

SOMETIMES THE SMALLEST STEP IN THE RIGHT DIRECTION ENDS UP BEING THE BIGGEST STEP OF YOUR LIFE. TIP TOE IF YOU MUST, BUT TAKE THE STEP – NAEEM CALLAWAY

Roxby Downs Kindergarten



What's Happening

Last day of term – early finish 2pm-----6th July
Blue group catch up day-----8th August
Red group catch up day -----15th August
3 way parent/child interviews -- weeks 2, 3 & 4

AROUND THE COUNTRY

NAIDOC Week----- 8-15th
World Population Day ----- 11th
National Pyjama Day ----- 20th
Asalha Puja Day ----- 27th
School Tree Day ----- 27th
National Tree Day ----- 29th
International Friendship Day ----- 30th

What a busy term we have had! The children have enjoyed their catch up day excursions and lots of learning has taken place at these. We are grateful to the parent volunteers who have assisted with our excursions.

The Children's Centre build is due to start during Term 3. This will be an exciting time for children as they will be able to see the builders and landscapers through the fence that will be erected across our yard. Unfortunately, it means our kindy tree can't be accessed for 3 months, but the children will have it back before the end of the kindy year. Building works have been delayed so the anticipated end date is now February 2019. We will continue to keep you informed of progress – at this stage it is looking like the kindy will relocate to the new building in October.

We would like to invite you to book in for the 3 way interviews with your child's kindy teacher early in Term 3. We will be holding 10-15 minute catch ups to discuss your child's learning at kindy so far this year. Booking sheets will be available from week 1 of Term 3 on the sign in benches. Teachers will also be able to share your child's statement of learning and their learning portfolio with you.

Thank you to all families who supported our kindy photo fundraiser – we have raised \$1,800 which will purchase new resources for the kindy. Photos will be back later in Term 3.

If your child is going to the Area School in 2019, please ensure you fill in your initial contact form (from your parent pocket) and return it as soon as possible to kindy staff. Thank you ☺





CARROT CAKE PORRIDGE BARS

PREP 15 min | COOK 25 min | MAKES 8

INGREDIENTS

½ (80ml) cup milk (of your choice)
 1-tablespoon pure maple syrup
 6 medjool dates, pit removed
 2 bananas
 1-teaspoon vanilla bean paste (or vanilla extract)
 1-cup (150 grams) plain wholemeal flour
 1-teaspoon baking powder
 1 cup (80 grams) desiccated coconut
 1 cup (100 grams) rolled (traditional) oats
 1 teaspoon cinnamon, ground
 1 teaspoon mixed spice
 2 carrots, grated
 white choc yoghurt topping;
 50 grams white chocolate
 1-tablespoon Greek yogurt
 1-teaspoon vanilla bean paste (or extract)
 mandarin zest (to serve)

METHOD:

Preheat oven to 160 degrees and line a 20cm x 20cm tin with baking paper. Place milk, maple syrup, dates, banana and vanilla into the bowl of a food processor and blitz for a minute. Add flour, baking powder, coconut, oats, cinnamon, mixed spice and carrot and blitz until combined. Pour mixture into prepared tray and flatten. Bake for 20-25 minutes or until golden. Place onto a wire rack to cool completely. Place chocolate into a microwave bowl, heat on high in 15-second intervals (stirring occasionally) until chocolate is melted. Add yoghurt and vanilla and stir to combine. If the mixture splits simply heat for 10-15 seconds and stir again. Drizzle over cooled bars, top with mandarin zest (optional) and cut into 8 serves.

SAFETY – Remember to always supervise kids in the kitchen.

Source: Recipe and images belong to mylovelylittlelunchbox.com



What is sustainability? How can recycling help our environment? What else can we do to reduce the amount of rubbish going into landfill? Find out what some of our children think in the next Roxby Downs Kindergarten newsletter!

We have recently introduced 'redcycle' recycling or soft plastic recycling to the children. At snack and lunch time the children can put their food free plastic wrap, snap-lock bags, snack wrappers and squeeze yoghurt packs into the RedCycle bucket. The children are doing well and once a week an Educator takes the recycled plastic to the Woolworths collection point.

Visit www.redcycle.net.au to find out more.

Our compost bins have been great for recycling food scraps and shredded paper. This has helped enrich the soil in our vegetable garden. We are currently growing - broccoli, cauliflower, tomatoes, carrots, cabbage and hopefully some strawberries.



Step by Step

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

Step by step is an easy fitness activity that teaches kids to actively observe their environment. Count on this step-by-step activity to be fun!

