

Sweet Porridge



June 2026



Your Little Yarra Steiner School is situated on Wurundjeri Country. We respectfully acknowledge the Wurundjeri Woivurrung People of the Kulin Nation as the Traditional Custodians of the lands on which we work, learn, and play, and pay respect to their Elders past, present and emerging.

We are honoured to share in the continued care of this land, with its wetlands and river, its stones that sleep in the depths of the Earth, its plants and trees that reach for the Sun, and all the creatures that know it as home. We respectfully acknowledge the ancient and enduring culture of those who have walked this land in the past, which will continue to enrich the lives of our community into the future.



Family Constellation Therapy

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Shift the Present
Empower the Future

Feeling stuck or repeating the same patterns?

Family Constellation reveals hidden dynamics in your family system that may shape your emotions, relationships, and choices.

Helps with:

- ✓ Relationship difficulties
- ✓ Anxiety, grief, or emotional overwhelm
- ✓ Feeling "stuck"
- ✓ Repeating patterns or family tensions
- ✓ Stress, burnout, or inner conflict

Sessions with Sandra Rosa – Sacred Connections

Online or in-person (Yarra Valley)

☎ 0410 951 128

✉ sandrarosa.info@gmail.com

Instagram: [@sandrarosa.welcome](https://www.instagram.com/sandrarosa.welcome)



Free 15-minute consultation available

*Unlock a calmer, brighter
future for your child and family!*



As a parent of 4 LYSS students, I've seen first-hand how energy healing (Reiki) can transform stress, anxiety, depression, and learning challenges into confidence and well-being.

I also offer Kinesiology, where your body guides the way to lasting change, releasing old traumas, patterns and conditionings.

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Experience to Nourish
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Creative arts therapy for chronic conditions such as anxiety, chronic pain, fibromyalgia, endometriosis, chronic fatigue syndrome, chronic pain, depression...etc

I support you in understanding the landscape of your nervous system, restoring your well-being, and rediscovering yourself beyond the chronic condition.

reconnectingtolife.com

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norma@reconnectingtolife.com

Winter

A Season of Renewal

The trees show us the resilience to walk through all the seasons with grace and the certainty of a new start. Beneath every branch is the promise of new leaves. Beneath every stillness is the promise of growth. Winter is the time of the year when the journey is within. A precious time to cultivate our inner world, to let go what we no longer need and to trust in the new beginnings ahead. The warmth of the fire invites us to rest, read good books, share stories, sing along, or simply listening to the gentle crackle of the flames. It is a season of rest. A season of making space for all the new possibilities that lie ahead.

Warmly,
Sandra Rosa



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Animals Around Us

In Victoria, winter is a surprisingly active season for wildlife. Many animals are not hibernating but are adapting, feeding, nesting, or becoming more visible.

Superb Fairywren

Often seen flitting through gardens and bushland. The males lose some of their brilliant breeding plumage during winter, making them a lovely symbol of the quieter season.

Eastern Grey Kangaroo

More visible on frosty mornings and open grasslands as they graze in the low winter sun.

Common Wombat

Winter is one of the best times to spot wombats, especially in the late afternoon when they emerge to feed.

Laughing Kookaburra

Their call carries beautifully through the crisp winter air and is a familiar sound across Victoria.

Poems

Blue Winter

By Robert Francis

Winter uses all the blues there are.

One shade of blue for water,
one for ice,
Another blue for shadows over
snow.

The clear or cloudy sky uses
blue twice-

Both different blues. And hills
row after row

Are colored blue according to
how far.

You know the bluejay's double-
blur device

Shows best when there are no
green leaves to show.

And Sirius is a winterbluegreen
star.

Winter Trees

By William Carlos Williams

All the complicated details
of the attiring and
the disattiring are completed!

A liquid moon
moves gently among
the long branches.

Thus having prepared their
buds

against a sure winter
the wise trees

stand sleeping in the cold.



Story Time

Robin's Winter Song

By Suzanne Barton

It was a beautiful autumn day. Robin sang from his branch as it swayed in the breeze. He saw the leaves swirling in the wind, twisting and turning, rising and falling. Something was different – but what was it? The squirrels were scurrying, the mice were scampering and, high up in the branches, the finches were fluttering.

"Are you going somewhere?", Robin asked the finches.

"We're getting ready to fly south," they chirped.

"Winter is coming."

"Who is Winter?" asked Robin.

"And why don't you want to meet him?"

