



Director's report



It has been a rough road the Heritage community has been on and have to overcome in the past few months with ongoing maintenance of the deteriorating lead paint around the building. Thankfully, all blood testing of children and educators have come back clear of lead poisoning. Please remember to bring in any medical receipts that you may have incurred for a refund by ANU. The paint on the outside of the building is now in much better condition, and we hope to have the paint on the inside of the building commence soon.

The lead paint issue has not dulled the Heritage spirit, and we had a wonderful turn up to support our Fit-a-thon day with parents, grandparents, siblings and ex Heritage children all turning up for the occasion and many participating in the afternoon activity. We raised \$1007.50, which will go towards improving our outside area. The prominence of fitness is fun lives on.

During the last school term, we launched the new Heritage website (www.anu.edu.au/childcare/heritage), which captures our philosophy, the way we approach our teaching programming, and the learning through nature emphasis which we encourage the children to participate in. For those who have not visited the website, I encourage you to do so as you will find some very interesting reading, such as the Resilient Families' newsletters, which are a great reference for the stress families can face from time to time. There is also a secure members' area for Heritage families only, with a pass word that will be emailed out with this newsletter. This area will have weekly day books for each room uploaded, so all parents can see the wonderful activities happening throughout the centre, as well as the Heritage policies book, Heritage handbook, and other useful information. Our website was created by Julia Charters, our lovely policy amender, and if you would like to give us any feedback it would be very welcomed.

A few health reminders: please keep sick children home and inform us as early as possible of the reason your child is sick; wash your and your child's hands or use the sanitiser on entry to help minimise winter bugs from entering the centre. A warm coat and a beanie (snug hat) are a must for Canberra's cold winters.

Thank you for your ongoing support.

Vicki McDonald

What's happening at Heritage?



- **Boot camp** with Alicia Every Monday at 5pm to 5:30pm
- **Committee Meeting** on second Tuesday of every month at 5pm to 5:45pm
- **PYJAMA Day** on Friday 28th of July / Gold Coin Donation at entrance to **CanTeen** (www.canteen.org.au)
- **Science week** will be 14 -18 August: A week of fun discoveries
- **Children's Book Week** will be 21 - 25 August: On Wednesday 23rd of August come dressed as your favourite book character and bring the book to share with your friends at Heritage

Report from Educational leader



Juggling our busy lives can sometimes mean it's very hard to stop and think about relaxing, what fuel we put into our bodies and our personal goals. But after our recent training day the educators and I are feeling inspired and equally relaxed, with simple tools to make positive change for ourselves. This type of self-awareness and reflection is very important, especially since evidence suggests that having a better balance means less sick days, happier/healthier people and possibly a longer life, with less chance of cancer and chronic illness.

So what did this workshop include? Starting the day was two yoga sessions! The first (a voluntary power yoga class at 6am which Heritage had the best attendance!) and the second, a relaxing yin yoga session.

This was followed with a presentation by nutritionist Kate Freeman, then putting these simple strategies into practice with lots of healthy choices for lunch, (experiential lunch). One simple strategy everyone can connect with is filling at least half your plate with a range of colourful veggies. It's as easy as that! As a result I've noticed a few changes already. The staff room fridge is bursting with healthy salads and whole foods. We also had a bowl full of mandarins devoured before a batch of biscuits.

The final part of the day consisted of steps to achieve mindful meditation, gratitude and listing the values and feelings we hold most important. These values/feelings were then factored into vision boards relating to how to make our own template for wellness, whilst also thinking about achievable short term and long term goals. Since this session, there has been a bit of a buzz happening in our staff room with educators comparing meditation apps and talking about how they are already achieving their short term goals. What a fantastic way to think positively and get out of a rut.

Moving onto our June summaries. I hope you all enjoyed the recent catch up during the parent teacher meetings. It seems like common sense, but The Early Years Learning Framework states that working in partnership with families can help to ensure the best outcomes for children and this is one of the opportunities you get to make a reciprocal contribution to your child's goals. So, please return your feedback to the educators by the 28th July (via your room's email is best). We really appreciate your help with this so we can work collaboratively together.