How many steps does it take to get from your room to your front door? How many steps to walk to school? You've never thought about it, right? Well, slip on your thinking cap, and take it step by step. You might be amazed at how busy your feet actually are.

Choose a path and compare your steps to your child's. What happens if you both run? Does the number change?



FOCUS ARTICLE: How to help your child develop a growth mindset



A growth mindset is a wonderful gift to develop in your child. With a growth mindset, your child will feel empowered to persist and work hard in the knowledge that they will get better and more proficient at a skill. By contrast, a fixed mindset can stagnate a child's talents and sense of agency. It is not helpful to tell children 'they are a natural' at a skill or hobby as it limits their ability to improve and excel.

What is a growth mindset?

In a growth mindset, children believe that their abilities and skills can be developed and improved through persistence and hard work. Talent is just the starting point. This approach fosters a love of learning and resilience when a child faces difficulties in learning or improving.

A growth mindset is a simple idea first described by psychologist Professor Carol Dweck at Stanford University. She was inspired at high school in Chicago where students were awarded a 'not yet' rather than a 'fail' on courses until they passed. This helped them not to focus on what they knew in the now and instead see themselves on a learning curve. Dweck realised that this gave those children a road map into the future.

What is a fixed mindset?

In a fixed mindset, people assume their current abilities and qualities, such as their talents or intelligence are largely fixed. They are more likely to measure these traits rather than develop them. A fixed mindset leads to a belief that talent, without effort, leads to success. You are a born musician or born tennis player.

The truth is that all traits with benefit from training and practice.

What are the benefits of a growth mindset?

A growth mindset gives a child a sense of control over their skills. This 'internal focus of control' is empowering as opposed to an 'external focus of control' where, e.g., genes or 'natural talent' is identified as the reason for a child's skills.

Even if you think your child is talented and motivated in a certain area, one of the most precious life skills is a growth mindset. It is an attitude that will permeate every area of your child's life from creativity, art, and music, to sports, academic work, and even their emotional development.

Also, a growth mindset helps to give a child a path to improvement and learning as well as a sense of energy and resilience during the learning or training process. This makes motivation and productivity easier and even enhances emotional development and a child's relationships

Toddlers have a natural growth mindset?

Toddlers have a growth mindset. They enjoy the process of playing, art and exploring rather than the result and are less interested in the result, e.g., painting a picture. They don't reflect on themselves as 'talented' and just get on with trying and doing. They have big reserves of perseverance and will try and try and keep practicing new skills until they accomplish them. This is how they learn to pull themselves up to standing and start to walk.

Developing a fixed growth mindset?

Sadly, many children begin to develop a fixed mindset by the time they have started school. They compare themselves to other children and begin to label themselves based on their perceived current skills and abilities.

This is something that really intrigued me from the beginning. It shows that being mastery-oriented is about having the right mind-set. It is not about how smart you are. However, having the mastery-oriented mind-set will help students become more able over time. --Carol Dweck

To find out more go to <https://www.essentialparent.com/lesson/how-to-help-your-child-develop-a-growth-mindset-rather-than-a-fixed-mindset-2284/>

Source: Essential Parent. (2018, May 09). How to help your child develop a growth mindset rather than a fixed mindset Retrieved from <https://www.essentialparent.com/lesson/how-to-help-your-child-develop-a-growth-mindset-rather-than-a-fixed-mindset-2284/>

LEGO SYMMETRY

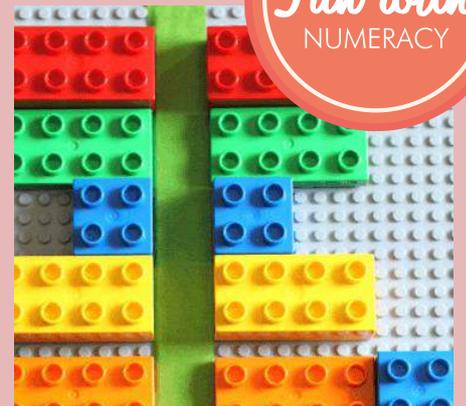
This hands-on math activity is perfect for teaching symmetry to preschoolers and young children. It makes learning symmetry fun and playful!

You will need: LEGO Duplo Bricks, Painter's tape, LEGO baseplate (or a flat surface)

Create even halves on your baseplate using a piece of painter's tape. On one side create a pattern and leave the other side blank. Ask your child to try and copy what you

did. You may need to demonstrate first, as you do explain what you are doing. For example I am placing the red block here because it is the same shape and colour as the one on the other side.

