



MOUNT BARKER
WALDORF SCHOOL

Term 3
Week 2 – 2025
Newsletter

From the Principal

Dear Mount Barker Waldorf School Community,

Week two and the wild and wet winter weather has brought the mud – has everyone remembered their gumboots? What a wonderful expression of the season, one which you can moan about (as is so often the case) or embrace like they do in Bush Kindy. Every year Leesa talks with relish about the experiences that she gets to have in these weeks down below the Horticulture classroom next to the seasonal creek. And it's not just putting a brave face on the circumstances, it's a genuine looking forward with positivity. It's amazing what a shift in mindset can bring!

Another mindset shift we are learning to embrace is one towards change. In today's world, change comes with increasing speed and urgency and can be overwhelming. Yet there are many things that stay constant that we can hold on to. As a High School teacher there is a great analogy that likens work with teenagers as being like a rock in a raging stream. If you get swept up in the currents (and sometimes raging torrents) of the teenagers' emotions you will be swept away, but staying calm, steady, and letting it all pass you by with equanimity, allows for learning to be the focus. In today's world, the rock that keeps us from being swept away with change are our values. If we hold on to our values and let them set our mindset (rather than being swept away in the currents of change) we are more likely to feel connected and have a sense of purpose.

One of the great things to come out of the strategic planning process we have just been through is to recognise that, despite differences of opinion in how things could be done, there is a core of Waldorf Education that we all aspire to. Out of this come some beautiful values to guide all of us – Care, Courage, Curiosity and Community. These will be unpacked at a later date when we reveal our strategic plan. But for now, I would like to hold on to them as we navigate change over the next six months.

In our school there are always things that are in flux, moving and growing. This term our Eurythmist Anna Kotanidis is having a term off and will be connecting with family in Australia (and hopefully overseas). We will welcome her back in Term 4. Logan Long is taking the rest of the year off to do her 'gap year' that she couldn't get to through the Covid years. We also have a brand-new face in our Primary School, Jessica Vallelonga, who will be the new SSO taking the place of Lachie, please make her feel welcome if you see her. There are also a few shifts across the school with

Key dates this week

Monday 28 July

Inkpot's 'Come & Try' Evening

LAC

5pm-7pm

Wednesday 30 July

Gardening Morning in Kindy

Kindergartens

8.50am-11.30am

Friday 1 August

Classes 9 & 10 STEM Day Out

Adelaide Showgrounds

9am-3.15pm



Call out for:

If you have any colour wool (not black or grey please) that you no longer need, the Primary School Crochet Club would gladly accept any donations.

Please drop to the front office.
Thank you!

TERM 3, 2025

**Monday 21 July to
Friday 26 September**

Emily Dallwitz and Kelly Ryan teaching Class 3, and Ellayna Wiseman returning to her Primary Handwork role. We are so lucky that we have a flexible teaching community that hold our values and can work so beautifully with each class.

Through this wild wet wintry world, what are the values that you are holding on to? What is the thing in your life that might need a mindset shift and to be embraced like the Bush Kindy experience?

Have a great week.

Liam Waterford
Principal



Class 2 chalkboard drawing by Sally Delara.

Upcoming important dates

Tuesday 5 August

Classes 9 & 10 Boys/ Girls Futsal

(Select student teams)

ARC Campbelltown

8am-3.30pm

OSHC ~Afternoons Only

Monday-Friday PM

School finish-6.00pm

(\$30 flat rate)

To book, please email

oshc@mbws.sa.edu.au



If you have any feedback for the MBWS Board, please contact them via email at: secretary@mbws.sa.edu.au



MOUNT BARKER
WALDORF SCHOOL



Eurythmy for adults

**SESSIONS
ON
HOLD**



Friends of the Plant Nursery

Tuesdays:
9.15 – 10.45am

Meet at School
Plant Nursery



Beehive

Tuesdays
9am - 11am
Cafe and Shop

**PARENT CRAFT
ON
HOLD**



Yoga Thursdays

A slow pace yoga class
suited for everyone.

Teachers: 8-8.30am
Students: 8.30-8.55am
Parents: 9.15-10am

Wellbeing

The Dumbest Phone Is Parenting Genius by Rheana Murray

When Caron Morse's 9-year-old daughter asked for a smartphone last year, her reaction, she told me, was unambiguous: "A hard 'Hell no.'" Morse is a mental-health provider in the Portland, Maine, public-school system, and she was firmly against smartphones, having seen how social media and abundant screen time could shorten students' attention spans and give them new anxieties. But she wanted her children to have some independence—to be able to call friends, arrange playdates, and reach out to their grandparents on their own. She also needed a break. "I was so sick," she said, "of being the middle person in any correspondence."