But the finches didn't hear him and, in a flurry, they were gone. Down on the ground, Squirrel was busy digging.

"What are you doing?" Robin asked.

"I'm burying these nuts before Winter comes,"
said Squirrel.

Winter sounds very greedy, thought Robin, and he flew off to the big oak tree.





"I don't like the sound of Winter at all," Robin told Owl.

"Do you think I should fly south like the finches?"

"Oh, no," said Owl. "It's too far for you. You must stay here, but be sure to keep warm and snug or you'll be cold when Winter comes."

Winter is scary, greedy and cold? Robin was frightened.

He looked on sadly as the rest of his friends flew south – far, far away from Winter. How he wished he could go with them.

"I hope they come back soon," he sighed.

Later in the woods, Robin spotted Bear. He glided down, happy to meet a friend.

"Where are you going?", he asked.

"I'm off to find a cosy cave to sleep in until Winter is gone," said Bear.

Even Bear was hiding! Robin remembered what Owl had told him. He needed to find somewhere warm and snug, somewhere far away from Winter.

"Can I come with you?" he asked Bear.

Robin and Bear settled comfortably in Bear's cave.

"How many sleeps until Winter goes away?" asked Robin.

"Just one," said Bear.

That's not so bad, thought Robin. He snuggled close to Bear and squeezed his eyes shut. Before long he heard Bear's snores, soft and gentle, and soon Robin fell fast asleep, too.



When Robin stirred he felt a chill in the air. It was very cold. Perhaps Winter's here, he thought. Robin flew to the opening of the cave and, as he peeped out, he gasped. The whole wood had turned white. Everything sparkled and shimmered, and white flakes were falling from the sky.

How beautiful! thought Robin as he tiptoed out into the fresh, crunchy white. As Robin hopped and slipped happily through the wood, he came across all sorts of animals.

"Why is everything so white?" he asked Mouse.

"It's snow, of course," squeaked Mouse.



"Look around you, Robin. It's Winter."

"This is Winter?" gasped Robin.

He couldn't believe it. Winter wasn't scary at all. In fact, it was wonderful! The forest was transformed and Robin loved exploring it with his new friends. He chased snowflakes with Owl. He helped Squirrel find his acorns. And, at night, everyone snuggled together to keep warm. Robin was having such wonderful wintery fun that time passed quickly and, one day, he noticed shoots sprouting out of the ground. Something was different – but what was it? Then he realised.

"The snow is melting," he said.

"That means it's time to wake Bear," said Squirrel.

Bear yawned, stretched and rubbed his eyes.

"Winter's almost gone," he sighed, happily.

"But I love Winter," said Robin, sadly.

"Why does it have to go?"

"Because Spring is coming," smiled Bear.

Robin didn't know what Spring was, but this time, he was sure that he wanted to find out.

"I can't wait to meet Spring!"

he sang, joyfully.





Little Yarra Steiner School
Yarra Valley's Independent K-12 Steiner School

Playgroup

Looking for a warm, welcoming space for your little one to play and grow? Join our playgroup community! Our playgroup is designed for children who are two turning three in 2026- a gentle, nurturing space to explore, play, and connect.

Tuesday or Wednesday Mornings
Register Your Interest using the QR Code
or contact our registrar
registrar@lyss.vic.edu.au
(03) 5967 1953



www.lyss.vic.edu.com

gather, create, reflect, and reconnect

HOMECOMING

WOMAN'S RETREAT

A curated weekend of folk stories, craft with clay and thread, and connection.

'Homecoming' offers a nurturing and thoughtfully held space to explore stories that have the power to shape us as we blend storytelling, weaving and claywork, alongside bodywork, and wholesome nourishment.

Over the weekend, you can expect an invitation to experience:

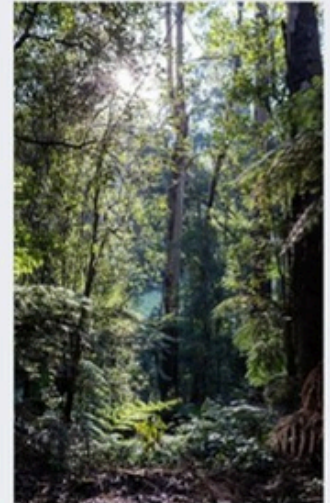
- Therapeutic storytelling and reflective conversations exploring the Celtic myth of the 'Selkie's lost Skin', and Serbian folk tale of 'The Woman who became a Fox'
- Weaving and clay-based creative practices integrating stories with self-exploration
- Guided visualisations and mindfulness
- Nervous system regulation & grounding bodywork practices
- Opportunities for rest, connection, and personal insight
- A compassionate, trauma-informed group environment

