

THOMAS MORE CHRISTIAN MONTESSORI SCHOOL NEWSLETTER



8 May 2026

Dear Parents and Carers,

First of all, let me wish a very Happy Mother's Day to all of our Mothers! The selfless and ongoing Loving Service that you render each day to your children (our students) creates the very foundation upon which your child(ren) will grow into independent adults who contribute likewise to their own families and community. We know that your job is often thankless and we wish to acknowledge each of you and thank you for all of the service that you render! May your Mother's Day bring you abundant blessings of Joy, Peace, Faith and Hope!

This Autumn is exquisitely beautiful. We are blessed in this Valley with Nature's finest gifts. The children have been engaging in Autumn activities in each of our classrooms as you will read in this week's newsletter.

Tomorrow we will have our very first Working P & C Meeting. It promises to be a special way of coming together and we hope that many of you will be able to join in. Mrs. Remy is well prepared with gardening jobs for you to engage in. Morning Tea will be provided by the P & C and you are asked to bring a plate to share for Lunch.

Parent/Teacher conferences are coming up soon. Next week a form will come home for you to sign up for your time preferences. Thank you for responding to the notice asap.

May you all have a Blessed Mother's Day Weekend.

Warm Regards,

Donna McCulloch



UPCOMING EVENTS

Monday 18-20 May

Parent/Teacher
Conferences

Monday 5 June

Public Holiday

Friday 19 June

Science Fair



Parent Child Program News

This fortnight we welcomed Ava and Renee, along with Wren and Jade, to our playgroup community. It has been lovely watching both children settle so naturally into the classroom environment.

Ava has surprised me with her confidence in her interactions with both the materials and others around her. It's a joy to watch her focus as she works towards mastering skills. I especially love her little wriggle of excitement when she achieves something independently - such a beautiful sign of growing confidence.

Wren also settled in quickly. She took great care and pride in her art and showed a keen interest in learning to read. I absolutely loved working with her as we explored alphabet sounds and practiced letter formation in the sand tray.

It has been a busy and creative fortnight. We were lucky to have the wonderful Miss Burr visit us with her storytelling and creativity, such a treat for us all. We also enjoyed making bread and pizza rolls together, and with Mother's Day approaching, the children created beautiful flower cards for their loved ones.

Happy Mother's Day to all our incredible mums and caregivers. The love, patience and presence you bring to your children each day creates the foundation from which they grow, explore and flourish.

Your commitment, love and care continues to astonish me. I feel blessed to spend time with you all

With love



Ms Boulter



Cycle One News

What's been happening...

- Making pumpkin scones
- Learning about mixing primary colours to make secondary colours
- Lots of great reading!
- Book making about animals and plants
- Visits from our VIP's parents with exciting activities



Flag making to learn about new countries.



Learning to add 4-digit numbers with the Stamp Game.



Aaliyah and Valerie sharing their love of reading.



Rosie making her own book telling the story of Jonah and the Big Fish.

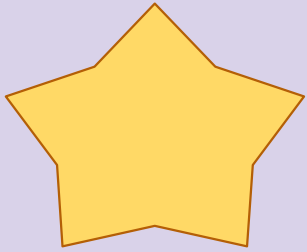
A big well done to Hunter who has completed all of his Red Reading Drawers this week. He has worked really hard on developing his skills with blending and reading confidently.

Message from Miss Guest

The children have worked really hard using their work diaries to keep them focussed and try lots of new tricky things.

Please remember to bring your sharing fruit everyday that you attend for our morning tea.

Cycle One News



Last week Lilly was our VIP for Cycle One. She did a fantastic job presenting her poster to the class with confidence and answering lots of questions. The children loved meeting her rabbit, Daisy, and Lilly taught everyone how to draw a rabbit.



This week, Rosie was our VIP. We all loved learning about Rosie when she presented her poster to the class. On Thursday, her dad came in to visit the class teaching us about building a house and showing us how steel frames fit together. What an exciting project! The children also really enjoyed listening to his music and learning a new song "Cat Dog". Oh and of course the children loved trying to lift the GIANT zucchini!