So when her daughter turned 10, Morse did get her a phone: a landline. For that gift to provide all the benefits she wanted, Morse had to lay some groundwork. It would be annoying if her daughters—she also has an 8-year-old—were to start calling their friends' parents' smartphones all the time, so she told her neighbors about her plan and suggested that they consider getting landlines too. Several bought in immediately, excited for the opportunity to placate their own smartphone-eager kids. And over the next couple of months, Morse kept nudging people. She appealed to their sense of nostalgia by sharing photos of her older daughter sitting on the floor and twirling the landline's cord around her fingers. She wrote messages: "Guys, this is adorable and working and important."



The peer pressure paid off. Now about 15 to 20 families in their South Portland neighborhood have installed a landline. They've created a retro bubble in which their children can easily call their friends without bugging a parent to borrow their phone—and in which the parents, for now, can live blissfully free of anxieties about the downsides of smartphones.

In the past few years, interest in old-school technology has been rising, driven partly by desperate adults seeking smartphone alternatives for their kids. Fairs peddle "dumb phones" to parents of tweens. On Reddit, one parent shared that they'd gone "full '90s," with a desktop computer installed in the living room, a Nintendo 64, and a landline. In March, after a Millennial mom posted on Instagram about getting a home phone for her kids, she received scores of comments from parents saying they'd done the same—or planned to soon.

But these are isolated examples. As Jonathan Haidt, the author of *The Anxious Generation* (which helped inspire Morse's landline purchase), told me, smartphones are so dominant in part because families are beset by a "collective-action problem." Many parents are concerned about how their children might use smartphones, and particularly social media. They're familiar with the research suggesting a correlation between social-media use and high rates of anxiety and depression among teens and especially teen girls. Still, parents can struggle to say no to a child asking for a phone when everyone at their school already has one. "If your child is the only one who is kept away from phones or social media," Haidt said, "then you are isolating them." That's why he encourages parents to band together to reset common norms: "If you do it with a group, then you're actually fostering more real-world interaction."

When the South Portland landline pod formed, that's exactly what the parents started to see. The phone Morse got her daughter is



light pink with a curly cord and sits atop a buffet table outside the family's kitchen. Morse wanted the phone to be in a "centralized" part of the house, with a cord, so that her daughters couldn't whisk it off to their bedrooms for private conversations or take it with them while they played. "Very rarely do we ask kids to be still and communicate," she explained. "I didn't want my kids to go play with slime when they're on the phone. Communication should be something you're actually focusing on."

Not all of the parents in her pod got corded phones. But everyone I spoke with told me that the devices, corded or not, had helped their children become better listeners and more empathetic communicators. At first, the kids took some time to adjust. Erin Masterson, whose children attend school with Morse's, recalled a time when her 10-year-old son shouted into the phone to a friend, "ARE YOU HOME?!" And all of the children have had to practice greeting callers, identifying themselves when they place a call, and sometimes asking to speak to someone else.

But after a few months, they grew more comfortable. Because audio-only calls tend to come with fewer distractions—no faces to look at, no enticing filters or emoji—Masterson sees her sons "really tune in to what people are saying." Mindy Hull, another parent in the neighborhood, has noticed a similar pattern with her 8-year-old daughter. "The progression from January until now" in the way her daughter "can engage people in conversation is mind-blowing," Hull told me. "She's practicing listening," and better understands the meaning in subtle verbal cues.

Since the landline pod started, the kids have been arranging their own playdates (although they still have to ask their parents for permission). And when an in-person hang isn't possible, they've still been able to connect. Parents told me their children had called friends to ask questions about Dungeons & Dragons, to check on a friend after they were out sick from school, or just to chat on rainy days—all without their parents having to worry about what else the kids might be doing on the phone. The landlines have also given these parents a glimpse into their kids' social lives that they might not otherwise have enjoyed. Recently, Hull listened as her daughter, who uses their phone at least once a day, talked with a friend for an hour and a half. "They were giggling and laughing and telling stories," she said. "I couldn't believe it."

