

Mt Colah Preschool Kindergarten



a caring place to learn and grow

Social Skill Development

Educators will tell you how important the development of social skills are for your child and especially in readiness for starting school. Parents play a key role in helping their children build early social and sharing skills at home. At Preschool, children will learn how to share and cooperate, to work together and take turns, to participate in group activities, to follow simple directions and to communicate needs and wants. Knowing how to do these things builds self-esteem and confidence and helps children thrive in group settings both in and out of school.



Here are some simple ways to help strengthen your child's social skills at home:

- Arrange play dates—attend playgroups and go to the playground. Give your child the opportunity to engage with others.
- Be consistent at home about simple rules your child must follow such as putting toys away.
- Model appropriate social interaction and politeness. Help them remember 'please' and 'thank you' and model behaviour and language that shows them how to share, wait their turn and work with others.
- Help your child express their emotions, understand them and learn self control. Discuss with them whether they are feeling sad, mad, happy, excited and why they are feeling that way. Reading some books about healthy ways to express emotions together and ask questions 'what do think the character was feeling?' Here are some great books:

When Sophie Gets Angry by Molly Bang
Sometimes I'm Bombaloo by Rachel Vail
Wemberly Worried by Kevin Henkes
The Pigeon Has Feelings Too by Mo Willems



September 2020

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Our Preschool Programme Past Month in Review

Sweetpeas: With the weather warming up the Sweetpeas have enjoyed being outside. They have enthusiastically participated in gross motor activities by completing obstacle courses, balancing and climbing up and over obstacles. It was great to watch how each child negotiated their own way around the course. Not only are the Sweetpeas developing gross motor skills, they are also developing spatial awareness which is a cognitive skill that tells us our position relative to objects around us. In order to have good spatial awareness, children need to understand and respond to a change in position as they work their way around and over obstacles, learning words like beside, in front of, behind, over, under, around and through. The Sweetpeas have also been practicing fundamental movement skills every day. We have been practicing ball skills, such as throwing, catching, kicking and rolling balls. This can be challenging, but with practice and perseverance we have seen a significant improvement and it has been wonderful to see how this has boosted 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 helping them grow into happy healthy people.

Bluebells: The Bluebells have had another fantastic month, working on lots of skills such as gross motor, social skills and fine motor skills. We have had lots of opportunities to show our creative sides recently. Using the easel and pencils, we were invited to create a picture of a garden. Lots of our gardens had flowers, the sun, some trees but a couple of drawings had extra such as a rocket in the sky on the way to the space station! These drawings will be in your child's portfolio. We have also been creating something special for Father's Day which will be coming home soon. The children enjoy drawing with chalk on the pavers outside and we sometimes have children drawing around each other, creating rainbows, even drawing out an obstacle course for everyone to use. This can be done at home too and it's a great way for your child to express themselves and get active! The Bluebells also recently did a creative experience with Adele and Deon during developmental time. Using baby wipes or paper towels, water colours, droppers and paintbrushes, the children were invited to experiment with colour mixing on the materials provided. The children were fascinated to see the paint react on the wipe or paper towel and discovered that blue and yellow mixed together make green or red and blue make purple! This is also something you can do at home, you can use food colouring instead of water colour paints. Your child's creative piece of art will also be in their portfolio.





Our Preschool Programme Past Month in Review

Schoolies: The Schoolies have had a busy month putting their scissor skills to the test. Scissor skills are especially important and have a wide range of benefits for the children. The opening and closing motion of cutting with scissors helps children develop the small muscles in their hands. Cutting also helps develop hand- eye coordination as children hold the paper with one hand and cut with the other while tracking the movement of the scissors with their eyes. Educators have been working closely with the Schoolies to help further their cutting skills and their confidence in this area by engaging in a variety of scissor related experiences. Through engaging in these experiences, educators have noticed that some children are unsure of the correct way to hold and manipulate a pair of scissors. We have been drawing a smiley face on the thumb nail of each child's 'cutting hand' which serves as a reminder to keep that thumb facing upwards whilst they are cutting. The children have taken to this idea well and this easy strategy can be used at home whilst engaging in cutting experiences to help further their development and confidence.



