



Boundaries and Expectations are important parenting tools.

Boundaries and rules for children are not meant to rein them in, but rather to help them grow up healthy!

Setting limits for children is challenging for many parents today. Most parents begin saying “no” to children shortly after they’re born and continue to use the word “no” as a restriction for the next eighteen years. Some parents make-up rules as they go through each day and as their children grow through each developmental stage with seemingly no plan in mind. The rule just seemed right at the time.

The purpose of family rules is for parents and children to establish consistent guidelines that will help everyone know what is and what isn’t expected of them. Setting boundaries and expectations for children can assist in building life skills that include; patience, problem solving, resourcefulness, responsibility and self-discipline. Consider the following tips when faced with the challenge of setting boundaries and expectations.



- When setting boundaries plan ahead to prevent problems—think through potential pitfalls
- Build success into your expectations as you want your child to feel successful in their ability to make good choices.
- Be certain that expectations are clear and positive. Concentrate on do’s as opposed to don’ts and explain the why behind the limit. E.g. “we walk inside because I don’t want you to hurt yourself or others”
- Give your children choices. Eg. if they want to do something that may be dangerous suggest 2 different ways to choose from so they can accomplish their task.
- Model the behaviour you would like to see. Children will copy their adults throughout their lives.
- Expect set-backs and testing. We all learn from our mistakes. Children will challenge the rules and sometimes forget the rules. Gently remind them and start over. Let children suffer the consequences that come with breaking rules and the biggest key is to be consistent.

The Early Years Learning Framework tells us that children build a strong sense of identity when given the opportunity to reflect on their actions and consider consequences for others.



April 2021

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Our Preschool Programme Past Month in Review

Sweetpeas: The Sweetpeas have had a wonderful month participating in many new experiences. Despite the weather keeping us from practicing fundamental movement skills outdoors, over the last week, the children have still enjoyed practicing these skills upstairs. Being involved in activities such as hopping on one foot, leaping like frogs, jumping like kangaroos, running and kicking balls with small soccer games unfolding as children join in on the grass, have been so much fun. This has been fairly challenging for some children but with a lot of practice and perseverance there has been a significant improvement in ability and enthusiasm, bringing smiles to all their faces as they master these basic gross motor skills. These skills help a child learn to move with confidence and control, improving strength, muscle co-ordination, and hand-eye or foot-eye co-ordination, social skills and a sense of achievement. Most importantly, with a firm grasp of fundamental movement skills, children are more likely to enjoy sport and physical activities helping them grow into happy healthy people. We look forward to the new term and all it's challenges.

Bluebells: It has been another busy few weeks at preschool and we are certainly looking forward to the upcoming Holiday Programme. Please make sure you have a copy of the programme so you know what is happening each day—it might be dress up, cooking, sports - every day is different! Recently we have been working on recognising colours and shapes. Using games, songs, stories and one on one interactions, the educators identified each child's knowledge and understanding of shapes and colours. There is colour all around us and you can encourage your child's knowledge in many ways- change the game of eye spy to finding a certain colour; when your child is dressing in the morning, ask them to bring you a certain colour tshirt; look at the colours you see in the shops and talk about them, what else is that colour. You can do the same with shapes- traffic signs provide a great variety of shapes; in the supermarket ask your child to spot how many circles they can see etc. Lots of fun and lots of learning opportunities!

Schoolies: Thanks to many family donations and an accumulation of recycled materials, the Schoolie's have been able to incorporate an array of recycled goods into their everyday play. Reduce, Reuse and Recycle was a topic educators have been discussing the importance of this month and the children have demonstrated a good understanding of the importance of reducing the amount of waste that goes into landfill and instead finding ways to reuse things. To extend the children's knowledge of this topic through play educators have been encouraging the children to use recycled items within the environment. Recycled boxes in particular are a favourite here at preschool and are so versatile when it comes to how or what they can be turned into. Anything from fire stations, towers, rockets, cubbies boxes the pre-schoolers prove that there are absolutely no limits when it comes to cardboard boxes. Simple fun! The Schoolies particularly enjoy integrating the tools and wooden blocks and sand into their play with boxes. We also use cardboard here at preschool to draw on and incorporate into crafts before we think about disposing of it. We believe re-purposing to be an important sustainable practice.