Crucially, parents in the landline pod aren't just banning smartphones; they're giving their children an alternative—a method that's much more likely to make kids happy, Jacqueline Nesi, a psychologist who studies the effects of technology and social media on adolescents, told me. She recommends that parents simply ask their children why they want a smartphone: "Do they want to be able to communicate with friends? Do they want to play a certain game? Think about what the goals are and then work from there."

The landline solution isn't perfect. Morse told me that when the house phone rings while they're watching a movie, it can be annoying; you can't silence a landline as easily as you can a smartphone. Occasionally, the phone makes a buzzing sound; her daughters have learned to smack it against the table—once, hard—to make it stop. And most of the parents I spoke with acknowledged that, eventually, they would probably get their children a smartphone; they were just trying to postpone that development as long as possible. (Hull is the one holdout I spoke with who thinks her daughter might never need a smartphone while under her roof.) For now, Morse and Masterson are considering limited-function smartwatches as their eldest children head to middle school and begin venturing out more on their own. Masterson wants to get her son a device with only call and text capabilities, so he can arrange rides and activities after school. Morse likes the idea of getting a watch that also has GPS, so she can track her daughter's location.

When the time does come for a smartphone—if it comes—the parents hope their children will be better prepared to handle one responsibly. They'll be older and more emotionally mature, and will have passed the age at which experts say a child's brain is particularly vulnerable to the addictive qualities of smartphones. They'll also have communication skills, honed by landline, that could come in handy. After years of practice, they might be quicker to call someone instead of sending a text or leaving a social-media comment, leading to a potentially stronger connection with that person. After all, a smartphone's most basic feature—and, I would argue, its best—is one it shares with a landline: the ability to call a friend and talk.

This article was originally posted by The Atlantic, 17 June 2025.

Class 12 Project - Ellis Miles



Hello, my name is Ellis.

I'm renovating the shelter room. It's part of my Year 12 Research Project, but honestly, it goes way beyond school. I've always cared deeply about helping others, especially people who are struggling, and I want to make a real difference, not just someday, but now. My project looks at how mental health, brain health (neural plasticity), and physical health are all connected, and how we can strengthen that connection to feel better, live better, and support one another.

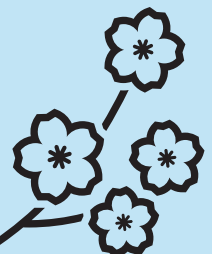
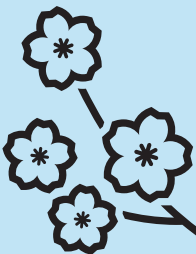
Every Sunday, I volunteer at the Mount Barker Uniting Church on 13 Mann Street, making coffees and chatting with anyone who stops by. Over time, I've seen how much a simple moment of kindness or a warm, safe space can mean. So, for my project's hands-on part, I've decided to renovate the shelter rooms at the church. I want to create a calm, welcoming place that supports healing, something real that someone in need can use and feel safe in. I have attached pictures of the before and the idea of the result I want.

I'm doing this on my own, and I want to make it the best it can be. If you're able to help in any way, like donating furniture, plants, old flooring, a little bit of time, or even a few dollars, it would mean the world. I'm not just trying to tick a box for school. I want to help in a big way, and this is my start. Thank you so much for being part of it.

This link is the same as the QR code: <https://gofund.me/f1544b3b>

Thank you once again

For more information, please email me at emiles@mbws.sa.edu.au



From the Canteen

HOT FOOD

Spinach & feta triangle (V)	\$ 5.00
Vegetable roll (V)	\$ 5.00
Sausage roll	\$ 4.50
Pasty (contains meat)	\$ 5.00
Meat pie	\$ 5.00
Garlic Bread (Monday only)	\$ 3.00
Toasted sandwich	\$ 4.50
on Brezel bread	

Cheese & tomato (V) or

Ham & cheese

SNACKS

Simply DK Potato Chips (90g bag – Classic or Purple)	\$4.00
Fresh Brezel pretzels	\$ 2.50
Anzac cookies (Vegan)	\$ 0.50
Choc chip biscuits	\$ 0.50
Choc chip biscuits (GF)	\$ 0.50
Daily baked treat	\$ 3.50
Bliss ball (Vegan)	\$ 1.00

DRINKS

Spring water 600ml	\$ 2.50
Besa juice 300ml	\$ 3.50

(V) – Vegetarian
(GF) – Gluten Free

**For all special dietary needs, please speak to the Canteen staff – we can accommodate all requests!*

LUNCH SPECIALS

\$7.50

Monday

Lentil & Vegetable Soup

With garlic bread and spiced yoghurt.

