

DO THE BEST YOU CAN UNTIL YOU KNOW BETTER. THEN WHEN
YOU KNOW BETTER DO BETTER – MAYA ANGELOU

Bulahdelah Preschool



OCTOBER
2021

Welcome to Term 4 families and friends. What a year 2021 has turned out to be – let's hope the rest of the year will bring us all back to some form of normality. A huge thankyou to all our families for their continuing support and understanding as we together have navigated the uncertain times that have occurred this year – we truly appreciate it.

Book fair 2021 – our book fair despite being in lockdown was a great success with sales of \$675 that enabled preschool to have 10% of sales in the form of book club credit. Thank you to all families who supported this.

HALLOWEEN DRESS UP WEEK Tuesday 26th, Wednesday 27th, Thursday 28th October We have had a couple of children asking us if we can do something for Halloween so we thought a dress up week prior to the date would be a fun and great way to celebrate this American holiday. We look forward to seeing you in your spooky or not so spooky dress ups!

With the forecast easing of restrictions for everyone in early December we are hopeful that we can go ahead with our Christmas celebrations and graduation for children transitioning to kindergarten in 2022. As we plan for this, more details will be shared with you all with an email going out next week with a save the date for this end of year celebration.

It is important as the weather is getting warmer and the UV factor being higher, that children wear sunscreen outside of a morning. Please apply sunscreen to your child on arrival (it is on a caddy near the gate latch on the right-hand side) and we will reapply throughout the day. Also, a reminder to parents to please supply your child with a **broad brimmed hat**, **bucket hat** or **legionnaires** hat for outside play as per our sun safe policy. If you would like a copy of the policy, please let Stacey know.

Megan is back to work with us this term, working Wednesdays and Thursdays – the children and staff are enjoying having her back at preschool. We hope you all have a great month.

Stacey, Boadi, Michelle, Jo, Megan and Linda



INTERNATIONAL DAY OF OLDER PERSONS – OCT 1

International Day of Older Persons *aims to help eliminate ageism and age discrimination.* The United Nations International Day of Older Persons 2021 theme “Digital Equity for All Ages” affirms the need for access and meaningful participation in the digital world by older persons. **Find out more.**

CHILDREN’S WEEK – OCT 23 - 31

Children's Week celebrates the right of children to enjoy childhood. It is also a time for children to demonstrate their talents, skills and abilities. The Children’s Week Council of Australia strongly advocates for and promotes the United Nations Convention on the Rights of a Child. Each year an article is selected by the Children’s Week Council of Australia. The theme for 2021 is ‘Children have the right to choose their own friends and safely connect with others.’ Follow the link [here](#) to find events happening in your state or territory.

LAMB BIRYANI



PREP 5 min | COOK 25 min | SERVES 4

INGREDIENTS

500g lamb: mince or diced
150g pumpkin, peeled and diced
3 cloves garlic
1 onion, diced
2cm piece ginger, peeled and grated
2 cups basmati rice
1-1.5L stock
1/3 cup sultanas
1.5 tbsp Madras spice blend or Garam Masala
1 head broccoli
Fresh coriander and mint to serve
Greek yoghurt to serve

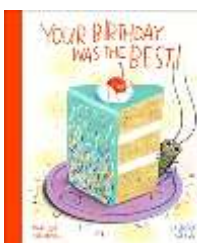
METHOD

Heat some olive oil and add the onions and garlic to the pan. Cook until soft. Add the lamb and cook until browned. Mix in the spice blend and ginger and cook until fragrant. Add the rice, stock, pumpkin, and broccoli and cook until the rice and vegetables are cooked through. Stir in the sultanas and serve with the coriander on top. **To serve:** Serve in a bowl with a dollop of Greek yoghurt, fresh coriander and mint and some slivered or chopped almonds

Jo Kate is a realistic nutritionist offering simple & effective ideas, tips and recipes to inspire healthy living. Find more delicious recipes at jokatenutrition.com

Book reviews

Enjoy a few of this year's CBCA award winners.



