

# HERITAGE EARLY CHILDHOOD CENTRE



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## Director's report

Government transitional COVID-19 childcare fee period came to an end on the 30<sup>th</sup> September 2020. We have now returned to the approved 2020 childcare fees and this will be reflected on your latest Heritage invoice. Please note that your new salary sacrifice pay adjustments will not show until the following pay week. A regular check of your invoices is strongly recommended as some family's Childcare Subsidy (CCS) has been stopped and/or percentage changed over the last few weeks. A regular check on your "MyGov" site is also recommended.

Painting of the Toddler room is now completed but we have had some hold up with the new floor covering. Hopefully, we will have this moving ahead very soon and our toddler and nursery children back in their rooms. The front entrance will be the next painted area and the plans are to have that completed over a weekend. We are very grateful for the work ANU are doing for Heritage. We are also grateful for the families, children's and educator's patience as the work timeframe keeps extending. We are almost there now. Thanks also to all the Heritage community for their support in keeping their sick children home and making it possible to minimise communicable diseases. We have had less sickness in the centre than any other year and this could only be achieved with everyone's collaboration.

When was the last time you have taken time to look at the members area of the Heritage website? (password reminder **c0mmun1ty** – zero instead of o) There are many interesting readings and great information to be found there, so please check it out when you next sit down for a cuppa. You will find some great topics for reading. For a little sample we have attached one of the resilient families newsletters (see back page) which you can find on our website that is all about getting into nature to clear your mind.

Happy reading!

Vicki

## Educational Leader Report

Well it is already October and it is wonderful to see the lovely Spring weather and the sudden transformation of our surroundings with blossoms, sunny days, rainy days and bursts of colour everywhere. It's always great getting outside this time of year and I can see our rooms have also enjoyed exploring the outdoors with flower filled daybooks, sunshine and muddy puddle play.

I would firstly like to wish a sad farewell and big thankyou to Alicia our Early Childhood Teacher in our Preschool room. You have been such an energetic and innovative member of our leader's team. You have come to us with such amazing ideas and it has been inspiring to learn alongside you. It has been great to see you sharing your knowledge with us, particularly your passion for healthy lifestyle & exercise and fitness related boot camps. More recently, you have shared the Power of Inquiry approach, which I hope will improve our teaching skills and has added to our library resources (which we will discuss more later). I hope that you will continue to come and visit from time to time and continue to share your knowledge with us. I know you will go out there and carry on spreading your enthusiasm for learning and continue to shape our next generation into caring, confident people that love learning. I know you will also share the importance of high quality Early Childhood Education. Thankyou for everything Alicia!

In our last Newsletter I spoke about our journey with educator training, loose parts and introducing SEAM related programs throughout the centre. Connected with this approach is the Power of Inquiry. But what is the power of inquiry? It is a better way of looking at how we can learn together with children and I think the best person to describe it is Kath Murdoch herself (Author of the Power of Inquiry). She states that "Inquiry involves, I guess, learning how to take on a question, or an issue, or a tension, a problem or a challenge and learning how to work through a process where, through that investigation, you come to a deeper understanding, or a mastery of skills, or a resolution of the problem. So it's, in essence, a process that really gets the learner doing the heavy lifting of working through that process of investigation, much like a researcher does. In many ways, I think inquiry mimics what researchers do every day. Inquiry involves kids being really active. I don't just mean physically active, although there is a bit of that too, but very cognitively active. The teacher kind of helps them [build a toolkit of strategies] that they can use to identify, gather and analyse information and then later on apply it and come to deeper understanding." We hope you find this approach as exciting as we do. We wish to delve further into this approach towards the end of the year and with next year's programs.

As we wind up towards the end of the year we are very excited to have a few events coming up, with Art Show & Book Week. End of the year also means it's nearly time for us to send out children's developmental summaries & have a catch up with educators. For the remainder of the year our rooms will be focused on their Belonging Programs and hopefully enjoying some nice weather outside.

