

The Messenger

TERM 3 WEEK 5 TUESDAY 11 AUGUST 2020



"When we're caught in a belief that happiness should take a particular form,
we fail to see the opportunities for joy that are right in front of us."
- Thich Nhat Hanh

To friends and families,

2020 has been a year that has taught us many things. Major lessons learned during this period have taught us that we can never assume or take anything or anyone for granted. Whether it was our ability to move freely to wherever and whenever our whim might take us, to drop in on friends for an impromptu gathering, to dine out in restaurants, to wear a naked face in public or to hug someone with warmth or in gratitude. These are things as adults we miss; we are not used to being told what to do for so long or to be under the scrutiny of our fellow citizens as we go about our daily lives.

The change of attending school on a daily basis to adjusting to Remote Learning has been abrupt and different this second time and may be even harder for some families. Teachers have made adjustments to the work load based on last term's efforts and hopefully it is more manageable for everyone. Steiner Education relies on the rhythms and routines of the day and holding on to rhythms in turbulent times can provide solace for children and parents.

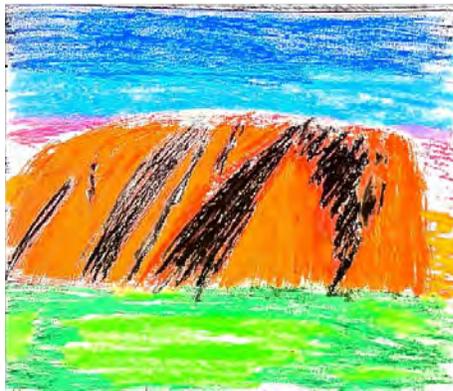
Below is a link to an interesting article in the Gleneaon Steiner School newsletter regarding the key to great learning:
<https://www.youtube.com/watch?v=N3biFgdtCso>

Main Lessons are a major point of difference in Steiner Education and provide the core of the curriculum. This Main Lesson structure uses an age appropriate approach to learning, incorporating picture or image, story and sleep. Andrew Hill (Principal of Gleneaon Steiner School) refers to these 3 elements of learning as the holy trinity of the most effective learning strategies in how we remember things. All abstract concepts should be introduced in pictures, that is why we teach children to draw before they learn to write. Stories are a meaningful way to create pictures, whether through hearing folk tale, fairy tales or listening to the biography of a worthy person. A teacher is able to weave all of the concepts of a lesson into story form to bring meaning and understanding to the content. Deep sleep allows the processing of information obtained during the day.

Mansfield Steiner School is here to support our families – if your expectations of your child's work output is dissatisfying and the Remote Learning program is becoming stressful, it is time to take your frustrations out into nature: go for a walk, a bike ride or do something creative to reboot attitudes and start again the next day. Good luck.

Fran Cummins
Principal

	Due to a return to Remote Learning and circumstances beyond our control, ALL school excursions and camps have been cancelled for the remainder of Term 3. Thank you for your understanding.
Year 9: Cross-Generational Internet Skills Cafe	Mon 24 – Fri 28 August
Class 3 Play (daytime performance/student audience only)	Thu 27 August
Year 8 NT Camp	Mon 31 – Sat 5 September
Class 2 Play (daytime performance/student audience only)	Thu 3 September
Developing Sexuality Workshops	Mon 7 – Wed 9 September
Year 9 Play (daytime performance/student audience only)	Thu 10 September
Last day of Term 3	Friday 18 September



CLASS 6

Class 6 have started looking at the treasures of the earth in their new Geology lesson during Remote Learning. The students enjoyed drawing the sandstone monolith of Uluru and exploring the tallest mountains on the seven continents converting their heights from metres to feet and finding the differences between them.

This week they will be inspired by the story of the Ancient Roman God of Fire, Vulcan as they make a model volcano at home.

Attached: Cate's main lesson book drawing of Uluru.

- Lou Pullar (Class 6 Teacher)



CLASS 5

Last week the Class 5 students created a replica of a canola flower during their Botany Main Lesson. Students enjoyed working with beeswax to create a 3D model.

The class was asked to look closely at the flower and make their beeswax model two times larger than the real plant.

It is fantastic to see the accuracy in each of the student's beeswax models and the care each of them took in moulding the wax and mixing the colours.

As we move into learning about flowering plants and how they grow, students will be looking

for plants around their home to draw and study.

- Brooke Varacalli



CLASS 3 and 4

Last week Class 3 and 4 were lucky enough to journey out on one last excursion to the Boorolite Farm.

We walked up the hill to look at the local region and the Delatite River valley, and visited the farm to milk a cow.

The students learnt about Biodynamic farming, growing vegetables and rearing cattle on the land.

Thanks so much to the Steiner family for having us.

- Linda Sampson (Class 4 Teacher)



CLASS 1

The excitement was high last week when the Class 1 students finally received their recorders after working so hard handcrafting their recorder bags.

- Clare Bennetts (Class 1 Teacher)



MORNING STAR

Morning Star began their Remote Learning this week, with a story called 'The Little Gnome Who Had To Stay Home'.

