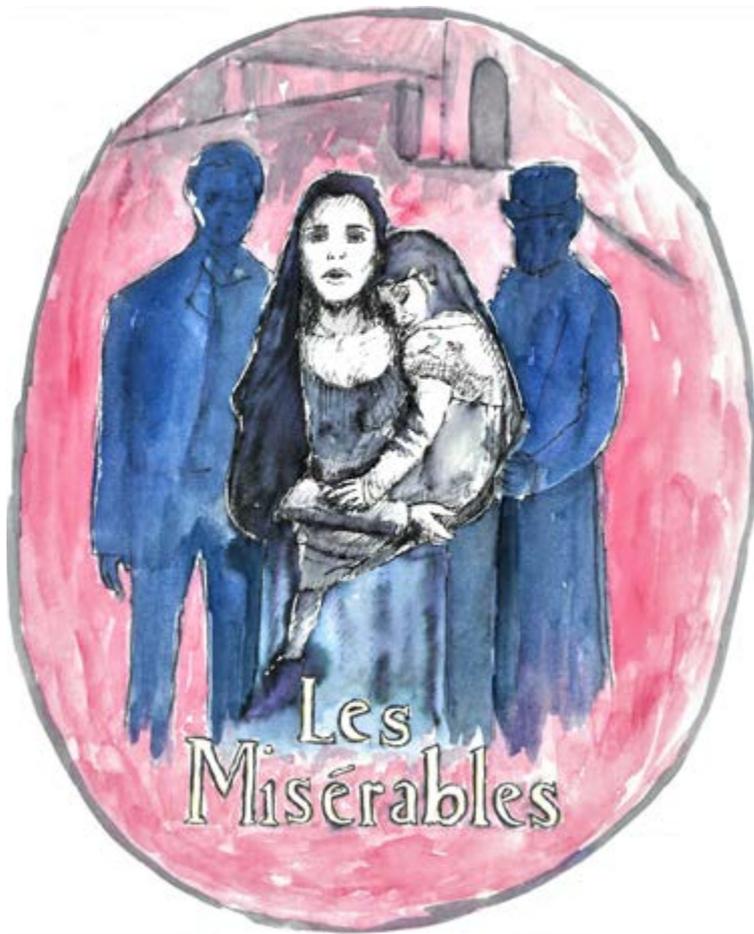
UPDATED: Whole Cast Dress Rehearsals

Please note that in the lead up to the spectacular, there will be two full dress rehearsals on:

Saturday, 16 November: 9am - 4pm

Sunday, 17 November: 9am-4pm *NEW DATE*

Previously rehearsals the 9th November was listed as the first full weekend rehearsal for everyone,



but as that Saturday is just before the Open Day, and there are huge events going on at the convent that day, it's no longer feasible. Instead we have Saturday the 16th (which is already scheduled) and Sunday the 17th as our full rehearsal days. It is likely this will be hard for some people, but hopefully the majority of you can be there. If anyone is willing to help provide some extra snacks to share on those days, that would be greatly appreciated.

All Middle School students are expected to attend these rehearsals, and we request prior notice if your child is unable to attend.

VOLUNTEERS AND SUPPORT

We now have some wonderful people working on props, sets and costumes, and these things are starting to come together. We would still appreciate your support though! If you have skills in any of these areas, please contact the relevant teacher to see how you can help out.

Head of Costume –Teresa Martin is overseeing the preparation of costumes leading up performances. More people are welcome to join in!

Props Support –Ben Darby has taken on much of the props design. More volunteers are invited to come and join in! This job involves liaising with Ben to prepare the props and set.

Theatre Hosts (3 positions) – **we are still looking for 3 people to host the front of house** on the nights of the performance. Roles include making the foyer look like a 'night at the theatre' and organising food and drinks for sale. This role includes an initial set-up meeting and support from Peter Henderson.

It is likely that more tasks will arise in the coming term for which we will need help, and when that happen we will do another call out!

Things are getting exciting now! As they say on the barricade; *There is a life about to start when tomorrow comes!*

Rohan Vicars, Secondary English and Drama Teacher

3/4 SIZE VIOLA FOR SALE

Viola, bow and case for sale.

Brand FPS, body 13 inch, 3/4 size.

Keeps good tune and is in very good condition.
Great for first instrument. \$350.

**For details and photographs,
please phone Anahata 0410 950 606**

COMMUNITY GATHERING EXTRA LESSON / THREEFOLD THERAPY

Dear 'Extra Lesson' and 'Threefold Therapy for Learning' Practitioners from the past decades; let's get-together and share our common experiences, past and present as they have evolved out of this spiritual work.

When: Saturday 9th November from midday

Where: Melbourne Royal Botanic Gardens – opposite the NGV at the Floral Clock on St Kilda Rd.

Bring: a picnic - whatever you like to eat, drink and sit on.

RSVP: janinapapas@gmail.com / 0421 812 881.



CALLING ALL ASPIRING SCHOOL BOARD MEMBERS

The Sophia Mundi Board is looking for parents or guardians in our school community to join the Board. The School Board is accountable for leading the governance and strategy for Sophia Mundi. This is a great opportunity for those who want to support the governance of the School, contribute to its long term strategic direction and to develop their skills as a Board Member of an ASIC registered company.

Nicholas Conigrave, one of the current Directors and father of Jasper Class 9, will be hosting information sessions at Open Day & Spring Fair for all who may be interested.

Please come along on the day or email Nicholas on nicholas.conigrave@sophiamundi.vic.edu.au.



Term 4 2019

Class Music Concerts

Tuesday, 19 November Class 3 5:30-6:30pm Class 4 6:30-7:30pm	Wednesday, 20 November Class 5 5:30-6:30pm Class 6 6:30-7:30pm
Thursday, 21 November Class 9, 10 & IB Music Students 5:30-7:30pm	Wednesday, 4 December Class 7 5:30-6:30pm Class 8 6:30-7:30pm



Would you like to take time away from your busy schedule to connect with your daughter through the practice of yoga?

The Next "MOMENTS TO CHERISH" - MOTHER & DAUGHTER YOGA WORKSHOP - SUNDAY 17 NOVEMBER

These specialised workshops have been created by Barbara of Shamanaka Yoga for mothers with daughters aged in their tween to teens to honour, support and celebrate the parallel rites of passage that each go through emotionally and physically. They encourage a bridge of communication and support between mothers and daughters, and provide a safe place to be more compassionate with yourself and each other.

Workshop themes:

- Time for connection and bonding in our busy lives
- Encouraging and improving communication and respect
- Love and compassion to self and each other
- Giving, accepting and receiving
- Supporting each other via partner poses and games
- Allowing for joy and playfulness no matter the age

When: Sunday 17 November from 2.30pm to 4.30pm
Location: One Heart Yoga & Meditation Studio @ Abbotsford Convent
Your Investment: \$60.00 per mother & daughter pair (*Please note numbers are limited to 10 pairs)
For: Mothers with daughters aged in their tween to teens
Bookings now open via Trybooking <https://www.trybooking.com/BFAAF>

Past client feedback:
"My 11 year old daughter and I enjoyed every second of it. We laughed and stretched, we reflected and found peace together, we stepped outside of our usual roles and interacted together with joy and affection. It was wonderful to share the experience of being a little team within a bigger group of other mums and daughters. Barbara nurtured us and helped us to nurture each other too." Claire, (Mother of 2 daughters and school teacher).

(Above image commissioned and designed by artist Suzie Byatt especially for Shamanaka Yoga Mother and Daughter Yoga workshops)

 **Shamanaka Yoga - info@shamanakayoga.com.au
www.shamanakayoga.com.au**