



Director's report



Sadly, the time at Heritage for many families is starting to come to an end. This year is finishing as busy as it started with a few social events coming up and a parent /teacher chat planned to happen over the next month. We also have the winding up of the chocolate fundraiser and the final fundraiser of the year happening "The Mango Drive".

We have planned this newsletter to reflect on the changes made this year to Heritage's Program style and documentation. This has been the focus of our Quality Improvement Plan for 2017 and the hard work by all educators has contributed to the successful transformation of a more open and creative program style.

In 2018 Children Service's programming frame work, the Early Years Learning Framework (EYLF), is merging certain outcomes and reducing the number of elements. There is also changes in the regulations, mainly in the notification of incidents. The new regulations and the revised EYLF are on our web site in the member's area if you would like to have a read through.

For those children attending school for the first time there is a government web site to check out on transitioning to primary schooling. It is probably worth a look but that has been the emphasis of the program in the Preschool Room throughout the year. www.children.act.gov.au or you can pick up a copy at your local library.

Building a strong community is very important to Heritage and this year we have worked closely with the Environmental garden's people building a good relationship with the organisers and the people with additional needs who give their time there. We have also got to know people and business owners around the campus and enjoy the lunchtime visits to restaurants in the area. This helps us feel like we really belong here and are a part of the ANU community, but next year we wish to take the community spirt a little further. We are looking into ways of helping out in our community and are open for suggestions. If you can think of how we could help someone or in some area, please chat to your room leader or myself.

AUSTRALIAN SUMMER = HIGH UV RAYS/LEVELS = SUNBURN = SKIN CANCER

Please apply sunblock to your child on drop off and remember to wear light long sleeves for protection. Sunglasses are also recommended and the Heritage hat should always be at Heritage for your child to wear.

Thank you.

Vicki McDonald



With a new approach taken for programming and documentation, we have challenged our educators to rethink their programming style in regards to the children's development and learning. In this newsletter I would like to thank our educators for their huge efforts and reflect on the outcomes that have been achieved.

In the Nursery, we've seen changes in their environments over the past few months, particularly after the visit from Anthony Semann in July. I am really impressed to see how well the nursery team have worked together, utilizing strengths within the team such as Nicole's amazing interior design skills. They have made decisions about their play space to ensure it's inviting, calm, and practical, whilst giving heed to the children's rights for independence, privacy and choice.

The nursery educators have been taking their babies and older toddlers for walks, out of their room to support transitions and also venturing out and about on ANU alongside toddler excursions. This shows just how responsive they are to the various abilities within the room, from very small babies to the energetic toddlers that are ready for action. It takes a great team, communication and flexible routines to achieve this. Our new approach to programming has helped to support small group learning and a more child focused environment. I applaud the nursery for their ever improving teaching strategies and acceptance for change.



The toddler room are also utilizing the beautiful outdoors as part of their teaching strategies. This is a challenge within a room which has a large amount of routine to grapple with. I really commend the great team work and energetic approach to make this happen, no matter what the morning routine presents to them.

One of the many benefits we have noticed, is our toddlers have become little adventurers, with educators encouraging the children to take measured risks and go further than they have ever attempted.

This encourages learning about their surroundings and local landmarks, animals, and developing understanding of the seasons. With excursions happening more regularly, the children have become more aware of road safety, listening and responding to educators while they are out and about. Interest in nature has nurtured an even greater interest in gardening, thanks to Kirsty's green thumb and family connections to a plant nursery (obviously this skill runs in the family). The area is beginning to blossom with different types of edible plants, flowers and succulents. We have a newly purchased mini green house, and it's great to see the plants are thriving (instead of being killed with kindness). Soon our children should be able to harvest their first batches of snow peas and sprouts and many more yummy things.

Over the last couple of years the preschool have also embraced the Forest School theory. This year they have gone further than before, using public transport and the available mini bus, to visit The Arboretum, Canberra Zoo, The Botanic Gardens, Tidbinbilla, Black Mountain Peninsular and our Annual Floriade excursion. Nothing is too difficult for this amazing team and their wonderful, mature preschoolers! Other excursions have strengthened the children's relationships with community members as they frequent the local cafés (particularly charming The Vanilla Bean Café owner and getting freebies). Preschoolers also locate nearby sculptures, visit the ANU art building, and have explored a yurt located on campus.