HOW TO MAKE A BIRD

AUTHOR MEG MCKINLAY | ILLUSTRATOR MATT OTTLEY

Extraordinary imagery and rich language spark the reader's imagination as they enter the creative world of a young girl.

A moving and visually stunning picture book that celebrates the transformative power of the creative process from inception through recognition to celebration and releasing into the world.

YOUR BIRTHDAY WAS THE BEST

AUTHOR MAGGIE HUTCHINGS | ILLUSTRATOR FELICITA SALA

This is the story of a plucky young cockroach who gate-crashes a birthday party – with hilarious results. Funny, silly and surprisingly cute, Your Birthday Was the BEST! is the perfect blend of downright gross and delightfully entertaining.

ANEMONE IS NOT THE ENEMY

AUTHOR/ ILLUSTRATOR ANNA MCGREGOR

Anemone lives alone in the rock pool. The tide comes in and the tide goes out. Anemone wants is a friend, but friends are hard to make when you accidentally sting everyone who comes near you. Perhaps Clownfish has a solution to the problem... A funny tale of mishap, misunderstanding, and the search for true friendship in an ocean rockpool.

FOCUS: A Golden Rule of Parenting – *Stop Thinking Everything You Do Is Wrong.*

Parenting is hard, we are inundated with parenting advice from every man and their dog daily... in the news, on social media, from other parents, or from overheard conversations in the grocery line. It's no wonder that seeking out parenting advice, in general, can be a very overwhelming experience. So, an article in *The New York Times* brings up a single, inspiring piece of advice that can be universal to all concerned parents: **Stop thinking everything you do is wrong.**

A survey conducted in the United States this year found that many adults feel that young people today face more hardships than they did when they were young. Particularly in terms of stress, anxiety, depression and other mental health issues. This is an interesting reversal of the traditional dynamic, in which adults 'recall the hardships and dangers of the old days and conclude that kids these days have it easy', says paediatrician Dr Matthew M. Davis.

And yet the paradox is understandable...On the one hand, children are 'cushioned, shielded [and] protected from the literal and figurative bumps and bruises of the real-world playground'. But on the other, kids are overscheduled, overstressed, and increasingly anxious. These challenges are often a result of trying to succeed in an increasingly competitive academic climate, with the hopes of gaining employment in an increasingly oversaturated job market. This contrast leads to a confusion of which parenting approach is best, and an inevitable and ongoing confusion of what kind of parenting style we should adopt.

Do you hover like helicopter parents to protect your children from the difficulties they face, so they can focus on their studies?

Or do you leave them to deal with everything on their own, in the hopes they'll rise up to the challenge?

Most parents — including yourselves — rightly sit somewhere in the middle. But there's always going to be times when unexpected challenges throw your parenting style off course. This is not a reflection of your parenting as much as a reflection of being human!

And from our point of view, the fact that you're reading this article, or any article, shows that you're not doing everything wrong. Investing the time and energy into researching advice is a testament to your commitment to being the best parent you can be. **The point is:** *Congratulate yourself* on trying to be the best parent you can be. *Show your child* what you believe is right and wrong by example. And when you slip up in one way or another, *forgive yourself and move on*, because it's likely to happen again (and again and again).

Melbourne Child Psychology (2019) *A golden rule of parenting – Stop thinking everything you do is wrong.* Retrieved from <https://www.melbournechildpsychology.com.au/blog/a-golden-rule-of-parenting-stop-thinking-everything-you-do-is-wrong/>



TAKE A MOMENT, TAKE A BREATH.

Stress-Relief Mantra #3: All experiences are helping me grow.

How and when to recite this mantra: Recite this mantra four times either out loud or quietly to yourself as often as needed.