Open Day

Wednesday, March 31st from 10am to 12pm

The purpose of the Open Day is to invite new families to look around the Preschool and experience the educational environment we provide. It also provides the opportunity for new families to ask any questions they have about starting Preschool, gain understanding around our Philosophy and see how our educational programme is delivered as well as an opportunity to meet our wonderful educators. If you know anyone who may be interested please



We are on Facebook!

Please 'like and follow' our page where we will bring you Preschool community updates, helpful articles regarding early childhood development and some of the fun activities and learning experiences we enjoy during our busy days at Preschool.

April Birthdays

A big Happy Birthday to all of our children and teachers having a birthday this month.

Zoe 5 yrs
Luca 5yrs
Edan 5yrs
Jordan 5yrs



UPcoming EVENTS

WALK-A-THON



Week Commencing March 29th

The children have so much fun raising money through our annual walkathon for the children's ward at Hornsby Hospital. They have been very busy creating lap counting cards and streamers to cheer each other on. Please sponsor your child and help the children's fund raising efforts for our community!

HOLIDAY PROGRAM

From March 6th to 16th ...

...we will be running our Holiday Program. This is normal Preschool but with lots of fun added. Each day there is a different theme and watch out, the Educators can get a little crazy! We invite you to come along and lend a hand. If you would like to come in to help please let Lara know. The Holiday Program will be coming home soon so you can see the fun and learning we have planned.

Please remember

when packing your child's morning tea and lunch that we are a nut free and whole egg free environment.

Should your child have peanut butter or Nutella for breakfast please make sure they wash their hands and face before coming to Preschool

REMINDER

Please ensure your child has a hat and water bottle each day. Also ensure they have appropriate clothing for all weather conditions so they can enjoy our outdoor play.



Scholastic Book Club

Thank you for the orders received this issue, these should be delivered in the next week. Every order received earns the preschool 20% commission which we can then use back in the book club. This time, some children were interested in the microscope so we decided to order this with the commission. Issue 3 will be available early next term.



ST PATRICK'S ASQUITH

OPEN DAY TOURS

St Patrick's s starting the process for enrolling for 2022. They are holding two School Open Day Tours and Information Sessions on Tuesday, March 30th.

Session 1

9am: Information Session

9.30—10.30am: School Tour

Session 2

5.30—6.30pm: School Tour

5.30—7pm: Information Session

Please call the school on **9477 3800** to register or for further details. Should you not be able to make these sessions you can also contact the school to request a private tour at a time that suits.

Enrolment packages are available from the school office and forms are also available on the St Patricks Primary School website.



HARMONY WEEK



We celebrated Harmony Week this month which is a celebration of Australian Multiculturalism. We are lucky to live in one of the most successful multicultural countries in the world and we enjoy celebrating this with the children. Harmony Week is about inclusiveness, respect and belonging for all Australians, regardless of cultural or linguistic background. We wore orange which is the chosen colour to represent Harmony Day. *L.O 2 – The children are developing their understanding of the world around them as they make connections between people’s similarities and differences.*