DATE: 14-16TH AUGUST

LOCATION: YAMA KI, DON VALLEY

INVESTMENT: \$765 (ALL INCLUSIVE 2 NIGHTS TWIN-SHARE ACCOMODATION, NOURISHING MEALS AND 'HOMECOMING' PROGRAM OF ACTIVITIES)

More details: www.yamaki.com.au/events



Advertising rates and artwork specifications

- Small ad / 25 words – \$3
- Business card size: 92.5 x 65.5mm or 100 words – \$6
- Quarter page: 92.5 x 136mm – \$10
- Half page (Horizontal): 190 x 136mm – \$17
- Full page: 190 x 277mm – \$30
- Community Notices – Free of Charge
- All year by arrangement

All revenue raised from Sweet Porridge benefits the Parents

Association of Little Yarra Steiner School.

Advertising payments can be made via EFT.

BSB 633 000 A/C 14 284 4166 LYSS P & F

Please email all content to

sweetporridge@lyss.vic.edu.au

SUPPORTING OUR LOCAL COMMUNITY BUSINESSES



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Novel Nook

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www.novelnook.com.au



Nourish yourself this May

As the cooler months arrive, The Wellspring offers space to slow down, restore and reconnect.

Visit us for grounding, healing and seasonal support.

What's on offer?

- | | |
|--------------------|-------------------|
| Massage & Bodywork | Herbal Remedies |
| Moxibustion | Immune Support |
| Energy Healing | Nourishing Broths |
| Herbal Consults | Local Herbs |
| Yoga Classes | Skincare |
| Events & Workshops | Natural Incense |
| | Ritual Tools |
| | Artwork |



Scan to book or shop

The Wellspring
WARRUSTON

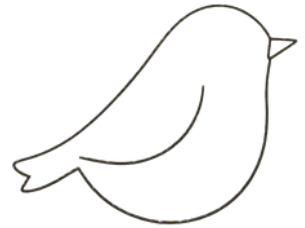
Craft Corner

Robin's Winter Friend

Inspired by Robin's Winter Song, children can create their own robin using felt, paper, and treasures gathered from nature. Display your robin on a seasonal nature table or perch it on a winter branch to remind us that every season has its own gifts and wonders.

Materials

- Thick cardboard or recycled cereal box
- Brown, cream, and red felt (or coloured paper)
- Child-safe scissors
- Glue stick
- Pencil
- Black marker
- Small twig (optional)
- Evergreen sprigs, pine needles, or leaves for decoration



Instructions

1. Create the Robin Body

- Draw a simple robin shape on cardboard (oval body with a small head).
- Cut out the shape.

2. Add the Colours

- Cut a brown felt/paper piece for the back and wings.
- Cut a cream piece for the belly.
- Cut a red circle or teardrop shape for the robin's breast.
- Glue the pieces onto the cardboard.

3. Add Details

- Draw an eye and a small beak with marker.
- Older children can cut tiny feet from paper.

4. Create a Perch

- Glue the robin onto a small twig.
- Alternatively, attach a loop of string to hang it from a seasonal branch.

5. Decorate

- Add pine needles, gum leaves, seed pods, or small feathers around the robin.
- Create a winter nature scene on a nature table.



Music Register

Instruments for Sale

(Please email sweetporridge@lyss.vic.edu.au to add or remove an instrument)

VIOLINS

- 1/2 Size Violin – Hard foam case, very good condition. \$450.
Contact Crystal – 0416 361 012
- 1/2 Size Enrico Violin – Hard case, shoulder rest, bow, rosin and new strings. \$120.
Contact Kaku – 0435 798 714
- 1/2 Size Skylark Violin – Bow, shoulder rest, rosin and hard case. Good condition. \$70.
Contact Vasudha – 0451 944 051
- 3/4 Size Amore Violin – Includes 2 bows, case and shoulder rest. Excellent sound. \$400.
Contact Meaghan – 0427 751 779
- Full Size (4/4) Prelude Violin – Copy of Stradivarius. Bow and case included. Valued at \$2,500. Selling for \$1,500.
Contact Aladdin Jones – 0490 123 199
or Tessa Priest – 0405 390 348

