

## HERITAGE EARLY CHILDHOOD CENTRE

## NEWSLETTER

## ART NIGHT



What an amazing Art Night! In August Heritage was transformed into an art gallery for one special evening. Families got together to look at our children's beautiful works of art. Big thanks to the families that prepared and shared yummy soup. It was a great chance to catch up with friends and get to know other families from the Heritage community. An additional thankyou to the parents who participated in the art auction and the highest bidders, we hope that the artworks bring good memories and brighten up your home. We were able to raise over \$1000 and purchased some musical instruments with the funds.

## PYJAMA DAY



What a cozy day we had! The children came with their PJs and snuggled up for the day. Pancakes and waffles were cooked for morning tea, and lots of fun activities happened

throughout the day including cooking, reading, playing musical instruments and even nature walks. We also raised money for Aussie farmers for the drought. We raised \$351.60 and handed over to farmers through the drought relief fund.

## SCIENCE Week



Cool scientific experiments happened throughout the week. We hoped to encourage children's interest in science and to be fascinated by the world we live in.

## BOOK WEEK



Every year Heritage celebrates Book Week. We asked our children to dress as their favourite characters and share their favourite book with peers. We had many book

characters throughout our Book Week at Heritage. We are proud that these experiences help to enrich and nurture their literacy and creativity.

## FATHERS' DAY



It rained outside, so we held our Fathers' Day celebration in the toddler room. It was lovely to see some grandparents come along too.

Hope you had a wonderful Fathers' day with Heritage families.

## KEY DATES

## Committee Meeting

Second Tuesday of every month at 5pm to 5:45pm

## Mango Fundraising Due

Friday 26<sup>th</sup> of Oct 2018

## Halloween Disco Party

Wednesday 31<sup>st</sup> of Oct 2018

## Heritage Graduation &amp; Christmas Party

Saturday 8<sup>th</sup> of Dec 2018

## Parents &amp; Teacher Interview

In November 2018

## Report from Director

Over the last few months, we have seen much learning and development happening at Heritage. The parent/teacher meetings were very well supported, and for those parents that were unable to make it, there will be another opportunity during the fourth term. We had some wonderful feedback from the Art Night, and many thanks were expressed to the educators from families for the beautifully respectful way the children's art was displayed. AND WHAT ABOUT THE SOUP.... A big thanks to all those who supplied soups and slow cookers. It all helped to make for a very successful and enjoyable night.

During the third term, we said goodbye to Eddie, our handyman. ANU has cut that position and has opted to help the centres out with maintenance. However, they will not want to know about the wheels that fall off the toy cars or the wooden toy that has come apart so we are looking for a parent who would be willing to help with a bit of repair work for Heritage.

Over the last term, the educators have been expressing gratitude to the children and amongst themselves. We had many good times, some laughs and a few surprises at the small things you do that others appreciate. With the children, we tell them that we appreciate the kindness or helpful act they did but with the educators, we jot down a note and drop it into a jar, which we share at staff meetings. We have now extended it to the families by putting a jar, notepad and pen near the sign in and out the computer. You may wish to express your thanks to another parent, child or educator by dropping a note in the jar. Expressing gratitude is a great feeling for those who express it and receive it.

Term four is always a busy term with our dress up disco, end of year activities, parent/teacher meetings, the popular Mango fundraiser drive and the production of the 2018 Year Book. We are looking forward to enjoying this term with you and creating lifelong memories for our children.

Vicki

## Report from the Chairperson

It was great to see so many families at Art Night! It is such a great event for the centre, thank you all for supporting it. And, congratulations to all the children for their magnificent art works.

The Committee has been busy working away ensuring the policies are all up to date. Recently we have approved 4 policies, and updated the Heritage mission statement to reflect our commitment to Reconciliation. You can find all the policies, including ones currently for review, in the members section of the Heritage website ([www.heritageecc.com.au](http://www.heritageecc.com.au)). And, if you would like to review or have comments on any of the policies, please send your comments through to Vicki for the Committee to consider.

The next social event on the calendar is the Halloween Disco. This is a great opportunity for the children to show off their dance moves and for the parents to catch up. Look forward to seeing you there.

Bec

## CONTACT US

### Heritage Website



<https://www.heritageecc.com.au>

Please check your member section to find Heritage Newsletters, Resilient Family issues, Heritage Yearbook 2017, and Policies and Procedures.