Preschoolers are developing an understanding of their place in the world as they research culture, look at world maps, and use compasses to get their bearings. Researching some of these related topics using the smart board has also had the added benefit of extending the preschoolers early literacy. Ryan and Alicia have incorporated their University learnings to develop children's pre writing skills, this has evolved quickly into the desire to do real writing, recognizing and putting letters together (without the use of the dreaded stencil!). Interest in maps and different cultures has generated meaningful knowledge about their world and has encouraged educators and families to get involved with sharing.

Educators have included a wide range of research, including music, language and cooking. This has allowed children to experience the sights, smells, tastes and sounds of these countries which goes far beyond tokenism. A particular thankyou to Hien and Preet, and as always, Sabi, who shares her vast knowledge throughout the centre. Sabi has contributed many special moments throughout her time at Heritage teaching Nepalese culture, and sharing her amazing talents singing, dancing, and during celebrations. As we discuss culture, I would like to take a moment to commend Tina, our wonderful preschool educator, who has taken her teaching to another level this year. Our preschoolers are not only learning a huge Chinese vocabulary, but have even begun to read Mandarin characters!

Sustainability is being led by our preschool educator Preet, who created a system of recycling within the preschool room, which in turn extended to the whole centre which has helped strengthen our ties with the ANU community garden. We are now hearing babies use the word "compost". Educators have made sustainable habits part of routine across the centre! The ANU community garden has extended our children's awareness of inclusion as they work alongside and interact with gardeners with special needs.

Transition prep for each room has been better than ever this year, with our children gaining positive experiences as they spend more time within their future rooms. How will the transitions go next year? Each child is different, but we feel we have equipped them as best we can and we'd love feedback from you when it eventuates at the end of 2017 and beginning of 2018.

Finally to Vicki and our room leaders Chintha, Ryan and Kate. You are the glue that holds Heritage together. You guys are the best team, bringing your own amazing skills that have really helped our educators to grow and flourish!

Many of these fantastic achievements will be visible in our 2017 Heritage Year book. It is the first time we have tried this and it will hopefully be available at the end of the year (instead of portfolios). We hope that it will help capture and encompass your child's year at Heritage.

Katie Pickering



Report from Chair person



Term 4 already!

How great is it that the weather is starting to warm up! It's great to see the day books featuring the children playing in the water and growing things in the gardens.

The Committee has been kept busy with approving policies, resolving waste issues and the ongoing maintenance and restoration work. The maintenance work following the lead discovery is tracking along well, and the centre is looking great. It won't be long until it is all finished. I would like to thank the Committee for the attention and perseverance as we have worked through these challenges.

Term 4 is a busy time socially at the centre. First up we have the Halloween Disco, I look forward to seeing you all there with the children in their costumes. Don't forget to sign up to help make the event a success.

Then we will have the Christmas Party to round out the year. I'm especially looking forward to the Pre-school graduation. The success of this event comes from everyone being involved and helping out, so please keep an eye out for the sign up sheets to be involved.

We're also on the look out for events and activities for parents to be involved in. I have some ideas, but I would love to hear yours... BBQs, movie night, working bees. The family and community atmosphere at Heritage is fantastic, but we are always looking for new ways to engage and interact. Watch out for more details on how you can have your say soon!

Until next time,

Bec Doolan



Remembering Aiden Bellingham

A condolences book will be available in the office for families wishing to remember Aiden and support Meg and her family at this difficult time. A celebration of Aiden's contribution to Heritage is being planned, details will be available soon.

What's happening at Heritage?



- **Boot camp** with Alicia: Restart soon. Please stay tuned.
- **Committee Meeting** on second Tuesday of every month at 5pm to 5:45pm
- **Children's Week 2017**: 21st to 29th October / <http://www.actchildrensweek.com.au> / Check the program of events on the website
- **Mango Fundraiser**: Order Due (Friday 27th October)
- **Halloween Disco Party**: Friday 27th October / \$5 person + \$20 family / Come with your favourite costume on
- **Heritage Graduation and Christmas Party**: Saturday 9th December / Bring a dish to share
- **Heritage Closes on Friday 22nd of December and reopens on Monday 8th of January**

Aboriginal Education at Heritage



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



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.



AUGUST

Ronnie, one of our Thunderstone friends came to teach our preschoolers about the Aboriginal dreamtime story of the Bogon moth this afternoon. Later the children looked at different grass weaved baskets and what they were used for. The preschoolers love having visits from the Thunderstone Clan.



SEPTEMBER

Tyronne talked to the preschoolers about bush tucker and how some native plants can be used for food and to make instruments and other items such as fish traps, nets and baskets. The children learnt that a purple flower can be used as a dye and the stem can be used to make rope because of its strength. Leaves from another plant can be used to treat toothaches and for calming an upset stomach. Seeds from wattle trees can be ground up and used as flour to make damper. Tyronne also brought his mini drone which his children named Kevin. Kevin flew up into the sky and took some photos of the preschoolers.