Thanks  
Katie

## New Library Resources



**Books that help to build qualities relating to the Power of Inquiry: The Collaborator, Self manager, Communicator, Researcher & Thinker.**



CBCA Book Week  
CURIOUS CREATURES,  
WILD MINDS

LET'S DRESS UP!

HERITAGE BOOK WEEK  
19-23 OCTOBER 2020



WE INVITE YOU TO DRESS  
UP AS YOUR FAVOURITE  
CHARACTER FOR THE WEEK.  
BRING ALONG A (LABELLED)  
BOOK TO SHARE WITH  
YOUR FRIENDS!



## HERITAGE ART SHOW

CANVAS  
BIDDING  
INFO

Nursery - use red tickets

Toddler - use blue tickets

Preschool - use green tickets

Write name and bid amount on  
raffle ticket. Place into appropriate  
box next to room canvas



- Place a silent bid on a room's canvas
- Enter our raffle by donating to our fundraising account to go in the running to win the large canvas and hamper





20  
20



# HERITAGE ART SHOW

**MAIN RAFFLE OF CENTRE  
CANVAS & HAMPER: ENTER  
BY DONATING TO THE  
HERITAGE FUNDRAISING  
ACCOUNT - \$20 = 1 TICKET**

**SILENT AUCTION: EACH  
ROOMS GROUP CANVAS**

**Update!**  
**Bidding extended**  
**to the 16<sup>th</sup> of**  
**October**

**ART WILL BE  
DISPLAYED IN  
FOYER**

**WINNERS ANNOUNCED MONDAY 16<sup>th</sup> OF  
OCTOBER ON GOOGLE CLASSROOM**  
**HERITAGE FUNDRAISING ACCOUNT**  
**BSB: 062 903 / ACCOUNT: 10370080**

## HERITAGE MANAGEMENT COMMITTEE

The Heritage management committee meets on the second Tuesday of month at 5pm in the staff room. All are welcome to join. Heritage Committee Chairperson is Fleur de Crespigny. Please contact via email, [fleurdecrespigny@gmail.com](mailto:fleurdecrespigny@gmail.com).

Please visit the Heritage website in our members section to find and contribute to policies that are under review, [www.heritageecc.com.au](http://www.heritageecc.com.au)

## Farewell letter From Alicia

Eight and a half years ago I began working at Heritage as a very young, naive and extremely nervous educator. For a short time, I was in the Nursey and was taught the ropes of the room. I was lucky enough to learn from Meg, who taught me so much about the Heritage community and the amazing, supportive, and compassionate family that Heritage is. After a short time, I was moved into the toddler room and began to grow confidence in myself and my ability to educate and before I knew it I was in the Preschool room and have been there for over 7 years. I have grown immensely in the preschool room and have stored away many beautiful memories that I will never forget. I have watched so many children grow and have been witness to many firsts and I will be forever grateful for all these moments. I will always carry with me the skills, values and beliefs that Heritage has enriched into the service. I have loved being a part of such a supportive, loving, fun, energetic and genuine Heritage team and will be forever appreciative for everything that Vicki and the Heritage Educators have done for me. I am very thankful for all the support Vicki has given me and for the confidence Vicki, the committee and the leadership team have had when it comes to some of my ideas over the years; from letting me run bootcamps for families, organising fit-a-thons, Halloween discos and to many of the environment makeovers, especially the outdoor environments.

I am now spreading my wings and beginning my journey in Primary School Education and look forward to embedding a bit of Heritage culture into every school I'm lucky enough to teach at. I want to take this time to thank every family that I have been fortunate enough to work with and I hope that our paths cross again in the primary school system. As Nelson Mandela states, 'Education is the most powerful weapon which you can use to change the world' and I have such faith in our Heritage children that they will one day change our world for the better. I am eternally grateful for everything and will miss you all so very much. One thing I have learnt over the eight and a half years is that teaching is one of the most challenging, intense and crucial endeavours, yet one of the most rewarding things I have and will ever experience and I am so lucky to be in a profession where I get to do this every single day. I will come and visit as much as I can, and I would love updates on how all of our Heritage families are going. The best thing about my next chapter is I can visit during school holidays and catch up! I cannot express how truly thankful I am for everything over the years.