How this mantra can help you: This mantra is perfect to use when you are searching for answers to challenges that have come your way. Life is a journey of growth, and by acknowledging this, you can see the higher purpose in everything that happens. It may not always be easy to see exactly how you'll grow from a particular situation but understanding that all experiences are contributing to your growth and development can be reassuring and can help you tackle things from a place of curiosity rather than despair.

Viewing all experiences as opportunities to grow allows you to focus on the bigger picture and helps you avoid getting caught up in all the details. You'll be able to take a step back and not put so much pressure on yourself to have everything figured out. You are here to learn, and part of that process requires you to go through experiences that are indeed challenging and confusing—but also ultimately joyful. The more you can approach life as a learning experience that you simply cannot fail at, the freer you will feel to explore things with a sense of adventure.

Happify. (2021). 4 Mantras for Instant Stress Relief. Retrieved from [happify](https://happify.com/mantras/).

KICK THE LETTER CUP

This pre-K activity suggested by Fun Learning for Kids combines letters with sports. Take a stack of plastic cups, and write a single letter on each. Then line the cups up in a row, spreading them out a bit. Give your child a small soccer ball (or any soft ball) and instruct them to kick the ball toward the letter cups. Once they knock a cup down, instruct them to say the name of the letter on the cup. For a more advanced version, say a letter first, and see if they can aim for the corresponding cup.

Source: funlearningforkids.com/ball-theme-alphabet-activity-kick-the-cup/



HEALTH & SAFETY: What is the Vestibular System and why is it important?



Most kids learn about the 5 basic extrinsic senses of sight, sound, taste, touch, and smell. Many, however, are not as familiar with two hidden intrinsic senses: the vestibular and proprioceptive senses. The vestibular sense is one of the first to develop in a growing fetus and is stimulated by the movement of a carrying mother's body. By only 5 months in utero, this system is well developed and provides a great deal of sensory information to a growing fetal brain. This system is very important to a child's early development. Its role is to relay information to the brain as to where a person is in space, as related to gravity; whether they are moving or still, if they are moving how quickly, and in what direction. The vestibular system gathers that information from a set of fluid filled canals and a sac-like structure in the inner ear. These structures respond to movement, change in direction, change of head position, and gravitational pull.

4 Ways the vestibular system may impact your child:

1. The vestibular system coordinates eye and head movements. Without this coordination, it may be challenging for children to complete everyday activities such as copying from a white board in their classroom, following a moving object such as a softball through the air; or visually scanning across a page to read. The vestibular system helps the brain to register and respond to whether the object the child is looking at is moving or if their head is moving.

2. The vestibular system also helps to develop and maintain normal muscle tone. Muscle tone is the ability of a muscle to sustain a contraction. Without a proper functioning vestibular system, it may be challenging for a child to hold their body in

one position. These children may oftentimes prefer laying on the floor instead of sitting up during circle time or leaning on their elbow or hand while seated at their desk.

3. The vestibular system also impacts a child's balance and equilibrium. As your child moves throughout their environment, so does the fluid in their inner ear canals. As the fluid in their inner ear moves, your child's brain is receiving information as to the position of their head in space. Depending on that signal, the brain then sends a message to your child's body signalling it to move in a way that will help them to respond to and compensate for any planned or unplanned movements. Without efficient vestibular processing, your child may appear to be clumsy and have trouble staying on their feet during routine play.

4. Finally, the vestibular system helps a child to coordinate both sides of their body together for activities including riding a bicycle, catching a ball, zipping a coat, or cutting with scissors.

If you suspect that your child is having difficulty processing sensory information by way of their vestibular system, do your best to be sure that activities including a lot of self-propelled movement are incorporated into their day. Activities may include swinging, sliding, or using other equipment at the park. Do your best to avoid activities with excessive spinning or twirling as movement in these planes can have negative effects including over-stimulation, lethargy, or changes in heart rate or breathing. It may also be challenging for your child to pace themselves during these quick paced movement patterns. Encourage activities in which your child lays on their belly to participate in games or play with toys. Throughout your day, take note to see if your child seems better able to focus after completing physical activity or partaking in activities that get them up and moving.

