



Presidents Report May 2017

We would like to say a big thank you to Julie who has been a beautiful addition to our team covering Karen whilst she has been presenting at the World Forum in NZ. Julie, you were such a delight to have in the centre, the children connected with you immediately and the transition of having a 'relief' teacher at our centre didn't feel 'relief' at all. We were very lucky to be able to have had someone with so much experience and such a gentle, caring nature to be a part of our children's term. We thank you very much for everything you brought to the program while you were here.

Reminders:

Enrolments 2018: Parents, please be reminded that the enrolments are still open for next year's kinder. We have had a large number of enrolments so if you are hopeful for next year and therefore we urge you to not miss out on getting your enrolment done before June 30th.

Fees: Term 3 will be out next week, so just a heads up.

Lost property: Our lost property collection is growing, if you have any missing items our lost property is located on the bag hooks on the photo wall near the front door. Please make sure you have a look for you child's missing items.

Trivia Night

Rach and her team are thrilled with the response that they have had with the donations just flooding in. If you would still like to donate something, please feel free to do so, we will accept donations right up until Saturday.

Please remember you are all welcome to our Committee Meetings as a General Member if you would like to hear more about the comings and goings of the Pre-School.

Next Committee Meeting: 20th June 7pm

Please feel free to approach me or call if you have any questions or ideas regarding the Pre-School.

Caroline

0423303571



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Djeembana News May 2017

Thanks for welcoming me to Djeembana group. We have been busy over the last fortnight, following children's interests and learning more Boon Wurrung language. The bubups have sung and danced to the 'totem song', which was learnt at 'Bundjil and Friends day'. **'Weegabeel Murrup Bundjil-al'**, using the clapping sticks to tap the beat – sounds great!

Some other interests:

- 'Spin-a-Yarn tiles' – Drawing and writing about their Yarns, developing their storytelling skills.
- Seasonal changes – autumn, leaves, squash, Persimmons, autumn threading and soon to create a group autumn collage. Observation of Fungi at Beach/Bush.
- Interest and exploring Feathers – making feather 'flowers'.
- Songs – Feathers, A Ram Sam Sam, Zimba Zimba (echo song), other Rhymes and movement to 'cross the midline'.
- Book reading with parents and celebrating birthdays.
- Outdoors – 2 bubups creating their own obstacle course using their own ideas and telling the rest of the group how to work through it. Developing a sense of confidence and independence having their voices heard and ideas acted upon.
- Collaborative/teamwork indoors and out – Block building, sand play, burying items in the sandpit and digging them up.
- Miss Karen's New Zealand holiday book – Reading emails/ photos from Karen, making them into a book to refer to and sending an email to Miss Karen from Djeembana group.

Thanks, it's been great....a big thank you to everyone at Balnarring Preschool, especially Lisa and Monica.

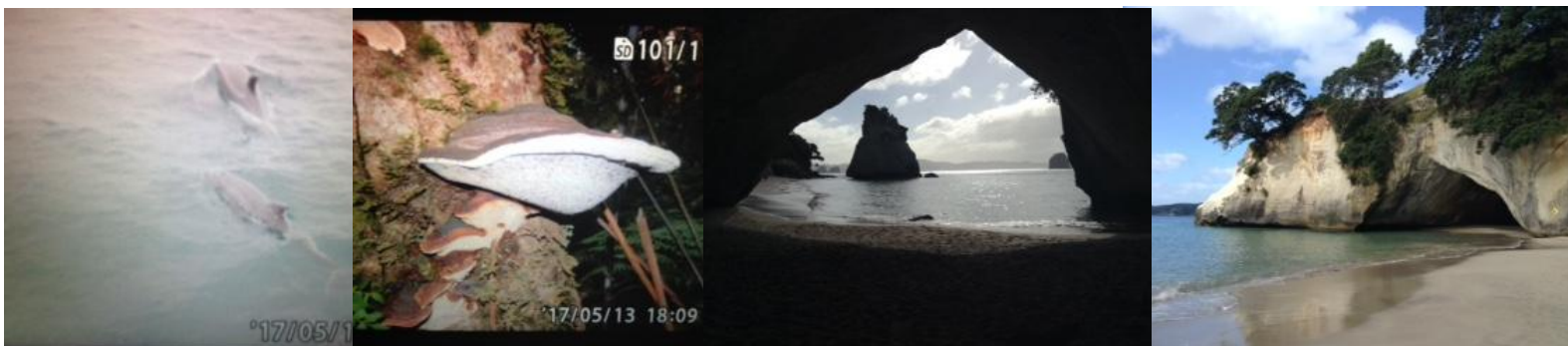
Julie

(Julie's last day with Djeembana Group was Tuesday 23rd May, Karen will be returning on Friday the 26th of May)

Dates to Remember

Tuesday 30th May: The Responsible Pet program will visit us from 12.30pm for a session with the children and there will be a Parent information session from 12.30pm on this day. I strongly encourage you to join in the parent session to hear how you can educate your child to be safe around your dog and with the dogs they meet. This is a free government program to reduce child injury.

