

FEBRUARY
2018

What's Happening

AT ROXBY DOWNS KINDERGARTEN

3 way meetings ----- 19th Feb – 9th Mar
CAFHS 4 y/o health checks -----22nd Feb
Annual General Meeting----- 1st March
Pupil free day -----2nd March
CAFHS 4 y/o health checks -----13th March

Self help skills

We encourage children to develop their self-help skills such as carrying their own back pack, putting on their own shoes/socks, being responsible for their lunch box and drink bottle. Through doing these things they practice their large and small motor skills, gain confidence in their ability to try new things and build their self-esteem and pride in their independence. It can be faster, more efficient and less messy to do things for children, but they learn so much from doing things on their own so please consider this and promote self-help skills as much as you can upon arrival and departure from kindy and at home.

Welcome to all our new and returning families. We have had a great start to the kindy year getting to know children and families and building a sense of belonging.

We have lots of things planned over the next month and there are some **diary dates** to the left of this column.

We would like all families to book in for **3 way meetings**. A separate information email will be sent out today letting you know what this involves and how to go about booking in a time.

Kindy fees are due now. You can either pay the whole year upfront and receive a 10% discount (\$540) or pay \$200 per term for terms 1, 2 and 3. Your prompt payment would be appreciated.

CAFHS nurse Kim will be coming to kindy to conduct **health checks**. If your child is at least 4 years and 3 months old, Kim is able to conduct a much more comprehensive check than the doctors give. A separate email will be sent out about this.

Our **AGM** is on Thursday 1st March – please consider joining the **Governing Council** this year – it is a great way to become more involved in the running of the kindy and we have a lot of fun.

Scholastic catalogues are out. Through your purchases we will be able to access new books for the kindy – so buy up!

By now, you should have received an email from **your child's guardian teacher**. If you haven't, please let us know.





NATIONAL APOLOGY DAY – 13TH

Tuesday the 13th of February marks the 10th Anniversary of the National Apology to Australia's First Peoples – a sacred moment in our nation's history that must never be forgotten.

Events are held throughout the country as a reminder that sorry is more than just a word, we need to work together in order to achieve key outcomes for the Stolen Generations. Find out more at www.healingfoundation.org.au

CHINESE NEW YEAR – 16TH

In 2018 the Chinese New Year will be celebrated on February 16th, and marks the beginning of a new lunar year. Chinese New Year, also called Spring Festival, has more than 4,000 years of history. It is the grandest and the most important annual event for Chinese people. 2018 will be welcomed as the 'Year of the Dog'.



MINI PEA & PESTO FRITTATAS

PREP 10 min | COOK 10 - 12 min | MAKES 12

INGREDIENTS

- 2 cups (250 grams) peas
(if using frozen peas, simply run under water to defrost a little)
- 6 eggs
- 1/2-cup cream
- 1 cup tasty cheese, grated
- 2 tablespoons pesto
- 2 tablespoons basil, finely chopped

METHOD:

Preheat oven to 190 degrees Celsius. Grease a 12-hole muffin tin with butter or olive oil spray. Divide the peas evenly into holes of prepared tin. Place the eggs, cream, cheese, pesto and basil into a large mixing bowl and whisk to combine.

Pour egg mixture over peas and bake for 10-12 minutes or until golden and set. Allow standing in the pan for 5 minutes or so before loosening with a knife and removing. Serve alongside a little fresh fruit or veggie sticks. These muffins aren't suitable for freezing.

Enjoy mylovelylittlelunchbox.com

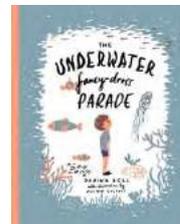
SAFETY – Remember to always supervise kids in the kitchen.



Source: Recipe and images belong to mylovelylittlelunchbox

Book reviews

Three lesser known titles that are sure to become favourites.



THE UNDERWATER FANCY DRESS PARADE

DAVINA BELL | 3-7 YEARS

The night before the underwater fancy-dress parade, Alfie got that feeling

Sometimes it's hard to be brave. Sometimes you get that feeling. Sometimes you're just not ready . . . until, one day, you are. A wonderful book that explores the feelings of anxiety or worry that a child may experience before certain occasions or events in their lives.

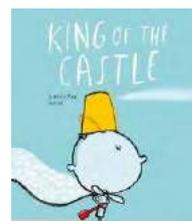
THE BARBER AT THE HARBOUR

TOM PATERSON | 4-8 YEARS

Sailors return from long voyages and head straight to the harbour barber.



A witty and engaging children's book that tells the story of a barber who finds innovative ways to groom the shabby sailors as they return from sea. Through rhyme, the book pays homage to the iconic hairstyles of recent decades, accompanied by beautiful watercolour illustrations that bring the characters to life.



