

**Term 3**  
**Week 2 – 22 July 2015**  
*Distributed weekly on Wednesday*

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## Term 3

**13<sup>th</sup> July – 18<sup>th</sup> September**

*10 weeks*

*2 pupil free day – Staff qualification updates and networking with Montessori Australia Foundation Advisor*

### To Be Advised

Cycle and room excursions if conducted and other events if the need arises

### July

23<sup>rd</sup> – Winter Sport Netball Training Baarmutha Park 12.15-3pm

27<sup>th</sup> – Emerald Cycle 1 Excursion Burke Museum 12.20-3pm

31<sup>st</sup> Friday – Cycle 3 Winter Sports Carnival, Wodonga

### August

1<sup>st</sup> Saturday – Sri Lankan Curry Night: P&F Event 4pm-8pm

10<sup>th</sup> Monday – Incontro – 1.10pm

14<sup>th</sup> Friday – Pupil Free Day – Staff updating qualifications

21<sup>st</sup> Friday – Kissin Cousins band performance for students 1.15pm

21<sup>st</sup> Friday – School Disco at BNC:

Prep & Cycle 2 5 - 6.30pm, Cycle 3 6 – 8pm

31<sup>st</sup> Monday – Maria Montessori's birthday

### September

2<sup>nd</sup> Wednesday – Father's Day Night 5-6pm

4<sup>th</sup> Friday – School Athletics Carnival

7<sup>th</sup> Monday – Pupil Free Day – Staff networking & MAF

Representative meeting

8<sup>th</sup> Tuesday – 17<sup>th</sup> Thursday – Cycle 2&3 Parent teacher interviews.

Rooms schedules to be communicated prior to this date

10<sup>th</sup> Thursday – Cycle 3 Athletics, Wodonga

15<sup>th</sup> Tuesday – International Peace Day Celebrations 1.30pm

18<sup>th</sup> Friday – End of Term 3. 2.15pm finish

## From the Principal

Are you aware that you can download and print excursion permission forms off the school website by going to the CALENDAR page, finding the date of the event and opening the attachment?

Changes to office staffing – Nicola has commenced full time study to enable her to obtain her teaching qualification and as such will be cutting back her hours in the office. Dana has been doing casual work in the office and will now be a regular when Nicola is on teaching placement and on Friday's. Please make her feel welcome.

Two Cycle 3 Tigereye students Mathilda and Caitlin, and I completed our first Meals on Wheels volunteering last week. WOW – it was a lesson on so many levels. The girls personified what's so special about Montessori and they were respectful, engaged, helpful and enjoyed sharing in the lives of others in need.

**Heather**

## Lunches!

This term, we will continue on with the school lunches.

The lunches will be sold every Wednesday in the courtyard in weeks 1-10. Orders to be placed by Tuesday 12 pm noon.



This will be Term 3's roster.

Week 1	Sausage Rolls	Week 2	Pizza
Week 3	Sushi	Week 4	Spaghetti Bolognese
Week 5	Hamburgers	Week 6	Sausage Rolls
Week 7	Pizza	Week 8	Sushi
Week 9	Spaghetti Bolognese	Week 10	Pizza Scrolls

Please bring your own plate/bowl/cup and cutlery on the day to have your food served onto. Early year orders will be delivered.

\*Vegetarian options not available every week.

\*Sorry but we are unable to accommodate dietary requirements such as allergies.

## General News

### Lunch Orders – Week 3

Sushi - \$1.50 each

**Lunch will be Thursday in Week 3 due to a Cycle 3 Excursion**

## School Photos 2015

Beechworth Photographers will be offering School Photos for 2015 and 2016. Photography has been scheduled for the week of **25<sup>th</sup> August**. Order forms and information sheets have been placed in all Family pockets. If you require extra forms, they're located on the bench in the foyer.

Please complete and return to the form lodgement box by **Wednesday 5<sup>th</sup> August**.

Thanks Erin



## Parents & Friends News

### Sri Lankan curry night FUN RAISER!

Greetings! And many thanks to those of you who have confirmed and expressed interest in being a part of our curry night!

Due to the overwhelming response we are encouraging everyone to pre pay to secure a place at our feast. This will assist us with preparations not just for catering but also to enable a smooth flowing and well organised event.