Cycle 2 News

Autumn has arrived this week, and playing in the beautifully coloured Autumn leaves is the activity of choice at lunchtime. Lovely to see everyone enjoying lunchtimes together.

We have been busy learning about ‘descriptive writing’ in Cycle 2. Our grammar work has been centered around adjectives, and now we are learning to use them to describe animals...and next week we will be looking at landscapes. This work will lead into our first piece of ‘published’ writing, which will be exciting.

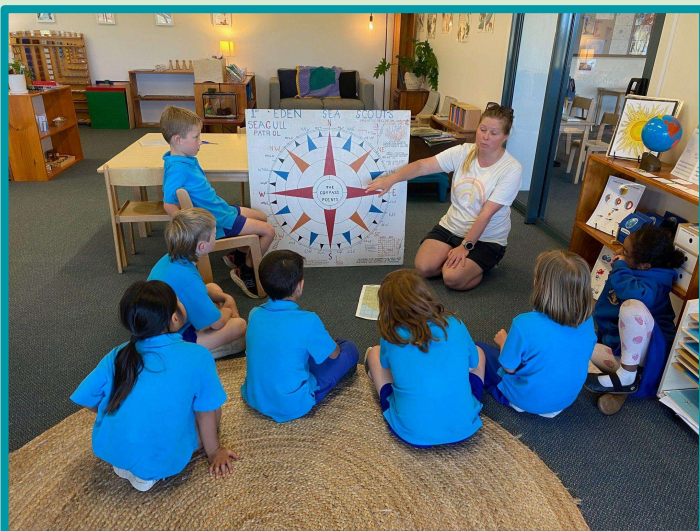
Our maths work is all about subtraction at the moment and the children have been eagerly using our strip-board, or golden-bead-material, or our stamp-game to complete their work. I can see some great progress being made by each child!

This week Cycle 2 also began our Geography Experiments...each week we will be conducting experiments relating to the formation of the universe and earth, and then exploring the science-laws of our world. It was great to see the interest and excitement in the class!

We also had some fantastic VIP sessions; Lucas and his dad showed us his motorbike and helmet, and Luca and his mum taught us all about compass directions, bearings, and finished with a great game of ‘compass’.

Happy Mother’s Day to all our lovely mums!!

- Mr Foster



Luca and his mum teaching us about compass points



The Autumn leaves have been fun to play in. We are so lucky to experience all 4 seasons here in Bega.

Experiment time:
Cold versus Very Cold
Can we make ice-water colder?





Cycle 3 - Classroom News

CRAFT:

Some of the students are very much enjoying 'handcraft' this term - weaving and embroidery. I went to the op-shop to pick up some supplies the other day and it made me think there are probably a lot of supplies in people's homes that are not being used....if this is you and you would like to donate any thread, wool, fabric, needles, etc. we would very much appreciate them!

SCIENCE:

Our annual Science Fair will be held this term on Friday, 19 June. The students have been asked to think of a science question they want to investigate that has to do with Africa and the world biomes that we are studying. I've heard a few great ideas so far!

MATHS:

Also, I wanted to share with you a method for practicing times tables that can be helpful. Children respond well to rhythm and can remember lyrics to songs very quickly and this method is based on creating a rhythm when practicing times tables. You just bounce a ball between you and your child while either practicing the pattern, e.g. 3, 6, 9... Or you bounce the ball to your child while saying $3 \times 1 =$ and they bounce it back with the answer. The key is to get a rhythm going. I encourage you to try it!