I will always be a Heritage Educator at heart!

Warm wishes

Alicia McDonald





# ***Farewell Alicia***

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Alicia, our wonderful Early Childhood Teacher, is taking on the next chapter in her teaching journey and will be saying goodbye to Heritage.

We are greatly saddened by this, but it is also a time to celebrate the successes & happiness that Alicia has brought to Heritage.

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All welcome to join us for a  
'happy goodbye' picnic on  
Saturday the 17th of October  
at Black Mountain Peninsula  
from 12pm - 2pm  
BYO picnic



## Nursery Room Report

Our Nursery team and children have enjoyed seeing the warmer weather return. It's wonderful to see how our babies have coped with their change of environment.

We've been going outside the fence more often, doing lots of gardening and going for walks in the beautiful Spring surrounds. We are also really excited to receive our new purchase of a 6 seater pram which will help us to get out and about more often, and travel further.

We have continued to explore and add to our temporary nursery environment. Recently we noticed the need for some sand play, so a sand area was added to our outdoor space with additional spades & buckets which our children have enjoyed.

With the SEAM program our educators have noticed a particular interest in Science related experiments where they have discovered chemical reactions such as exciting bubble mixture, colour mixing, cause and effect and exploring sensory activities together. One of the favoured art experiences was contributing to the beautiful Art canvas (so don't forget to bid for the nursery work!).

Our Mandarin sessions with Wei have continued to occur regularly. Even our children with no previous experience of the Mandarin language have begun to sing along with familiar songs and recall Mandarin numbers.

Our Nursery team have been working hard finishing the Developmental Summaries and welcoming new children to our Nursery family. We would also like to congratulate Wei on finishing her Certificate 3 and welcome Sudeera to our Nursery team.

We have been sharing the nursery garden with the toddlers, it has been a great way of getting to know toddler educators for next year's toddler group. We are looking forward to the end of the year, introducing our Belonging Program, spending more time outdoors and feeling very excited about moving back into our fresh new nursery room.







## Toddler Room Report

The Toddler team would like to thank all the families who've given us support & understanding during our move to the Nursery space. Getting the toddler room repainted and moving to a new room, has positively brought our newly established team challenges where we have had to work co-operatively, reflect regularly and problem solve together which has brought the Nursery, Toddler and Preschool teams closer together. It's amazing to see how quickly the toddlers have adapted with the new arrangement seeming very settled.

Our new arrangement has meant our toddlers have spent a huge amount of time outdoors. From frequent bushwalks around Old Canberra house, daily morning visitation to the chickens and around the Environment Centre, play in our tents & enjoying the nursery/preschool garden. We also have acquired some new play areas, with the new and improved mud kitchen area and the bike obstacle course. Our play environments and intentional teaching experiences have helped to support learning with our SEAM program. One of our favourite experiences have been creating the beautiful art work. Our children had so much time to explore, collect and create with our canvas art work so we hope you like it as much as we do!

Choices during sleep time have enabled many of our children's sense of agency of whether they would like to rest, sleep indoors or in the tent. The children also enjoyed having an alternative area for lunch with the nursery garden, preschool garden, back deck or nursery room.

We have continued to support our older children with visits to the preschool room, joining with the preschool for play, group time and walks. Children's transitions will be supported for the remainder of the year with the Belonging Program.

As an overall acknowledgment, we would like to thank the team, families and especially the children for such a wonderful collaboration during these difficult times. We can't wait to get back into our 'like new' toddler room, but for now we are having a great time in our temporary space.





