

Mt Colah Preschool Kindergarten



a caring place to learn and grow

Laughter is the best medicine...

We are living in a really stressful time and laughter may just be the key to supporting mental wellness. When was the last time you had a really good laugh?

Laughter establishes or restores a positive emotional climate and a sense of connection between people. In fact, some researchers believe that the major function of laughter is to bring people together – the more social a person is and the more social support a person receives, the more likely that laughter will result from that social connection. Mutual laughter and play are an essential component of strong, healthy relationships. By making a conscious effort to incorporate more humor and play into your daily interactions, you can improve the quality of your relationships.



Laughing makes people feel good for a reason. Studies have shown that laughter boosts the immune system and triggers the release of pleasure-inducing neurochemicals in the brain. In other words, we feel better when we laugh because endorphins reduce physical and mental pain. Creating a wonderful feeling.

Laughter relaxes the whole body, relieving tension and stress. It has been shown that following a good, hearty laugh, muscles in the body are relaxed for up to 45 minutes afterward.

Laughter also helps to create a positive mood. It allows the expression of happiness and the release of anxiety. Humor eases tension and is a great antidote to a stressful situation. Laughter is often seen as a temporary vacation from everyday problems, bringing us to a paradise in which worries do not exist. Humor and laughter are natural safety valves that shut off certain hormones that are released during stressful situations. In fact, your sense of humor is one of the most powerful tools you have to make certain that your daily mood and emotional state support good health.

Pay attention to children and emulate them they are the experts on playing, taking life lightly and laughing!! Surround your self with reminders to laugh and look at the light side. Here is a simple prescription for a healthy life—thirty minutes of exercise at least 3 times a week, and 15 minutes of laughter on a daily basis.



September 2021

Inside this

Newsletter

Educator Reports

Upcoming Events





Our Preschool Programme Past Month in Review

Sweetpeas: Over the past weeks the Sweetpeas have spent important time building motor skills. To develop fine motor skills, the children have enjoyed play-dough sessions. They have created interesting shapes by rolling, pushing, and pinching the dough as they strengthen small muscles in their hands and wrists. They have also had fun developing their pencil grips by creating beautiful drawings to share with their families. Cutting is another skill we have been working on, which can sometimes be a little tricky. The children have come a long way and are attempting to cut along lines with changing direction. What fun everyone has had being outside enjoying the warm weather. The Sweetpeas have been enthusiastically participating in gross motor activities, running, kicking balls and climbing on A-frames and beams. During Mini Moves sessions we continue to work on fundamental movement skills concentrating on developing kicking, catching and side sliding. Skipping is the new skill we are learning and it is proving to be a little difficult to conquer. With determination and practice it will not be long before we see success. We all joined in a fun dance experience which challenged balance, co-ordination, body and spacial awareness, as well as the ability to cross the midline. Developing these motor skills is important for children not just for academic purposes, but also giving them confidence and independence as they move through life. *'Play is really the work of Childhood'* - Fred Rogers

Bluebells: This month we had the chicks come to visit us which everyone loved and we learned about the life cycle of these, as well as how to take care of them. We have been having regular discussions about how to keep ourselves active, especially as we are in lockdown. Every morning at preschool, we start our day with a music and movement session. There are many great benefits to music and movement and it helps us work on language skills such as listening, recognising and reproducing words and using rhyming words. Physical skills such as physical balance and, micro/macro physical skills which produce and control sounds and movements get a great work out. Our cognitive skills are supported as we use memory skills, create, compose, and improvise and problem solve through listening. Our social skills such as taking turns, sharing and valuing ideas, and dancing together are also used here. One of our favourite songs just now is Floor Is Lava by the Kiboomers which has some great actions as well as the fun of avoiding the lava. You can find this song on You Tube. Max has also introduced us to the Monster Mash which gets everyone moving! Do you have any great songs your family loves to dance to? Let us know!

Schoolies: The Schoolies have been immersing themselves in all kinds of pretend and role play using their own and each other's imagination to help guide their play. Imagination is an essential component of childhood and introduces the concept of role-playing which helps the children make sense of their world by practicing skills and interactions they observe in the real world. It can help everything from decision-making skills to behaviour and social skills. Educators love creating inviting plays paces and resources to foster these interests and games. Recently we have created cubbies down in the fairy garden for the baby dolls and 'Mums and Dads' to enjoy a tea party. Social interactions and relationships are a big focus here at Mt Colah Pre-School especially in these times where social activities and are at a low.