Some food for thought. Go to www.healthyeatinghub.com.au for great meal ideas.

Research has found that when people wrote down three things each day that they were grateful for, after 21 days their brain started to scan for more positive things. Research by Emmons & McCullough '03
Guided meditation apps: Headspace, Smiling Mind, Calm.
Sound Cloud: Guided Mindfulness tracks 3min, 10min – Search 'thinkoutloud'.

Need more help- GP Care Plan – Speak to a doctor (GP) to give you a referral to a psychologist and Medicare will rebate a significant proportion of your fee.

That's all from me today! I hope you're inspired to get out there and feel great, we are already seeing the benefits after only one week.

Katie Pickering



Update from Chairperson

Wow, where has the year gone – halfway through already!

One of the highlights for me from last term was the annual fit-a-thon. I love this event and I get the impression that the kids love it too! Congratulations to all staff and parents who contributed to a very successful event. And congratulations most of all to the children who took part! You all did a fantastic job.

Another major event of last term was the lead contamination discovery. I would like to thank all parents for their patience and understanding as we worked through the issues. As you will have seen Facilities and Services have been undertaking remediation work to resolve the issues; you can find out more in the weekly emails from F&S on the ongoing works. It was very reassuring to learn that there were no positive blood test results. If you have any further questions about the issue, please contact myself or Vicki, we're more than happy to help.

Term 3 looks like it will be just as adventure filled as the start of the year. Do look out for the fundraising Freddo's coming soon, and for other social activities around the centre.

Don't forget that the Management Committee meets on the second Tuesday of the month at 5pm in the Staff Room and is open to all parents. Alternatively, if you have anything you wish to raise or suggestions for activities/fundraising, feel free to get in touch or leave a suggestion in the committee pigeon hole.

Bec



Library Happenings

It is always lovely to see how enthusiastic the Children are when asked if they would like to go to the Library ☺ Sometimes it is to hear a story, others it becomes a storytelling session by the children themselves as they often recall instances they can relate to in the story that may have occurred at home, or on holidays. These stories from the children become the best sessions as they can be informative, imaginative, and more often than not, amusing. I try and recall and take notes from as many stories as I can in these groups, and we may even put out a book quoting the many funny and informative stories the children contribute. We have built upon our Library resources immensely over the past 2 years, and there are now some wonderful resources to assist Educators study and programming. There are props, books, puzzles, CD's and puppets. Puppets are a very imaginative way to tell stories and catch the attention of the children. Children also tend to become involved more when they can contribute with props. There are wonderful books to assist us to manage our programs and plan for future ideas. The Library is a nice quiet area to take the children, giving them some personal space in small groups.

The Pre Schoolers have continued to borrow books and take home. I hope you enjoy reading the books to your child as much as they enjoy hearing them. Literacy is such an important part of Life. Even as adults.

Meg

Aboriginal Education at Heritage



THUNDER STONE visits Heritage Preschool every month (started from 21st Apr) and shares Aboriginal culture in various ways.

APRIL

Ronnie returned for the first time this year as part of the Thunderstone Aboriginal culture sessions. Along with very enthusiastic pre schoolers Ronnie made feather dresses and armbands, and taught some animal dances to the children including an emu (Ngunawal word: erung), kangaroo (beroo) and goanna. The preschoolers took turns using the clapping sticks and danced around the room as their favourite animal.



MAY

Tyronne read the preschoolers a Dreamtime story describing how white swans came to be, which was written by his father, Don Bell. Tyronne demonstrated how to throw a boomerang and the preschoolers then had a turn. Tyronne also explained how black wattle leaves can be crushed and mixed with water to create soap. The preschoolers collected several leaves each and gave it a go. Sofia R and Clyde continued on well after Tyronne had left making soap in their hands



JUNE

Glen shared the Ngunawal names for many birds including kookaburra, eagle hawk, cockatoo, crow and also the sun and the moon. Glen also taught the preschoolers the Ngunawal words for welcome /yumulundi/, hello /yetu tunga/ and thank you /jan imba/. Glen's story told of how the yellow crest or crown of the cockatoo and its loud call signaled to the other animals that the sun is up when it's a cloudy day when the animals might not be able to see the sun.