thanks for sharing

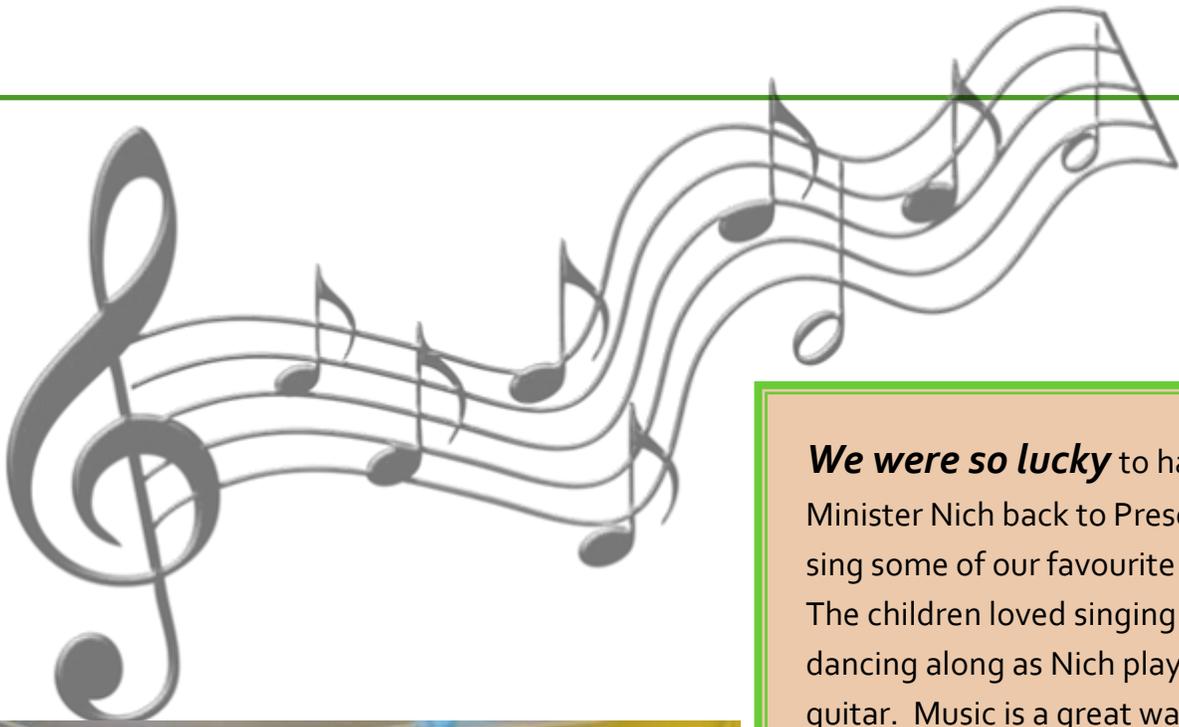


A Spanish Lesson with Eva

Hola! Eva (Luca’s Mum) came in to share her Spanish culture with the children. We learnt a variety of words including numbers, words and animals in Spanish. We also danced to some traditional Spanish music. We are lucky to have families who are bilingual within our Preschool. This allows us the opportunity to expose children to different languages and encourage appreciation of linguistic diversity.

Nowruz Celebrations: We were so lucky to have Maryam (Sam Rod’s Mum) join us today to talk about Nowruz which is Iranian New Year. Nowruz marks the beginning of Spring in the Northern Hemisphere and the first day of the first month on the Iranian Calendar. We learnt all about the Haft-sin which is a table decoration family members gather around. The Haft-sin has 7 items each symbolises a concept of the Persian Culture. Maryam also showed us some written words in Farsi, we noticed how it looked different to our letters and Maryam wrote from right to left, extending the children’s understanding of different symbols and written words.





We were so lucky to have Minister Nich back to Preschool to sing some of our favourite songs. The children loved singing and dancing along as Nich played his guitar. Music is a great way to express ideas, feelings and support our language development.

