

THOMAS MORE CHRISTIAN MONTESSORI SCHOOL NEWSLETTER



28 August 2026



Dear Parents and Carers,

We had a much healthier week this week with all teachers and most students being back on deck. As you will see from each Cycle's reflections, it has been a very productive week.

The Staff have reflected this week on the passage of the seasons with each season having its unique gift. Winter is a time when much growth is dormant, and a time for quieter activities and time to go inside to reflect and rejuvenate before budding again with new life and exuberance. Sometimes illness can require us to "hibernate" if we have not already gone with the flow of the season. We hope in this very last week of winter that you will draw on the stores of quieter times and silence that this winter has afforded us as you ready yourself for the new spring which is already "springing".

Annual Bush Dance

Our Annual Bush Dance has always been held at the end of Winter not only to celebrate winter but to prepare us for the upcoming "Spring". We hope to see as many of you as possible there. It is a great family night and fun for all.

See you soon!

Pearl of Great Price

Ask your child to reflect with you regarding how the



"Kingdom of God can be compared to a Pearl of Great Price". They each enjoyed their reflections and the gift of their own "pearl".

Warm Regards,

Donna McCulloch

UPCOMING EVENTS

Friday 28 July

Bush Dance
4.30pm - 7pm

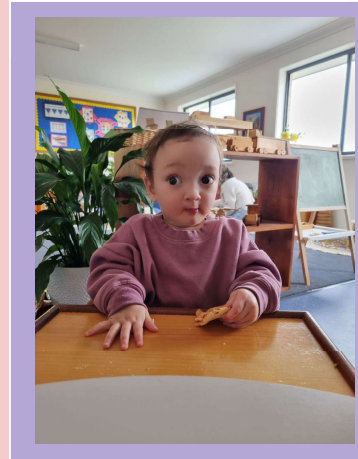


Parent Child Program News

This fortnight in Playgroup was a strange sort of week! With Influenza A swooping through my family, I wasn't able to attend in the first week, but thankfully the doors stayed open. After some much-needed rest, we were back in full swing.

We enjoyed raw ginger and carrot cake, made snakes from paper plates, worked together in a team to make pizzas and learnt some new songs in circle time celebrating the last of the winter chill.

One of my favourite things about early childhood is watching a child's growing desire to do it themselves. This drive towards independence is central to Montessori philosophy. Children are naturally motivated to explore, participate and master their environment. But it can be relentless and exhausting for the adults responsible for keeping them alive!



They don't yet have the ability to recognise every danger or understand the consequences of their actions. So what happens when that drive takes them somewhere unsafe?

This is where healthy boundaries and a prepared environment work together.

A healthy boundary is clear, calm and consistent. We can acknowledge what the child wants, state what we won't allow, and where possible, offer an appropriate alternative:

"You want to climb. It's not safe to climb on this table. You can climb here instead."

But perhaps even more powerful is preparing the environment so that we don't have to say "no" quite so often.



If a child wants to pour, provide a small jug.



If they want to participate in cooking, give them something they can safely do.



If they want to explore, make the environment rich with things they are free to touch and investigate.

When the environment is prepared around the child's developmental needs, independence becomes easier and conflict can be reduced. But conflict is inevitable. Children will feel disappointed or angry at times when we need to hold a boundary. We can acknowledge their feelings while remaining firm.

Something beautiful happens when a boundary is consistently and calmly held: eventually, the child begins to understand it. As the edges of their world become clear and predictable, the desire to test them begins to soften. Boundaries, when understood and accepted, create calm and peace. They give children a sense of safety within which they can freely explore.

With Love

Ms Boulter



Cycle One News

What's been happening...

- Designing and painting rocks for the school project
- Exploring dimension with the Sensory Materials
- Lots of children have enjoyed learning to Skip Count
- Making Gruffalo Crumble!
- Making cowboy/cowgirl hats ready for the Bush Dance



Lots of the children have enjoyed learning to skip count. They have been practicing counting in 2s, 3s, 4s... all the way to counting in 10s.



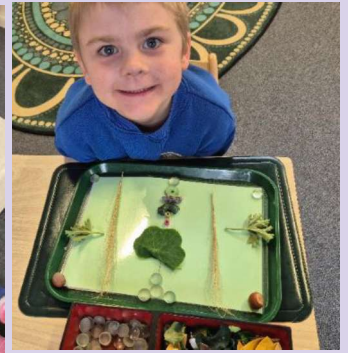
Sam working on outside practical life, washing the clothes.