JULY

Tyronne showed a number of stone tools and then artifacts to the preschoolers. He explained how tools such as an axe is used to break down and grind wattle seeds into flour and how a donut shaped artifact is used for fire. Tyronne talked about different coloured ochre and what they are for. He said white ochre is for spiritual times, red ochre has iron ore in it and is for women and the golden ochre, which was used today, was for general use. Tyronne also mentioned how brown snakes are believed to guard sacred aboriginal sites.



Date	Contents
April	Traditional Game
May	Dreamline Story and Colouring In
June	Ngunawal Language
July	Artefacts and Ochre
August	Traditional Doll and Animal Making
September	Bush tucker and Medicine

Anthony and Molly visit



Anthony Semann was the catalyst for our recent changes in documentation. It's been a huge journey and we are really proud of how the educators have embraced these changes. We invited Anthony and his colleague Molly to come and see what we are doing and perhaps give some constructive criticism? It was a really positive experience and this was Molly's social media post shortly after. We even got a comment from the famous Claire Warden who is a pioneer in early childhood curriculum and outdoor programs.



Well done Heritage Early Childhood Centre, Canberra. Some of the Heritage EC team attended Down to Earth's professional development and learning in November 2016, with Anthony Semann as guest speaker on 'Documentation Swim before you Sink'. In June 2017, they attended the very popular 'Documentation CPR' session with Down to Earth's very own, Molly Rhodin.

Today, Anthony and Molly visited Heritage EC.

Congratulations on your inspirational journey with documentation. It was such a delight to see, hear and feel quality curriculum.

Anthony Semann commented: such an inspiring centre, with the most amazing spaces for children and relationships which are stunning. It was such a pleasure to visit and spend time with the staff. Well done to all

Claire Helen Warden Commented: Well done to all. So great to hear stories of celebration.

- **Anthony Semann**: He is one of the Directors and founders at Semann & Slattery. He has an exceptional capacity to challenge organisations and people to reflect on how their approaches to communication, leadership, diversity, values, relationships and workplace culture affect their services, businesses and ultimately the community.
- **Clair Helen Warden**: She is an educational consultant who has developed her approach to nature pedagogy and experiential learning through a variety of experiences. She is an author of many books and materials relating to early years methodology.
- **Molly Rhodin**: Molly is a coach, a leader, a thinker, a super-creative teacher and a mentor to many in early childhood education for almost 30 years.

Heritage New Website

Heritage Early Childhood Centre

HOME ABOUT PROGRAMS ENROLMENT NEWS CONTACT MEMBERS



www.anu.edu.au/childcare/heritage
Or www.heritageecc.com.au

Enrolling for waiting list



REGISTER

LOGIN

If you or a friend would like to enrol a child on the Heritage waiting list, please visit this website. www.childcareapplication.com

Heritage Committee 2017

Chairperson	Rebecca Doolan (contact through her pigeon hole #61)
Deputy Chairperson	Fleur De Crespigny
Treasurer	Emily Hurley
Deputy Treasurer	Annie O'Connor
Secretary	Ian Cockburn
Public Officer	Katherine Carroll
Human Resources	Aliya Steed
Social and Cultural / Fundraiser Officer	Emma Lipton Stevie Wright Meghan Miller
Grants Officer	Vacancy

Hair Donation from Eranga and Katie



Katie and Eranga recently had their long hair cut @ Hair & Make up Artistry by Nicole, to support children with cancer and/or illness who require wigs (Locks of love www.locksoflove.org / Pantene beautiful length www.leukaemia.org.au). We will be continuing our ongoing support for children in need of extra special care, and this will include our PYJAMA DAY on Friday 28th of July. So, send your children into Heritage in their jammies, or pack them in their bag, for a fun relaxed Jim-jam day. Raised money will go to **CanTeen** (www.canteen.org.au) A Gold coin donation towards this wonderful cause can be made at the front entrance on the day and will be greatly appreciated.