Monday 5th June: Librarian Visit to our Preschool: This session to learn about our libraries and their services will include a story time for the children.



Photos from Miss Karen's holiday in New Zealand. Can you spot the dolphins and Fungi?



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Weelam group News May 2017: Womindjeka to Term Two



Weelam group - News and reflections: Womindjeka to everyone, Boon Wurrung language, drawing stories, digging for dinosaurs, creating surprises for our mums, dancing like gyeem the kangaroo and an emu, making spaghetti and exploring what foods are healthy have just been some of our experiences over the past month. The children are actively working with each sharing their interests and supporting each other as a friend. We are talking about feelings, exploring what it means to be happy, sad, angry, brave and scared. We talk about how it is not always easy to tell and that sometimes feelings get all mixed up. When children are developing from three years to four years to five they go through a big growth in their emotional and cognitive (thinking) development. They begin to be able to think something through and to express verbally what their thoughts are. However as these skills are still developing they often are unable to do this when they feel overwhelmed, tired or upset. This is why they often fluctuate between this new mature behaviour to returning to tears, refusing and wanting others to fix what is happening. Along with learning about feelings you will hear us supporting the children to become 'problem solvers'. We are empowering them to think "what can I do when a problem happens?" To do this they need to be calm (you can't think when you are upset, you just react), then we will talk through possible solutions and encourage the children to be responsible for the decision they make. One solution is that they can ask someone for help (this is an important life skill, knowing where you can go for support is important for everyone's well being). We see being a 'problem solver' as a very positive skill and identifying when you can assist another as being an act of kindness. Next time you are with us for a session please listen for how this is happening within the program. Feel free to ask if you have any questions about how you can support your child.

Developing Literacy Skills: *Our learning happens in many ways and in many environments.*



*through map reading



*drawing in the sand



*creating and drawing stories

Reflections from our Learning and living with nature experiences:



*The waves can't catch us!



*Who ate this crab for breakfast?



Gurborra joined us at Bush camp

The children helped Gurborra to climb the tree; they stayed close to keep her 'safe'. They made Gurborra a sandcastle to sit on top of at the beach.



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Learning and Living with nature

Our discoveries: As we walk we look, listen and wonder, being out in nature means that we make discoveries we cannot plan for, just like the crabs, sometimes they are there and sometimes not- we teach 'and that is OK'. Some of our discussions have been about the size and sex of the crabs, why the rubbish we find on the beach is not safe for the sea creatures and why something may have died.



The children now know that low tide means we head for the rock pools. They carefully lift the rocks (keeping their fingers safe) to see what may be hidden underneath. This fish allowed us to explore skeletons and ones and how a fish might move and swim.



Our wonderful day of learning with the Boon Wurrung Elders and Artists:



This day introduce the children to new songs, new dances and the story of Bundjil and his Helpers. They were artists, singers, animals and actors. Together we created the story of making the mountains, waterways and trees of Boon Wurrung Country. We have continued this learning and have now started making a Boon Wurrung language dictionary with the groups.

Our Dinosaur explorations and learning:



We made dinosaur eggs and hid our dinosaurs inside, we explored our books to find their names and made dinosaurs in the playdough. Outside we made 'bones' and these were hidden in the sandpit for others to find.



We celebrated and acknowledged our Mothers, creating special pictures for them and making heart shape wattle seed scones. We talked about kindness and what we do to make others happy.



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Learning and Living with nature



The children initiated the idea to make a 'footy field'; we wondered what we could use. We found flags to create the boundary and looked for what could be the goals. The challenge was how to stand the posts up. With all problems solved we started kicking goals!!!



Last week we made spaghetti and noodles using the special machine. They children were fascinated how the rollers and handle worked; everyone took them home for tea.



The day Bush Camp moved to Coolart for a special session:



Being at Coolart allowed us to explore new spaces and experiences. There were lots of autumn leaves to throw, collect and hide in.



Everyone explored the climbing trees; the challenge was to assess how far you feel safe as you climb up and down again.

Dates for upcoming events: Weelam group Term Two

Tuesday 30th May: The Responsible Pet program will visit us from 10:30am for a session with the children and there will be a Parent information session from 11:15 on this day. I strongly encourage you to join in the parent session to hear how you can educate your child to be safe around your dog and with the dogs they meet. This is a free government program to reduce child injury.

