



## THE ZONES OF REGULATION®

Over the month of March educators have been introducing the children to the **'Zones of Regulation'** which in essence is a social and emotional learning framework and pathway to regulation. Being able to identify your emotions and learning how to manage them is one of the most important skills we can teach our children, especially in the early years.

The four coloured zones help children visualize and determine what zone they may fit into depending on the emotion.

**The Red Zone** is used to describe extremely heightened states of alertness and intense emotions. A person may be elated or experiencing anger, rage, devastation, or terror when in the Red Zone.

**The Yellow Zone** is also used to describe a heightened state of alertness and elevated emotions, however one has more control when they are in the Yellow Zone. A person may be experiencing stress, frustration, anxiety, excitement, silliness, the wiggles, or nervousness when in the Yellow Zone.

**The Green Zone** is used to describe a calm state of alertness. A person may be described as happy, focused, content, or ready to learn when in the Green Zone. This is the zone where optimal learning occurs.

**The Blue Zone** is used to describe low states of alertness and down feelings such as when one feels sad, tired, sick, or bored.



## March in Review 2022

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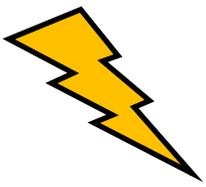
## Our Preschool Programme in Review

**Sweetpeas:** The Sweetpeas have enjoyed participating in gross motor activities despite the weather keeping us indoors for so long. We have taken the opportunity to set up obstacle courses outside, weather permitting. When this has not been possible we made good use of indoor space with beams and buckets for balancing and hoops and rope ladders on the ground to practice jumping landing on two feet, in each space. The children have also enjoyed Mini Moves where they practice fundamental movement skills with Maddie each afternoon after rest time. Playing fun games such as relay races and side-walk crab catching, hop scotch and jumping kangaroos helps us develop, side sliding, running and jumping skills. It has been wonderful to see how this boosts the children's confidence, bringing smiles to their faces as they master these basic gross motor skills. By developing these skills children can enjoy sport and physical activities which helps them grow into happy healthy people.

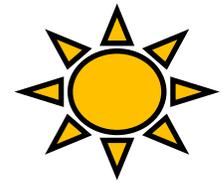
**Bluebells:** Well, we are almost at the end of Term 1 already and it is wonderful to see how well our Bluebells have settled in and enjoying their preschool days. This group of children are demonstrating a very keen interest in learning new information about the world around them and sharing their existing knowledge. In the past few weeks, we have been looking at the colours in the world around us, developing our colour recognition skills. We used puzzles, books, music, dancing and science experiments to put into practice what we know. Abba, Ava and Emel engaged with a big box of coloured teddies, identifying the colours, before sorting them into groups of colours (this took a while as there are a lot of teddies!). Abba and Ava also experimented with creating new colours through mixing paints to see what else they could create – they were excited to see green appear when they mixed blue and yellow! We encourage the children to recognise colours in the world around them and you can also encourage this at home, identifying colours around the home and when you are out and about.

**Schoolies:** The Schoolies have demonstrated a strong interest towards our intentional teaching experiences over the past few weeks, in particular our Discovery group times. The children have enjoyed making new discoveries, experimenting different concepts, engaging in shared learning exploration and applying their knowledge through a hands-on approach. Everyday, the children are separated into their groups to engage in an intentionally taught group time where the children get to further explore their interests. The group times are planned in accordance with what the educators have observed including any recent interests, events currently being celebrated, strengths demonstrated by the children and/or extensions of learning from the previous weeks. The Schoolies have enjoyed learning about minibeads, the weather, rainbows and celebrating Harmony Week within the month of March. This has included learning interesting facts such as an insect has 6 legs, 3 body parts and 2 antennae, engaging in Science experiments such as exploring precipitation using hot water and ice and forming rainbows by experimenting with light. Intentional teaching is deliberate, purposeful and thoughtful. It also allows the educators to assess the children's learning and plan accordingly.





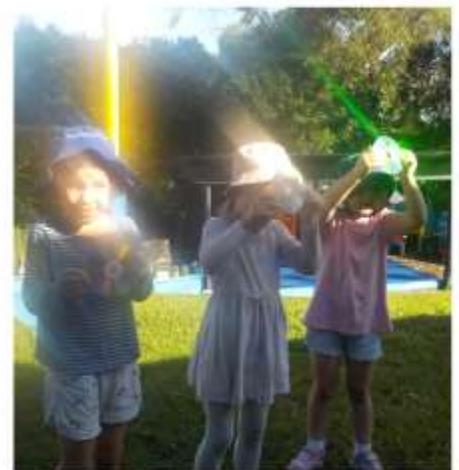
# Weather



The children took an interest in the weather after the recent floods, asking questions and having discussions with each other so the educators decided to explore this further.