Screen time for preschoolers: part of a balanced and healthy lifestyle

Screen time can be part of a healthy lifestyle for preschoolers when it's balanced with other activities that are good for your child's development, like physical play, reading and socialising. Getting the right balance also includes making sure screen time doesn't interfere with sleep. These tips can help you encourage your child to use screens in a balanced and healthy way.

Make rules about screen use

You can help your child find the balance between screen use and other activities by working with your child on some family rules. Your family's rules might cover:

- **where** your child can use screens – for example, only in family rooms and not in bedrooms or the car
- **when** your child can use screens – for example, mealtimes are free of TV, computers and phones, or no screen time before preschool or until chores are finished
- **how** your child can use screens – for example, to play a dance competition game or a puzzle app, but not to watch YouTube.

It's OK if your rules include time limits to help your child balance screen time with other things like physical activity. For example, it might help to know that Australian physical activity guidelines say preschoolers should be active for at least three hours a day.





2021 Preschool Enrolment

We are now enrolling for the start of 2021

If you know of anyone who may be interested in sending their child to Preschool next year, please invite them to get in touch with us.

Many thanks.



UPCOMING EVENTS



Preschool Photos

September 22nd and 24th

Preschool photos will be taken on Tuesday 22nd and Thursday 24th of September. Nerida Child's Photography will be visiting the service to take the children's photos. If your child does not attend on one of these days you are

able to book in an appointment at a time that suits you. Please talk to Lara or your child's educator if you have any questions.



Scholastic Book Club

Issue 6 is now available and there are some fantastic books in this edition – maybe time to start shopping for Christmas? There are a few Bluey activity books and the new book in the Pig The Pug series. There are also a few books about kindness and some great bedtime stories such as Nothing But Oranges. Orders are due back by Friday 11th September and you can order through the LOOP app or by returning the order form and money back to preschool. All orders placed give the preschool 20% commission to spend on books and resources. One of the books preschool bought last issue was about looking after our planet which the children have been looking at and talking about.



Last week Deon had lost her voice, she was sitting with a couple of children from her group. Adelina was looking at Deon and she said "Why are you talking like that?" Deon told her she had lost her voice. "Oh" she said. "Where did you lose it? Did you go to the park? Maybe you left it there".



Dear Families,

Please remember to label your child's belongings. This includes their water bottle and lunch containers, jumpers and jackets. It makes it so much easier to return to you when your child's name is on them. We have a few items in the Lost Property Box at the moment, so if you are missing something please ask one of the educators.

September Birthdays'

Wishing everyone with a birthday this month a very happy day!

Kosa—5yrs

Phoebe—5 yrs

Sienna—4yrs

Nash—4yrs

Harry—5yrs

Jaxon—5 yrs

Ezekiel—4yrs



Superhero Week

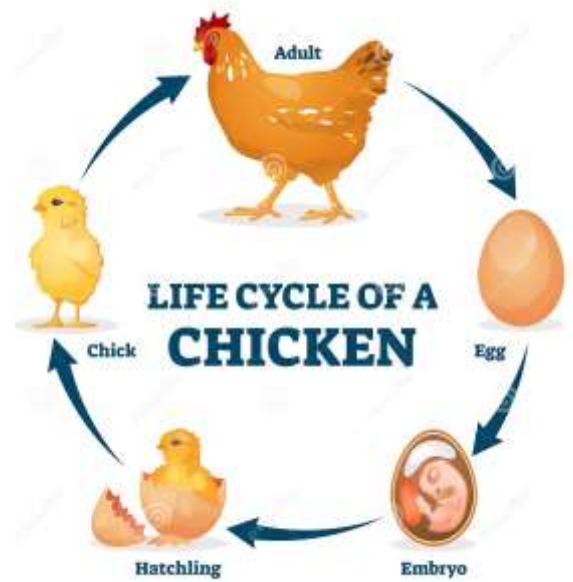


Superhero Week for Bear Cottage July 27th

What a wonderful response we had to our Superhero Week fundraiser for Bear Cottage. We had a variety of Superheroes at preschool throughout the week as the children enthusiastically engaged in helping others who are less fortunate. Thanks to our donation tin and online link we were able to raise \$470 for Bear Cottage. We received an email from Bear Cottage thanking us as they continue to provide vital care for their patients and families

"For Bear Cottage to know there is such tremendous support in the community is an incredible gift, so thank you for getting your cape on"





Living Eggs 10th - 21st August

We were lucky enough to have some new friends join us for a fortnight – OUR CHICKS!