PMP: Our PMP program continues fortnightly throughout Term 2, this program is only made possible with the support of our parents and grandparents. Each session the children enthusiastically engage in the balancing, jumping and climbing experiences. They are developing their ball skills and coordination, following obstacle courses and delighting in achieving new skills. Please come join us.

Monday 5th June: Librarian Visit to our Preschool: This session to learn about our libraries and their services will include a story time for the children. Please be here for a 12:30pm start.

***As we move into June please keep checking our notices for further events, we are planning a night preschool session so our working family members can join us for a preschool session. There will also be further times where we can learn, enjoy being together and share fun times.**

Term 2 ends Thurs 29th June, (we can't believe how quickly this term is going) we will end with a special day and some surprises. Thank you for all your support. Kind regards, Ann and Michele



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Manameet and Gareeal News May 2017

We have had a busy first half of Term 2 in Manameet and Gareeal Groups. Our additional team member in Gareeal, Sara has been on placement for the past few weeks and we have all loved Lisa who has been replacing her. She has become a big part of the teaching team in such a short time and the children have enjoyed getting to know her. This Friday is her last day and we wish her all the best and hope to see her again in the near future.

The children settled back into the new term and have been enjoying new and familiar activities. They have been busy helping in the vegetable patch, planting and collecting produce and have loved the cooking experiences we have been able to run in the programs. Children have been exposed and explored maths concepts such as measurement whilst cooking and even engaged with science concepts whilst mixing ingredients and exploring and discussing observations they make. They also have enjoyed the therapeutic calm of the apple slinky whilst making potato chips!



As we all know the weather has not been quite wet this term and our kinder digging patch is a mud haven the threes have loved exploring. They have jumped, squelched, slid, splashed, cooked and had lots of fun with mud this term. It has opened up new learning opportunities and friendships amongst children, helping to develop their social and emotional skills as well as providing rich language development opportunities for children. We appreciate our family's positive reactions and support, especially when

many children (despite puddle suits) have still managed to be covered in mud. The learning the children have and are taking from the freedom to explore the mud with friends is well worth it. However, I do understand it can be frustrating so please with the weather well and truly turned please remember to pack your child spare clothing in their back packs (including underwear). A pair of slippers or spare shoes would also be great especially if your child wears their own gumboots to kinder. Jumpers and warm clothing are now essential for your child's health as we will be outdoors during the sessions despite the cold and wet weather conditions.

The children have also enjoyed celebrating Mother's Day with families and friends and we hope you appreciated their massage efforts, cooked treats and cards. It was great to see so many of you able to join us and we loved your enthusiasm and willingness to join in the fun and some of the songs they have learnt at kinder!



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Learning and Living with nature

Play Dates

I wanted to stress the importance for your children of having time to engage in fun playdates with classmates. Threes, in particular, have limited time at kinder and I would urge families in Mananeet and Gareeal groups to speak to other parents and organise time where possible to meet up so children can play outside of kinder hours. Fun playdates build children's social and language skills as well as increases their wellbeing and confidence. They do not have to be long or extravagant at this stage. There are lots of simple and fun ideas and I have added a few below to help you get started.

- Meet an hour before or after the kinder session at the park (bring a coffee to keep you going!)
- Organise a coffee and play at your house for an hour. Make sure to have an activity for the children to engage in such as play dough, blowing bubbles, pretend café / kitchen, backyard car wash, train set, free online craft activity that is printed off.
- Go for a walk in nature (the wetland walk around Balnarring school is even pram friendly!) Encourage children to pick up and touch and collect things in nature.
- Meet up at Coolart – let the children run in the leaves or roll down the hills.

What's Behind That Behaviour?

Between the ages of 2-3 you will all remember your child's tantrums I'm sure... some more than others but as our threes moved out of toddlerhood and their language grew you will have noticed a decrease in these. However, just because they become pre-schoolers doesn't mean the end of tantrums or behaviours that they and we as parents struggle to manage and understand.

Managing big emotions is hard, whether you are three, four or six or forty six! Helping children learn to regulate and manage their emotions is an ongoing process that involves helping them to recognise a range of emotions, learning to express their feelings verbally, learning to calm oneself down in the face of overwhelming emotions, and learning to treat others with kindness and empathy

Sensitive behaviours you might see

- Cries over small things
- Sad when you leave
- Don't like to be alone
- Doesn't like sad movies

Why are they sensitive and what may help?

- Worried about new things, need help to understand their feelings / gradually introduce to new things and situations – talk about them first, be close by as they explore, meet their needs.
- They are finding it difficult to verbalise their inner fears and emotions - help your child by describing their feelings and naming them. Model out loud your worries and concerns and how you deal with them.
- Children are still developing self-regulation skills to control their emotions / feelings – again role model your personal strategies before the feelings arise... I'm going to talk to daddy because I felt sad that... I am going to



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take a deep breath and sit down... I think I will look at pictures of xyz before we go so I know what it looks like / what to expect.

