

# THOMAS MORE CHRISTIAN MONTESSORI SCHOOL NEWSLETTER



11 September 2026

Dear Parents and Carers,



Spring is springing and we are all enjoying the burst of energy that comes with the season as we are all coming through our end of the winter flu and colds. Spring brings a new sense of "Freedom." This week I would like to share with you ideas that Maria Montessori had on "Freedom" and "Discipline".

Maria Montessori taught that **freedom and discipline are two sides of the same coin**, famously stating that "discipline must come through liberty".

*The Montessori Method*

## Freedom Within Limits

- **Not chaos:** Freedom in a Montessori environment does not mean letting a child do whatever they want. Maria Montessori wrote in *The Absorbent Mind* that letting a child act completely unchecked before they develop self-control betrays the true meaning of freedom.
- **Structure and safety:** Freedom requires a safe, structured, and prepared environment where children can safely learn to manage themselves.
- **Core ground rules:** Freedom is guided by simple boundaries: do not harm yourself, do not disturb others, and do not damage the environment.

## The Rise of Self-Discipline

- **Inner motivation:** True discipline is not forced obedience or submission to an external authority. It is an internal skill that grows naturally.
- **Deep concentration:** Discipline appears spontaneously when a child chooses purposeful work that matches their developmental needs and achieves deep concentration.
- **Natural consequences:** Instead of using arbitrary punishments, adults rely on natural consequences and collaborative problem-solving (such as cleaning up spilled water) to teach responsibility.

You will see both "freedom" and "discipline" in our normalized Montessori Classrooms.

In Chapel this week we studied another "Kingdom Parable" ie "The Kingdom of God and the Hidden Treasure". I wonder what treasure lies within the heart of each of our children?

May you each have a blessed Springtime weekend as we prepare for the Spring Equinox next week.

Kind Regards,  
Donna McCulloch



## UPCOMING EVENTS

**Friday 18 September**  
History Fair - 9.5am

**Wednesday 23 September**  
Athletics Carnival - 9.15am

**Friday 25 September**  
Last Day of Term 3

**Tuesday 13 October**  
Term 4 - students return



# Parent Child Program News

We've had a lovely fortnight at Playgroup, welcoming the beginning of spring with lots of creativity and connection. The children have especially enjoyed sharing morning tea together and painting, creating handprint paintings for Father's Day and beautiful spring flowers using cotton balls. We also learnt a new springtime song, "Wake Up Animals," and excitedly welcomed our new fish, Chloe as we begin to explore life in the ocean



I was asked by a friend, "Why does Montessori place so much emphasis on returning everything to its place?"

There are many reasons why this simple act is important.

Returning materials helps children develop consideration, awareness and respect for their environment and the people who share it. They begin to understand that their actions have an impact on others. It also creates freedom. Knowing where things belong means less time searching, less frustration and more capacity to focus. An organised person can move through their day with greater calm, efficiency and purpose - and this is a capacity we can begin nurturing in childhood.

The early years are a particularly important time for developing these foundations. Young children naturally absorb the patterns and routines of their environment. When order and care are consistently modelled, these routines gradually become internalised, until caring for our environment becomes a joyful and natural part of everyday life. What is gently practised in early childhood can become second nature, rather than something we need to consciously cultivate later.

We don't need to have a perfectly organised home or expect perfection from our children. Small, consistent moments of returning things to their place can lay foundations that make life a little easier for everyone.

It's through these small, everyday moments, that children gradually develop independence, responsibility and a deep respect for the world they are part of.

With Love

*Ms Boulter*



# Cycle One News

What's been happening...

- Learning and retelling The Gruffalo story
- Designing a yummy toast snack to look like The Gruffalo
- The children were very busy carefully making Father's Day cards and gifts with love
- Learning about the seeds of faith and how we tend them



Making Gruffalo toast using fruits and pretzels to carefully make the features of the character.



Selena and Valerie thinking about the character description to make a Gruffalo.



Nia using the Moveable Alphabet to write about the Gruffalo.



Lachlan practicing his rhyming by matching the object to the rhyming picture.