The children have been curious and enthusiastic participants in our Living Eggs experience as we discovered more about the lifecycle from egg to chicken. We have watched our chicks hatch, grow, become more active and develop their wings. The children loved interacting with the chicks, handling them with care and observing their physical features. What a great hands on learning experience! 2 of our chicks have gone to one of our preschool families, we can't wait to see how they continue to grow and develop.



Phonemic Awareness Programme



Noisy Nick The children enjoyed meeting Noisy Nick, their new Letterland friend especially as he was celebrating his ninth birthday and he was very happy. His parents gave him a drum kit so now he thinks he can make as much noise as he likes. We

explored Noisy Nick's love of music and made some great musical noise as we played a variety of instruments, exploring rhythm and beat and started a discovery about the notes that are used to write music. The children enjoyed listening to the dream time rain maker story and made traditional rain makers using recycled items. They made a fabulous noise—just like falling rain.



Oscar Orange Meeting Oscar Orange and learning about his special sound led us on a discovery of all things orange. It was wonderful to see the children wearing orange to Preschool and bringing in objects starting with Oscar Orange's sound, some of which were origami and the game Operation. Everything at

Preschool turned Orange—orange art and craft, orange painting which produced some fabulous paintings of Oscar Orange and Oscar Orange's Office created to provide the opportunity for imaginative play. The children were also given the opportunity to assist in making orange juice, enjoying the refreshing taste.



LEARNING STORY

Police Visit Superhero Week 31/7/

Cops are Tops!

Dear Friday Group / Children

We have had a wonderful Superhero Week with everyone dressing up in superhero costumes to help raise money for the wonderful work done by Bear Cottage. There were Spiderman, Batman, Princess Elsa and Anna, Supergirl, Superman and many more awesome costumes. We spoke about everyday heroes who help us, Nurses, Doctors, Firemen and very important Police Officers. We were so lucky to have Jaxon's Mum and Dad who are both Police Officers come to visit us. We met Officer Katie and Officer Bradley, who was wearing his Officer uniform. Officer Katie asked some questions to help us think about how officers help us. *'What do Police Officers do?'* Lucas said, **'Help people'**, Grace said, **'Stop you if you go to fast'** and Harry said, **'Make sure people are safe'**. *'What are you meant to wear in the car?'* Officer Katie asked. You all confidently called out **'A seat belt'**. *'If you are lost and you see a police officer what could you do?'* **'They will help find Mum and Dad'** was the answer. It was so good to hear you all remember important information we have spoken about during our keeping safe group discussions.



We learned about other ways Police Officers help our communities to keep everyone safe and doing the right thing, e.g. they help remind some people who forget to pay for things in the shops that it is not ok to take things, or they help people who are upset or angry to calm down. Harry asked a good question, **'Does everyone wear the same uniforms?'** The answer was, *'Long ago lady officers used to wear a different uniform, but ladies and men all wear the same now. There are also plain clothes or undercover police who do not wear uniforms at all.'* Then we talked about the belt or vest that some officers wear with appointments, this means the things officers need, Luca called out, **'Like handcuffs,'** other things used are, OC spray, a long stick called a baton and a taser. Officer Katie explained that these are all used to help settle people down when they get really upset and angry. Then Officer Bradley pointed to a spot on his belt and asked what we all thought might be kept there. Some suggestion from our friends were **'Shoes or a phone,'** we found out that it is where the officers firearm is kept, to help keep him safe. Everyone was excited about the Walkie Talkies, we learned that officers use them to communicate with each other. Addie had a chance to talk to Officer Bradley. There are special words to use like *'Copy that,'* and *'Over'* which makes sure that the messages are heard and understood, especially in an emergency. Well-done to everyone as you all responded confidently answering questions asked about what to do in an emergency with Madison saying **'000'** when we were asked how to call for help when we need it.



LEARNING

STORY

Cops are Tops!

Then it was time for dressing up which is always fun. Officer Katie asked some children, to come up to the front to show us some of the many different uniforms officers wear. You all did well as questions were answered in a quiz about what we learned today. Everyone got to take home a balloon, sticker and wrist band with 'Cops are Tops' written on them. We all agreed that being a police officer would be a very hard job, so we say a big thank you and a thumbs up to all the very brave superhero officers who keep us safe and to Officer Bradley and Officer Katie for taking time to talk about the important work Officers do.



