



Mitcham



Preschool
Centre

Mitcham Pre School Centre Newsletter

Tel: 82712042 Fax: 82728272

email: Chris.Catt906@schools.sa.edu.au

web: www.mitchampre.sa.edu.au

Term 4
Newsletter 2

Anxious children

Many parents are commenting on the behaviour of their child. Some parents have said to staff their child is really clingy and / or poorly behaved. Some have mentioned their child is having tantrums.

Staff too, have noticed changes in behaviours of some children. Listening and following instructions is a challenge for some. Completing tasks and concentrating in group times is a challenge too.

All of these behaviours are indicative of how the children are feeling at the moment. As I mentioned in the first newsletter of the term, school transition visits are looming. Whilst your child may seem excited, they are probably highly anxious. For 4 terms, they have attended preschool. They know staff, children and routines very well. They feel safe and secure.

However, they know that they will soon be going to school (even for transition visits).

They don't know what to expect, who will be their teacher, where is the classroom & what happens at school. Even those children familiar with the school environment (as they have older siblings at school), are feeling anxious.

These feelings are very normal. Think how you feel when you are about to start a new job. In those days prior to the job starting, and the very first day (or even week) you can feel very daunted. You don't know the people you are working with, or what is expected of you etc. It leads to feelings of anxiety and your behavior is likely to reflect that.

Your child feels exactly the same, as they wait for their school transition visits. Once they have had one visit, they generally settle again as they know what to expect on their next visit.

So my advice to support your child over the next few weeks, as they prepare for transition visits

- is not to "over talk" about going to school. Sometimes over talking about events etc can create anxiety. Sometimes we think we need to talk about things often to prepare children but sometimes it can have a detrimental affect. So keep conversations about school limited. Acknowledge that school visits will happen soon, the school will send a letter letting you know when.

- Find out who is going to school with your child and organize some play dates at the school, on the weekends.
- This will allow you all to become familiar with the environment. When playing at the school take your own "tour" looking for the library, canteen / tuck shop, toilets, oval, hall etc.
- Take photos of your child at the school and make a going to school book. Photos can be added later such as a photo on their first transition visit, a photo in their school uniform, a photo of friends going to school with them, photo of their classroom and a photo of their teacher. Putting a book together about going to school, helps build familiarity with their new environment, which can be shared with grandparents etc.

(Cont over)

Pupil Free Day

Just a reminder that kindy will be closed for our normal programs on **Monday November 7th**. Staff will be participating in professional Development as well as running some transition visits for children commencing preschool in 2023. There will be no kindy on that day

Inside this issue:

Anxious children (cont)	2
Another couple of factors	2
Family nights this week	3
This week at kindy Term 4 fees	3
Our trip to Marsh-mallow Park	4
Christmas Funtastics	4

Anxious children (cont)

- Keep routines at home etc familiar. Going to school, even for transition visits is a change in routine, so keep routines familiar
- acknowledge that doing something new for the first time can make you feel worried but reassure them they will be fine. You can talk about how you felt the day you started at your new job-talk about how you felt when you started school. You may even have a photo of you in your uniform to share. It would create lots of conversations about school.
- Sharing your memories (good memories) of school would be lots of fun. Children love to hear stories about when their parents were young.
- most important share lots of hugs.
- arrange to have just mum and child / dad and child time (no other siblings). Do something special such as have lunch together, plan a special family dinner & bake a cake, go to the museum or visit the park. They just need some special time with you

Starting school is an exciting time. But also very daunting! So if you are experiencing challenging behaviours at home, be assured it is likely to be associated with commencing school visits.

If you need any advice or want reassurance, don't hesitate to speak with one of the staff.

Thinking of your child as *behaving badly* disposes you to think of punishment.

Thinking of your child as *struggling to handle something difficult* encourages you to help them through their distress

Another couple of factors

Another factor affecting children is their tiredness. We have noticed lots of tired children. Many yawn even at the first mat time!

Since daylight saving has commenced, they may not be getting to bed as early as they did during winter months. It is daylight until at least 8pm and the sun is rising early. Therefore, they may not be getting as much sleep as they actually need.

For some children going to bed when it is daylight can be a challenge. I remember when my children were young, they could never understand why they had to go to bed when it was daylight, despite the fact that it was 7.30pm and they had been awake since 6am.

As you know, tiredness leads to challenging behavior. So limit all the extra activities and ensure they have plenty of time to rest. Too many activities will just exhaust them further.

Of course Halloween is Wednesday and the Christmas pageant is almost here. So with the anxiety of school visits, tiredness and the excitement of Christmas, this will lead to "interesting behavior".

My advice is to keep life "simple as possible". We will all look forward to Boxing Day and the January holidays when everyone can rest and relax!

First 2 weeks of term has been busy!

What a busy first two weeks of term 4, we have had. In week 1, we drew our self-portrait for our work folders and brainstormed our ideas on our focus of learning "What do we need to plan for a wedding party?" The children had so many ideas which are now on the board above the puzzle shelf.

Gold group had Dancify in week 1 but unfortunately the blue group missed out as the dance instructor is very unwell.

Week 2 we went on our excursion to Marshmallow Park. Added to all this, we had the first (of 2) information evenings for 2023 families in week 1. We also had a transition visit for some of the 2023 children, which occurred whilst our current gold group children were at Marshmallow Park on Friday.