Date	Contents
July	Artefacts and Ochre
August	Traditional Doll and Animal Making
September	Bush Tucker and Medicine
October	Ngunawal Language
November	Didgeridoo / Clap Sticks Playing & Decorating
December	Art Activity

New Heritage 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



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	Vacancy
Social and Cultural / Fundraiser Officer	Emma Lipton Stevie Wright Meghan Miller
Grants Officer	Vacancy

It's Heritage ECC
mango
fundraising time
again!



Mangoes can be purchased by the tray for only \$26.

Please direct deposit your mango money to: **HECC Fundraising**

BSB: 062 903 Acc No: 1037 0080
(make sure you put your name in reference)

Orders and payment must be made by **Friday 27th October.**



HERITAGE HALLOWEEN DISCO PARTY 2017

Happy Halloween

FRIDAY 27TH OCTOBER
5PM TO 7PM

\$5 PER PERSON / \$20 PER FAMILY
SAUSAGE SIZZLES
GLOW STICKS

PLEASE COME WITH YOUR FAVOURITE COSTUME ON



Breastfeeding: What do I eat?

By Michelle Bulman on October 11, 2017 in Quick Healthy Tips, Toddlers and Children

Trying to balance a healthy diet with the demands of a breastfeeding baby can be challenging to say the least. Often, one of the first things to go are your own regular eating patterns. You may find yourself reaching for anything that is quick and easy (did someone say chocolate?) while you navigate this new challenge with a level of sleep deprivation that you previously couldn't even imagine was possible.

What should you be eating?

The Australian Guide to Healthy Eating recommends: 7.5 serves of vegetables / 2 serves of fruit / 2.5 serves of meat or meat alternatives / 9 serves of grains / 2.5 serves of dairy / 2.5 serves of additional foods (these can from the other food groups or discretionary foods)

It is really important to have a healthy balanced diet while breastfeeding because your daily requirements for most micronutrients are greater than before. Ensuring that you meet these requirements will help to maximise your energy levels as much as possible. Sleep deprivation can only really be solved with sleep and very few new mums get enough of that!. It will also keep what feels like an insatiable hunger at bay.

A balance of protein, carbohydrates and healthy fats at each main meal will ensure that you are getting the energy you need to get you through the day (and night). Plenty of fresh vegetables, fruit and wholegrains will ensure that you are getting enough fibre which can help you feel fuller for longer. Making sure that snacks are nutrient dense options, like fruit & yoghurt or a wholegrain slice of toast with avocado, will also help you meet your nutritional requirements and satisfy your hunger better than chips, lollies or chocolate would (as tempting as those may sound).

What shouldn't you be eating?

There are some herbal teas and supplements that should be avoided while breastfeeding due to possible adverse effects. You should always read the labels and if in doubt, check with your local pharmacist.

Alcohol: Alcohol is another one to avoid when breastfeeding. The alcohol from your drink passes into breastmilk, and it takes approximately 2-3 hours for each standard drink to clear from breastmilk. If you are going to have a drink, consider expressing some milk beforehand, or ensuring that there is enough time for the alcohol to clear your system before your baby's next feed.

Excessive caffeine: The good news is that it is ok to have some caffeine. The recommendation is a limit of 300mg/day, which is approximately 3 cups of coffee. Studies have found that at this level of intake there are no adverse effects on the newborn infant. There is some evidence that drinking more than the recommendation may result in irritability and insomnia in a baby.

Are there certain foods that cause colic?

There is conflicting evidence as to whether maternal diet contributes to infant colic. Some studies have shown that eliminating common allergenic foods such as dairy, eggs, nuts, wheat and soy can help reduce symptoms in very young babies. Cow's milk protein allergy can also be responsible for reflux. It is estimated to be the underlying cause of up to 40% of reflux in infants and children. Other studies have implicated FODMAPs and food chemicals such as salicylates, amines and glutamates as potentially causing symptoms in some young infants when eaten by a breastfeeding mother.

If you think a food intolerance is possibly an issue for your infant it is best to undertake any elimination diets with a skilled dietitian so that they can ensure that your nutritional needs are still being met.

If you need some help getting back to healthy eating post-baby, contact the Healthy Eating Hub to make an appointment with [Michelle](#). She has both the knowledge and first hand experience to help you find practical solutions that will work for both you and bub