Cheers - Nikki





ANZAC Day Report

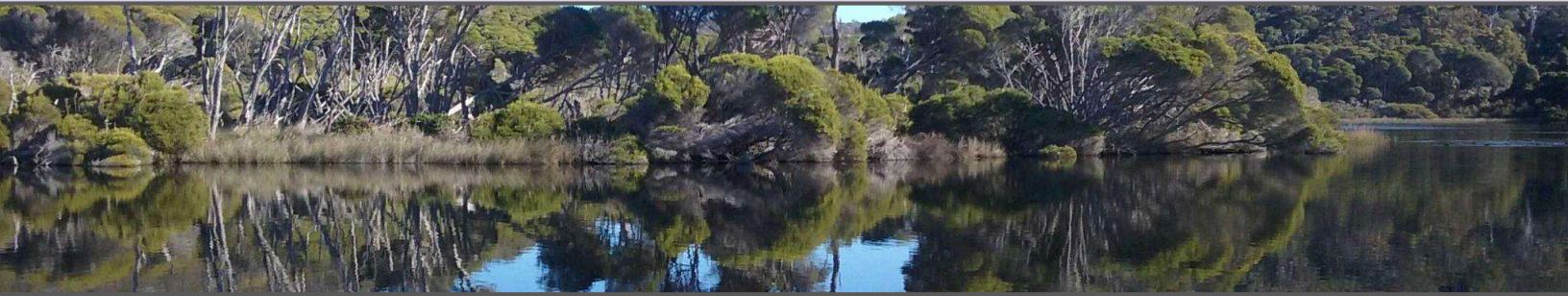
On Saturday 25th April our school was represented at the Bega ANZAC Day service by 9 of our wonderful students.

Our students took part in the parade, from the Bega RSL along the Bega main street, and then under the Memorial Arch. Each student demonstrated exemplary behaviour, suitable for the occasion, and were fine representatives of our school...Well done and thankyou!

Special mention to: Enya and Kensi Cheung who carried our school banner throughout the march; Elliot Riddle and Aiah Burgess who represented our school in the inaugural schools' choir for the event; and Aiah Burgess and Anouk Hart who laid the school's wreath during the ANZAC service.

- Mr Foster





Health & Wellbeing

This fortnight I thought we would continue on with the signs of nutrient deficiencies. This week I will cover what to look out for if someone has a calcium or potassium deficiency.

Here's what to look for:

CALCIUM:

- Tooth decay
- Muscle cramps
- Bone pain
- Brittle nails
- Dry skin
- Delays in children's growth & development

POTASSIUM:

- Fatigue
- Irregular heartbeat
- Tingling & numbness
- Muscle weakness or cramps

Dietary sources of calcium come from sardines, dairy products such as yogurt, kefir and cheeses, green leafy vegetables, broccoli and almonds. It is best to consume calcium-rich foods with magnesium-rich foods as calcium is better absorbed when magnesium is present (see last

Week's newsletter for information on magnesium).

Note: never take a calcium supplement without magnesium in it and make sure you speak with a nutritionist or naturopath beforehand (high doses of calcium on a long-term basis can have negative side effects).

Potassium-rich foods include avocado, silverbeet and spinach, pumpkin, sweet potatoes, coconut water, salmon and sardines, banana, peas and beans, beetroot and apricots.

Remember, if your child is picky you can hide lots of things in smoothies, soups, stews, dips and other pureed dishes

I hope you find this helpful -
Nikki

The Kitchen Garden with Mrs Remy

Garden sunshine,

What glorious weather!

We've been focused on peas these past weeks. Cycle 2 planted climbing snow peas while Cycle 1 has fertilised the whole garden by watering with diluted worm wee from our school vermicompst.

Carrots! The first batch have grown big and juicy and everyone has had a crunch of a fresh garden carrot during our garden sessions. We've also harvested broccoli (which they have enjoyed eating raw!), Sugarloaf cabbages and Chinese cabbage which some children have been able to take home to share for dinner.

We've also revamped the front of school flower garden adding strawberries and an edible flower, pineapple sage.

If you're curious of what happens in our garden, we have a garden working bee and P&C gathering this Saturday, starting at 9am.

Garden sunshine

Mrs Remy



'Seeds for our peas and many other plants have been kindly donated by Bega Valley Seed Savers, who grow locally adapted varieties of plants.'



P&C Garden Day

Bring the kids and come help in the school garden this Saturday to work on projects set out by Mrs Remy, followed by our informal quarterly meeting

WHEN: Saturday 9/5/26

9- 10:30 Gardening

10:30- 11 Morning tea provided

11- 12 Continue gardening or join the meeting

Lunch afterwards

BRING: Shovels
Gloves
Lunch to share

Join Our P&C

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



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

Help build our
school community



Get involved – everyone is welcome!

Email: contact@begamontessori.nsw.edu.au



THOMAS MORE
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