Lachlan practicing his rhyming.



Selena, Aaliyah and Ernestine exploring with the Red Rods..



Ethan loves making symmetrical art!

Well Done to Jason this week. Jason has worked incredibly hard on a special story. Starting with a Story Board to plan, Jason then illustrated and wrote a story working on all of the sentence structure and spelling independently. Excellent work Jason!

Message from Miss Guest

Please remember to bring in a piece of sharing fruit everyday your child attends class. It is part of our classroom learning in which children serve and share snack.
Thank you.

Cycle One News



Selena has been our final VIP this year, sharing her very detailed poster with confidence and lots of information. Well done Selena! The children also enjoyed a visit from Selena's ragdoll cat. The cat was a little to scared to have cuddles but the children learnt lots about how to look after a cat.





Cycle 2 News

What a topsy-turvy, tricky fortnight it has been with so much sickness (including myself) causing lots of people to stay home sick. However, this week it has been great to see everyone return with big smiles on their faces.

We are finishing our 'procedural writing' this week with our "How to Make a Smoothie" writing task. This piece of work involves creating a draft, editing our work, before creating a final piece of writing. It is a great opportunity for each child to demonstrate what they have learnt about writing instructions, listing ingredients and using verbs in their writing. I'm sure everyone will enjoy making and tasting smoothies as a reward for finishing this unit of work.

As well as our writing work, Cycle 2 students are continuing to practice their multiplication skills, multiplying 4 digit numbers by 1 digit numbers (using our Stamp Game), as well as practicing skip counting using the long-bead chains. Great work everyone!

With the History Fair quickly approaching, we will be working on our projects over the next few weeks. We will be creating Timelines of Our Lives, as well as some models demonstrating the Fundamental Human Needs of Early Man...the creative ideas are already flowing!

Cycle 2 have also begun the tricky task of learning to knit. This is a difficult thing to learn and requires much patience, practice and perseverance...super important life-skills. Our first challenge is to create a knitted square that will turn into a knitted chicken (which works in beautifully with our Zoology work). Wish us luck!

We welcomed back Mrs Moon from her holiday in Vietnam. We were interested to hear about her travels and to see (and wear) her traditional Vietnamese hat...it was suggested it could be part of our new uniform :) Her trip inspired this week's cooking class to make Banh Mi (Vietnamese Sandwiches) which were a big hit...YUM!

Let's hope we have a healthier fortnight ahead...so take plenty of vitamins and sleep lots so we can learn and achieve lots in class!

- Mr Foster





Cycle 3 - Classroom News

This week Cycle 3 has been continuing on Simple Machines with Ms. Stobe. The students are investigating the historic examples of levers, pulleys and incline planes.

