



## Djeembana News April

Welcome to term two. The children returned buzzing with stories of what they had been doing during the break and keen to reconnect with each other. Often after the term break the children are unsettled but they were very focused: ready to learn and explore the program.

Thank you for the prompt return of the kinder books, the children have started sharing their books which is much easier when the experiences are fresh in their minds. It has been interesting observing the confidence the children are exhibiting as they share their holiday adventures. An indication they are feeling safe within the environment.

Towards the end of term one we introduced the concept of Bucket Filling. This is a strategy we use to assist children in understanding the impact their actions have on others as well as providing children with an example of how to explain how they are feeling. Please read the information below so if you like the ideas you can use them at home. We will continually build on the children's understanding of this concept for the rest of the year.



### What is the bucket?

The bucket represents your mental and emotional self.

### How do you feel when your bucket is full?

When your bucket is full, you feel more confident, secure, calm, patient and friendly. Your thoughts are positive and you expect positive results. When your bucket is overflowing, you experience an intense happiness that can spread to those around you. Have you ever felt better after someone gave you a friendly smile or a happy grin? This is the 'ripple effect' of a full bucket.

### How do you feel when your bucket is empty?

When your bucket is empty, it contains few, if any, positive thoughts or feelings. When your bucket is empty you can easily become sad, negative, insecure, nervous, angry, depressed, stressed, worried, afraid or physically ill. When you experience any of the feelings, it's easy to believe life is too challenging and that nothing you attempt will be successful.

### What affects the level of happiness in your bucket?

Negative life events. The careless or even cruel words or behaviour of others can also affect the level of happiness in your bucket.

### What is bucket filling?

Actions or words that show that you care about someone. Saying or doing something kind. Giving someone a heartfelt smile, Using names with respect. Helping without being asked. Giving sincere compliments. Showing respect to others,



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# Balnarring Preschool & Infant Welfare Association



## Learning and Living with nature

When our **bucket** is full, we feel great. When it is empty, we feel awful. Each of us has an invisible dipper. When we use that dipper to **fill** other peoples **buckets** by saying or doing things to increase their positive emotions, we also **fill** our own **bucket**.

'**Bucket fillers**' are those who help without being asked, give hugs and compliments, and generally spread their love and good feelings to others.

### What do we have planned this term?

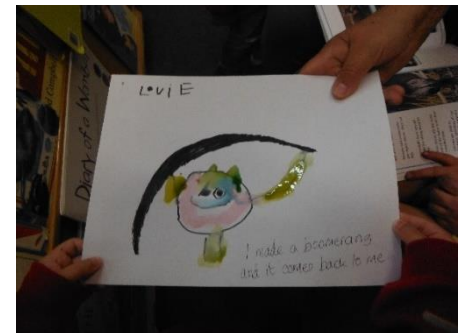
The children's holiday experiences and my time in Hing Kong are guiding some of the programs developments as well as observations of the children's interactions of the program in term one.

This term we expect the children to be organising their time, requiring less and less adult direction. Within the environment will be experiences that inspire each child to learn and be productive, they have been developed using the knowledge we have of each child. When the children are directing their own time: being productive and extending their skills, the teaching team has greater opportunity to spend longer interrupted time with small groups of children.

The teaching team completed a wellbeing and involvement scale (Leuven scale) of each child at the end of term one. This gave us an opportunity to discuss each child's interaction with the program and guide us as to what our focus will be for each child. The checklist highlights: each child's level of independence; relationships with other children and the team; emotional regulation; level of activity; and confidence. We then focus on the areas that are low to progress each child to moderate of high. The scale is completed at least once a term so we can see each child's progress.

During the holiday I went to Macao and Hong Kong as part of the Global leader program and World Forum – please see separate attachment.

When I was in Hong Kong, I brought the world to the preschool through flags. The flags are provoking questions in the children such as: What do the flags mean? Why are they all different? Which country are they from? and What does the Balnarring flag look like? During the first week the children began making their own flags. It is our intention that the flags will be used in many ways over the coming weeks as we learn more about how big the world is.



Outside we have observed many children seeking physical active play.

The team will introduce different ways to interact with the outdoor space other than running play. As we have more rain the dirt patch becomes easier to dig in, the veggie garden is ready to plant in (thanks to Maya's family and helpers), a tent will stimulate imaginative play and role playing of camping experiences and carpentry will be introduced.



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## Coming Events

- Our next event is the Bundjil Nest project and will occur on 8<sup>th</sup> May. Two hundred children will be involved in this day. Please meet at Balnarring Beach rotunda at 9:00. Collect at 2pm. Bring morning tea and lunch. See separate notice sent home. NOTE change to session times
- Reconciliation symposium: Ann and I are attending this symposium on Friday 10<sup>th</sup> and Saturday 11<sup>th</sup> in the city. Karen will be teaching for me and Monica will take Karen's place.
- **Invitation to Mums or important person, to attend a luncheon 15<sup>th</sup> May at 12:00. The children will design the menu, prepare, cook and serve the food. We hope you can make it.**
- Friday 17<sup>th</sup> May we will walk to Coolart. (Lord Somers Road Somers) When we get there spending time exploring the bush, bird hides and visitors centre. Pick up will be at Coolart at 2pm. Please only pack what the children need in the pack backs. The walk will take around 90 minutes.
- **Bundjil Nest Project needs your help. Please read separate attachment**



Save the date 2<sup>nd</sup> June 11-2 Reconciliation walk Hastings

Reconciliation Theme "Grounded in Truth – Walk together with courage"

Thank you to the people who attended maintenance day – they yard looked amazing.

Congratulations to Belinda and the fundraising team for the upcoming trivia night.

If you would like to catch up with me for a chat about the program and your child's progress, please see me to make a time. I will hold more formal chats at the end of the term in preparation for term three planning.

Karen



FESTIVAL we are looking for more people to join the amazing festival committee. If you are interested, please join us for the initial 2020 festival planning meeting. Wednesday 7<sup>th</sup> May 7pm



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