We look forward to having Nich back as a regular visitor to the Preschool



healthy eating



Sparking your child's interest in trying new foods

- Set a good example by eating and enjoying a range of healthy foods yourself.
- Offer everyone in the family the same foods and try to avoid preparing separate meals.
- Eat together as a family wherever possible. Try to keep meal times relaxed and calm.
- Offer your child a new food regularly. Children may need to try a new food many times before liking or accepting it. Don't give up or say "they don't like it" after just a few tries.
- Encourage your child to explore new foods. Looking, touching and smelling a new food helps children learn about it be more prepared to taste it. Talk about the food with your child.
- Involve your child in choosing new foods when you are shopping.
- Children love to help with food preparation tasks such as pouring , stirring, spreading, dipping and shaking. Children who are actively involved in preparing food are more likely to try that food.
- Growing vegetables and fruit is a fun way to help children learn where food comes from. Try growing cherry tomatoes, herbs, beans or strawberry plants in pots or in the garden.
- Serve only a small amount of the new food on their plate so it doesn't overwhelm your child. Serve alongside food they already like eating and are familiar with.
- Make meals and snacks look appealing by using different coloured foods, interesting shapes and textures.
- Try varying the way new foods are prepared. Some children prefer cold, crunchy foods while others enjoy cooked. This can change over time.
- Give your child a choice of healthy food— offer a small range of healthy foods e.g. in the middle of the table, and allow your child to choose what they want.
- Congratulate your child when they try something new even if it is just a small mouthful. Their efforts to learn about food by touching, smelling or tasting it are also important to acknowledge.





This month the children have been exploring water pollution and its effects on our marine life. Educators have introduced the slogan from an

environmental group *'Taking 3 for the Sea'* simply meaning taking three pieces of rubbish with you when you leave the beach, park or anywhere in hope to make change and create a clean environment. The children have been engaging with many resources such as short video clips, photos and books to further their interest in this area and extend their learning.

The children were given the opportunity to engage in a hands-on experience where they had to use tweezers to pick up rubbish out of an ocean play scene created by our educators. This experience provided a visual representation of what water pollution looks like. Through engaging in this experience and our shared discussions, we witnessed the empathy the children had towards our environment and the effect pollution is having on our marine life. The children demonstrated an understanding of various ways they can reduce pollution and work together to keep our planet clean.

So, families next time you are out in the environment remember *'Take 3 for the Sea!'*



Phonemic Awareness Programme

During the past few weeks the children have enjoyed visiting Letterland and meeting some new friends.



Clever **C**at loves to sit by her Letterland **c**astle, having **c**ups of **c**oco whilst doing her **c**rossword puzzles. She makes sure that the **c**heeky **c**aterpillar does not eat her **c**ucumber sandwich. The children wanted to learn more about **c**aterpillars, so we explored their life **c**ycle through reading the story, "The Hungry **C**aterpillar". The **c**hildren then made their very own hungry **c**aterpillars using, celery, grapes, hummus and as a treat two chocolate drops for eyes. All the children's groups - Schoolies, Sweetpeas and Bluebells enjoyed this for afternoon tea.



Bouncing **B**en is a very happy **b**unny. He is always having fun with his brothers in the **b**lue **b**oat. **B**en has a **b**ouncy **b**all too that he sometimes **b**alances on his head. So this week the children got active **b**alancing **b**alls on their head like Bouncy **B**en. They also played a variety of **b**all sports such as soccer, football, handball and many more further developing their gross motor skills.

During week two the children made **b**ird feeders using recycled tin cans that they decorated. They filled the bird feeders with **b**ird seed and we hung them up in the preschool garden. We will all be waiting to see if we have any new visitors come to preschool over the next coming weeks.





We have had lots of fun in Little Endeavours as we learn more about each other. I always have plenty of children who want to help me and be involved in the activities we do together.



Astronauts in Space - Space is one of our favourite subjects to learn about and we made a display in which the children were astronauts floating around in space. The children love going up to the artwork remembering where they had stuck themselves and trying to find their friends. We talked about how you could float in space and they shared with me the space facts they had learnt in Discovery Time.



Flags of the World - This year when we created our flag bunting we made more flags than we ever have before to show the cultural backgrounds of our preschool families. There are 21 flags in total. Using the Ipad we looked up the flags to make sure we used the correct colours for each.



Gardening – We all love to get out and about in the garden and although it has been very wet we managed to top up our veggie gardens with good soil, plant new seedlings that will provide us with food for afternoon tea and brighten up the outside area with some plants with a huge variety of coloured flowers and leaves. Hopefully we will have some sunshine, as well as the rain, to help our new plants grow. We will also use worm wee from our worm farm to water them.