Your commitment is much appreciated.

For your convenience payment details are as follows :

**Name: BMCG**

**BSB: 633000**

**ACC# : 146770748 ..... Please write your surname to enable payment tracking.**

Feona at the office is also happy to collect payment.

To those of you who have NOT confirmed as yet and are hoping to attend... well come on! get on with it! We have some serious curry to cook !

Many thanks

We are confident to say we have officially got ourselves a party people!!

## Cycle 2 News

### Moonstone

We welcome Martina to Moonstone for the week during her practicum. Welcome also to Violet Sanderson and family.

My name is Martina Ryan.

I am working and learning at Beechworth Montessori Primary classrooms for two weeks, from 21<sup>st</sup> July to 31<sup>st</sup> July. I am furthering my studies, through Deakin University, into the primary years and I would like to thank you for allowing me to work in the school.

**Martina Ryan**

**Geography:** We are studying what is inside the earth. How many layers are there? Name the layers. Which rock is heavier - basalt or granite? What rock forms the continents? The earth's crust is broken into tectonic plates. How many main plates are there? What natural events occur where the plates meet?

## NIGHT OF FUN, FOOD AND FRIVOLOUS FROLICKING



**Saturday 1<sup>st</sup> August 2015 at the Masonic Hall (Loch street)**

**From 4pm onwards**

**\$15 adult / \$10 child / \$45 family**

**Authentic Sri Lankan feast provided. BYO drinks**

RSVP Georgia Marlow by Monday 27<sup>th</sup> July 2015 ([georgia.marlowe@gmail.com](mailto:georgia.marlowe@gmail.com))

Montessori P&F Thank You for supporting this great event



**Shared lunches:** On Thursday we are cooking and serving a shared lunch. The main aim of this weekly event is to build our how to participate in the community skills. We will practise grace and courtesy, how to set a table including table decorations, how to serve food, how to make polite conversation at the luncheon table and of course preparing and cooking the meal and cleaning up during and after the event.

**Organisational skills:** Please assist your child to ensure they have a cup and water bottle at school. Check in with how their pencil case supplies are going. There are a number of students without glue sticks.

**Susi and Sally**

## Turquoise

**Welcome:** Welcome back to everyone – hoping you all had a lovely break. Also a warm welcome to Charlie McLachlan and his family; Charlie has transitioned from Emerald room. Another family has also joined Turquoise room, Ruby Sanderson and her family have joined us from out of town. I hope both families enjoy their time with Cycle 2 and I encourage existing families to introduce themselves and help all family members feel welcome.

**History:** The term will be working around a focus from the Third Great Story - The Coming of Man. Unfortunately technically issues last week had delayed the presentation of this story.

**Geography:** a two pronged approach with geography this term, one learning about land and water features and the other the lithosphere – the hard, rocky surface of the earth. This encompasses volcanoes, earthquakes, layers of the earth, tectonic plates, mountains, valleys, plains etc.

**Art:** a term of construction – so far we have started building volcanoes from newspaper and plaster

**Peace:** As International Peace Day approaches, a part of term 3 studies always include component of the 'peace flower'. This term the focus is on self-awareness and the children will be learning about emotions – comfortable and uncomfortable emotions and learning to recognise emotions in others.

**Karen and Sonja**

## Cycle 3 News

### Tigereye

#### Poetry

So far this term we have been focusing on poetry for writing. In Week 1 students learned about free form poetry which don't have to follow any kind of structure or rhyming pattern. Below are some examples.

#### The cold winter day

It is cold and wet outside  
I wish I was  
At home in front of the fire  
drinking hot chocolate  
I am thinking of a nice summer  
day  
eating lots of ice-cream  
and swimming at the pool

**By Pipa**

#### Wet game

Freezing fun  
More pain but fun  
Team work  
Muddy  
Messy game  
Adrenaline  
Slippery ball  
Mushy ground  
Harder  
But I wouldn't like to be  
Anywhere else.