Angry behaviours you might see

- Yells and screams a lot
- Throws things / destructive
- Yells "I hate you / go away"
- Shuts down – crosses arms won't talk

Why are they angry and what may help?

- Don't recognise the big emotion they are feeling - put words too and describe their feelings / name it – "I can see you are feeling very angry and cross, it's OK to feel angry"
- Worrying over their big feelings. Explain that everyone gets angry and tell them when you are cross. Talk to them about what is happening in their bodies before / during feelings... tummy feels funny, heart beats faster, clench teeth or fist, body goes tense.
- They are struggling to deal with feelings – model how you deal with being cross and angry, deep breathing / calming strategies (see below)

Perfectionist behaviours you might see

- Nervous about breaking rules
- Doesn't like getting things wrong
- Scared they will get things wrong
- Doesn't like criticism

Why and what may help?

- Negative thought patterns – try to model positive thinking, review your expectations of their behaviour and abilities (see last newsletter). Focus on small individual tasks rather than a finish product e.g. – "you have really been practising with the scissors, great work" rather than "This is a great xyz".
- Help to connect their thoughts to their actions - Model that mistakes are OK and that they can learn from them, try not to jump in and fix their mistakes for them, help them to problem solve.
- Help them to verbalise their worries – talk through their worries, acknowledge and respect them

Shy behaviours you might see

- Hides behind your legs
- Scared of new people / places
- Doesn't like change



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Why are they shy and what may help?

- Help them verbalise big worries and fears and name them
- Cautious of new things - speak to them about new situations, visit new places first or look at photos so they have time to observe, explain new situations
- Help them to make plans for new adventures – make a picture or map or describe small new adventures such as a walk with them

Over-Excited behaviours you might see

- Hyperactive when they get together with people
- Jumps on furniture
- Plays rough with others

Why are they over-excited and what may help?

- Help them to regulate their excitement – use calming techniques for their building anticipation (see below), engage them in an activity prior to people arriving which others could join in doing
- Help them to recognise feelings – explain and model

Calming Techniques:

- Deep breaths
- Blow up a pretend balloon
- Draw on paper
- Listen to music or sing
- Read a book (look at pictures)
- Stretches
- Kicking a ball
- Fidget toy

Be sure to look at Weelam Groups newsletter, Ann has written about emotional and cognitive development from 3-5 years, that aligns with these more practical strategies.

Parent / Teacher Conference

The committee provide me with 1 day in which I can conduct parent / teacher interviews for both three year old groups per year. I have decided to conduct these early in term 3 and a sheet will be provided with time slots at the beginning of Term 3 for families to sign up to if they wish. If you do wish to speak to me prior to this please feel free to contact me to organise a time that works.



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Stay and Play

Thank you again to all the families who have stayed and played with us this term. Your help has been invaluable and allowed us to incorporate things such as cooking and an indoor / outdoor program for the children. This term we also had our first dad stay and play at kinder. It was a wonderful and FUN opportunity for him and the children. We would love to encourage any dads or grandads or special males in your children's lives to join us if they can. There are a couple of dates towards the end of the term which we still need volunteers during the sessions. We would appreciate your help on these days.

Thanks Jill and Cath

Kindergarten Central Registrations

Register your child for kindergarten for 2018!

Kinder registrations are OPEN!

Accepted from 1st March 2017 – 2nd July 2017.

This year there will be a 5 month registration period which will give you plenty of time to register your child for kindergarten in 2018. Please visit the Mornington Peninsula shire website and follow the directions to apply online.

If you have any questions about enrolments for next year please contact the enrolments officer or one of the teachers at the kinder on 5983 5803.

Boon Wurrung Language

Manameet – autumn

Guborra – Koala

Gawan – Echidna

Walert – Possum

Wareeny – Wombat

Book swap boxes

In the foyer there is a book stand provided by Peninsula reads. Children are invited to take a book from this stand and share with their families at home. This book is theirs to keep.

The book swap boxes and stands have been placed all over the Peninsula in various public spaces e.g. Centrelink, Peninsula Community health, Maternal child health centres, Balnarring Laundry Mat. Your child can take a book from any of these boxes/stands.

When you have books that are no longer being used in your home please donate them back to the book boxes/stands

PARENT LIBRARY

In the foyer there are assortments of books covering various topics that are available for parents to borrow.

One section is dedicated to the developing knowledge about the culture of the First Peoples. If you are interesting in learning about the history of the Aborigines and sharing stories with your children then please take a look at these books.



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