What the children discovered

Today by participating in this group experience you have discovered a broader understanding of the world in which we live. You have discovered a sense of community, by working together for a common cause. (LO2) You have also found learning dispositions such as enthusiasm and co-operation enabled you to successfully work collaboratively with your peers. (Learning disposition)



Links: Early Years Learning Framework - Learning Outcome 2: Children are connected with and contribute to their world. Learning Disposition: Learning relationships

Opportunities and Possibilities:

It was wonderful witnessing such good team work as you all enjoyed this time together. We will continue to develop your awareness of community support and understanding by engaging in these annual fundraiser events which are so much appreciated by the community.



SUSTAINABILITY

Preschool Garden

Over the past month, the children have continued to display their gardening and environmental skills. We planted some peas in one of our garden beds and we are delighted to see them start to grow and we even have some flowers appearing already. Our carrots are also sprouting and we are looking forward to a good harvest! We have a very happy rosemary bush and some children recently helped trim this to share with our families. We also have a thai basil bush so please let us know if you would like some cuttings of this or the rosemary to add to your dinner! Some children have also been adding some fresh mint from the garden to their water bottles and we love seeing the children investigate and use the produce we are growing. The children also helped tidy up the lemon tree area by weeding the pot and adding some more fresh soil. We have been very lucky with the rain recently and we have been collecting this to use in our garden, therefore reducing the water usage from the tap in the garden. We have regular discussions about why we collect the rain water and the children are showing a good understanding of care and respect for this important resource.



Return and Earn

Thank you to all the families who continue to donate their cans and bottles to the Return and Earn Project. The bucket for this is now at the front door so more accessible for everyone. We are working towards raising \$100 which the children have decided is going towards sponsoring an animal at the animal hospital.



Book Exchange

The book exchange is available in the afternoon and is placed at the front door. The children are welcome to take a book home to read. The books in the basket come from the preschool bookshelf when we update our own books and families are also welcome to donate any books they no longer want. We ask that when you donate books that you hand these to an educator so they can be sanitised and placed in the basket ready to go home. Through the book exchange the children are learning that books can be reused when we no longer want them and another child can then enjoy these.





The children have shared a lot of information with me this month as we did activities related to the Living Eggs and Book Week. It is great to see their confidence as they tell me what they know, and ask questions when curious about things they do not know or understand. The preschoolers have also worked well together in the activities helping and assisting their friends.

CHICKEN LIFE-CYCLE DISPLAY BOARD – The preschoolers were fantastically creative as we made a display board to show the life-cycle of the chickens at preschool. Working from a basic example they made suggestions of what to use and how to put the board together, and worked collaboratively by helping each other to create the display. We all loved the fact that the life-cycle chart goes round and round and never ends.

CHICK IN AN EGG - As our chickens had hatched, we made our own hatching chicks to take home. These weren't normal chickens – so many different colours! The children shared information with me about the chickens and their time at preschool showing how much they had learnt. The preschoolers were also very interested in the split pins that were used so our eggs could open and were amazed at how they worked.

MT COLAH BEAN STALKS - For Book Week the children planted bean seeds just like Jack in 'Jack and The Bean Stalk' to take home. If kept in a warm sunny spot the beans will hopefully sprout and grow, but not overnight like Jack's!! The preschoolers knew all the conditions that would help their seeds grow, again showing how they can transfer information from one situation to another.



Quality Improvement Plan (QIP): Our educators regularly work collaboratively with specialists to provide ongoing support for our preschoolers. At Preschool we have a directory of local community services that are available to our families should that be needed. Included are support services such as GP's, Dentists, Paediatricians, Psychologists, Occupational Therapists and more. It is good to know we have this information on hand for parents who may be new to our area or who may need to be directed to additional support services for their child or family. We regularly review the information we have collected so if there is a professional early childhood service provider that you would like to recommend please pass this information onto us. We see it as an important area of the service we provide to build links for our families with community and ensure they receive any support they may need.



Dates to Remember!

22 & 24 September Preschool Photos
28 Sept—10 October Holiday Programme



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