Dear Families, We would like to pass on a HUGE thank you to all our families for the many, many ways you have supported the team during this ongoing COVID lockdown period. Your support really puts smiles on our faces and confirms why we are in this industry—for our wonderful children and families!

We are all in this together and together we will get through this and look forward to the other side. If there is anything you need from us, please ask. *Thank you again from everyone at Preschool!*



Just Taking a Break.....

During Little Endeavours Jo overheard this conversation. Maddie B - "Lara's not here AGAIN" and then Lily W replied - "Yeah, she's always taking a break"

Scholastic Book Club

Thank you for all the orders from Issue 5. With the commission from this, we bought a book called Get Back In Your Books which is a great read for Book Week. The children also requested a new dinosaur book so we bought Find Out! Dinosaurs which has lots of great facts and pictures. Issue 6 will be in your communication pocket soon. Thank you for your continued support of the book club.



September Birthdays

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

Maddie S – 4 years

Lucy—5 years

Kai – 4 years

Nash—5 years

Layla – 4 Years

Ezekiel—5 years

Ava – 5 years





Driveway Safety Reminder

Families, please ensure if you are waiting to collect your child you are lining up next to the witches' hats to the side of the driveway.

Please ensure that you are holding your child's hand at all times on the driveway until you have safely reached your car.

We really appreciate your patience at pick up and drops off times, we ask that you continue to remain mindful of safety at these times.

Thank you!

We are on Facebook!



Please 'like and follow' **Mt Colah Preschool Kindergarten** where we will bring you Preschool updates, helpful articles regarding early childhood development and some of the learning experiences we have been enjoying during our busy days at Preschool. Please feel free to comment and posts and get involved!



Music Guru!

During lunch the children were listening to music and 'Here comes the Sun' by Lara's favourite band, The Beatles, came on. Lara jokingly said to the children I will give someone 10 stamps if they can tell me who sings this song. Without hesitation Jack called out "THE BEATLES".

Lara happily paid up the 10 stamps to Jack!



National Science Week

On Wednesday we participated in a Simultaneous Morning Tea with Little Scientists via Zoom, as part of National Science Week. We ate crunchy vegetables such as celery, capsicum and snow peas, and recorded how loud these crunched using a decibel reader. What do you think would sound louder? We thought the capsicum was the loudest. Food is so much more than sustenance. We all know of it's emotional and cultural significance, but we also discovered it can play a part in enhancing children's knowledge through STEM (Science, Technology, Engineering and Maths) learning.



Throughout the week we also engaged in a variety of hands-on experiments. We have loved seeing so many of the families hands on trying out these experiments at home. Please send through your photos, we would love to see them.

Introducing children to science at a young age assists in their brain development. By using materials that children like to play with, it helps them to grow big ideas and understand fundamental concepts. These preschool science experiences do more than offer up facts. STEM for preschoolers encourages children to develop skills and learn from the evidence. It also values the role of wonder, trial and error, curiosity and to find out things about the world.



Phonemic Awareness Programme

What a great two weeks the Schoolies have had engaging in fun experiences and activities relating to our focus sounds 'N' and 'O' and meeting our beloved Letterland characters 'Noisy Nick and Oscar Orange'.

Noisy Nick: While exploring the sound 'N' the children discovered a great love for all things 'noise' related, especially when they had the opportunity to experiment with our preschool's collection of musical instruments. The children particularly enjoyed making their own preschool band while using maracas, drums and tapping sticks as they sang along to the 'Noisy Nick' song. Throughout the week the children also had the chance to make their own rice filled 'Noisy Maracas' using recycled plastic bottles and food colouring inside. Educators encouraged the children to shake their instrument and say the sound 'N' 'N' 'Noisy Nick'. A big thank you to Margot's family who were kind enough to donate an abundance of new musical instruments (drums and xylophones) to add to our collection.

Oscar Orange: is easily one of the children's favourite Letterland characters here at Preschool. To explore the sound 'O' the children discovered and acquired new knowledge on the life cycle of an Octopus while engaging in stories, songs and real-life footage of all the amazing capabilities of an octopus. In one video the children witnessed an octopus pushing its way through a tiny hole and opening a jar while stuck inside! Later in the week we made freshly squeezed orange juice and Oscar orange masks using orange paint. The children very much enjoyed tasting their orange juice for afternoon tea, especially as they were a part of the fun hands-on process in squeezing and juicing the oranges. Another big thank you Tex's family for bringing in some oranges from their tree for us to taste.