A big well done to Sam this week! Sam has been working so hard on his blending at home and in school. It is great to see how proud he is of his developing skills. We are very proud of him too! We love seeing children start their reading journeys. Awesome work Sam!

## Message from Miss Guest

Cycle One enjoy crafting so much and are really developing their skills beautifully. If you have any yarn or fabrics you would like to donate to the Cycle One class we would be very grateful.

We would be looking particularly for thick yarns and materials with a wide, loose weave.  
Thank you.



## Cycle 2 News

It is project time in Cycle 2! We have 2 big projects on the go, with the aim to finish both before the end of term (fingers-crossed!).

Firstly, all the children are busy completing their History Fair projects for next week's event. There is a mix of projects this year...creating Personal Timelines of Our Life; and building a model displaying the Fundamental Needs of Humans (Early Man). I'd love to tell you more, and show some 'in-progress' photos, but that would spoil the big reveal next Friday! It should be a great event, and the students really enjoy the chance to show their work.

Secondly, we are continuing our Zoology work, and are now researching and studying the 4th class of Vertebrate...Birds! The students are conducting a big research project into a particular bird of their choice...there are some great choices: Screech Owls, Golden Eagles, King Penguins, Flamingoes, to name a few. Lots of amazing facts are being found and shared. The students will now compile their research and create a poster...and then they will present their work to everyone. It should be a great end to the term.

As well as the projects we continue to learn about verbs, multiplication, leaves, and our solar system...each week is jam-packed.

We found time to share our Asian inspired cooking on Tuesday this week which took us from India with yummy Butter Chicken, all the way to Japan for a Fortune Cookie dessert. It was so fantastic to see the children experience having their first ever Fortune Cookie...they were quite a hit!

We have been blessed with beautiful weather for our Athletics practice on Fridays. In the lead-up to the upcoming Athletics Day we've been practicing (and measuring) discus, as well as setting benchmark times for our sprints. Great to see the improvements from last year.

The last 2 weeks of term are sure to be a busy time!

- Mr Foster





## Cycle 3 - Classroom News

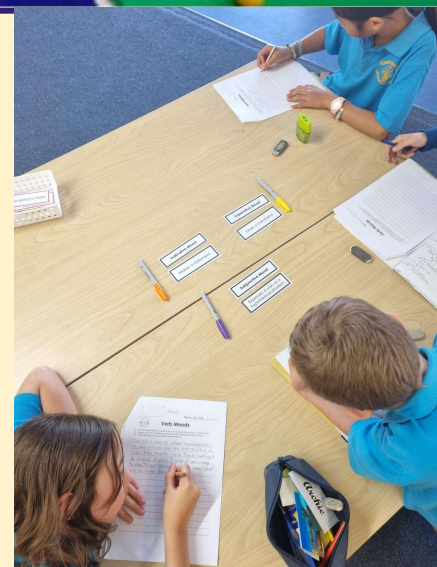
The Bushdance was a wonderful hit!  
Thanks to everyone who participated.

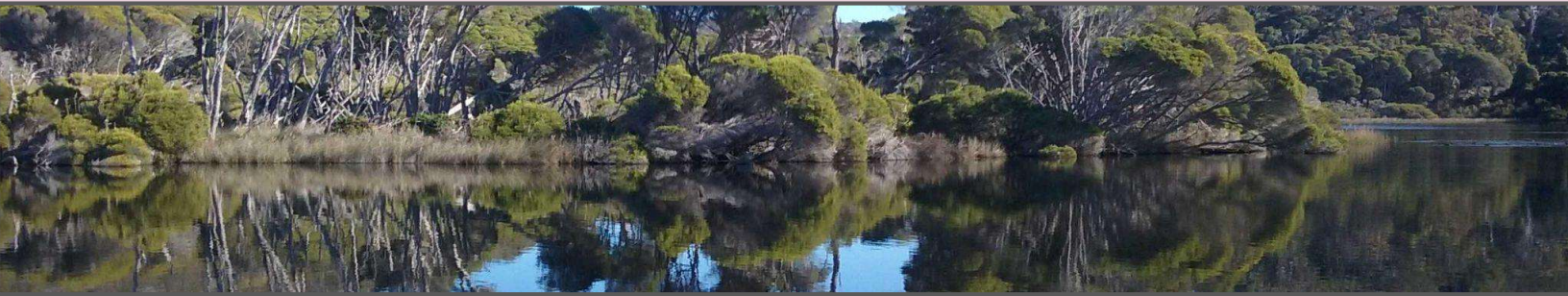
This week we are particularly focussed on finalising our History Fair projects. We are creating The Silk Roads/Routes in our classroom where each student will be a merchant along the road - there will be colourful Chinese puppets, kites and lanterns; beautiful hand-dyed silks, handmade Japanese fans, an armorer, a Chinese herbalist and even a fortune teller!

