



The Messenger

TERM 3 WEEK 7 TUESDAY 25 AUGUST 2020



"When we least expect it, life sets us a challenge to test our courage and willingness to change; at such a moment, there is no point in pretending that nothing has happened or in saying that we are not yet ready.

The challenge will not wait.

Life does not look back."

– [Paulo Coelho](#)

To friends and families,

Sir Ken Robinson passed away recently. Many would have seen the extremely popular [TED Talk on Do Schools Kill Creativity](#). It was a 20 minute talk where most of it was completely off task where Sir Ken spoke about a lot of seemingly unrelated topics to education, but in the build-up, he was able to draw the audience into his core message – the value of the arts in education.

This is a summary from today's Education HQ News written by Tim Perkins

Sir Ken's greatest capacities was his sense of humour and his ability as a master storyteller. He was also a person who had a wonderful sense of humanity and had the capacity to deliver strong and powerful messages related to education. He was a highly educated man who worked for more than 10 years as a Professor of Education at Warwick University in the UK. Robinson stressed that creativity and the arts in particular, were absolutely foundational and instrumental in developing an awareness of ourselves, our skills and our relationships with each other and the world so as to become fulfilled individuals and active compassionate citizens.

He advocated for creativity and the arts as absolutely essential components of a full and rich education, when so many others are shouting louder about the primacy of literacy and numeracy and a 'back to basics' approach.

He was captivated by the individual and the need to truly personalise education rather than the one-size-fits-all approach which, possibly despite protestations, is still the absolute norm in schools. He recognised that to truly engage a student, we have to know what makes them tick and help them to discover their own unique talents.

Robinson was passionate about the capabilities of children and what it is to be a good teacher, stating that "a properly conceived education is a conversation. It's a dynamic

encounter that is guided by expert and knowledgeable mentors."

Robinson spent the last 20 years of his professional career calling for us to consider a significant education revolution. He said that we need to bring ourselves out of an "educational death valley".

"The fact is that given the challenges we face, education doesn't need to be reformed - it needs to be transformed. The key to this transformation is not to standardise education, but to personalise it, to build achievement on discovering the individual talents of each child, to put students in an environment where they want to learn and where they can naturally discover their true passions."

Fran Cummins
Principal



ART & DESIGN

Last term, the Year 8 students explored tone and rendering techniques. They selected a famous person and then the portrait photograph was cut in half. They used the grid method to complete the second half of the image, matching as closely as they could the tone and texture of the original. This was a very demanding task, requiring close observation and patience. They were all impressed with their achievements and so they should be!

Che Guevara – Ash
Elon Musk – Mackenzie
Winston Churchill – Ned
Audrey Hepburn – Kahdija
Abraham Lincoln – Ruby
Steve Erwin – Angus
Elvis Presley - Maddison
Fabio Wibmer - Pheonix
Danny DeVito - Orvokki

- Sue Plumb (Art and Design Teacher)



YEAR 8

During Remote Learning this past week, students have been busy making, creating and experimenting in their Physics of Air and Water Main Lesson. From calculating the PSI of their foot-steps, to designing, testing and competing to create the tin-foil boat which can hold the most mass, Year 8s have been enjoying their foray into the complex world of counteracting forces.

We have looked at water pressure and measuring it, through the creation of a homemade Manometer, a water pressure gauge, and discovered that it isn't the size of the container holding the water, but the depth of water that affects the pressure.

Now we start to explore how pressure effects the atmosphere and the weather.

- Seamus Kavanagh (Year 8 Guardian)



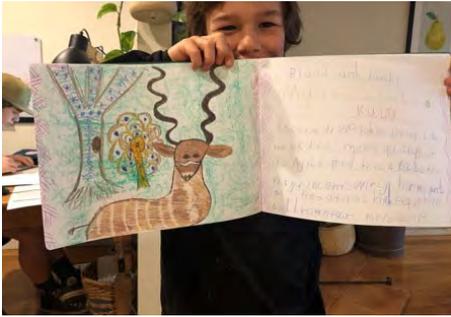
CLASS 6

Vulcan, the Roman God of Fire has been angry lately and Class 6 have been acting out his revenge - erupting volcanoes across the district. As our Geology Main Lesson draws to a close, the students are making trace fossils by recording nature around them in salt dough and looking more closely at the formation of the hills and mountains around Mansfield.

(Pictured Ethan's painting and exploding volcano)

- Lou Pullar (Class 6 Teacher)





CLASS 4

Class 4 have been learning about Dreamtime Stories and the lessons attached to them. These stories tell of the beginning of life, totem animals, ceremonies and how people must look after the land and the animals.

- Linda Sampson (Class 4 Teacher)



CLASS 1

During their first weeks back of Remote Learning, Class 1 have been studying the language of mathematics and how to use the four processes (multiplication, division, subtraction and addition).

