

# HERITAGE NEWSLETTER



## VICKI & KATIE'S UPDATE

Hello! What an exciting mid-year newsletter we have in store for you, updating you all about our growing sense of community this year and the exciting events we have coming up towards the end of year.

This year we had a Louise Porter session for our educator training day. This was also offered as an evening session to families with so many great insights on supporting/ understanding children's behaviour, don't miss a summary about this on page... of our newsletter with info on how you can access more about these great strategies.

Our rooms are keen to update you with a snapshot of their recent happenings and their programs leading into the second half of the year.

We hope you enjoyed our recent Nature Play Family Day with activities that embrace our outdoors/nature play philosophy. Families also had the opportunity to have a relaxed dinner around the campfire with different soup options on a chilly Thursday evening. This event replaces our walk-a-thon fundraiser event, instead using a nature play passport. Any fundraising will be going towards resources for our Veggie Garden such as raised garden beds and a greenhouse. If you didn't get a chance to donate, our fundraising account details are on the lower right corner of this page.

Liam and Rue, our volunteers from Skipper Care, have been very busy around Heritage. Helping with odd jobs around the centre on Tuesdays and Thursdays. Recently helping with topping up the tanbark around our gardens, which is looking amazing now thanks to their hard work.

We have additionally welcomed some new fishy friends into our community. Some beautiful tropical fish, which has created so much excitement from all rooms and even some in-depth inquiry learning from our preschool.

Vicki returned from her 10-week holiday in the UK and Europe. Funny enough, one of the highlights of her trip was the visit to a childcare centre in the Scotland highlands. This childcare centre has only a make-shift tent-type building and spends 90% of the children's day outside on their 5-acre property. Their values aligned very much with Heritage values. They strongly believe in the benefits of outside nature-based play, such as playful, confident and resilient children who feel connected to the world and protective of it. I was very impressed with the robust approach that the children took to their play and the resourcefulness they showed when using the loose parts that they dragged around the property. We hope to continue our connection with the centre and share ideas on the bush approach. Other highlights were the Austrian Alps, Hallstatt and Lake Traunsee but it was time to come home and see my family and my Heritage friends. I had a great time, but it is lovely to be back.



## UPCOMING EVENTS:

**Science Week -**

**14-18 August**

**Book Week**

**(dress up days) -**

**22 & 25 August**

**Family Morning -**

**4 September**



## Nature Play Family

### Day Fundraiser:

Thank you for all your contributions to last Thursday's event!

Your donations are helping us to

- make improvements to our community garden such as
- purchasing a greenhouse,
- creating accessible garden beds,
- and designing a space for everyone to enjoy

If you would like to sponsor this event, you can do so here:

**Heritage Fundraising**

**Account BSB: 062 903**

**Account Number: 10370080**

# EDUCATOR TRAINING DAY - LOUISE PORTER SUMMARY

We had a delightful educator training day for 2023, with Dr Louise Porter teaching us all about the ways to guide children's behaviour positively. This was not only offered to educators, but families also had the opportunity to join us for a Parenting session. For many of us, we have initially learned about how to respond to children's behaviour from the way we were raised. Louise Porter's approach looks at more positive ways of guiding children's behaviour, and her sessions help to unpack the two approaches linking this to the positive or negative outcomes with each approach. Below are a few examples:

## UNPACKING TWO DIFFERENT APPROACHES:

Controlling Approach	Guidance Approach
<p>This approach exerts more control over children and can get quick results, but ultimately results in power struggles, damage to adult/child relationships and teaches children to "comply" rather than learn about their emotions or understand the feeling of empathy.</p> <ul style="list-style-type: none"> <li>Rewards and punishments are an attempt to get children to do things our way.</li> <li>Rewards for children when acting in a way that we approve of.</li> <li>When the behaviour is unwanted, this brings reprimands, denying a favourite activity, time out, love withdrawal and, in extreme cases physical punishment.</li> </ul>	<p>A guidance approach teaches children about their behaviour, acknowledges that children are still learning how to act considerately and teaches them by developing their empathy without crushing their spirit and damaging the adult/child relationship.</p> <ul style="list-style-type: none"> <li>Develops a sense of right and wrong, children learn to do things because it is considerate, not because they will be punished/rewarded for doing inconsiderate/considerate behaviour.</li> <li>Teaches them about their emotions and eventually gives them more skills to manage them.</li> <li>Helps to increase their safety as they develop an ability to think for themselves and stand up for something that's not right.</li> </ul>