VIOLA

- 1/2 Size Gliga III Viola (Romania, 2010) – Includes case, bow, shoulder rest and rosin. \$250.
Contact Naomi – 0421 424 544

CELLOS

- 1/4 Size Salieri Cello – Bow and semi-hard case included. Excellent condition. \$550.
Contact Monique – 0401 353 698
 - 1/4 Size Chamber Student Cello – Bow and soft case. \$400 negotiable.
Contact Cat – 0403 334 808
 - 1/4 Size Cello – Hard foam case, fair condition. \$450.
Contact Crystal – 0416 361 012
 - 1/4 Size Chamber Student Plus Cello – Great condition. \$700.
Contact Nadine – 0423 539 718
 - 1/4 Size Chamber Cello + Hybrid Case – Good condition. \$575.
Contact Amber – 0417 590 359
 - 1/2 Size Chamber Student Cello – Bow, rosin and hard case included. Very good condition. \$750 ono.
Contact – 0458 254 828
 - 1/2 Size Chamber 300 Cello – Hybrid hard case included. Excellent condition. \$1,000.
Contact Victoria – 0411 016 299
 - 1/2 Size Cello – Serviced.
Contact Rosemary – rbrennanherrera@gmail.com
 - 3/4 Size Skylark Cello – Case and bow included. \$400 negotiable.
Contact Luna – 0433 337 161
 - 3/4 Size Arco Cello (Animato Strings) – Hard foam case and bow included. \$550.
Contact Liz – 0401 054 881
lizmynes3357@gmail.com
 - Full Size (4/4) Enrico Student Plus II Cello – Near new. Bow and hard foam case included. \$800.
Contact Liz – 0401 054 881
lizmynes3357@gmail.com
 - 3/4 Size Chamber Student 300S Cello – Semi-hard case included. \$750 ono.
Contact Kelly – 0414 391 039
 - 7/8 Size Cello – Includes stand and bag. \$888.
Contact Loene – 0433 510 501
- ### SAXOPHONE
- Brass Tenor “The Sound” Saxophone – Includes reeds, neck strap and hard case. Excellent condition. \$500.
Contact Lisa & Marko – lisa.n.marko@gmail.com

Please note that music teachers are happy to assess if the instrument is the correct size for your child and advise if there are any repairs required prior to purchase. When discussing this with the seller please explain this may take a week as the teacher will need to fit time in for this around their busy schedule. If you require a valuation, it is best to take the instrument to a valuer for a valuation none or our staff are qualified to value. Please make sure that any instruments are clearly labelled with a contact phone number for collection



COMMUNITY MARKET DAY



ECOSS Valley Market

Date & Time

4th Saturday of the month, 10:00 AM – 2:00 PM

Location

Yarra Valley ECOSS, 711 Old Warburton Road, Wesburn

Highlights

Local produce, artisan foods, sustainability, permaculture, community workshops.

ecoss.org.au



ECOLOGICAL &
SOCIAL
SUSTAINABILITY



Millgrove Market

Date & Time

Selected Saturdays, 8:00 AM – 2:00 PM

Location

3060 Warburton Highway, Millgrove

Highlights

Handmade crafts, local produce, plants, community atmosphere.

ourranges.com.au

Warburton Valley Market

Date & Time

Monthly (check current dates)

Location

Warburton Arts Centre, 3409 Warburton Highway, Warburton

Highlights

Handmade goods, local artists, food stalls, live music.

warburtonvalleymarket.com.au



Upper Yarra Community Market

Date & Time

2nd & 4th Sunday of the month, 8:00 AM – 2:00 PM

Location

1 Park Road (adjacent to Recreation Reserve), Yarra Junction

Highlights

Fresh produce, handmade crafts, plants, family-friendly atmosphere.