The vestibular system may be less commonly discussed than other sensory tracts, but its impact on your child's ability to complete day to day activities are vast.

For more activities that promote the development of a healthy vestibular system click [here](#)

Moyer, Lindsey (2014). What is the Vestibular System and why is it important? Retrieved from <https://sproutsdevelopment.com/what-is-the-vestibular-system/>



AUSSIE BACKYARD BIRD COUNT

Most children have a fascination with the environment and the things they find living in it. Giving children opportunities to explore and interact with their local environment develops respect and appreciation for the natural spaces and animals.

This October take part in the Aussie Backyard Bird count, discover the huge range of birds living right above you. Last year Australia counted 4.6 million birds in 7 days!

To complete the Aussie Backyard Bird Count, spend 20 minutes standing or sitting in one spot and noting down the birds that you see.



You will need to count the number of each species you spot within the 20-minute period. For example, you might see 4 Australian Magpies, 2 Rainbow Lorikeets and a Sulphur-Crested Cockatoo. You can record your results online or simply download the app. The app can also be used as a field guide/ bird finder. aussiebirdcount.org.au

COMMUNITY ADVERTISING



A warm thanks to Paul and Kate Hosey for donating their products and time to keep our preschool free from pests. Being a not-for-profit preschool, a donation like this from our community is wonderful –

thanks 😊

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Numeracy

Numeracy is the capacity, confidence and disposition to use mathematics in daily life. Children bring new mathematical understandings through engaging with problem solving. It is essential that the mathematical ideas with which young children interact are relevant and meaningful in the context of their current lives. Educators require a rich mathematical vocabulary to accurately describe and explain children's mathematical ideas and to support numeracy development. Spatial sense, structure and pattern, number, measurement, data argumentation, connections and exploring the world mathematically are the powerful mathematical ideas children need to become numerate.

Belonging, Being and Becoming, The Early Years Learning Framework for Australia

Experiences in early childhood settings build on the range of experiences with language, literacy and numeracy that children have within their families and communities.

Numeracy education within an early years setting looks like: Conversations with peers and educators, sociodramatic play, dancing, creative arts, water play, gardening, puzzles, building, using technology, playdough and science experiments just to name a few ways your child is developing their numeracy skills.

If you would like more information on our Numeracy program, please speak to your child's Room Leader.

National Quality Framework | Quality Area 1:
Educational Program and Practice 1.1 The educational program enhances each child's learning and development.

1.2 Educators facilitate and extend each child's learning and development.

Australian Government Department of Education (2019, December 1). Belonging, Being and Becoming Framework. Retrieved from docs.education.gov.au/system/files/doc/other/belonging_being_and_becoming_the_early_years_learning_framework_for_australia_0.pdf

IT'S PRESCHOOL PHOTO TIME

SCHOOL PHOTOGRAPHS
**TUESDAY 19TH &
THURSDAY 21ST
OCTOBER 2021**



To our amazing friends born in:

October

Hunter 4th

Michelle 30th

We hope you all have a wonderful day!!



Core Strength: Pass the ball

Short simple activities to get some active minutes in the day.

All you need for these activities is a ball or another object.

1) To start you and your child/ren need to find a clear space and get into plank position. A carpeted or grass area would work well to protect forearms. All you need to do is stay in the plank position, lift one arm (while still hovering) and roll the ball to one another without collapsing. See how long you can pass the ball for before falling. Try again, can you beat your number of passes? Challenge yourselves by making the distance between both of you greater.

2) This time you need to be in a bridge position. (Lying on your back, knees bent, lifting your bottom off the floor). Make sure you are close together. While in this position pass the ball under your bridges to one another and again challenge yourselves, how many times can you pass the ball without collapsing. Make it harder by passing the ball under one bridge, over the other, making a figure 8 with the ball.