## PRAISE VS ENCOURAGEMENT

Praise	Acknowledgment
<p>Many of us use praise with children to teach them about "good behaviour" or things we approve of, but studies show that the more praise is used the worse things become for children's self-esteem/self-worth. When praise is not given, it can feel like a punishment as children link the value of their effort with rewards from others.</p> <p>Examples of Praise: Good boy, Good Girl, I am proud of you, That's wonderful, I love hearing those beautiful manners, You look so pretty, Well done</p>	<p>Acknowledgement teaches children to evaluate their efforts and gauge their feelings about their achievement, without passing on our judgements. This helps to focus children on feeling proud of their achievement rather than looking for our praise. Acknowledgement can offer an opinion to outline how this behaviour has affected others.</p> <p>Examples of Acknowledgement: Congratulations! What do you think of that? You seem pleased, Thanks, I appreciate your help</p>

## HOW DO I RESPOND TO CHALLENGING BEHAVIOUR USING THE GUIDANCE APPROACH?

### HANGRY MELTDOWN?

Running out of fuel happens more easily for children as their brains need more regular bursts of protein and carbohydrates to keep going. When a child is having a meltdown, it is good to think: "when was the last time the child ate?" Generally, children should be offered food every 60-90 minutes.

### AGE

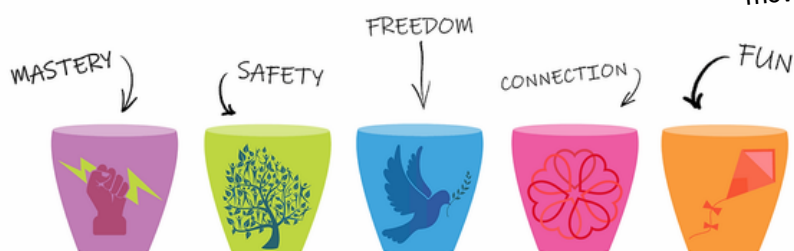
Are my expectations in sync with my child's ability, age and attention span.

### NEEDS/REASON

We are wired from birth to use behaviour to meet our needs. As we get older, we get better at self-regulating and meeting our own needs without the help of others. It's important to look at why this behaviour might be happening.

### CHOICE

Have I offered choice in this situation or have I given orders. Children need autonomy and freedom of movement throughout their day.



- S State the problem
- O Generate *options* for solving
- L Identify their *likely* outcomes
- V Select the very best option
- E Enact (do) it
- D Do it again if the solution fails

## NURSERY UPDATE

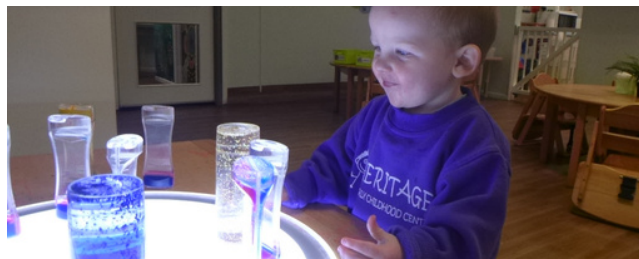
Over the past few months, our educators have developed a program to foster children's wellbeing by cultivating routines that promote physical health and safety. This initiative places significant emphasis on the development of motor skills, self-help abilities, self-awareness, and emotional understanding. The program effectively supports children in achieving their goals and pursuing their interests through activities such as forest learning and sensory experiences and encouraging their participation as little helpers. We have practised our "communication skills" with many visits to the library, story times, sign language programs, music sessions, and one-on-one conversations, which have fostered effective exchanges of ideas and emotions among the children.

Our celebration of Reconciliation Week and NAIDOC Week has rekindled our passion for embedding indigenous culture into our daily routines. Our educators have designed captivating activities to actively involve the children in the community and demonstrate respect for indigenous heritage. It is heartwarming to see how well the children have embraced this program and how much they have achieved.

We are excited to introduce a new focus on EYLF outcome 4: Children are confident and engaged learners. This new program will provide children with opportunities to explore inquiry-based learning through STEAM projects based on Schematic play.

In the upcoming weeks, we will be sharing developmental summaries that provide snapshots of your child's progress in relation to the Early Years Learning Framework. We highly value parental feedback and encourage you to engage in discussions/share your child's achievements with your child's dedicated educators.

Recently we have welcomed Hugo and Olivia (siblings of other Heritage children), and we look forward to reconnecting our long-time friendships. Lastly, we extend our genuine appreciation to all our families for the unwavering support you have provided us over the past months. We look forward to continuing our journey together and enjoying the remainder of the year.