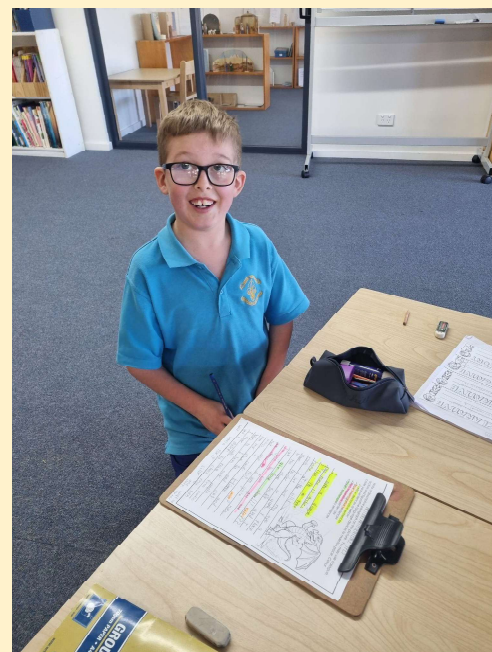


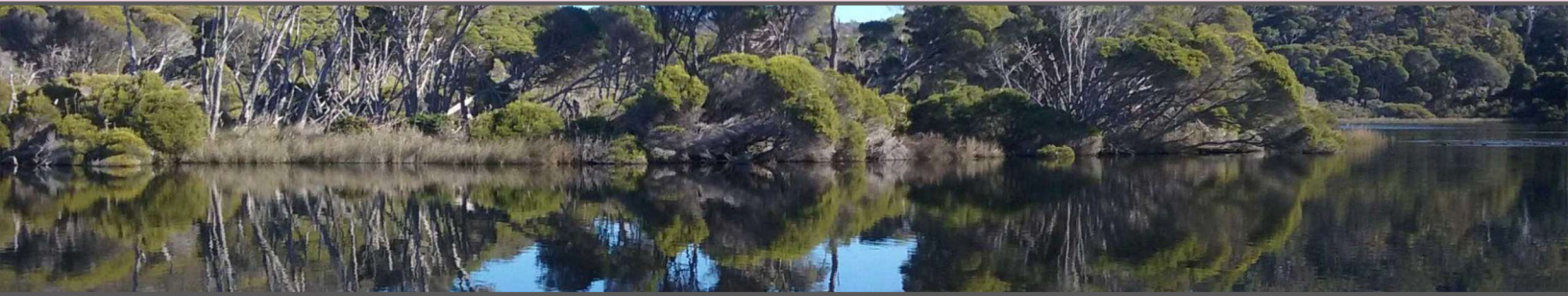
Everyone had good fun learning about the 4 Types of Sentences and creating their own stories that include all four examples. We are also finishing up our study of Ancient India, then moving onto Ancient Japan.

I will be introducing the Metric System next week so now is a good time to start your child thinking about weight, length and capacity - maybe it's a good weekend to bake a cake??

Soon we will be starting to work on our History Fair Project.....Life on the Silk Roads!

Cheers - Nikki





Health & Wellbeing

Jon Haidt wrote an article recently about a new study out of Italy, “Does Early Access to Social Media Harm Later Learning?” You can access it [here](#).

Is your child extremely cautious, shuts down when something feels hard or gives up before they get started?” It could be a retained Fear Paralysis Reflex. You can find out more from [this video](#).

Does your child have problems with their digestion or skin issues or allergies? It could be coming from their gut. To learn more about gut health for children read [this article](#).

Here is an excerpt from Haidt’s article on Substack:

While our primary focus in the past has been on social media and mental health, in the last two years, major declines in test scores in countries around the world have drawn increasing attention to the effects of the phone-based childhood on educational outcomes and cognitive development more broadly.

New and important research has uncovered clear, consistent, and concerning associations between short form video consumption and reduced cognitive performance—not unlike similar associations found in the early days of the social media and mental health debate.

For the most part, these studies have been correlational: heavy users of social media get lower test scores and grades.....

The Kitchen Garden with Mrs Remy



The garden was shimmering this week after that bit of rain we had! With that has burst forth the snow peas! We all enjoyed handfuls of them in the garden this week.



Thank you to the families who joined us for the P&C Garden Working Bee two weekends ago. A very productive and joyful day indeed! We all, adults and children alike, worked hard together to create a whole new garden bed, on the base of the slope up to the Cycle 1 playground. It was built with wooden sleepers, weeded, levelled and mulched ready for the imminent raspberry plantation.



The Kitchen Garden with Mrs Remy

Thank you also to Mr Diment (Lilly's Dad from cycle 1) who sent in 14 raspberry plants for us! Cycle 2 and 3 planted them skilfully in their new garden bed home this week. Cycle 1 planted more peas and also strawberry plants. Lots of yummy sweet fruit to come!



Last week we worked on making signs for the plants in our garden by matching cards of plants to their corresponding fruit/veg, getting into the habit of recognizing garden plant and leaf shapes. We also 'opened a can of worms', quite literally, as I brought in a big jar of fresh compost worms to supplement the few left in our worm farm. We had fun watching them wriggle, learning about their lack of eyes, their egg sack and life-cycle.



Garden sunshine
Mrs Remy





From the Kitchen...with Ms Boulter



~ MENU ~

Second Half of Term 3

Mon 31 August - Pesto Pasta

Wed 2 Sept - Enchiladas

Mon 7 Sept - Pumpkin Soup W Pumpkin Scones

Wed 9 Sept - Nachos

Mon 14 Sept - Bangers & Veg

Wed 16 Sept - Spaghetti Bolognese

Mon 21 Sept - Sushi

Wed 23 Sept - Creamy Chicken Soup

Eat the rainbow

Did you know that different coloured vegetables and fruit provide different vitamins and minerals for growing healthy bodies?

Here are a few easy ways to get more colour into the lunchbox:

- Choose bite-sized vegetables and fruit for a colourful recess such as cherry tomatoes, baby cucumbers, snow peas, berries or grapes.
- Add salad vegetables such as lettuce, baby spinach, tomato, and cucumber on your child's sandwich, wrap, or roll.

