

**Elizabeth East Kindergarten**  
**AUGUST—Newsletter**

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*A very warm welcome to term 3. Wishing you all a warm and healthy winter.*

**Dates to remember**

Governing council mtg 9.00-10.00am Friday 9/8/2019

Health check—Monday week 5 (19/8/2019)

ZOOM excursion week 6 (29/8/2019)

Closure day Monday 9/9/2019

**Fees**

**\$100(sessional kindergarten)**

**Late fees apply ( see our Policy)**

**BIG THANKS to those parents who have already paid for the whole term and even until the end of the year.**

**Session times**

Please make sure that your child comes to kindy on the days he/she is booked in for. Swapping sessions will not always be possible as we have each session booked according to child staff ratio. Please see Ela or Chris if needed.

**Closure Day**

There will be NO kindergarten sessions on Monday **9/9** as staff will be doing specific professional training.

**Healthy food**

- Lots of children are bringing fresh fruits/vegies for snacks. EEK promotes healthy food as per our Healthy Food Policy (which you all agreed on). Unsuitable food will be sent home
- Drinking water is available at the preschool. Please remind your child not to share their food with other children. Food is going to be returned home if e.g traces of nuts are present, chips, cakes, bars, rollups or juices to drink,

Again we are asking for your help and understanding especially that the healthy eating policy-issues were discussed and agreed by all of you (parents/caregivers). The children's snacks need to stay in their bags. The lunch food for the children who are staying at kindy for the morning and the afternoon session (8.45-2.45) need to be placed in the fridge. Please make sure that the lunch food is clearly named.

**Literacy kits (books with activities)**

New literacy kits are ready to be borrowed by the children. Please make sure that you check the content of each kit before returning it. To return the kit please give it to a staff member or place it in the orange container . Literacy kit option presents a great opportunity for you and your child to work and play on together over 1or 2 weeks. Any questions, please see staff.

**Mobile library** every second Tuesday and Wednesday. In order to borrow from the mobile library the children need to have returned the previous books that they borrowed.

**Curriculum**

Please read each week's program ( next to the sign in sheet) and then you might decide to further work with your child at kindy or home exploring provided curriculum activities to support your child's learning.

Winter could be very cold, wet and at times with unpredictable stormy weather. Therefore during this term the children are learning about e.g. How to keep themselves warm, how to look after their health etc What to do in case of weather and other emergencies ? Therefore the emergency services like: Fire, Police, Ambulance are being researched during our small and large group sessions. We have invited the Police and the Fire services to our kindergarten. These visits will give the children some opportunity to relate to and understand the importance of these community helpers, including what they do and how they help us. The children are learning some new words which particularly describe and relate to Fire, Police, Ambulance services. Please talk with your children further about these and other topics.

**Preschool 2020**

If you know of any families with children of kindy or occasional care age please inform them about our kindergarten.

**Children who turn 4 years of age before 1 May are to start preschool at the beginning of the year.**

**Please contact Elizabeth East Kindergarten to enrol your child/children for 2020. EEK also offers occasional care sessions for children over 2 years of age.**

**Washing Roster.**

Please refer to our washing roster informing you about your turn of washing kindy dress-ups and tea towels. We would like to thank families who often took washing home before we put the roster into action, so all families get a turn.

**Volunteers**

Big thank you goes to our volunteers Amanda and Kylie for helping in the kindergarten.

**Ela, Chris, Rhonda, Kelly, Jeremy, Jill, Pui, Rachele**

## Pre-schoolers learn through play

Pre-schoolers learn through play. Of course, play isn't the only way children learn. However, opportunities for quality play time should be found daily in order to promote and enhance the learning of basic skills. Interaction and socialization are important factors of learning, as well. Pre-schoolers who are immersed in social and cultural environments that include people of all ages will have an advantage when it comes to learning basic preschool math skills. Being exposed to a variety of toys and games will further this advantage.

## How Do We Teach Empowerment?

The primary way *anything is* taught to children is through modeling. From the time they are infants, they are watching us and mimicking us. They learn as much from what we do as what we say. And if there is a discrepancy between the message in our words and the message in our actions, children may learn a different lesson from the one we are trying to teach them!

Therefore, the most effective way to teach children they have the power to take positive action -- to work through the challenges before them (now and later in life), is to encourage this belief in ourselves, and to make choices -- take action -- that reflects this belief.

Don't Fake It

On the other hand, if we fake and bluster -- if we pretend to have such a belief in ourselves when in fact we do not -- they will see through that also. *And* they may learn that people should be frauds, that our authentic selves are not enough. Or worse yet, that empowerment is impossible -- that our words (our spoken messages) are only empty rhetoric.

Instead, we must simply do our earnest best, as honestly as we can. If children see us standing fast in the face of our own doubts, if they see us overcoming obstacles despite our own handicaps and weaknesses, then they will have the chance to conclude, "Perhaps I *too* can do it, despite *my* doubts, and despite *my* weaknesses."

It is our process they learn from, as much as our words.

### Other Role Models We Can give

Not only can we set an example through our own acts, our own process, we can also share the experiences of others -- people young and old, human and non-human. For young children, picture book characters can provide very accessible role models (both visually and emotionally). Such stories such as , "The Little Engine That Could" model the importance of positive thinking -- the old train in the story, for example, that said "I cannot" talked himself right out of trying!

Remember that with young children we must avoid the temptation to be too wordy or to talk over their heads. Neither should we condescend. But rather, we must make whatever we are teaching relevant to the child -- to what he or she already knows, sees, feels, and cares about.