



DECEMBER 2022 | ISSUE 4

NEWSLETTER

HERITAGE EARLY CHILDHOOD CENTRE



Vicki & Katie's report

What a wonderful year it's been. At this time of year we are looking forward to the holidays and many exciting changes that come with the new year. The first thing that we are so excited to share with our families is that we are getting our minibus! This has been a project for many years in the making and we would like to say a big thank you to our community for participating in our survey and our committee for helping this happen. Over the year, the past and present Heritage bookkeepers, Vicki, and our Committee Treasurers have enabled us to see this big dream finally come true. Currently, the bus is about to be on order and will come in the later part of the year.

We would like to congratulate our Preschool team for a truly special graduation ceremony; as usual, there was a feeling of complete joy and barely a dry eye in the audience. It was wonderful to look around and see our departing Preschoolers having completed their first step in their education and are so ready to make that next big leap on their primary school journey. It is widely known that the first five years of a child's life are the most important as it is the most critical period for learning and growth. Many Preschoolers started their learning journey with us in the Nursery and Toddler room. So, we would like to acknowledge not only the great job our preschool team has done but also the amazing job and team effort it takes to build trust at the beginning and the meaningful partnerships we have made with families along the way.

Reviewing some of our big achievements this year, I think the Heritage team can look back and feel very proud. We really missed our connection with families during the covid safe drop-off routines, so it was wonderful to open our doors to families again after the winter season and see the excitement as children shared their beautiful play space and parents had more time to talk with educators during the pickup time.

Our programs had a great injection of the Nature Play approach, as two of our preschool educators traveled to Queensland in March to extend our outdoor programs. This made our Nature-based program even more exciting and also inspired more opportunities for children to learn with tools and fire. Across the

centre, our rooms benefited from the Nature Play approach during our walk-a-thon and family day events as we shared play ideas, used tools, natural materials for arts, and gave opportunities to make fire and cook using the fire. Our preschool children regularly helped with preparing for these events, such as helping with gardening or even wrapping potatoes for cooking on the fire.

For the educator training day this year, we invited Jessica Staines from the Koori Curriculum. Jessica really helped Heritage to look at Indigenous perspectives, looking at issues from the past and challenges of the present. Jessica also helped us to reflect on our inclusive approach and challenged us to make Australian Indigenous Culture visible in all aspects of our programs and environments. Duncan and Jakida from Wiradjuri echoes have joined us for monthly sessions (and also joined us for educator training day). Duncan and Jakida have developed a strong relationship with our preschool group and have begun building relationships with our Toddler and Nursery children. We will be continuing our relationship with them in 2023 with morning sessions so we can have even deeper relationships throughout Heritage.

Our Instagram account was also launched this year, with many snapshots of the beautiful Heritage traditions, play, and environments that are available to our community. Using this platform will hopefully be a great way to show off our wonderful Heritage and inspire others in our community (@heritageecc).

I am sure many of you are looking forward to the holidays, just a quick reminder that our last day of operation is on Thursday the 22nd of December and we re-open on Monday the 9th of January. If you are planning on taking additional days off please don't forget to let us know. This sometimes means that additional staffing isn't required or families requesting additional days can be offered these.

A big thank you again to all of our Educators and congratulations to our 2022 graduates! Don't forget to come back and visit us! Also, we wish everyone happy holidays, and a safe and happy new year 2023.

- Vicki and Katie

Committee report

The Heritage Management Committee has met to consider the annual budget and fee setting for 2023.

As the country continues to experience the cost of living pressures, the Committee aimed to develop a budget that minimised a fee increase on families, whilst investing in Heritage so that they can continue to provide exceptional service for our families.

The Committee has agreed on a \$3.50 increase from 1 February 2023, taking the daily rate to \$145.00 (an increase of 2.5% from 2022). The fee increase will allow Heritage to maintain our great ratios and provides additional funding for education programs and staff training. The committee has also budgeted for the expected rise in costs of groceries and utilities.

A significant and exciting purchase this year will be the bus. Due to Heritage's excellent financial position, the purchase of the bus and its first year of running costs will be funded entirely from the cash reserves and has not impacted the increase in fee.