Try our rainbow vegetable kebabs!
Pair with reduced fat cheese or dips like tzatziki and hummus.



RAINBOW VEGETABLE KEBABS



INGREDIENTS

- 1 cucumber, cut into 1cm thick rounds
- 1 red capsicum, cut into 3cm pieces
- 1 green capsicum, cut into 3cm pieces
- 1 punnet cherry tomatoes
- 1 carrot, cut into 1cm thick rounds
- 1/2 cup reduced fat cheese, cut into 2cm cubes
- Wooden skewers

DIRECTIONS

1. Thread 1 piece of each vegetable and 1 piece of cheese onto each skewer.
2. Repeat until there are no vegetables or cheese remaining.

For more recipes visit: www.swapit.net.au/resources/recipes-ideas/



Artwork: "The heart of a child" by Lara Went, Worimi Artist



★ Thomas More ★
Christian Montessori School

ANNUAL BUSH DANCE



★ FRIDAY 28 AUGUST 2026 ★

TIME: 4.30PM – 7.00PM

\$30
FAMILY

BYO: Supper to share &
Soft drinks - tea and coffee
will be provided

\$15
SINGLE

KAMERUKA HALL – WEST KAMERUKA ROAD, KAMERUKA

~ Five piece Kameruka Bush Orchestra ~

★ RAFFLE: ★

1st Prize a Load of Wood –
valued \$300

2nd Prize a Fuel voucher –
Valued at \$200

LOTS OF SPECIAL DOOR TICKET PRIZES

★★★★ BEST DRESSED ★★★★★

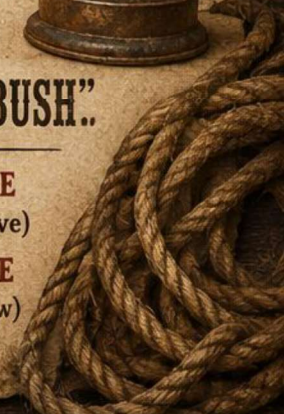
“BELL OF THE BARN” AND “BLOKE OF THE BUSH.”

SENIOR BELLE
(9 years and above)

JUNIOR BELLE
(8 years and below)

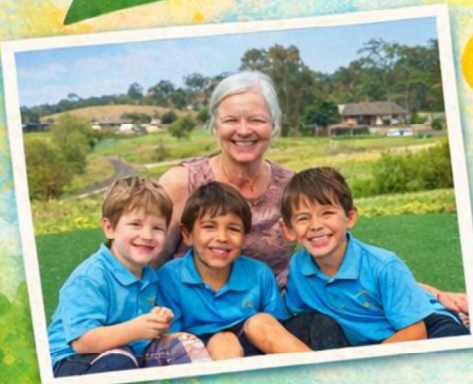
SENIOR BLOKE
(9 years and above)

JUNIOR BLOKE
(8 years and below)



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



THOMAS MORE
Christian Montessori School

READY. SET. JOIN.



A new season is here — get the kids running, jumping and throwing with the Bega Valley Little Athletics crew.

REGISTRATIONS

OPEN NOW

Sign up online any time before the season starts.

SEASON STARTS

SAT 10 OCT

9.30am

WHERE

CANDELO OVAL

William St, Candelo



REGISTER TODAY

revolutionise.com.au/bvac/registration

WANTED: **Club secretary.** Our committee still needs a secretary for the season — if you're interested in helping run the club, get in touch, we'd love to hear from you.

COACHES: **Keen to coach?** Let us know — Capital Athletics runs free online courses for Level 1 accreditation, so getting qualified is easier than you think.

Any questions? Get in touch via our Facebook page.

BVAC

BEGA VALLEY LITTLE ATHLETICS • NEW SEASON 2026–27



Your Voice Matters!

**Tell Us What Matters to You:
Living Well in the Bega Valley Survey
GIVE OUR COMMUNITY A SAY IN ITS FUTURE.**

The Bega Valley Data Collective needs your input to build the evidence needed to drive positive, local change.

This quick survey is your direct chance to:

- ▶ Define what "living well" means to you.
- ▶ Identify the areas most impacting your ability to live well.
- ▶ Ensure your perspective drives action and secures vital funding.

SCAN HERE TO START!

It takes less than 15 minutes. Your answers are anonymous.



[Scan the QR Code to Start the Survey](#)

*Living Well in the Bega Valley is an initiative of the Bega Valley Data Collective (BVDC)
a volunteer-based, not-for-profit charity.*