Outside of our history projects, we are continuing to look at the Asian biomes including the people, animals, etc. who live there. In Language Arts we are just about to finish up working on verbs - tense, voice and mood. In maths we are investigating metric measurement and continuing to memorise our multiplication tables.....it's been a very full couple of weeks!

Cheers - Nikki

P.S. the History Fair will be held on  
18 September





## Health & Wellbeing

Here is some information from a recent article by the [Paediatric Naturopath](#) about the difference between a true allergy and a contact rash. The article is focussed on babies, but pertains to all children...

That red rash around your baby's mouth after a new food is usually not what you think

You introduce strawberries. Or tomato. Or kiwi. Within minutes, there's a red, spotty rash appearing around your baby's mouth and chin. Your heart rate spikes. You put the food away and wonder if you need to avoid it forever.

Most of the time — this is a contact reaction, not a food allergy. And the difference matters enormously for how you respond.

### Contact reaction vs. true food allergy

A contact or histamine reaction happens when the skin comes into direct contact with a food that is naturally high in histamine or that triggers a localised histamine release. The acid in strawberries, tomatoes, and citrus — and the natural histamine in these foods — irritates the skin around the mouth on contact. The rash appears quickly, stays localised to where the food touched the skin, and typically fades within 20–30 minutes.

It looks alarming. But it's a skin response, not a systemic immune response.

A true food allergy is a different mechanism entirely — it's the immune system identifying a food protein as a threat and mounting an IgE-mediated response. True allergy symptoms go beyond where the food touched the skin, and they tend to appear relatively quickly but spread beyond the mouth:

- Hives or welts appearing on the body (not just the face)
- Swelling of the lips, tongue, or face
- Vomiting
- Coughing, wheezing, or a change in breathing
- Sudden behaviour change — becoming very distressed, pale, or floppy

If any of these are present, that warrants urgent medical attention and proper allergy testing.

### What to do with a contact reaction:

Wipe the area gently, let it fade, and don't panic. You don't need to eliminate the food. You can try it again — perhaps offering it in a way that reduces prolonged skin contact (puréed and on a spoon rather than finger-foods directly on the face, for instance) and see if the reaction is consistent.

# The Kitchen Garden with Mrs Remy

Well, the Spring weather has arrived and the garden flowers have begun opening their petals, a true delight, but the spring winds have also arrived with force. This week in the garden we were almost blown away!

To celebrate the blossoming flowers, we delved into the world of beneficial insects. And how do we encourage these garden helpers into our veggie patch? With flowers!



We learnt about six common beneficial insects; honey bee, native bees, hoverfly, lacewings, butterfly and the tiny parasitic wasp and looked at a few of the common companion flowers, some edible, that we will be planting this spring. We then planted these flower seeds into trays together.

Last week we did lots of different things! Mini sweet potatoes were planted into pots to make plants for summer, we planted lettuce seedlings into the garden that we'd grown from scratch and Cycle 3 tested a bamboo splitting tool to make poles for the plant signs we have been making. Let the spring garden begin!