SUSTAINABILITY

Return and Earn

Our Return and Earn programme is travelling very well and every week fills up quickly. Thanks to our generous and supportive families, we have managed to drop several loads already this year to the Berowra Post Office where Michael is always happy to dispose of these for us. We are so happy to share with you that we have indeed reached our goal target of \$100. We have donated this money to WIRES - an animal rescue shelter where animals, who have been injured in the bush fires, are being treated and cared for. The children and educators came up with this idea and are glad we can help in this way.



Rain water and our Discovery Garden growing

Thank you to all the families who have donated Woollies discovery garden pots! The children have loved watching these pots begin to sprout and often ask about how they are going. It's safe to say our rainwater bucket and tanks are all full since the huge down pour we had. The children have used this water to tend to our preschool sensory garden, veggie patch and the discovery garden. Educators often have shared discussions with the children about the importance of water conservation and how using collected rainwater first reduces our water usage.



SUSTAINABILITY

A special thank you to families...

Educators have been so blown away with the generosity and number of donations being made by families over the past few months. We would like to take this opportunity to thank you for all these donations and we are very grateful. We have received items such as bottle lids, discovery garden pots, pre-loved clothing, toys, books, bread bags for soiled clothing, bottles/cans and so much more!



Recycled Craft

Here at preschool we love craft, however some craft items aren't less sustainable than others and some craft materials take a long time to decompose if that. This month the children found another use for bottle lids. Through a creative craft the children re-purposed bottle lids into different animals. The children loved this craft and these artworks now hang in our preschool environment.

Bread bags needed...

Here at preschool we use bread bags in replacement of plastic bags for wet or soiled clothing to reduce the amount of plastic bags we use and to make use of bread bags which are normally just thrown out. We are in need of some more and welcome any you may have at home instead of putting them in the bin! Thank you in advance.



Return and Earn Project

Thank you for your continued donations of bottles and containers. The children are really enjoying being part of this project and look forward to counting and categorising the items as they arrive. The children are having fun whilst learning about one of the many practical solutions in reducing landfill which has such a devastating effect on our precious planet. Thank you to everyone for your contributions. Please keep those bottles coming, it is so much appreciated. Thank you to Michael, at the Berowra Post Office for his continued support in processing your collections. Together we can make a significant difference, no matter how small.

We would appreciate your help in collecting drink containers with the 10c deposit label on the bottle/cans to add to our collection and together we will help make a difference in reducing waste. You will find a big blue container undercover outside in which to deposit your bottles. Once a fortnight this will be taken to a collection point and redeemed for cash.



Eligible drink containers

Under Return and Earn, most empty 150-millilitre to 3-litre drink containers are eligible for a 10-cent refund when presented to an approved NSW collection point.

Container materials that are eligible for a refund include PET, HDPE, glass, aluminium, steel, liquid paperboard.

Containers should be empty, uncrushed, unbroken and have the original label attached.

Wine, spirits, cordial and plain milk containers are not eligible.

Throughout the year we discuss the importance of recycling, you may soon find your children sharing this information with you at home!

Together we can make a significant difference, no matter how small.





Quality Improvement Plan (QIP):

This month we are happy to advise that we have finished our project on extended play. We now have an area permanently set up in our learning environment where the play is left so that children can spend extended time and keep re-visiting throughout the day. This enables the development of focus, attention and persistence allowing children to extend on their ideas, thinking and social interactions.

We have added a new item to our Quality Improvement Plan and that is to consolidate our WHS policy information into a hand book for employees. Currently our WHS policies are contained in a few different places: within our Preschool Policy book, Employee Handbook and employment contract. Our aim is to streamline the communication about our WHS policies so that employees and management have it in one reference point. If you have a background in HR/WHS practices and are able to provide some assistance with this project, please let us know, we would love to hear from you.

Dates to Remember!

March 31st	Preschool Open Day (New Families to Preschool)
March 29th (week of)	Walkathon
April 2nd	Good Friday—Preschool closed
April 5th	Easter Monday—Preschool closed



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