Contact us via..

#### **Office**

[hecc@anu.edu.au](mailto:hecc@anu.edu.au)

6249 8851

ANU Internal Phone: 52976

#### **Preschool Room**

6125 2485

[heccpreschool@gmail.com](mailto:heccpreschool@gmail.com)

#### **Toddler Room**

6249 8851

[toddlers.hecc@gmail.com](mailto:toddlers.hecc@gmail.com)

#### **Nursery Room**

6125 3856

[hecc.nursery@gmail.com](mailto:hecc.nursery@gmail.com)

### Heritage Waiting list



<https://www.childcareapplication.com>

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



# THE COMMITTEE

**2018**

## **The Chairperson**

Rebecca Doolan

Please contact the chairperson via her pigeon hole #61 or email [doolan@outlook.com](mailto:doolan@outlook.com)

## **Deputy Chairperson**

Fleur De Crespigny

## **Treasurer**

Emily Hurley

## **Deputy Treasurer**

Annie O'Connor

## **Secretary**

Danielle Venn

## **Public Officer**

Katherine Carroll

## **Human Resources**

Brendan Taylor

## **Social, Cultural and Fundraising officer**

Meghan Miller  
Stevie Wright  
Colin Wiltshire

## **Grants Officer**

**Vacancy**

You are welcome to join our committee meeting on the second Tuesday of every month at staff room.

# Farewell letter to families



**We will miss you!**

It is with great sadness to inform you all that I will be leaving Heritage. I will be moving to a new centre to further my knowledge and learning with preschool age children. In the future I hope to work at a primary school and hopefully this new chapter will provide me the chance to further my learning.

I have been working at Heritage since I was eighteen years old and this October is my fifth year working at Heritage. I have had the pleasure of working in all rooms, though I have spent most of my time in the Nursery. This was not an easy decision to make as I have built amazing relationships with everyone including the children. To the Nursery team I just want to thank you for all of your support and the many laughs, you are all incredible and I will forever cherish the memories we've shared together.

Thank you to Vicki and all educators at Heritage for the many opportunities that have aided my growth and development. You are all amazing educators and it's been a privilege to work with you, I can't wait to hear about all of your achievements in the future. Heritage has become a second family and I have learnt so much in the last five years. Thank you to all the lovely families which I have built amazing relationships with and thank you for letting me be part of your child's growth and learning at Heritage. I wish you all the best in the future and hopefully I will see everyone again soon.

This is not goodbye but see you soon.  
Nicole

## Mango Fundraising

### **It's Heritage Mango Fundraising time again!**



Mangoes can be purchased by the tray for only \$26.  
Please direct deposit your mango money to HECC Fundraising  
Account: BSB 062 093 / Acc 1037 0080  
(make sure you put your name in reference)

Orders and payment must be made by Friday 26<sup>th</sup> of October 2018.



**Herbicide Free / Supporting Australian Farmers**

# REPORT from EDUCATIONAL LEADER



RECONCILIATION ACTION PLANS

NARRAGUNNAWALI

INDIGENOUS GOVERNANCE PROGRAM

NATIONAL RECONCILIATION WEEK

WHAT IS RECONCILIATION?

SHARE OUR PRIDE

CALENDAR

## Reconciliation Action Plans

- Provide a framework for organisations to realise their vision for reconciliation.

***Our Vision for reconciliation is to look forward to a day where all Australians celebrate the longstanding and continuing contributions of the First Australians to our nation's shared history and identity. It is important that we, as a country, recognise our true histories and past, present and continuing cultures.***

***We acknowledge that it's a child's right to learn about this land, the Traditional Owners and their histories. We believe that children who are respected and know their rights can be empowered to advocate for other's rights. We also acknowledge that racism has no place in Heritage Early Childhood Centre or in the wider Community, and commit to provide tools and resources to take action against racism. We strive to ensure that we continue to respectfully embed Aboriginal and Torres Strait Islander cultures in all that we do. We are committed to reaching out to Aboriginal and Torres Strait Islander people within our community to break down barriers and move forward together. As Early Childhood Educators we understand that from little things big things grow.***