Their beautifully created Remote Learning packs also included a craft activity to create their own little gnome, so that they may use their imaginations to tell their own gnome story.

- Sandi Valerio (Early Childhood Teacher)



YEAR 9

A couple of weeks ago (in the time before masks), our Year 9 students participated in an Age Friendly Project to teach new tech skills to over 55s. Out of the two of four sessions that managed to go ahead before the Stage 3 Lockdown, there were some great results with some lovely feedback passed onto the school from the Mansfield Shire as follows...

Congratulations Wil, your participant was able to attend church this week via the zoom platform, this will make such a big difference to your participant's life now being able to attend church on a regular basis, particularly at the moment during such uncertain times. What a fantastic success and I cannot thank you enough for the difference you have made.

Kind regards
Bianca

Well done to all the students that took part in this project.

- Suzanne Van Wyk (Secondary Coordinator)



HAPPY: Annelie Pindick and Jenny Harroon interacting.

LET'S DO THIS: Eva Dieperveen and Stormy Hanemann working hard.

HAPPY: Will Hutton and Penny Bennett.

Tech help for over 55s

BY SAM ROSSSET

In conjunction with the Mansfield Shire Council's year 9 students, the Mansfield Shire Council runs their second Information and Technology session last Thursday.

The Mansfield Shire Council was one of four local councils across regional Victoria to receive the Age Friendly Communities grant that focuses on improving and creating Age Friendly Communities.

The project commenced in 2019 with extensive community engagement to identify the key projects.

Mansfield Shire Council

all more. Marg Atkey said council received very good feedback about how much the year 9 students had taught those who attended the first two sessions.

"In the July sessions, the students showed the participants how to download and use apps such as Zoom, Microsoft Teams, Microsoft Outlook, Gmail, Skype, Facebook and Messenger," Ms Atkey said.

But these sessions are not just about the practical elements of understanding the technology, the sessions are also building community interpersonal connections.

"The students' role as a

mentor is to support community members aged over 55 years, to trouble shoot areas that can assist them to gain confidence and knowledge on their own devices, and therefore promote socialisation and connection," Ms Atkey said.

"We know COVID-19 restrictions mean people are looking for alternate ways to connect with friends and family and technology platforms are a big part of the solution."

Mansfield Rudolf Steiner School principal Fran Cummins said that as a part of the year 9 curriculum, students are required to participate in community service.

"Community service activities aim to acquire life skills and knowledge, provides them with an opportunity to become active members of their community and allows the students an opportunity to provide a service to those who need it most," Ms Cummins said.

"The students are also going to make titles and other resources on the common questions that come from these sessions so that those who couldn't attend can also gain some new skills."

Council's Age Friendly Communities project officer Bianca Harle said that these sessions had been quite successful and both the men-

ture and the participants were enjoying them.

"The older learn so much with their mentors," Ms Harle said.

"One of them even said that they learned more in two hours with a mentor than during a 10 week computer course."

"There is just such a positive vibe in the room and the students are so patient."

Ms Harle also said that the students had completed a mentorship session prior to commencing the technology education sessions.

Because of their success, there were two more upcoming sessions on August 13 and 20, however, these

have had to be cancelled due to the stage 2 restrictions which come into effect this week.

However, Ms Harle said members of the Mansfield community aged 55 and over are invited to sign up for the Age Friendly Communities' newsletter to update them on other opportunities that come from this project.

If you require further information, or experience of interest form or would like to register to receive the newsletter, please contact Bianca Harle, Age Friendly project coordinator on 5252 8561 or email bharle@msc.vic.gov.au and info@mansfield.vic.gov.au.

NOTES FROM THE OFFICE

THE GOVERNANCE COMMITTEE (GC) meet on the fourth Monday of each month at 6.30pm.

President – Sarah Lieber

Vice President – John Bowen

Treasurer – Tim Ross

Secretary – Scott Ersvaer

Catherine Yencken, Ingrid Ueno, Rosemary Brennan.

Mandate Groups

Marketing – Sarah Lieber

Gardens & Grounds – Scott Ersvaer

Policy – John Bowen, Ingrid Ueno and Rosemary Brennan

Project Steering Team – Catherine Yencken, Sarah Lieber

Finance Committee – Tim Ross, Sarah Lieber

STAFF SCHOOL EMAIL ADDRESSES

Fran Cummins (Principal) franc@mrssk.vic.edu.au - For ALL school issues. (Parents please note your first port of call is to your class teacher to discuss any issue regarding your child, thank you)

Jacinta Walker (Vice Principal) jacintaw@mrssk.vic.edu.au

Suzanne McKay (Secondary Coordinator) suzannem@mrssk.vic.edu.au

Andrew Karzons (Operations and Financial Manager) andrewk@mrssk.vic.edu.au

Sally Singleton (School reception and College Secretary) sallys@mrssk.vic.edu.au – Everyday admin enquiries. All staff have a school email address as above, being their first name and initial of their last name ie: name@mrssk.vic.edu.au.