Garden sunshine  
*Mrs Remy*





*From the Kitchen...with Ms Boulter*



# Join Our P&C

Connect, support, and grow with other parents and the school



Help build our  
school community



Help organize school events & activities



Share your skills & ideas



Strengthen our school community  
& faith-based values



Help create fun and meaningful  
opportunities for our community to connect

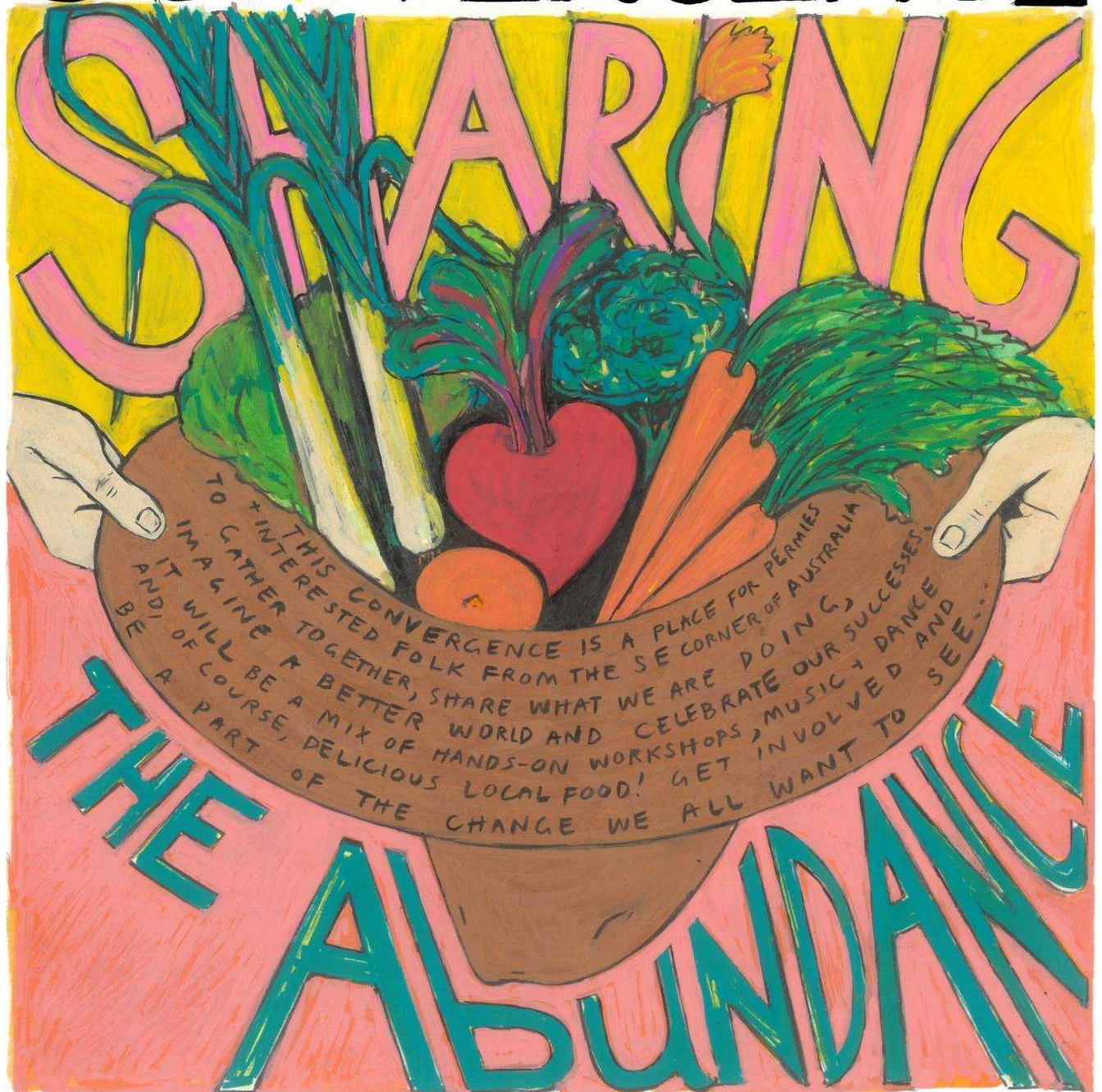
Get involved – everyone is welcome!

Email: [contact@begamontessori.nsw.edu.au](mailto:contact@begamontessori.nsw.edu.au)



**THOMAS MORE**  
Christian Montessori School

# SOUTH EAST BIOREGIONAL PERMACULTURE CONVERGENCE



FRI 23rd-SUN 25th OCTOBER  
MUMBULLA SCHOOL, BECA

SCAN FOR INFO