To help them out with these tricky concepts they hear stories of the adventures of Multi Plier, Prince Division, Miner Minus and Happy Addy. They then go out into nature where lots of sums can be made from using flowers, rocks and other such things as leaves. In their Main Lesson book, they have one page for equations and one page for a drawing that reflects the story. Well done to all the students for working hard at home.

- Clare Bennetts (Class 1 Teacher)



ROSA MUNDI PREP

The Rosa Mundi Prep Class spent last week enjoying the tale of Father Sun's Holiday. They painted Father Sun, made him from wax and drew his house. The rainy days kept us busy building cubbies inside and baking tasty pizza to share with our families. This week we have a wildflower treasure hunt at Rifle Butts Reserve, cookies to bake and the traditional Grimm's Fairytale of Mother Holle to enjoy.

Below is a little video of the wildflowers you may like to go hunting for at Rifle Butts. For those interested in going on a wildflower treasure hunt, all of these plants can be found walking on the cross-country loop. Plus, there is a bonus rock wall to climb and a wombat burrow to spot.

- Ariel Stava (Rosa Mundi Prep Teacher)



Rifle Butts wildflower Treasure Hunt



IN THE KITCHEN

The school garden has been growing steadily through these cold winter months. Pat has harvested gorgeous kohlrabi (from the cabbage family) which we roasted in the oven, some beautiful green and purple cabbage for salads, spinach, kale, broccoli, and celery galore for nourishing soups, plus coriander and parsley for herbaceous garnishing.

Kai has been busy in the school kitchen, with the help of the Eva & Hamish from Year 9, as well as a few other secondary students when they have time between their Remote Learning lessons.

The goal to provide vegan and gluten free options each day has proved challenging, but also creativity inspiring.

We hope that all the students at home are still "eating a rainbow". Kai would like to encourage a Vegan Meal Night challenge too, cooking for your family with no harm to animals at least

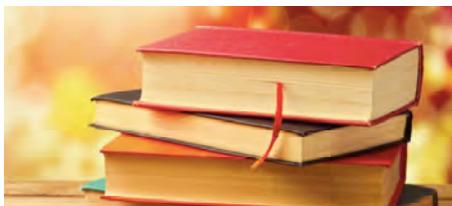
one night per week!
Here's a recipe to try....

VEGAN THAI SWEET POTATO SOUP

A delicious way to warm up on a chilly winters evening, and filled with fresh aromatic herbs and spices.

- 750g sweet potato peeled and chopped
- 2 cups water
- 2 tsp canola oil
- 1 medium onion, chopped
- 2 tsp vegan red curry paste
- 2 tbs lemon grass, chopped
- 1 tsp brown sugar
- 1 1/4 tsp salt
- 2 cups So Good Regular soy milk
- 1 cup coconut milk
- 2 tsp fresh coriander, chopped

- Place sweet potato (kumara) and water in a large saucepan. Bring to the boil, then reduce heat, cover and simmer until sweet potato is soft.
- Heat oil in a frypan. Sauté onion, curry paste and lemon grass until soft.
- Remove from heat and add to sweet potato.
- Add brown sugar, salt, So Good Regular, and coconut milk. Blend or process mixture until smooth and creamy.
- Reheat but do not boil. Stir through coriander. Serve garnished with extra coriander.



PONDERING STEINER

Our group have been finding a quiet place at home on Wednesday evenings to read a verse or lecture from Rudolf Steiner's vast archives.

We would like to suggest that any interested parents, grandparents or friends can 'meet' in this way, in the comfort of their own home, any time between 7pm and 9.30pm for some respite from the busy day.



Enquires welcome, Janina 0421812881.

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



Community Bank
Mansfield & District

You're invited

Growing Minds 'Supporting Our Youth's Mental Health'

2020 has seen our community faced with some of the greatest challenges of our time. From a devastating bushfire season to Covid-19 and Remote Learning.

It is a time when we not only need to look after our own wellbeing, but also be attuned to the wellbeing of the young people in our community.

Find out how to best support youth mental health in this FREE workshop focusing on evidence based positive psychology interventions and support strategies for youth. Find out how to boost resilience, coping ability and reduce the risk of anxiety and depression.

When Wednesday August 26, 8pm & Friday August 28, 11am

Where Due to Regional Victoria Stage 3 Restrictions, workshops will be conducted online via Zoom

RSVP trybooking.com/eventlist/communitybankmansfielddistrict

Workshop Outline:

- Discussion around the current climate of our youth's mental health, and the role that positive psychology can play to not just cope but to learn helpful life-long skills.
- The role that character strengths play to build connections with youth building resilience.
- Gratitude – The science and practice of gratitude. How it refocuses HOPE into our future.
- Empathy – Tuning into others, the power of kindness and the dark side of kindness.
- The practice of Mindfulness.