We look forward to another exciting year ahead and want to thank Heritage for the excellent care they provide our children and the exceeding-rated program they deliver.

Neil Dawson

Heritage Annual Survey 2022-2023

<https://www.surveymonkey.com/r/89L6FH6>



Feb 2023 NEW email addresses:

Nursery:

nursery@heritageecc.com.au

Toddlers:

toddlers@heritageecc.com.au

Preschool:

preschoolers@heritageecc.com.au

Our old email addresses will be still active to forward emails to the new addresses!

Follow us on Instagram @heritageecc



Members area website: password

HeccANU1



Naughty or Nice:

Moving away from Negative labels and building Children's Positive Emotional Identity

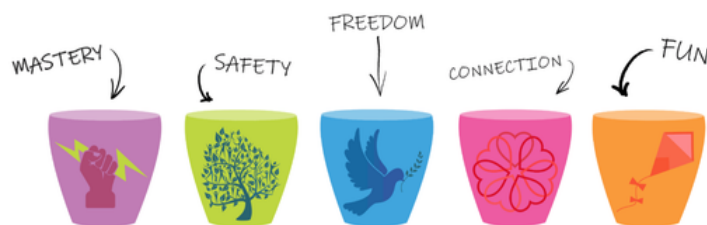
We hear those words regularly in songs and TV shows and when talking about Christmas, but this is a very outdated way of guiding children's behaviour. Throughout the early years, we all come across challenging behaviour and this can be magnified during the end-of-the-year busy period. Over the holidays we'd love to offer our Heritage families some more positive strategies to use as we spend more time with each other over the upcoming break. When we want to motivate children to make good choices, we want children to feel good based on their actions and it's our job as adults to offer support and empathy. Being careful with our reactions and being aware that sometimes a child's age/experience does not yet allow for a mature response when boundaries are being set or when there are changes to their routine. Children can sometimes make mistakes (just like adults) and we need to give them insight into their emotions and tools of how to self-regulate (maybe not straight away) but in the not-too-distant future. This is where discussing and acknowledging a child's feelings by using "say what you see, ask a question" (Phoenix cups approach) can give an opportunity to teach a child, help them to be aware of their feelings and offer them a positive choice.

Using the rewards and punishment approach is something that was proven to work well with animals rather than humans (Pavlov). This is something that can be an attractive quick fix, but in the long run, it can shut down communication and turn children's motivation towards rewards rather than being proud of the action itself. Many of us were parented in this way growing up, but that doesn't necessarily mean it is ok, with studies favouring the guidance approach rather than rewards and punishment. We, as adults, need to share our calm and see these moments as teachable and a way to support children instead of shutting down behaviour and damaging our relationships by losing our patience or using threats.

Building a positive identity is something we want for all children, and adults can help guide more positive conversations around behaviour. Instead of labelling with negative words like naughty. It is better to tie what you see to feelings.... "I can see you are feeling: brave, thoughtful, kind, peaceful, energetic, sad, angry, tired, and scared". The "say what you see, ask a question" approach allows you to acknowledge the feeling or behaviour you are seeing and suggest a more appropriate option.

This option is a regular way of guiding behaviour at Heritage and is supported by the Phoenix cups approach and Dr. Louise Porter. If you like the idea of filling your parenting toolbox with more positive strategies and would like more information about this, you can go to the website, or please feel free to contact the office. This information can help you see your child's reasons for behaviour more clearly and have a more successful approach.

<https://www.phoenixcups.com.au/about>



End-of-year closure dates:

close of business-

Thursday 22 December 2022

re-open-

Monday 9 January 2023

Congratulations Hannah J



Recently, Hannah J generously donated her hair to 'Wigs4Kids' - Kids with Cancer, as well as fundraising over \$1,000. All money raised has gone to financially help kids battling cancer and their families.

Thank you to our Heritage community for donating to this cause and helping Hannah to get to her goal. Well done Hannah!

<https://fundraise.kidswithcancer.org.au/fundraisers/hannahjames/wigs-4-kids>



Kids with Cancer
Wigs4Kids



Wishing all our families happy & safe holidays