**By Fred**

#### Winter Poem

Chill and frost  
Cold and hot  
Rain and hail  
By the pail  
Playing in the snow  
As the cold breezes blow  
Hot chocolate in the evening  
As the warm season is leaving

**By Skip**





## Cooking

This term for cooking we have been focusing on different types of breads- starting with the earliest sorts of breads that humans ate through to sourdoughs and yeasty breads. Our flat bread last week was absolutely delicious and our chefs also made delicious Tzatziki to go with it.

### Crisp Rosemary Flatbread

Adapted from Gourmet, July 2008

3/4 cups plain flour

1 tablespoon chopped rosemary plus 6 sprigs

1 teaspoon baking powder

3/4 teaspoon salt

1/2 cup water

1/3 cup olive oil plus more for brushing

Flaky Sea salt such as Maldon

I think you could easily swap the rosemary for other herbs, such as thyme or tarragon, or punch it up with black pepper or other spices, but personally, I like it just the way it is here.

Preheat oven to 450°F with a heavy baking sheet on rack in middle.

Stir together flour, chopped rosemary, baking powder, and salt in a medium bowl. Make a well in centre, then add water and oil and gradually stir into flour with a wooden spoon until a dough forms. Knead dough gently on a work surface 4 or 5 times.

Divide dough into 3 pieces and roll out 1 piece (keep remaining pieces covered with plastic wrap) on a sheet of parchment paper into a 10-inch round (shape can be rustic; dough should be thin).

Lightly brush top with additional oil and scatter small clusters of rosemary leaves on top, pressing in slightly. Sprinkle with sea salt. Slide round (still on parchment) onto preheated baking sheet and bake until pale golden and browned in spots, 8 to 10 minutes. Transfer flatbread (discard parchment) to a rack to cool, then make 2 more rounds (1 at a time) on fresh parchment (do not oil or salt until just before baking). Break into pieces..

## Meals on Wheels

On Friday last week, Mathilda Chambers and I went with Heather to do meals on wheels. We went to lots of different houses and delivered food to many nice people. One lady we went to was amazing at painting and she had injured herself rather seriously while doing up her back garden. The garden looked great and she was happy that we could stay and see her paintings. There was one that she had done of the Taj Mahal when she was sixteen. It was a great day.

**Caitlin Drumm**

## Topaz

In Topaz we are studying the history of wheat. We are creating a timeline of events, grinding flour from wheat kernels and baking all sorts of goodies. This week we have made scones and pretzels. It's amazing how eager we are all to learn when it involves food!

### Making Scones and our own cream

On Monday the 13<sup>th</sup> of July the year fours made scones and I made butter and thick cream by putting cream into a jar then I put two marbles in and put on the lid. Then I shook it for about ten minutes occasionally opening the lid to check on it. It took about ten minutes to do the cream and an extra five to do the butter. The marbles acted as the whisk when you shook the jar which makes the butter and the cream. It was a bit hard on my arms from shaking it but it was fun so I was happy. The scones where good too! **By Jack**



All the year fours made scones on Monday the 13<sup>th</sup> and Monday the 20<sup>th</sup>. The reason we made them twice was because the first time we added the wrong flour. We were making them for a science experiment looking at what would happen if we put lemonade in them. We made two batches of scones; one with lemonade and one without. We decided that the ones with lemonade were the best. When we added the lemonade it made the scones sweeter and they rose a bit better. The first time, Poppy and Oaka made the lemonade ones, Lilly made the plain ones and Jack made the cream and butter (Sage, Charlotte and Bianca were away). We also learned not to over knead the dough. The second time Poppy, Sage and Jack made the lemonade scones, Lilly and Bianca made the plain ones and Oaka did the cream and butter (Charlotte still was away). In the end we found self-raising flour and lemonade make the best scones. They were really delicious!