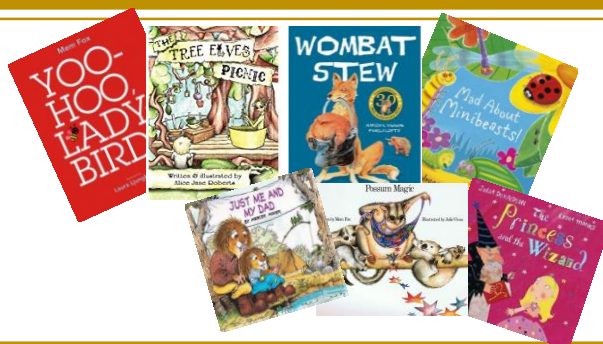
**We** are really proud of the improvements and achievements we have made over the past few years and the RAP (Reconciliation Action Plan) helps to continue to support and celebrate further learning, connections and improvements. After successfully submitting our draft, the RAP is now listed on the Reconciliation Australia website.

So how can you help? We are open to any suggestions or contacts you may have that will support our programs and knowledge. Another area you may like to help us with is a gardening project which will be set to start in October. The aim is to turn the front entrance garden into an Australian bush garden with some landscaping and native plants. It is the first glimpse of Heritage that our visitors see and one of our major meeting places for special events. This area has been in the design process for a long time (just like our RAP) but we need your help to help achieve this task. We plan to have small goals each month to work on, this will involve a to-do list which will be on display in our front entrance area. We'd really appreciate any time you have to spare (even if it's just 15 minutes on arrival or before heading home), some simpler tasks might be able to be done with your children. We will supply the tools, plants and any other resources but we can't do it without some help from our amazing Heritage community.

Katie

## Library News

In the library lately we have been developing some Forest School packs. These have been an extension of our outdoor learning suggested by Anya (from Nature Play) during our staff training day. These packs include books as a provocation along with other small items such as a pot, clay or string to encourage children's imagination and exploration of their environment. Here are some pics of the great new resources.



# Mental Health Month

October is Mental Health Month! Now is the time to start supporting your own and others' mental health. [WayForward](#) says 'Share a stroll with a friend for wellbeing'.

Kids under five are exploring the world around them and learning new skills every day. And because they're constantly figuring out how to manage their feelings in different situations, kids in this age group often show challenging behaviours, strong emotions and worried thoughts.

Warm, supportive and trusting adults can help young children to work through their feelings and deal with situations in more positive ways. However, some children find this more difficult than others and this may affect their ability to learn new things and to interact with others. These kids can need some extra support from caring adults and may even benefit from professional support.

## What to look for

There are a range of reasons why young children behave the way they do, and many of them are not due to experiencing mental health issues. However, if children are showing signs of emotional and/or behavioural difficulties, knowing what to look out for can help you intervene early and better support their needs.

### - Social Relationships

This refers to a child's ability to form relationships with others. A child with difficulties in this area may find it hard to play with other children, make friends or interact with their parents or other family members. They may also have difficulty understanding social cues and behaving appropriately in social situations – for example they may struggle with taking turns in group play. (find more details: <https://healthyfamilies.beyondblue.org.au/age-1-5/mental-health-issues>).

- Over the last few weeks, the Heritage Preschool have supported the children's mental health with various activities.

## What I am is



Today the preschoolers reflected on themselves and what they love about themselves. We took time to think on our own and then Alicia played a song that was all about positive self talk and believing in yourself. The preschoolers were then asked to think about the statement "what I am is..." after a few moments of reflection they were asked if they wanted to share their ideas, some of these included:

"what I am is strong" - Talma

"what I am is smart" - Alex

"what I am is brave" - Xiaoling

"what I am is Happy" - Ella.

As a transition the preschoolers walked up to the mirror one-by-one and told themselves something they really love about themselves. Some of the preschoolers said it out loud and others whispered it to themselves.

## My Body Image



We talked about self love and the importance of loving ourselves for who we are. Linking to our healthy me program. We explored the importance of having a positive body image. We watched a video on YouTube about a little girl who looked in the mirror and met her reflection. Her reflection talked about how special she was, how lovely and kind her heart was, how contagious her laugh was and how perfectly perfect she was just for being her! The preschoolers discussed with peers what they loved about themselves and then they finished by singing a positive affirmation song targeting preschool children and always trying their best and believing in themselves.