The educators were able to use hands on experiences and experiments to further extend the children's knowledge with a focus on storms, rainbows and clouds.

The children used science to discover new knowledge about the water cycle and how clouds, rain and rainbows are formed. We learnt about precipitation and evaporation through hands on experiments as well as using water from the hose and CD's to create rainbows in our very own backyard.

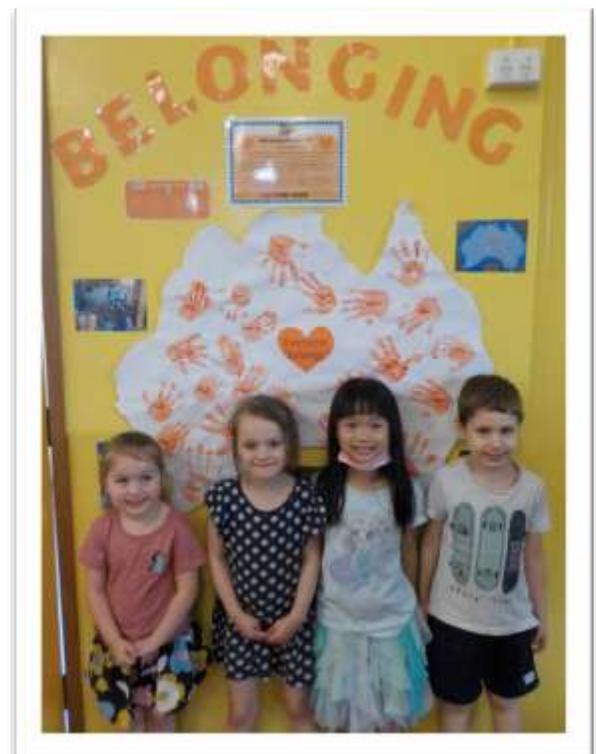


# HARMONY WEEK

We celebrated Harmony Week this month. Harmony Week is about inclusiveness, respect and belonging for all Australians. We wore orange which is the chosen colour to represent Harmony Day.

It also gave us the opportunity to share and learn parts of the cultures that make up our Preschool. Children brought in resources from home to share with the group which celebrated their culture. We learnt more about Scottish, English, Australian, Chinese, Aboriginal, Italian, Irish, Jewish, and South African cultures.

**L.O 2 – The children are developing their understanding of the world around them as they make connections between people’s similarities and differences.**



# HARMONY WEEK





# Phonemic Awareness Programme



During the month of March, the children have been learning about the focus sounds /c/ and /b/. The Schoolies have been engaged in a variety of songs, stories, activities and craft experiences with the Letterland characters Clever Cat and Bouncy Ben.

## Clever Cat

While learning about the letter/sound C, the children have been given opportunities to produce the /c/ sound such as exploring the big cat family and learning about corn including how corn is grown, processed and then sold. We have also participated in cooking experiences in the afternoons including making popcorn and decorating cookies! A favourite activity while learning about the letter/sound C was making Catboy masks. Some children managed to keep their masks on the whole week!



## Bouncy Ben

While learning about the letter/sound B, the children learnt about different ball sports including basketball and baseball. They have also enjoyed being outdoors and playing ball sports themselves, kicking the balls into the goals and shooting them into the hoop. Next week, we look forward to learning about birds as well as making bird feeders using tin cans.



# Little Endeavours with Jo



**Annie Apple's Tree**—Using sponges and pieces of old apple we printed the leaves on a large sheet of paper for the top of our apple tree and using collage materials created the trunk. The children understood they had to wait for their turn and then work on the paper with their friends. There were also ideas the children shared with me that we incorporated into the apple tree. We had lots of discussion about the sound A as we worked – words they knew and names that started with A.



**Walkathon Streamers** – Returning children were happy to share with our new children what the walkathon was and why we did it. As their friends walk the children will be able to wave the streamers and encourage them as they do laps around our outdoor play area to raise money for Hornsby Hospital.



**Harmony Week Flag Bunting** – The preschoolers loved guessing where all the flags we coloured were from and what colours to use. We used the iPad to find the correct colours and the children referred back to the pictures when they were colouring them in. Children were proud to name the countries overseas that they, their parents and grandparents come from, as we celebrated our identities. Similarities and differences.

**Keeping  
children safe  
is everyone's  
responsibility**



The Preschool seeks to create a safe and supportive environment for the children who attend and for their families. To this end, the Preschool ensures that processes are in place to identify harm or suspected harm to a child and that the Preschool's response is lawful, professional, and immediate. In New South Wales, legislation requires educators to report any risk of harm to a child, as they are mandatory reporters.