Our scone recipe:

2 cups of self-raising flour

¼ cup caster sugar

½ cup milk

½ cup lemonade

And 2 tablespoons of milk for brushing the top

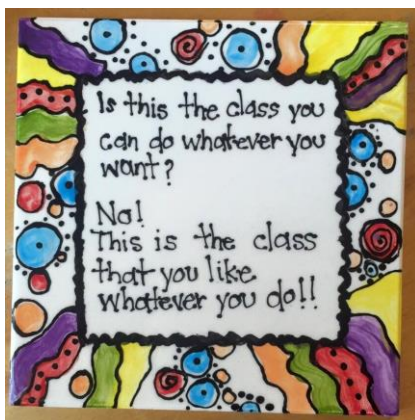
Place the flour, sugar and ½ teaspoon of salt into a large bowl. Add the milk and the lemonade and mix to a soft dough. Turn onto a lightly floured workbench and knead lightly until combined. Press the dough with your hand until it is 2cm thick. Use a round cutter to make 8 scones. Place on a baking tray and brush with milk mixture. Cook for 10-15 minutes until lightly browned. Serve warm with your favourite jam.

*By Sage and Poppy*

Poppy, Sage, Oaka, Jack and Lilly serve up delicious scones and Charlotte, Mia and Jade baking mouth-watering pretzels



## Supporting your Montessori Child



**Outside the Box!**  
Kids Yoga Fun & Fitness

**SCHOOL KIDS HOLIDAY PROGRAM**  
**IN CHILTERN (5-13yo)**  
(program itinerary available)

Monday September 21<sup>st</sup> ~ Friday October 2<sup>nd</sup>, 2015  
**MONDAY ~ FRIDAY**  
8.30AM-4.30PM or 7AM-6PM

**\$25~\$35 Per Day or \$100~\$150 Weekly**  
\$20~\$25 Per Day for Siblings & Members of NY  
Fitness or OTB Kids Yoga. Or \$90~\$120 Weekly

**Limited places \* No Government Rebates**

**Call Deb 0407 531 510**

Fruit platters provided for morning & afternoon snack \* Tank water \* Prepaid lunch ordering available \* Fun Yoga & Fitness Games \* Craft Activities \* Indoor & Outdoor activities \* Theme Days \* Movie Afternoons \* Growing veggies \* Cooking \* And much more \* Learning about overall health and wellness in a fun and safe environment!

Set on a tranquil 5 acre block with plenty of room to run around. Indoor & Outdoor areas

Bookings are essential. WWCC, Current Police Check & Current Sex 1<sup>st</sup> Aid



### Mindfulness Based Stress Reduction

Registrations for the Term 3 Mindfulness Based Stress Reduction (MBSR) course are now open.

The MBSR course is an eight week, evidence based, experiential program that teaches mindfulness and meditation practices that have been clinically shown to improve the quality of your life. During the course, your experiential learning of different mindfulness practices is supported by an understanding of the theory behind mindfulness, and knowledge of how mindfulness practice is applied in day to day life. Practices are tailored and adjusted to meet the needs of each individual and ongoing support is offered at no charge.

Mindfulness is a particular way of paying attention to yourself and your surroundings; one based on being open, curious and kind. When attention is cultivated in this way, a direct and open relationship to things as they are emerges and this enables you to more skilfully respond, rather than just habitually react, to people events and circumstances.

#### MBSR Course Outline

- Week 1 - Recognising the present moment
- Week 2 - Engaging with the breath
- Week 3 - Deepening Practice, Patience and Acceptance
- Week 4 - Stress and flow of emotions
- Week 5 - Stress and thoughts
- Week 6 - Interpersonal mindfulness & the Day Long Intensive
- Week 7 - Living on purpose
- Week 8 - Making mindfulness a part of your life

#### MBSR Course Details

- Date & Time - eight Thursday nights, 6:00pm to 8:30pm, commencing 30th of July with a full day class on Sunday 6th of September.
- Location - Border College of Natural Therapies, 24 Brockley St Wodonga.
- Cost - \$475 inclusive of comprehensive course book and guided practice CDs. Pricing is flexible depending on your circumstances.

**Note:** Mention you saw this ad in the Montessori newsletter and save \$50 on the full fee cost.

To find out more information, please email Ben Engel at [info@bordermindfulness.com](mailto:info@bordermindfulness.com) or call on 0419 699 306. To register, please visit [www.bordermindfulness.com/register](http://www.bordermindfulness.com/register) you can also find me on [facebook](https://www.facebook.com/BorderMindfulness) [www.facebook.com/BorderMindfulness](https://www.facebook.com/BorderMindfulness)



# Community News

## Netball Competition – Term 3

After such a successful Net Set Go season this year, we are keen to offer a junior netball competition for players in year 3 and up (current participating year 2 Net Set Go kids) is being run at the Beechworth Secondary stadium commencing in week 3 this term.