Bendigo Bank

Bendigo Bank is a registered financial services provider. ABN 63 629 629 629. Financial Services Licence 23973, 2199752, 31119022, 3448200



CORONAVIRUS (COVID-19) EXTREME HARDSHIP SUPPORT PROGRAM

the
power of
humanity



Emergency financial assistance for people living in Victoria

Who is this program for?

Applicants must meet all of the following:



live in Victoria



be unable to access Commonwealth income support (including JobKeeper and JobSeeker) **OR** the International Student Emergency Relief Fund



have zero or very limited income, savings or community support



be a temporary or provisional visa holder, or undocumented migrant

What support is being provided?

Limited cash payments to cover basic needs, such as food, bills and medicine. A single person may receive \$400. Families may receive more.

Red Cross can also provide information about other supports available to people living in Victoria on temporary visas.

For more information and to apply go to
redcross.org.au/vicrelief

If you have questions you can request a call back, including with an interpreter.

Services

Information, Support & Education



During this time of social distancing Inspired Carers has changed the way we support parents/carers who care for a child with additional care needs. We hope you make use of the following options for support

Information

If you require information during this time please contact the Inspired Carers office

Education

Our workshops are going on line. Please contact the office or follow our facebook page to keep up to date with the workshops which we will deliver in partnership with Association for Children with a Disability

Individual Support

Individual support is available either via telephone, email or Zoom. Please contact the Inspired Carers office to get support

Peer Support

It is more important than ever to be in touch with others who have a similar parenting journey to you. Please join our private Facebook page, Inspired Carers Connect, to keep in touch.

We will also be hosting Zoom sessions at different times throughout the week. Contact the Inspired Carers office to register for these events

Parents/carers who live in the Murrindindi, Mansfield and Benalla area please contact your local SPSP Coordinator, Liz

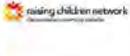
Inspired Carers - Liz

Ph: 0497 483 319 E: coordinator@inspiredcarers.org.au

www.facebook.com/INSPIREDCARERS



FAMILY RESOURCE SHEET

Organisation	Contact details	Services provided	Information for	
			Parents	Children
	www.raisingchildren.net.au	An online resource of information and practical tools for parents. It covers areas such as behaviour, nutrition, safety, daily care, and mental health.	✓	
	www.healthy-kids.com.au	Online food and nutrition information for parents, including healthy recipes for children.	✓	
	www.mychild.gov.au 1800 670 305 (8am-6pm Mon-Fri)	Find childcare centres and information about available government assistance for child care costs.	✓	
	www.cybersmart.gov.au	An online tool that teaches children to use the internet safely with games, and informs parents about safe internet use.	✓	✓
	www.csiro.au/portals/education/programs/do-it-yourself-science	Do it yourself educational games, activities, and scientific experiments for children.		✓
	www.kidsafe.com.au	Practical guides for parents about keeping children safe from accidents at home and on the roads.	✓	
	www.healthdirect.gov.au 1800 022 222 (Australia wide 24-7)	Health information for families online, and via the nurse helpline.	✓	
	www.kidsmatter.edu.au	Find information sheets about children's mental health.	✓	



Organisation	Contact Details	Services Provided	Information for	
			Parents	Children
	1800 55 1800 (Australia-wide 24/7) www.kidshelp.com.au	Free phone, email, or web chat for kids who want to talk about things like problems at school, home, with friends, or how they are feeling.		✓
	13 11 14 (Australia-wide 24/7) www.lifeline.org.au	Free crisis support counselling for adults via phone and web chat.	✓	
	NSW: 1300 130 052 ACT: (02) 6287 3833 VIC: 132 289 QLD: 1300 301 300 SA: 1300 364 100 WA: 1800 654 432 TAS: 1300 808 178 NT: 1300 301 300	Phone counselling and referral service for parents about issues related to children and parenting at the cost of a local call.	✓	
	www.relationships.org.au 1300 364 277	An organisation of counsellors that specialise in working with families and couples.	✓	
	www.familyrelationships.gov.au	Information for families about relationships, including building better relationships and conflict resolution.	✓	✓
	www.psychology.org.au/find-a-psychologist 03 8562 3300 (in Melbourne) 1800 333 497 (outside Melbourne)	An online search tool and phone referral service for finding a psychologist in your area, or with the speciality you need.	✓	
	www.acpa.org.au/find-a-clinical-psychologist/	An online search tool for finding a clinical psychologist in your area, or with the speciality you need.	✓	

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
		Matt Anderson	0405 441 473	matt@fullscaleconstructons.com.au	

Registered Commercial & Domestic Builder	Full Scale Constructions				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.
Builder	Bramic Constructions	Brad Brkljacic	0412 049 244	Brad@bramic.com.au	New homes, extensions, renovations.
Painter	Mansfield Painter	Dane Nye	0439 326 300	dane@555garage.com	Master painter – Domestic or Commercial Painting. Interior & Exterior.



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