**Together the educators have made a public commitment to child safety in which we champion a child safe culture both inside and outside the organisation. This is displayed on our Notice Board in our foyer signed by all educators.**

## **Mt Colah Preschool's Commitment to Child Safety**

- The safety and wellbeing of children will always be our first priority; it is fundamental to their ability to learn and develop.
- We are committed to building relationships with children and families that allow them to feel safe and supported in our service.
- We are committed to the participation and empowerment of all children.
- We support and respect all children and uphold their rights to feel and be safe at all times.
- We have zero tolerance for child abuse. All allegations and safety concerns will be treated very seriously and consistently within our roles as Mandatory Reporters.
- We follow our duty of care and legal obligations to contact authorities when we are worried about a child's safety.
- Our organisation is committed to preventing child abuse, identifying risks early, and removing and reducing these risks.
- We will ensure that there is an appropriate screening process for all staff, and volunteers and that they have a current Working With Children Check (WWCC).
- Our organisation is committed to regularly training and educating staff, and volunteers on child abuse risks and how to interact and behave with children.
- We are committed to providing and promoting safe environments for all children, including vulnerable children, where they feel safe.
- We are committed to providing and promoting the cultural safety of Aboriginal children and the cultural safety of children from culturally and/or linguistically diverse backgrounds.
- We are committed to ensuring that all stakeholders involved in our service understand that child safety is everyone's responsibility.
- We have in place policies and procedures which focus on the safety of children, relationships, and positive interactions. Ensuring we are always following these.

# SUSTAINABILITY

## Return and Earn:

Families! Our Return and Earn bin is filling up each week and our lovely Adele has been very busy making several trips to the deposit site up at Berowra Post Office. So a big thank you to everyone who has been bringing in 10c bottles and to Adele for your efforts. We are making great progress in reaching our Preschool goal of \$100, currently we have raised \$54.80. Sorting, counting and bagging up the bottles is one of the childrens favourite things to do here at preschool and there is never any shortage of helpers.



## Collecting Rainwater:

Following the devastating floods and heavy rains from a few weeks ago, we tried to shed some light on this sad natural disaster and draw on a learning opportunity on why rainwater is so important for our ecosystem i.e. We collected lots and LOTS of rainwater to use for water play and to tend to our Preschool gardens with.

## We will apply!

Families, we recently asked for your thoughts on whether or not applying for the 2022 Woolies Junior Landcare Grant was something you'd want. After receiving 100% of families voting 'Yes' we have in fact eagerly applied and are awaiting approval from Woolworths. We will keep you posted.

Thank you to everyone who provided us with feedback. Fingers Crossed!



This month the Educators collaborated with the children to construct simple rules for our Preschool for 2022. We discussed how these rules help everyone feel safe and secure within our environment. Encouraging the children's participation in the process of developing the rules supports the development of their autonomy and independence, their self regulation and helps to create a caring and empathetic environment. Our rules are displayed at our group time area and on our notice board. Regular discussions are had around these as we promote a safe and positive Preschool environment.



# Preschool RULES!

2022

Our Preschool Rules were developed in collaborative discussions between children and educators.

*We are kind to everyone.*

*We listen to the speaker.*

*We keep our hands to ourselves.*

*We take care of Preschool belongings.*

*We use our manners.*

*We walk inside and on the pavers.*

*We respect each other and the environment.*

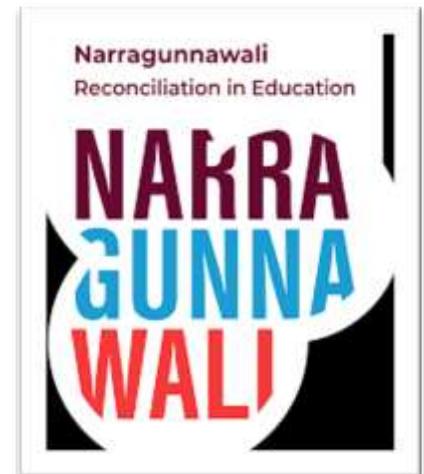
*We wear hats and sunscreen outside.*

## Quality Improvement Plan (QIP):

**Reconciliation Action Plan**— At our recent Staff meeting the educators had a discussion on implementing a Reconciliation Action Plan (RAP) within our service. All educators felt this would be an important inclusion into our learning environment. A Reconciliation Action Plan (RAP) is a formal statement of commitment to reconciliation. We aim to include educators, children, families and our local community to help contribute to our RAP.

Our vision at Mt Colah Preschool Kindergarten is to provide a culturally safe learning environment for all children, families and educators through respectfully embedding Aboriginal and Torres Strait Islander Cultures into our play spaces and learning opportunities.

We would like to acknowledge the Darug and Guringai People whose land our preschool is situated upon. We believe in embedding an inclusive environment within our service and make a commitment to acknowledging and respecting Aboriginal and Torres Strait Islander histories and cultures within our everyday practices, in order to acknowledge the past and work together to make changes for now and in the future.