One-third of pre-schoolers own smartphones

By: [AAP](#) in [News](#), [Top Stories](#) June 21, 2017

It appears owning a smartphone or tablet is the new normal for Australian children, raising serious health concerns among paediatricians.

The latest Australian Child Health Poll shows one-third of pre-schoolers and two-thirds of primary school-aged children own such devices, and 50 per cent of them are using them unsupervised.

Paediatrician Dr Anthea Rhodes, director of the national poll, says knowing so many very young children are spending too much time on devices is a “worrying” trend. Dr Rhodes says there is very little evidence to support the idea a smartphone or tablet boosts a toddler’s development.

But there is plenty of evidence linking excessive use to health problems.

“Particularly with sleep difficulties, problems related to unhealthy weight gain and then difficulties with social and emotional wellbeing,” Rhodes said.

One of the poll’s most significant findings, was that almost half of children regularly used screen-based devices at bedtime, with one-in-four reporting sleep problems as a result.

Two-thirds of families reported family conflict relating to screen time use and 85 per cent of parents admitted using screens to occupy kids in order to get things done.

The poll also identified a link between parents’ screen use and their children’s use of screens.

“Basically, a parent who has high levels of screen use is more likely to have a child with high levels of use. Three quarters of parents of children under six also said they do not put time limits on screen use,” said Rhodes.

Of any age group, teens spend the most amount of time on a screen-based device at home. They average almost 44 hours of use per week: that’s more time spent for the average full time job. Teenagers using screens routinely at bedtime were also more likely to report bullying via social media.

As a paediatrician at The Royal Children’s Hospital Melbourne, Rhodes increasingly sees the consequences of such excessive screen and media use in children. She says physical playtime and face-to-face contact is critical for a young child’s brain and body development.

“Every hour a child spends engaged by themselves on a device like that is an hour they’re not doing something like being physically active or having face-to-face play and social interaction.”



Research Feature: Spoken vocabulary helps when reading new words for the first time

CCD Reading Program research provides the first evidence towards understanding how oral vocabulary and learning to read are linked in children.

Children find it easier to spell a word when they've already heard it spoken,

a new study led by CCD Reading Program researchers has found. The findings are the first to provide evidence about how oral vocabulary in children is linked to their ability to learn to read new words.

"We found that when children have heard a new word spoken, and know how it is pronounced and what it means, they are then able to process this word with more speed when they have to read it for the first time," explained [Signy Wegener](#), lead researcher of the study.

The results, which are published in the journal *Developmental Science*, found that children benefit the most from oral familiarity with a word when it sounds the way it is spelled, indicating that predictability of the spelling of a word is an important factor in the process.

"The findings indicate that when children get to the stage where they "read" spoken words for the first time, they have already formed expectations about how the written form of these words should look, even before seeing them in print," explained Ms Wegener.

The researchers assessed the reading abilities of 36 children aged 9 to 10 - an age at which children are expected to have a well-developed knowledge of the mappings between sounds and letters - by tracking their eye movements when they first read a new word. They found that children with prior experience with this new word in oral form spent less time gazing at it in print, indicating that they found it easier to read compared to children who had not heard the word spoken before.

"While it is understood that reading is good for language acquisition in children, the link between how reading and talking to your child helps them identify the spelling of new words has been difficult to uncover. The results certainly add weight to the fact that reading to your kids helps their language development in an array of different ways, including helping them learn to read themselves," said [CCD Reading Program Leader Distinguished Professor Anne Castles](#).

"These findings also support the addition of oral vocabulary instruction in the classroom when it comes to teaching our kids how to spell," Ms Wegener concluded.

A video abstract of this article can be viewed at: <https://youtu.be/jvpJwpKMM3E>.

Full Publication: Wegener, S., Wang, H.-C., de Lissa, P., Robidoux, S., Nation, K., & Castles, A. (2017) Children reading spoken words: interactions between vocabulary and orthographic expectancy. *Developmental Science*, 00:e12577.

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