KING OF THE CASTLE

AURORA RUD | 3-8 Years

When a creative young boy goes to the beach, he sees it as a blank canvas for imagination and adventure.

What starts as a sand castle becomes much, much more... The book is written from the perspective of a fearless, all-conquering child at the beach. There is a dragon, three thousand workers constructing the castle and a moat as well as a giant deep-sea monster and more...



FOCUS ARTICLE: How to teach your kids to do hard things



Ever wonder how to teach your kids to do hard things? How to fight fear, to live brave and overcome hard things? Here are some great ideas to get you started.

Life is full of hard things. Full of them. Learning to walk is tough. Growing up is challenging. Learning to become a good spouse is no easy feat, settling into the role of mother is hard. Hard. Hard. Hard. So why wouldn't we want to prepare our kids to handle hard things well—to not balk at the pressure? Why shouldn't we seek to give them eyes that see beyond what's right in front of them, intentionally training them and equipping them with the tools to handle hard things?

Here are 5 things I want to be intentional about in raising kids who can do hard things, kids who are overcomers.

1. Let them fail | Really. Our home is a training ground for life. And so is yours. It's a place where our children are loved no matter what, a place where their worth is not based on performance, and the safest place for them to trip and fall and learn about what it takes to get back up again. My natural tendency is to smooth out all the rough spots, and champion my children to success. But this does not help them in the long run. A cut-throat workplace or college class are not the best place for our kids to be learning these lessons for the first time. Be intentional about giving your children a safe place to mess it all up, to crash and burn, to learn consequences and forgiveness and exactly what it takes to get back up and try again.

2. Equip them | Watching our children deal with hard things give us the opportunity to teach them how to respond well. One thing I'm

learning is that no matter how irrational, improbable, or ridiculous it may seem to someone else, fear is real. We all fear different things, but when you are in the midst of it, it becomes your reality. Minimizing someone else's fear is not helpful. But teaching them how we handle fear, how we fight lies that can eat away at our hearts, is quite useful.

3. Talk truth | While we try to re-shape hearts and complaining attitudes around here we don't shy away from calling things hard. Learning to swim is hard. Pulling weeds is hard. Keeping a tidy home is hard. Sure it is, but that doesn't mean we don't do it. As my kids get older we talk more and more about the hard things of life, because they don't ever magically go away. Talking truth with your children, rather than sugar-coating life lessons, conditions them to understanding that hard work is a part of life and not something we shy away from.

4. Start training them | Have you ever considered intentionally training your children to do hard things, to push past their will and what they see right in front of them in order to learn the value of perseverance? You can be intentional about helping your children develop faithfulness and tenacity. Try taking on a big challenge as a family. Help your kids engage in conversations outside of their comfort zone or offer an apology even when it feels awkward. Show them how to serve others or what it might look like to give sacrificially. These things don't come naturally for most children, or adults for that matter. Walk them through it intentionally and give them opportunities and new environments in which to practice it. Make sure they see you doing the same. Let them fold their clothes, let them weed the flowerbeds, teach them to clean up the kitchen, to sweep the steps and wash the windows. The tasks will grow with age, of course, and you can even make some of the bigger and more challenging chores paid jobs, but only pay for a job well done. It all takes effort and oversight on your part, but slowly they will begin to learn the value of hard work and doing hard things. And, hopefully, your house will be getting cleaner in the process!

5. Follow through | Similar to discipline, follow through is key and is often the hardest part as a parent. You love those kids like crazy and if you're anything like me, you tend to let them off the hook too easy at times. But that is not parenting brave. Parenting brave requires the very same thing of us that we are trying to train in our kids, making decisions not based solely on what is right in front of us, but with the end result in mind. In this case that would be responsible and capable adults.

This is an edited version of 'Raising Overcomers' read the article in full at the following ink www.mother.ly/child/raising-overcomers-how-to-teach-your-kids-to-do-hard-things#close

Source: *Motherly*. Author *Katie Westenberg*

PIPE CLEANER MATH

This numeracy activity will take you less than 5 minutes to put together, and all the materials are very inexpensive.

Start with paper cups, turn the cups upside down, and use a marker to write how many holes you want on the cups, and physically make them. Here's a simple progression you might want to use when you're beginning:
AABB (hole, hole, hole, hole)
ABC (car, truck, plane, car, truck, plane)
AABB (crayon, crayon, pen, pen, crayon, crayon, pen, pen)
AAB (Cheerio, Cheerio, raisin, Cheerio, Cheerio, raisin)
ABB (stomp, clap, clap, stomp, clap clap)

The pipe cleaner counting activity is now ready. To complete the activity, the children must read the number on the front of the cup. They then count out the right number of pipe cleaners, and push them through the holes at the top of the cup.