Tuesday

Baked Potato

With bean sauce and coleslaw, sour cream and cheese. Vegetarian and gluten free.

Wednesday

Chicken or Vegetarian Yiros

Vegetarian option with beans and halloumi.

Thursday

Veggie Curry

With raita and papadum.

Friday

Beef or Veggie burger

With Tuckshop special sauce, tomato, cheese and lettuce.



Community News & Events



Mindful Family Life

Kate McMurray - 0403 890 234

Click on the
image to
learn more!

Parenting Q&A Norton Summit

Panel with specialist visitors chaired
by Kate - with morning tea!
Saturday 9th August 10-12

Dad's Workshop (Dad's, Uncles,
Brothers, Grandparents, Carers...)
Monday 19th August 7-9.30pm
Norton Summit

Connected Parenting Workshop

Online
Recording available.

Living a Mindful Family Life: A Six Week Course PART TWO

Thursday 24th, 31st July 7th, 14th,
21st, 28th August
Online via Zoom 7.45 - 9.30pm

Living A Mindful Family Life: A Six Week Course PART ONE

Wednesday 10th, 17th, 24th
September, Wednesday 15th 22nd,
29th October Online via Zoom
7.45pm - 9.30pm

Ongoing Programs:

Family Beginnings

Mondays 10-12 Norton Summit
Pregnancy to toddling

Bush Based Playgroups - Integrated Family Support

Monday, Tuesday, Wednesday, Friday
9.30 - 11.45 Ashton All ages

Bush Based Kinder Group

Thursday 9.30 - 12.30 Ashton
3-6 year olds and their families

Family Support

1:1 support in your home, via Zoom or elsewhere:

An opportunity to gain support with challenges, preparing inside or
outside spaces, establishing rhythms, talking through child development
and more

Day, evening or weekends times available. Support for therapeutic story
writing available as well. Please reach out for more information or to
register your interest. If you would like to join a workshop or group but
are experiencing financial hardship please reach out for a conversation
about how we can support you.

*We warmly
welcome all
students and
members of the
Adelaide Hills
Community to
our College!*

adelaide hills careers EXPO

With special thanks to our wonderful partners!

Free, all welcome!

Tuesday, 5 August 6pm - 8pm

Cornerstone College *inbarendi* (gymnasium)
68 Adelaide Road Mount Barker

Gain free career and pathway advice from
over 80 employers, universities, training
organisations and industry experts, all under
the one roof!

Check out who will be exhibiting and let
us know you're coming, right here:



WHAT'S ON!

at your Community Centre

August 2025

Date

Time

Endometriosis Information Event Find out about the SA Parliamentary Enquiry with guest speaker Catherine Hutchesson MP	Wednesday 23rd July	6—7.30pm
Digital Skills Workshops:		
Scams Awareness	Friday 25th July	1—2pm
Building Confidence and Capability	Friday 22nd August	1—2pm
Free Tech Help - Drop in and ask our friendly volunteers for help with your IT questions	Wednesdays 30th July 13th, 27th August	2—4pm
Womens Shed Workshop	Mondays 28th July, 25th August	9am—2pm
Mount Barker Youth Tunes Join us to play music, learn, have fun and meet other musical young people! LGBTQIA+ and neurodiverse friendly	Tuesdays	5.30—7.30pm
FREE Community BBQ All Welcome! Supporting Loneliness Awareness Week	Wednesday 6th August	2—4pm
Good Better Best Men Begin the Journey Free Intro session	Tuesday 12th August	7pm—9.30pm
Wise Woman Within You 5 week program	Starts Tuesday 26th August	10am—12.30pm

Bookings essential for all events. Most events can be booked online:

<https://events.humanitix.com/host/mtbcc>



MOUNT BARKER
COMMUNITY CENTRE

Like us and share [W mtbcc.org.au](https://www.mtbcc.org.au) 83912747 enquiries@mtbcc.org.au 3 Dumas Street Mount Barker SA 5251

We're coming to town

Give life. Give blood in Mount Barker

26 August to 29 August



We're Popping up in Mount Barker
Mount Barker Pop-up Donor Centre

St Mark's Lutheran Church,
35 Hampden Rd,
Mount Barker SA 5251

Book your donation now



13 14 95



give blood