On Monday of week 3, Ruth Tuck Art teachers came to kindy and the children made the most beautiful piece of art for you for Christmas!! You are going to love it! You will receive it on the celebration day in week 7. (If your child was absent on the Ruth Tuck days, they will get to do their surprise with the kindy teachers, when they return)

This week, is also our family nights! It has been a busy time!!

Family nights are this week

Have you remembered to return the RSVP for family nights?

Our wonderful family nights are this week.

Blue group—Thursday November 3rd

Gold group—Friday November 4th

Just a couple of reminders

Time

- We start at 5.30pm
- We have an entertainer for the children at 6.45pm
- Night finishes by 8pm.

Please bring

- Your families picnic dinner
- Picnic rug or chairs

Strawberries Galore

- Will be here to serve you icecreams, soft drinks, waffles, milkshakes, tea & coffee

Please note due to Department guideline, we cannot have alcohol when children are present on school & preschool grounds

We look forward to a wonderful evening together.

Term 4 fees

Term 4 fees are due on this **Friday November 4th**

If you have any queries, please don't hesitate to speak with me.

All conversations will be in strictest confidence.

Children's work folders

Have you checked you child's work folder recently. You will find some new work added to their folder including

- Self-portrait in the mark making section
- Learning story from Marshmallow Park excursion.
- Some children have added their own self-directed work.

It is incredible to look through their folders to observe the progress they have all made.

The children have been making decorations for the party. Over the next week, they will make their own placemat, decorate a wedding party bag, make gum leaf confetti, calculate how many pieces of pizza we will need

This week at kindy

This week we will continue our focus of learning

People plan wedding parties and we can too

This week we will focus on the food planning—what food shall we have? How do we organise our food?

To support our learning we will have inside

- Cake shop (dramatic play)
- Mark making table—range of writing tools & paper (fine motor / literacy)
- Numeracy table—numicon, number lines (numeracy)
- Playdough, shells, fish (sensory)
- Marshmallow Park book making (literacy & language)
- Story table—Bear Hunt (literacy)
- Palette 1—"L" words & adjuncts (literacy)
- Palette 2—game (literacy / numeracy)
- Quiet corner—number threading beads (sensory / numeracy)
- Challenge puzzle (problem solving)
- Small table—Diwali festival display

- STEM centre—STEM challenge measuring tasks (STEM)
- Dome—finger puppets (literacy & language)
- Name board—Does your name have the letter "L" (literacy)

Outside there will be

- Box construction (problem solving)
- Party bag making (fine motor / creativity)
- Paper chains (fine motor)
- Wooden blocks (measurement)
- Cool glue guns (problem solving)
- Bottle brush still life painting (observational skills)
- Sandpit with loose parts (Sensory)
- Numicon shape & numeral hunt (numeracy)
- Potion stable (sensory)
- Music / dress ups / instruments (literacy)
- Steppers & rickshaws (gross motor)
- Large wooden blocks, plans & hard hats (problem solving / numeracy)

Its another busy week at kindy!

Our trip to Marshmallow Park

What wonderful days we had last week on our excursion to
Marshmallow Park.

Thursday was cold and drizzly rain in the morning but cleared to a lovely afternoon.

Friday was cold and cloudy, no rain but we had a sunny afternoon.

We arrived, had our morning snack then went outside the park, crossing the bridge and exploring the creek which was filled with rocks. The children carried rocks, built structures with rocks, climbed on the rocks. They also explored the complex climbing and played in the enormous tee pee.
It is a wonderful place to explore.

We then spent the rest of the day, climbing, swinging, negotiating challenging climbing equipment, digging in the sand, sliding down the slippery dip, balancing on logs and rocks, whilst enjoying the company of our friends.

We had our picnic lunch and we also had 3 marshmallows (as we were at Marshmallow Park)

It was truly a wonderful experience.

Marshmallow Park is so close to our preschool and offers so many wonderful experiences based on nature play. There are so many opportunities for the children to challenge themselves, developing persistence, gross

motor skills and upper body strength.

In the area outside the fenced park is a creek full of rocks where they can build, explore, use their imagination. There is a more complex climbing frame to negotiate as well as a tee pee.

Near this area is a statue of an emu and a metal structure to represent a net. There is a story about the Kurna people who would set their net to catch emu for dinner.

This story inspired the Gold Group to say our Kurna Greeting as we were on Kurna land!

It is wonderful that our children are developing respect and acknowledgement, for our First Nations people.

It is really worth the trip to Marshmallow Park and the surrounding area, with your family. The weekends are busy, so mid week is perfect if you have the time.

Thankyou to the parents / carers who came and supported us. We really appreciated you support.

Marshmallow Park was the perfect place for our last excursion for the year.

We had the most wonderful day.

Christmas Funtastics

Our last funtastics of the year will on
Monday November 14th

And it will be a very special Christmas Focus. All our work will decorate the room for the Celebration days and Graduation afternoon.

If you would like to volunteer to help us with funtastics, that would be fantastic. It will involve working with groups of children to complete one of the creative

Activities, during normal session time eg (from 9am blue group / from 12.45pm for gold group).

To volunteer you will need to have your WWCC and completed the online RRHAN-EC. Due to the structure of funtastics, we cannot invite toddlers and babies to join us.

If you would like to volunteer your help, please let me know.

Your help will be truly appreciated by staff and children.

Finally.....

Thank you for your continued support.

It is much appreciated and we look forward to working with you in the term ahead.

Regards

Chris, Maddie, Suzi, Lyn, Robbie
Izzy