www.upperyarracommunitymarket.com.au

SUPPORTING OUR LOCAL COMMUNITY BUSINESSES

TONANTZIN

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**NEW OPENING
HOURS**

FRI 3.30PM-6.00PM

SAT 9.00AM- 3.00PM



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TACOS

CHOCOLATE

HOT CHOCOLATE

COLD DRINKS

711 Old Warburton Rd, Wesburn, 3799



What's on in Warburton and Millgrove - May and June -

WHEN	EVENT
1st Sun of month	Warburton Valley Market • 11:00am-3:00pm
Every Monday	Free Chair Pilates • 12:30pm-1:20pm
Every Monday	Warby Walkers • 2:00pm
1st & 3rd Mon	Upper Yarra Rotary Meeting • 7:00pm
3rd Mon	Garden Club • 7:00pm
2nd Tues	Film Society • 7:30pm
3rd Wed	Advancement League • 7:30pm
Every Wednesday	CFA Training • 7:30pm-9:00pm
Every Wed & Sat	Upper Yarra Museum • 10am-4pm
Last Wed	River Valley Church Dinner • 6:00pm
Every Thursday	Koha Community Café • 6:00pm
1st Thurs	Emergency Planning Group • 7:00pm
Every Friday	Yoga with Sandra Rosa • 9:30am
Friday night	Soup Night • From 5:30pm
Friday night	ECOSS Market • 3:30pm-6:00pm
2nd Friday	Spoken Word • 6:00pm-9:00pm
Every Saturday	Yoga with Kath • 8:00am
3rd Sat & 5th Sun	Millgrove Market • 9:00am-2:00pm
Every Sunday	CFA Training • 9:30am-11:30am
3rd Sun	Sunday Circle • 10:00am-2:00pm

Professionals

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Professionals Yarra Valley
Yarra Junction | 03 5967 1800 | Warburton | 03 5966 2800

Australia's most colourful robins

by Bec Crew

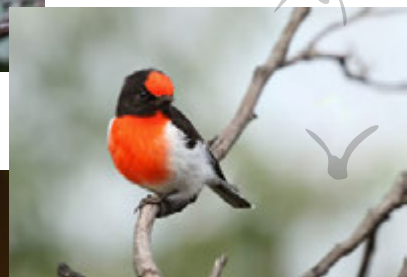
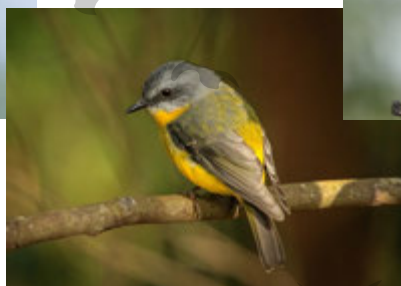
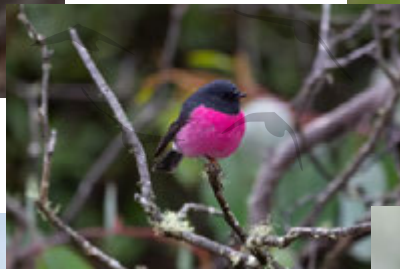
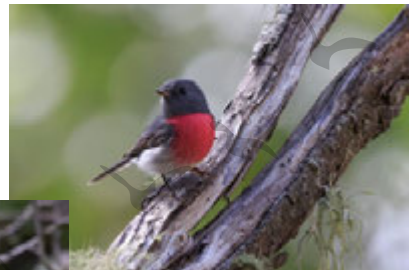
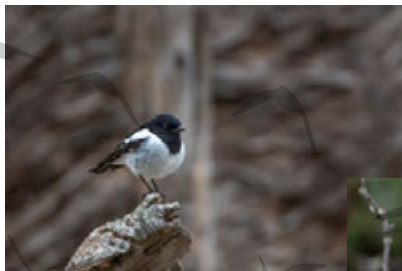


Pink, orange and yellow: Australia's robins are one of the country's most colourful birds.

The first thing you need to know about Australia's robins is that they're nothing like European robins. They actually belong to a family called Petroicidae or Australasian robins, which contains 49 species.

Australian robins were named after European robins by ornithologists who travelled to Australia at the time of European settlement and decided to call them robins too, despite fundamental genetic and morphological differences between them.

Australia's robins have to be considered some of the country's cutest birds. Round, puffy and brightly coloured, they're much-loved and widely photographed.



Recipe

Saag

Indian curried greens

Ever been to an Indian restaurant and ordered a saag (or palak)? They are the bright green dishes of spiced spinach purees common in northern India. My favourite is saag paneer (saag with fresh cheese), but they also come with meats, chickpeas or potatoes. Saag makes a delicious and nourishing meal when paired with rice, chapati or naan, papadums and if you wish, other curries.