Little Endeavours



Another month gone by and the preschoolers were very involved with the Olympics and the updating of our medal chart. Lots of counting as the medals were updated every morning. It will in use again when we change the title to Paralympics. Lots of cutting practice too this month and some of it very tricky, especially as we cut out the round medals. The childrens cutting skills did improve over the weeks as I worked one on one with them.



Gold Medals - We were all winners as we made our own gold medals. Cutting circles is hard but all the preschoolers were keen to have a go. There were some great events chosen to put on the medals and I was told mine had to be Craft. They were worn proudly during the preschool day.



Hatching Chickens - More cutting to make our eggs and lots of colourful chickens decorated to add to the eggs. As we worked the children happily shared what they had learnt about the chickens, and we were surprised how quickly they changed. The split pins we used are always a good discussion point as the preschoolers learn how they work and why we use them.



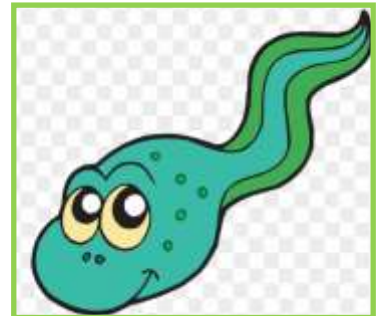
Little Endeavours



Another month gone by and the preschoolers were very involved with the Olympics and the updating of our medal chart. Lots of counting as the medals were updated every morning. It will in use again when we change the title to Paralympics. Lots of cutting practice too this month and some of it very tricky, especially as we cut out the round medals. The childrens cutting skills did improve over the weeks as I worked one on one with them.



Life Cycle of Frogs – Our display board is up and it does show the life cycle of frogs but there are so many frog colours which I am sure have never been seen before. The preschoolers love the fact the cycle just goes round and round, never ending. Hopefully we will get some tadpoles to watch develop when the timing is right.



Sound Cup Squeakers

For Science Week we created sound using a cup, string and a piece of sponge. It was great for increasing finger strength as the sponge needed to be squeezed tightly to create the sounds. By trial and error we worked out how to make different sounds and change to loudness of the sounds.



SUSTAINABILITY

Book Exchange

With Book week coming up next week we have put the Book Exchange Basket back into action. All books will have been sanitised to make sure these exchanges are safe for everyone. To encourage children to share their thoughts on books they have borrowed or donated, we have introduced a short feed back form. We would appreciate your help in encouraging feedback from the children to share with the group. You will find these on the table outside, please take one when borrowing a book. This will inspire others to borrow books to read and enjoy, thus fostering a love of reading. Instilling regular early reading has positive effects on children's education, wellbeing, relationships and overall development. Thank you all for your participation in this project helping the recycling of books.

A white feedback form titled "Book Exchange Feedback". It includes a small illustration of a stack of books. The form has the following fields: "Name: _____", "Title of Book: _____", "Did you enjoy this book? YES/ NO", and "Why? _____".

Return and Earn

Thank you everyone for the continued delivery of bottles it is very much appreciated. We have an awesome amount waiting for delivery to Michael at Berowra Post Office, once Covid restrictions are lifted. We have reached our goal of \$100 for the 1st semester and are well on our way with \$24.60 towards our next goal of \$100 for the 2nd semester. We are happy to take bottles and will store them until we can resume bottle drop offs.

Recycling plastic bags

To help reduce landfill and save the environment from so much waste plastic. We have asked families to help recycle plastic bread bags. Thank you everyone for these donations they have come in handy particularly when sending home soiled clothing.



Gardening

Our lettuce planting was so successful the children enjoyed the satisfaction of watching, watering and reaping lettuce from our garden to enjoy for afternoon tea. The weather is warming up so nicely we will, very soon be planting our own tomatoes seedlings to enjoy.



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):

We would really appreciate any feedback you may have about our Preschool—strengths or improvements. This box is located near the front door. Please feel free to drop us a note at any time and it can be completely anonymous should you choose.

Thank you!



Dates to Remember!

Monday 20th September to Friday 1st October - Holiday Programme

Father's Day Morning Tea - Cancelled

Preschool Photos postponed to 26th and 28th October (Dependent on Restrictions)



Mt Colah Preschool Kindergarten

Cnr Amaroo Avenue and Pacific Highway

Mt Colah NSW 2079

Preschool: Ph: 9476 4101

Email: info@mtcolahpreschool.com.au

Annette: Ph: 9943 0731

Email: annette@freelancer.net.au