Source: Fun Learning for Kids. (2018, May 15). Teaching Symmetry to Preschoolers with LEGO bricks. Retrieved from <https://funlearningforkids.com/teaching-symmetry-to-preschoolers-with-lego-bricks/>



Fun with
NUMERACY



HEALTH & SAFETY: Healthy Mouths for Kids Under 5



Caring for young children's teeth is an important part of keeping their bodies healthy—and it's never too early to get started! Strong first or baby teeth set the stage for strong permanent teeth, and help children play, learn, and grow.

What is tooth decay?

Tooth decay occurs in toddlers when bacteria within the mouth begin to eat away at the primary teeth. Bacteria (*Mutans streptococci*) in the mouth feed on sugars from foods and drinks. These bacteria produce acid which damages the outer surface of the tooth (the enamel). Saliva repairs this damage, but if over time there is more damage than repair, it leaves a cavity or 'hole' in the tooth. Every child is at risk of tooth decay. The enamel (hard outer layer of teeth) is much thinner and softer on baby teeth, making them at greater risk of decay. The good news is that tooth decay is largely preventable.

10 tips to help create a solid foundation for healthy teeth.

1. Start Early:

Even before teeth come in, you can take care of your child's mouth by cleaning his gums with a washcloth. Take your child for his first dental visit within six months of his first tooth, or by his first birthday.

2. Brushy-Brush

Help your preschooler brush her teeth at least twice a day (after breakfast and before bed) to keep them healthy and strong.

3. Teeth Time

Young children should brush their teeth for about 2 minutes. While brushing your child's teeth together, try playing some music or singing the ABC song four times to help him keep track of time.

4. Choosing a Toothbrush

Look for children's toothbrushes with small heads and soft (or extra-soft) bristles. Help your child get excited about brushing by letting her choose the colour.

5. A Little Does a Lot

A little toothpaste goes a long way! Help children ages 2–5 add a pea-size amount to their toothbrushes. For children under 2, just a smear will do.

6. Crunch and Munch

Teeth love crunchy fruits and vegetables! With your child, try some tooth-friendly foods, such as apples, pears, carrots, or celery. What does each food sound like when you take a bite?

7. Water Works

Drinking water helps keep bodies healthy and strong. Water can also help wash food away from teeth if there isn't time to brush after a snack.

8. It Takes a Team

It takes a team to keep teeth healthy. Visit your dental office twice a year and stay in touch with your child's primary-care physician and nurse.

9. Teeth's Best Friends

Talk with your child about the grown-ups who can help him take care of his teeth: the doctor, nurse, dentist, hygienist...and you!

10. Model Good Brushing Behaviour

Your kids will learn good habits from the people they spend the most time with – their parents. To encourage proper dental habits, you need to model this behaviour for them. Brush your teeth with your kids in the morning and evenings so they can see and learn how it's done.

Sesame Street has some fun resources to encourage and support you and your children. www.sesamestreet.org/toolkits/teeth

Source: Sesame Street (2018, May 10). Healthy Teeth. Retrieved from <https://www.sesamestreet.org/toolkits/teeth>

Better Health Channel. (2018, April 11). Tooth Decay – Young Children. Retrieved from <https://www.betterhealth.vic.gov.au/health/ConditionsAndTreatments/tooth-decay-young-children>

TIME TO RHYME

Nursery rhymes might seem like a silly, unproductive pastime, but volumes of empirical evidence suggest that they are actually invaluable pedagogical tools for small children. Rhymes help develop the memory, language skills, and reading skills in a way that slips in under kids' radars because, above all else, rhymes are just plain fun.

Reciting nursery rhymes is an excellent bonding activity, whether for a group of children or for parents and children. Memorizing and reciting nursery rhymes encourages self-expression and builds confidence because rhymes are so easy to learn. So the activity is simple, you don't need any equipment and it can be done anywhere, anytime.



Source: Learning Lift Off (2018, June 15). Take time to rhyme. Retrieved from <https://www.learningliftoff.com/take-the-time-to-rhyme-how-rhyming-benefits-early-education/>

Fun with
LITERACY



What's happening at kindy

Keeping Safe: Child protection curriculum (CPC)