Ingredients (for 4 servings)

- 500g freshly picked spinach, Warrigal greens, mustard greens or silverbeet (or mixture)
- 2 tablespoons of ghee (or four tablespoons of butter)
- 1 onion, chopped
- 6 cloves garlic, minced
- 1 tablespoon ginger, minced
- 2 teaspoons of coriander seed, ground
- 1/2 teaspoon of tumeric
- hot cayenne pepper to taste (approx 1/4 to 1/2 teaspoon)
- 1 cup of water
- salt to taste
- juice of one lemon and rind from half a lemon
- 1 cup of yogurt



Method

- In a large pot, heat the ghee to a medium heat and sautee the onion for a couple of minutes or so, until it becomes clear.
- Add the garlic, ginger and other spices and sautee for a couple of minutes more.
- Add the greens and stir them in with the water and salt. Reduce heat. Put a lid on (it saves energy) and leave to simmer for 15 minutes. (If you're using Warrigal greens we recommend you precook them first by boiling them and then tipping the water out onto the garden, then proceed to this step, otherwise there's too much oxalic acid.)
- Remove from heat and puree in a food processor (in batches).
- Return to stove for a couple of minutes. Turn off the heat, then stir in lemon juice rind and yoghurt (yoghurt is a living food, so it's best not to cook it).





This Month in the Garden

June in the Garden

by Every Edible Gardens

What to plant and do in the Melbourne garden this Month:

Veggies

It's truly cold now, but there's still hope for new plantings. Don't expect them to move fast until spring, but you can plant cabbage, asian greens like mizuna, tatsoi or pak choi, lettuce, rocket, spinach, mustards, spring onions, leek, onions, radish and parsley. Put some sweet peas in the ground and watch them climb.

Winter bulbs and crowns

It's now time to buy asparagus and rhubarb crowns, and organic garlic cloves for a summer harvest. Consider Jerusalem artichokes, square metre for square metre the most productive energy crop for our climate (although some find the taste less good than potatoes.) For our Melbourne customers, we recommend Ceres (www.ceres.org.au) and Bulleen Art and Garden nurseries (www.baag.com.au).

Green manures

Since nothing grows too fast anyway, you might consider planting a cover crop to dig in to the soil come spring time. This time of year try broad bean (buy them in bulk as fava beans from Middle Eastern groceries), field pea, oats and wheat.

Fertilising, mulching and watering

- There's no longer as much need to water, although your soil might occasionally use a recharge if we get a dry week or two. Water less often but water long and deeply. Watering while it's raining lightly is actually a good time to do this! If you have an automated tap timer, consider turning the tap off after rain, and turning it back on in dry spells.
- With overcast winter weather upon us we can consider raking up mulch to expose the dark soil, allowing it to warm up under the day's sunshine. However be sure to return it by mid spring.
- There's generally not much need to fertilise at this time of year, as plants are growing slowly or dormant.

Plan your future garden

If you want to grow food for spring but haven't got your own garden yet, now is a great time to install and plant a garden.





Attend a Free Foster Care Information Session We Need You!

It's halfway through the school year, and for many children they are thriving. But some kids in our community face added challenges – and right now, there is an urgent shortage of foster carers to support them with safe, stable homes.

There are children in our local community who need a safe place to stay. Could that be with you?

Anglicare Victoria is urgently looking for local foster carers – people who can offer emergency, respite, or longer-term care. Whether it's a few nights or a few months. There are options that are flexible to suit your lifestyle and availability.

Carers come from all walks of life. You don't need to be a superhero. You don't have to have had children of your own, and you don't need to be home full-time. What matters most is that you can offer a safe, stable, and caring environment. We also provide full training, 24/7 support, and a tax-free financial reimbursement.

Join one of our free upcoming online info sessions to learn more:

Wednesday 24 June @ 6.30pm

Tuesday 7 July @ 12.30pm

Thursday 23 July @ 7.00pm

Volunteers
needed



Local Knowledge. Trusted *Experience.*

With nearly 20 years of real estate experience, Suzie is an award-winning agent known for her personable approach and unwavering support for her clients. She brings strong negotiation skills, a deep appreciation for both people and property, and a true passion for the beautiful Yarra Valley.

Beyond real estate, Suzie and her family are deeply connected to the local community. Her partner, Shar'lee, teaches Kinder/Prep at Little Yarra Steiner School, where their daughter Jazz also attended.

Backed by a strong track record of referrals from buyers and sellers alike, **Suzie is a fantastic guide to support you through your next property transaction.**



If you would like to chat about your property journey obligation free, don't hesitate to *reach out.*

Suzie Brannelly

0422 847 773

Professionals Yarra Valley

03 5967 1800

2460 Warburton Highway, **Yarra Junction** VIC 3797

03 5966 2800

3414 Warburton Highway, **Warburton** VIC 3799