## TODDLER UPDATE

We can't believe it's July already! We are excited to share what we've been working on and our future projects moving forward. Our Children got to learn all about health concepts, social/emotional learning and communication.

The toddler team provided environments and intentional teaching, which helped children to learn all about healthy eating, hygiene practices, physical skills and emotions. It is great to see our group becoming much more independent during daily routines and see many friendships developing, with their expressive language and vocabulary blossoming.

A big highlight of our program encouraged building our community connections, with walks, contributing to the community garden, learning with Duncan and Jakida (from Wiradjuri echoes), Hey Dee Ho music sessions, Joining the Kenny Koala visit and viewing the Treetop circus performance. We have also loved instances where families shared their culture with us, all of this benefiting our Heritage community.

During this program, we were sad to say goodbye to Celine and Sharmi and wish them all the best with their new careers. We would like to offer a big welcome to Titi and Jo to the team, both are very passionate, creative, enthusiastic educators who love teaching and have already made positive relationships with our children. We know they will enrich the toddler team with all their

wonderful attributes. We would also like to give a big welcome back to Bing after her extended leave and thank our regular casuals for their help.

We hope you can join Dragana and your child's focused educator for the upcoming parent-teacher interviews, so we can update you on your child's progress as well as support you in any personal goals you might be working on with your child. We also look forward to discussing our exciting latest program with you, "Finding out about the world with experimentation and schematic play. Wow! The fun we can have with this program!

Thank you to all our parents for their neverending support for the toddler team.



and how it can help us... as well as treat us with yummy snacks. Continuing to care for and improve our Yumalandi Garden, beginning to expand it to the Thrive Kitchen Garden, and tending to the beloved chickens, Spike and Rosie. Helping and teaching others at Heritage the acknowledgement of country and contributing to jobs with the help of Jonno and Liam/Rue. Following Kirsty on her Europe trip, expanding our learning of community by sharing our own experiences of travel and following along with Kirsty's through emailed pictures. Getting out on land for different parts of our day to explore and get into nature play activities. As well as the older preschoolers getting out into our community on excursions to the Botanic Gardens, Arboretum, and Tidbinbilla.

We would like to thank Katherine for sharing the skill of spinning wool with the preschoolers, and Chef Bobby for the unique experience of making banana penguins!

In the upcoming weeks, you will receive your preschooler's educational summary and be invited to join educators for a parent/ teacher interview to discuss this, further goals, and plans for the end of the year. This will also be a chance for us to introduce you to our next program, which will be based on children investigating their world/interests through nature and inquiry, with community and Indigenous perspectives embedded throughout using the eight ways of learning (you can also view this just inside the preschool room door).



## PRESCHOOL UPDATE

Over the past few months, the preschool room has been full of adventures!

Our 'Sustainable Preschoolers' program has kept us busy over the past few months as we explored sustainability in three different aspects: within ourselves, in our classroom, and in our community. This learning took us down many paths, such as healthy eating and trying new foods, that educators have been embedding into a more regular occurrence. An exploration into insects and birds, which simply followed the children's inquiries, discovering how they help our environment and how we help them. Campfire experiences, learning fire safety



PUT ON YOUR  
PJs AND JOIN  
THE FUN!

# PY JAMA WEEK

THIS WEEK!



BRING  
APPROPRIATE  
SHOES TOO!

OUR PY JAMA WEEK, HAS BEEN  
FUNDRAISING FOR  
THE PY JAMA FOUNDATION.

YOU CAN FIND ALL THE DETAILS ON WHAT  
YOUR DONATION CONTRIBUTES TO VIA  
THE LINK BELOW. THANK YOU FOR  
SUPPORTING OUR COMMUNITY!

[HTTPS://FUNDRAISE.THEPYJAMAFUNDAT  
ION.COM/FUNDRAISERS/HERITAGEECC](https://fundraise.thepyjamafoundation.com/fundraisers/heritageecc)





CHILDREN'S  
BOOK WEEK®

#CBCA2023

COME TO HERITAGE DRESSED AS A  
BOOK CHARACTER AND BRING ALONG  
THE BOOK TO SHARE WITH PEERS!

TUESDAY THE 22<sup>ND</sup> AND  
FRIDAY THE 25<sup>TH</sup> OF AUGUST

READ  
GROW  
Inspire



ARTWORK BY MATT OTTLEY

© 2023 THE CHILDREN'S BOOK COUNCIL OF AUSTRALIA