We are aiming for 4 teams that will play over 7 weeks – so that the players get to play every position! The games will be 8-10 min quarters and will commence at 4.00pm for the first game.

Ali Maher, Maree Nankervis, Cassie Treloar and Gabriella Tange have offered their time to assist with coaching and they will put the teams together once all names have been registered.

The cost will be \$30.00 per player and this will cover the cost of the stadium and to pay the umpires.

The competition will commence on **Thursday 6 August** and finish on **Thursday 17 September 2015**.

Each player **MUST** have VNA registration (Victorian Netball Association) in order to play and if they do not have their registration unfortunately they will not be able to play due to insurance reasons. You can register online at Netball Victoria. For those who have participate in Net Set Go or Midgets season, they will have registration.

If you have a child interested in playing the competition, can you please email to [netsetgobeechworth@gmail.com](mailto:netsetgobeechworth@gmail.com) the following details:

- Child Name
- Date of birth
- Parent contact details
- Year at school
- Current VNA registration – Yes or No

**The closing date for registering interest is Sunday 2 August 2015.**

Thank you and we are looking forward to a great competition.

Gabriella Tange

0408730177

[netsetgobeechworth@gmail.com](mailto:netsetgobeechworth@gmail.com)



## Outside the Box!

\*\*\* Kids Yoga Fun & Fitness \*\*\*

**Term 3 (8 Week Term)**

**VENUE**

Chiltern Football Club

**DATES - FRIDAY**

Starting July 31<sup>st</sup> and running

August 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup> & 28<sup>th</sup>

September 4<sup>th</sup>, 11<sup>th</sup> & 18<sup>th</sup>

**TIME**

Mini Yogi Session 4-6yo 4.00-4.45pm

Fitness & Yoga Session 6/7-12yo 4.00-6.15pm

**TERM COST**

\$40 4 yo

\$56 5-6 yo

\$96 6/7-12 yo

**Call Deb on 0407 531 510**

## TOY LIBRARY DISCO

Shake off the Winter blues at the

Beechworth Toy Library Disco

Dancing and games for the kids

Coffee&cake, kids drinks and snacks available

Time: 2-4pm on Sunday 2nd August,

At: the Old Priory, Beechworth.

Entry \$5 per child or \$15 per family.

A family ticket includes a free 6 month membership of the Toy Library for non members.

## The Benefits Of Family Day Care Include:

- ☺ Warm, secure home environment
- ☺ Flexibility
- ☺ Qualified and experienced Care Providers
- ☺ Strong partnerships with families
- ☺ Educational Experiences
- ☺ Part time, full time,
- ☺ Weekend and overnight care available
- ☺ Affordable rates, CCB and Tax rebate

## VACANCIES AVAILABLE IN CHILTERN

WANGARATTA



1 Handley Street

WANGARATTA, 3677

Phone: (03)57217879

Fax: (03)57219986

Office Hours: Monday – Friday  
8.30am – 5.00pm

Email: [fdc@wangaratta.vic.gov.au](mailto:fdc@wangaratta.vic.gov.au)



**Event details:**  
UPPER SPRING CREEK  
Date: Sunday 26 July  
Time: 10am - 12pm

**Directions:** The site is 200 metres east from Wallace St. Meet at Wallace St near Spring creek and follow the signs.

**BBQ lunch provided. Bring along water, hats, gloves and trowels.**  
RSVP Elka on 0407 010 667 or Jenny 0416 890 557

**20 YEARS**  
**national tree day**  
PLANETARK TOYOTA

We invite you to join your local Landcare group (BULS) and Indigo Shire in this re vegetation project.  
<http://treeday.planetark.org/site/10009515>  
<http://www.buls.org.au>

**Get involved!**  
Visit [treeday.planetark.org](http://treeday.planetark.org)  
 hotline 1300 66 5000  
 #treedayswagday  
 #treedayswagday

Disclaimer: Tree Day is supported by Planet Ark in partnership with Regional Australia.



Caring for our community