## Scholastic Book Club

Thank you for the orders for Issue 2, these should be delivered shortly. The preschool earns 20% in commission on all orders received. With the commission earned from the last issue, we bought a book called *All About Diversity*, which was perfect for Harmony week. Order 3 will be in your pocket in Term 2.



## April Birthdays



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



Max G—3

ON DUTY

*Deon was wearing an orange t-shirt for Harmony Day. Elias noticed this and asked why she wasn't wearing her blue shirt. Deon explained it was for Harmony Day. Elias then asked "So are you still on duty today?"*



**March 28th—Walkathon Fundraiser Week**

**April 11th—22nd—Holiday Programme**

**April 15th and 18th—Easter Public Holidays**

## **Mt Colah Preschool Kindergarten**

Cnr Amaroo Avenue and Pacific Highway

Mt Colah NSW 2079

Preschool: Ph: 9476 4101

Email: [info@mtcolahpreschool.com.au](mailto:info@mtcolahpreschool.com.au)

[www.mtcolahpreschool.com.au](http://www.mtcolahpreschool.com.au)

**Mt Colah Preschool  
Kindergarten**



*a caring place to learn and grow*

# Community Announcements

Is your family or someone you know looking at  
joining and local playgroup??

COMING SOON!

## GARDEN PLAYGROUP

MT COLAH UNITING CHURCH

EVERY MONDAY  
DURING SCHOOL TERMS  
9.30AM – 11.30AM

AMAROO AVE, MT COLAH  
IN THE CHURCH GARDEN AND  
PLAYGROUND

(INSIDE WHEN RAINING)

STARTING 21<sup>ST</sup> MARCH 2022

All welcome for fun family activity!

Cost: \$2/wk



FOR MORE INFORMATION CONTACT:

Jean @ 0414579327

OR GO TO THE MCUC WEBSITE:

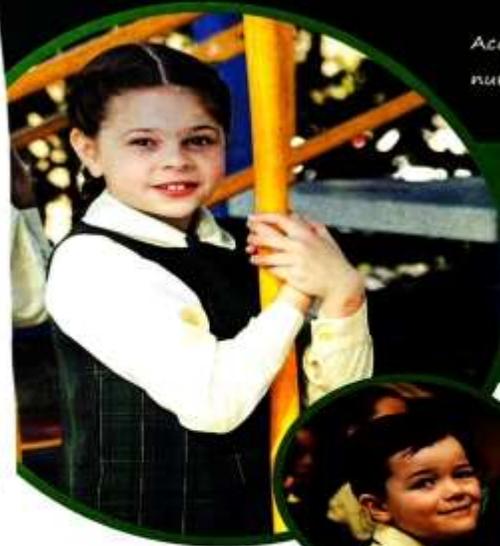
[mtcolah.unitingchurch.org.au](http://mtcolah.unitingchurch.org.au)



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# BEROWRA CHRISTIAN SCHOOL

*Academic excellence within a  
nurturing Christian environment*



## MEET THE PRINCIPAL

Wednesday April 6

9.30am

Take a tour, meet our friendly  
staff & ask questions



**NOW  
ENROLLING  
FOR 2023  
AND BEYOND**

### WE OFFER

Sporting Opportunities  
Leadership Mentoring  
Music and Art Programs  
EALD & Special Ed Classes  
Before & After School OOSH

### FURTHER INFORMATION

Please call or email us, we'd  
love to show you why.....

**Our parents  
LOVE our school**

Cnr Berowra Waters Rd & King Street, Berowra 9456 2444  
enquiries@bcs.nsw.edu.au www.bcs.nsw.edu.au

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## St Bernard's Catholic Primary School Berowra Heights



# OPEN DAY <sup>2022</sup>

### **Our community is what makes us different**

*At St Bernard's Berowra, our community is  
an essential part of our school, with teachers,  
families and students all caring for and  
supporting each other throughout their time  
here. We offer a dynamic learning environment  
featuring excellent facilities, including; individual  
devices, a designated science and technology  
classroom, extensive green space, a new  
creative play area and a dedicated, talented and  
professional team. We are a feeder school for St  
Leo's Catholic College. On-site before and after  
school care is available.*

**Wednesday 9 March  
Thursday 16 June**

**Join us  
School tour from 9-11am & 6-7pm.  
Principal's address from 9.15am  
& 6.15pm.**

- Meet with our Principal
- Take a first hand look at our learning environment
- Discover how each and every child has a unique learning experience

### For More Information

St Bernard's Catholic Primary School  
Warrina St, Berowra Heights 2082

02 9456 2104 | www.sbbdbb.catholic.edu.au | stbernardscatholicsschool