This is a fantastic fine motor activity as well as counting. The smaller the holes the more challenging the activity will be.

Source: *Planning Playtime*
www.planningplaytime.com



Source: *A great activity from 'The measured Mom'.*



SUSTAINABILITY PRACTICES AT OUR KINDY



wrapping paper, scraps of material, clean hard plastic containers and lids. We can also use and accept leaves, dried flowers, seed pods and small sticks, etc.

Have you read our Sustainability Strategy? It is located on our website:

<http://www.roxbykgn.sa.edu.au>

At Kindy, we are changing some of our practices so that we can be more sustainable and take better care of our environment.

We have limited the amount of water children play with in the sandpit, by using two ten litre containers with taps. The children are able to see how much water is in them and how much the level changes throughout the morning. They are refilled if required at lunchtime. The children have been doing very well at using containers to transport the water and remembering to turn the taps off afterwards.

The children have begun sorting their waste into colour coded bins, to reduce the amount of waste that goes into landfill. **Green** is for fruit and vegetable scraps and other compostable waste. The two **yellow** bins are for reusable hard plastics and recyclable soft plastics. The **red** one will be for all other waste that cannot be recycled, reused or composted.

We will also be considerate of the environment when ordering products for our collage table and encourage families to bring in cardboard boxes,



ELLA SPANISH PROGRAM

From Week 5 we will start our full immersion Spanish program using an app especially designed for use by kindy children. Children will have 10 minutes on the tablet and we will also begin to use a lot more Spanish words in our everyday routines at kindy. An information brochure will be placed in your parent pocket explaining the program. This is new to us so we will be learning alongside the children.



CUT EMISSIONS AT HOME

Burning fossil fuels such as natural gas, coal, oil and gasoline raises the level of carbon dioxide in the atmosphere, and carbon dioxide is a major contributor to the greenhouse effect and global warming. You can help to reduce the demand for fossil fuels, which in turn reduces global warming, by using energy more wisely.

The following is a list of 10 steps YOU can take to reduce greenhouse gas emissions:

1. Reduce, Reuse, Recycle
2. Use Less Heat and Air Conditioning
3. Plant a Tree
4. Get a Report Card from Your Utility Company

5. Encourage Others to Conserve
 6. It's 'climate crunch time' and everything we care Replace Your Light Bulbs
 7. Drive Less and Drive Smart
 8. Buy Energy-Efficient Products
 9. Use Less Hot Water
 10. Use the "Off" Switch
- about is now under threat. **The Sustainable Living festival runs from the 1-28th of February, find our more at www.slif-apply.org**

Source: www.eastgwillimbury.ca/Services/Environment/Ten_Ways_to_Reduce_Greenhouse_Gases.htm?PageMode=Print



A SNAPSHOT OF THE FIRST TWO WEEKS OF KINDY



The children have settled in really well and are quickly learning the new routines.

During week 1, as a group we discussed different rules we should follow at kindy. Here are some of the rules the children came up with:

- Walking inside
- Keeping hands and feet to ourselves
- Hats in bag when we are inside
- Wash hands after going to the toilet
- One person talks at a time

The children enjoyed taking ownership of the rules by drawing pictures to match. It has been great overhearing children remind others of the rules we need to follow.





We have seen so much learning already taking place at kindy.

Children have been role playing and using their imaginations as they play in the home corner and with the animals. Lots of turn taking, engineering and science principles at work at children explore in the sandpit and with the ramps. Gross and fine motor muscles being built at activities inside and outside – digging, pushing and pulling, writing, manipulating. Children are demonstrating their prior knowledge and teachers are finding out what they know and therefore where to next.



5 Minute MOVES

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

Do you remember skipping as a child? Do you remember the songs you used to sing? 'Teddy Bear, Teddy Bear' or maybe 'Cinderella dressed in yellow'. Why not try teaching these and the skill of skipping to your child. It can be difficult at first, start with the basics or even use a hula-hoop to begin the learning process.

Skipping is a full body workout; it improves cardiovascular fitness, hand and eye co-ordination and tones muscles in the lower and upper body. It is a great form of exercise for any age.

If you need to refresh your memory go to oursimplehomestead.com/old-fashion-jump-rope-songs/ to download some old favourite jump rope songs.

LIBRARY VISITS

Visiting the library is often a new experience for most of the kindy children. They need to learn about keeping in line – quite a tricky thing to do, sitting down and listening to the librarians, where to choose a book, how to borrow a book and then lining up to return to kindy. All the groups did an amazing job during their first visit during week 2.