Preschool Room Report

The preschoolers have thrived during our Science, Engineering, Art & Mathematics (SEAM) program and we have noticed a lot of different interests shining through each aspect of the program. Children and educators have been on multiple inquiry-based journeys where our preschoolers have led their learning with support from adults. This approach has been extremely beneficial for our preschoolers and for us, as educators. We have been able to reflect on Kath Murdoch’s Inquiry-based research and put a lot of her ideas and findings into action working alongside to make many interesting discoveries. We have explored chickens observing & investigating their growth and lifestyle, we have also looked at other living things such as clams & eagles. Our children also explored waste management and the benefits of appropriate waste disposal.

Over the past few months we have welcomed Kirsty into the preschool room which has been so valuable. Kirsty has brought an energy into our room with a lot of new and creative ideas which we have been so lucky to already witness within the room from creative group time experiences to different room set ups. We are very excited to continue to watch Kirsty’s contagious energy within the preschool room and her innovative ideas shine over the next couple of months and into next year.

As the days get warmer, we have all been itching to get out and about and engross ourselves back into nature which we will be striving to do over the next few months. We are hoping for many days where we can go out in the morning and return back later in the afternoon so we ask that you ensure your child’s bag is big enough to carry on their back with their lunchbox and drink bottle inside it. We will also be practicing our graduation of a morning leading up to our end of year festivities. This will be an exciting time for everyone to engage in and will allow an opportunity for us as a group to celebrate the learning journey of our oldest preschoolers. We look forward to seeing what the next couple of months have in store for us and cannot wait to share our exciting experiences with our Heritage Families.

An update of the educators within the room: Ryan will be going on a 6 week university placement from Friday 9<sup>th</sup> of October and will be returning at the end of November we want to wish him the very best with his placement and cant wait to hear all about it when he returns. Kirsty will be team leader with support from Tina, Tomasz and Jonno. As many of you are aware, we will be losing Alicia on Friday the 16<sup>th</sup> of October to the Primary School System. We will miss the energy, passion, knowledge, and excitement she brings to the preschool room and the Centre. We will be having a send-off for Alicia and invite all families to join us for a picnic farewell on the 17<sup>th</sup> of October at Black Mountain Peninsula playground starting at 12pm and finishing around 2pm. We want to send our love, wish her the very best and want to remind her that we still expect a few visits from time to time.

Again, we want to thank all our families for all the support you have given us this year and look forward to enjoying the rest of the year with you all. Can you believe it is only 2 months until Christmas!

Yours Truly  
  
Your Heritage Preschool Team





Hi, I am Bingling,

I am from south of China so I can speak Mandarin and Cantonese. Before I moved to Australia in 2008 I was a vocational college teacher who taught application of Micro software for 2 years. I finished my Diploma of Children Services at CIT in 2010 then I started my different teaching career for more than 7 years in Canberra and I really enjoy working with children who can inspire me every day with their great minds.

I love sewing most of the time so I am studying Fashion Design in CIT at the moment, therefore I can get more inspiration from creative children.



Hi I’m Sharmindi, and I am from Sri Lanka and I speak English and Sinhala. I moved to this beautiful country Australia in 2020 and I am living in Canberra with my husband. We together explore and go on walks on our weekends and spend our time engaging in singing. My husband plays the guitar and I enjoy playing the piano.

I did my schooling in Lyceum International school Sri Lanka in English Medium and I did my Bachelors in Humanities in the Faculty of Arts in 2017, I have been teaching children music for 3 years in Sri Lanka which I enjoyed very much. As my hobby I play the piano and also it makes me feel relaxed and calm.



I am so proud and grateful to be a part of this amazing Family and it feels so homely at Heritage. I am excited to be with the children while getting to know their parents and also to work with this lovely team. I look forward in getting to know more about Heritage.

Hi, I am Sudeera, and I am originally from Sri Lanka. I migrated to Australia in 2008 with my family. I have a family of five; my husband, daughter, son, myself and our dog. I enjoy grading, listening to music, making cakes and riding bikes with my family. Most of the time, I spend my time with my family.



I have eight years’ experience as an early childhood educator. I am thankful to Heritage for giving me this opportunity to join this amazing team. I love to work with families and look after, wonderful children. I love to see each child grow into a beautiful little person. Knowing that I’ve helped them learn and achieve great things along the way is very rewarding. I am really enjoying working in the nursery room with the children.