# ROOM EDUCATORS

- Educational Leader: Katie

## PRESCHOOL ROOM

TEAM LEADER	RYAN
Assist TL	ALICIA
	TOMASZ
Chinese Language Teacher	TINA

## TODDLER ROOM

TEAM LEADER	KIRSTY
Assist TL	PREET
	DRAGANA
	BRIAR
	BRITANNY
	HANNAH
	ALEX

## NURSERY ROOM

TEAM LEADER	KATE
Assist TL	ERANGA
	CHLOE
	TITI
	MADY

- Gabby, Rocio and Sandra are our regular casual educators.



## NURSERY

Exploring outdoors and participating in all community events were fun-filled activities for our little ones. Did you come to our Art night this year? We are certain that all our families were impressed by the children's artworks. Educators introduced various art materials and tried to extend their experience and knowledge throughout the visual art experiences.

We wanted to show that we respect and value the children's works as we display them beautifully around the rooms. We also visited our surroundings including Old Canberra House and the Lake Burley Griffin and tried to facilitate our little ones' play based learning. Not only were the rocks our natural obstacle courses, but sticks, mud and stones were also excellent resources for Wombat Stew. While having a campfire, we made our morning tea over the fire, which was fun and of course helped us to connect even closer with nature. Since we purchased new splash suits for the children, we have been using them during wet days. Whenever they go out wearing the suits, our garden is always filled with their happy screaming and laughing. We have started using wet bags to reduce the usage of plastic bags. Thanks for being a part of our sustainable practices. Educators are now working on the final summaries and looking forward to sharing them with families. Families will see how we integrate various activities into our programs. We hope to see you all in the parent and teacher interviews as we share our stories and goals with you. We will continue our spring gardening and transition to the toddler room for our older children in coming months.

## TODDLER

As this year runs by so fast, the Toddlers have raced along with it! Our forever growing and changing room has shown what a wonderful group of Toddlers we have, that learn from all kinds of experiences.

The *Exploring Environments through Cultural Traditions and Values* program has recently offered the toddlers many new social aspects that they may not hear/see every day. Learning simple Chinese with Tina, Spanish with Rocio, Punjabi with Preet, Nepalese with Manju as well as sign language has been a lot, though seeing how the children are able to remember and have small interactions with our educators such as greeting them in their language has shown their deeper understanding of this. We'd like to say a big thank you to Lina, Abraham's mum who came and did a Chinese group time with the Toddlers too! Leading up to our Art Night, *Creating and Influencing Fine Motor Skills* was a major focus, seeing the toddlers (and other rooms!) wonderful art all displayed was such a highlight and really did show the amount of love and effort they put into their work as well as the skills gained from these activities. *Gross Motor Skill* activities have been a huge hit too! In addition to our walks, the balance bikes (which are now repaired!) have given the children a chance to move in open spaces and enhance their independence through decision making and turn-taking, as well as the physical activity benefits. We look forward to the rest of the year!

## PRESCHOOL

Learning experiences under the *Healthy Me* program have been stepped up and we are working towards several goals set out in the most recent Educational Summaries. These have related to deeper learning about healthy eating and exploring vitamins and minerals in healthy food and their specific benefits for the body.

Alicia has sequenced various mental health-based experiences focusing on self-esteem and positive self-image with the preschoolers which have been fantastic as this is often overlooked or undervalued with children in this age group. The preschoolers have responded well to these group times and this will continue to be an important part of the *Healthy Me* program.

Our Forest School/Bush Kinder approach continues to be an overarching theory and Katie has developed several activity packs that can accompany preschoolers on their walks along with the usual suspects of musical instruments and the toolbox. Some great research and resources supporting outdoor learning will be uploaded to the Heritage website for your reference. Most recently, the preschoolers walked the 4 km round trip to Floriade and previously a 3 km journey to Sullivan's Creek along Lake Burley Griffin. What a fit and capable group of children! Chinese videos with descriptions, pronunciations and English translations will be gradually added to the Members section of the Heritage website <https://www.heritageecc.com.au/members.html> which can be accessed with the password her1tage. Tina's Mandarin sessions continue to occur prior to lunch.

*Literacy and Numeracy* activities have also received greater focus this term, especially from Tomasz who has facilitated a number of interesting and active experiences with children. These activities are supporting preschoolers to go beyond a surface understanding of letters and numbers while incorporating a hands-on aspect to learning. With Ryan and Alicia regularly away for university commitments over the coming weeks, Katie will be a regular face in the Preschool Room with Tomasz and Tina.