COMMUNITY NOTICES

- The Mansfield Courier



Helping children cope with stress during the 2019-nCoV outbreak



Children may respond to stress in different ways such as being more clingy, anxious, withdrawing, angry or agitated, bedwetting etc.

Respond to your child's reactions in a supportive way, listen to their concerns and give them extra love and attention.

Children need adults' love and attention during difficult times. Give them extra time and attention.

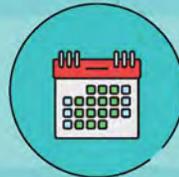
Remember to listen to your children, speak kindly and reassure them.

If possible, make opportunities for the child to play and relax.



Try and keep children close to their parents and family and avoid separating children and their caregivers to the extent possible. If separation occurs (e.g. hospitalization) ensure regular contact (e.g. via phone) and re-assurance.

Keep to regular routines and schedules as much as possible, or help create new ones in a new environment, including school/learning as well as time for safely playing and relaxing.



Provide facts about what has happened, explain what is going on now and give them clear information about how to reduce their risk of being infected by the disease in words that they can understand depending on their age.

This also includes providing information about what could happen in a re-assuring way (e.g. a family member and/or the child may start not feeling well and may have to go to the hospital for some time so doctors can help them feel better).

LOCAL BUSINESS REGISTER

Mansfield Steiner School is excited to launch our new Local Suppliers Register. The purpose of this register is to support our school community's local businesses, promoting a wider awareness so that our community can show local support when considering the purchase of goods or services.

As we continue to grow this list, we are seeking the support of our local business community through the submission of business information. Please complete the [linked](#) form to ensure your information is featured correctly. Forms can be returned to emmaw@mrssk.vic.edu.au or dropped in to the school office.

Should you have any questions please feel free to contact us on 03 5779 1445.

TRADE	BUSINESS NAME	CONTACT NAME	PHONE NUMBER	EMAIL	DETAILS
Registered Osteopath	Dr Bernadette Gifford	Dr Bernadette Gifford	5775 2166	bn.osteo@hotmail.com	Osteopath
Barber Shop	The Shearing Shed Mansfield	Jodie Morris	5775 2300	morrisjodie1973@gmail.com	Men's Hairdressing, Proraso Grooming products & Wahl Grooming products
Agriculture	HCH Genetics	Jacqui Aylan-Parker or Dale Edwards	0429795468 or 0427806672	jacquiaylanp@gmail.com	Cattle AI, semen sales, ultrasound pregnancy testing, embryo flush and transfer.
Retail	Mansfield Sweets Shoppe	Natasha Kavanagh	5775 3221	info@mansfieldsweets@gmail.com	Lollies & treats
Registered Commercial & Domestic Builder	Full Scale Constructions	Matt Anderson	0405 441 473	matt@fullscaleconstructions.com.au	Green living Accredited. Master Builder Member New homes, extension & renovations, shop fits & commercial projects.

Retail	Maison Fireplaces	Ivan Pacak	0409 353 331	ivan@maisonfireplaces.com.au	5% Discount for Steiner Families. Inbuilt & free standing European fireplaces.
Mechanic	High Country Mechanical	Scott Ersvaer	0409 700 978	hcm20B@gmail.com	10% Discount for Steiner Families. All mechanical work, cars & farm machinery.
Electrician	Daniel Friday	Dan Friday	0448 533 510	d.a.friday@hotmail.com	All types of electrical, installation & repairs. Split system air conditioning supply & installation. TV Antenna & Satellite Dish installation & repairs. Fully Licensed & insured.
Retail	Mansfield Noodle House	Jamie & Michelle	5779 1880	jamiepon@hotmail.com	Chinese Cuisine & noodles. Student and teacher lunches by special order.
Retail	Shopping World	Michelle & Maggie	5775 2838	N/A	Variety Shop. Party needs, craft, kitchen needs, picture frames and storage etc.
Counselling and Therapy	The Wellbeing Paddock	Jane Hall	0417 765 366	jhall@ggs.vic.edu.au	thewellbeingpaddock.com.au Individual counselling, Equine Assisted Therapy. Social/emotional skills programs, support and staff workshops available.
Graphic Designer	Baker Design Co.	Adam Baker	0407 007 245	info@adambaker.com.au	Graphic Design, Sign Writing, Murals.
Life Coaching / Business Consultancy	Briana Seaton Coaching	Briana Seaton	0427 878 071	hello@brianaseaton.com	www.brianaseaton.com Life & Business Coaching. Published co-author 'Empowered Woman Empowering the World'.
Retail	Snowfox	Kym Henderson	0419 526 344	kym@snowfox.com.au	Snowfox.com.au Skiwear, Ski Accessories, Winter boots, Designer casuals, Alpine jewellery, homewares, snow-themed toys, Mt Buller clothing & souvenirs.
Artist, Qualified Dressmaker, Interior Decorator and Designer	Agnes Robinson	Agnes Robinson	0413 564 228	agirobinson@gmail.com	Natural toys, alterations, sustainable products, craft workshops & Covid-19 Masks.



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