HERITAGE TEAM

OFFICE

Director	Vicki
Educational Leader / Assist Director	Katie
Policy officer	Julia
Book keeper	Marg

PS Room Educators

Team Leader	Ryan
Team Leader	Kirsty
Team Assist	Tomasz
Language Educator	Tina
Outside Ed	Jonno

TR Room Educators

Team Leader	Dragana
Team Leader	Fatima
Team Assist	Anthea
Team Assist	Hannah
Team Assist	Bingling
Team Assist	Sharmi

Nursery Room Educators

Team Leader	Eranga
Assist TL	Titi
Team Assist	June
Team Assist	Wei
Team Assist	Sudeera
Casual Assist	Bronwyn

## Celebrating the Talented Artists within our Heritage Community



We are proud to announce that CJ one of our toddler parents has been nominated for an ARIA award. CJ has come to Heritage a few times to perform music sessions for our children and we can see why he has been nominated for the Music Teacher Award.

You can vote for CJ on <https://www.aria.com.au/vote>



Hannah Quinlivan is another talented artist within our community who has exhibited her work in Canberra and around the world. Recently she has installed a temporary sculpture on Lake Burley Griffin which can be viewed from Lawson Crescent (just behind us).



## BUILDING RESILIENT FAMILIES

Resilient mothers | children | families

Issue #81



## Go wild to clear your mind...

When did you last spend several days surrounded by nature? According to David Strayer\*, a cognitive psychologist, spending at least three days immersed in nature results in the 'three-day effect', which is like having your mental windscreen cleaned and your senses recalibrated. Not only do you lose some of the sense of urgency that seems to come with the cares of life, spending time in the great outdoors is a great way to share quality time with your family.

**Slow down and stop the busy work**

Strayer says that when you slow down, stop the busy work and immerse yourself in nature that you feel restored and your mental performance improves too. He's proved his theory by testing creative problem solving in people after three days of hiking in the wilderness – it went up by 50%! He says that after two or three days of slowing down we give our tired brains a rest and our capacity for thinking improves. Lower levels of stress hormones, slower heart rate and feeling calmer are additional benefits. Strayer also says that many of our large scale public health concerns, obesity, depression and near sightedness are all correlated to spending more time indoors. Surely that's reason enough to get outside more often.

**It's time to get started**

So what can you do about immersing yourself and your family in nature? Like many things, it's about getting started and building up to bigger expeditions. If it's been awhile since you stepped outside, start with a 15 minute walk in the park, along a creek or at the beach. If you possibly can, take half a day and organise a family picnic or ride your bikes into the country. Doing that already? Then, it's time to plan a weekend and go bush. You don't need all the latest gear. Keeping it simple gives everyone more opportunity to be creative and more time to play. The outdoors is an incredible source of beauty and provides the perfect opportunity to introduce bird watching or some other age appropriate activity with the kids. Enjoy a long weekend in nature to get your three days of immersion and experience the improved mental performance it will bring. No technology, routine or deadlines... just imagine how good that's going to feel!

\*National Geographic, January 2016 <http://ngm.nationalgeographic.com/2016/01/call-to-wild-text>

Bare Hands is run by allied health professionals committed to helping women embrace positive change by providing access to practical education. To find out more give us a call, email us or visit [www.barehands.com.au](http://www.barehands.com.au).

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- ✓ After three days immersed in nature you experience measurable physiological changes
- ✓ You can create wonderful memories camping or hiking and save money too
- ✓ Get close to nature and do your overstressed brain a favour

***"Look deep into nature and then you will understand everything better."***

Albert Einstein

**Did you find this helpful? Want more strategies like this...**

Craving more energy and connection? We have an idea that we know works and it's one of our **Sticky Strategies**, tips for life long contentment and resilience. Still want more? There's a free weekly blog - join [here](http://www.barehands.com.au).



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