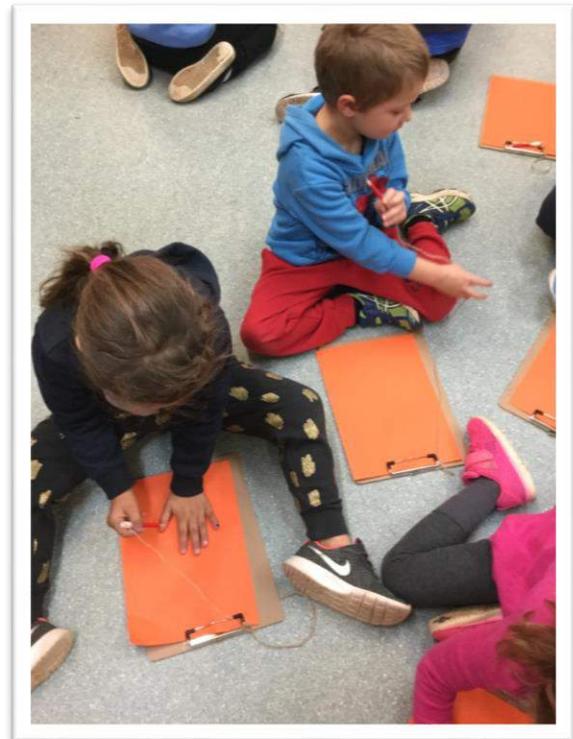
The child protection curriculum is a mandated framework to teach children from the age of 3 to understand ways to keep them safe.

The curriculum discusses a range of safety issues important for children to become aware of.

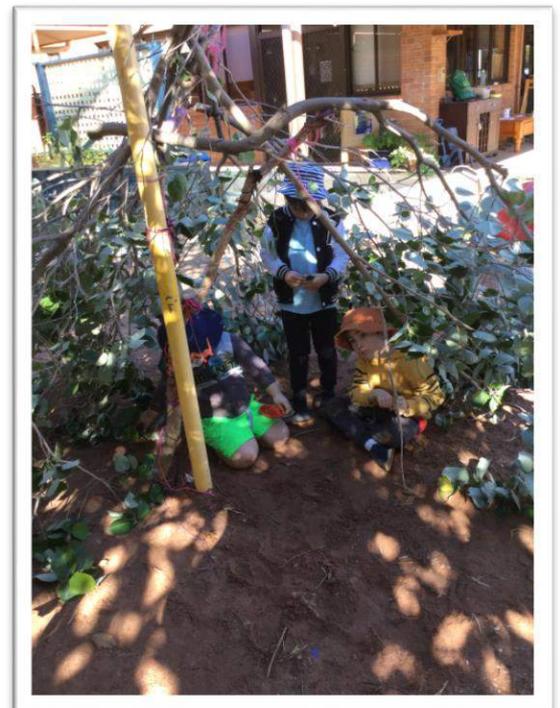
Topics we are currently discussing include:

- Warning signs (responses our body may display when we are feeling scared, excited, worried)
- Rights and responsibilities
- Needs and wants
- Fair and unfair
- Assertive language: Supporting children to use assertive language e.g. "Stop, I don't like when you ..."
- Exploring identity and relationships

These topics are visited in small group times so children feel safe to contribute and explore ideas with one another.



After pruning some branches from the climbing tree the children and educators decided to build a cubby. The cubby was used by children throughout the week and was a great tie in to the bush kindy visits both groups experienced.



Good bye and good luck to all our kindy friends heading off to school: Jai, Ruby, Isabelle, Inika, Jaxon, Jaslyn and Maslo. We will see you around and when you come back to visit kindy ☺



CHILD CARE SUBSIDY



Reminder for Families

Have you done the following if your child attends child care?

Transitioning to the new Child Care Subsidy is not an automatic roll over. You will have needed to work through the following steps:

You should have received a letter from Centrelink during the month of April...

Then, logged into [myGov](https://my.gov.au) and accessed your Centrelink account online to provide new information and confirmed details such as:

- Your combined family income estimate for the 2018-19 year
- The hours of recognised activity including work, training, study and volunteering
- The type of childcare your family uses

You will also need to provide information to your Childcare Service in the form of a 'Written Arrangement'.

"A Service and Parent/Guardian must agree up-front on the arrangements for the care of a child. Arrangements must be recorded and kept up to date to ensure compliance".

If you are unsure about any of the above information including the 'Complying Written Arrangement' please contact us as soon as possible.

For more information
www.education.gov.au/ChildCarePackage

Both Blue and Red groups hold specialised small group experiences every week. These small group experiences run for around 20 mins. They provide the children with an opportunity to build relationships with other educators and children outside of their usual friendship groups.

Red group offers: STEM, art, fine motor, gross motor and literacy and blue group offers STEM, gross motor, gardening and art.

There are many benefits of having small group experiences such as:

- Helps to build children's confidence to share their thoughts and ideas with others.
- Promotes shared sustained conversations.
- Children have an opportunity to get to know each other a little better and to develop their social skills.
- Heightened concentration due to fewer distractions.
- Opportunities for intentional teaching to help children learn/master/ develop specific skills whilst having their educators support.

That is just to name a few!

