



**2018  
HALLOWEEN  
DANCE**

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

**WEDNESDAY 31<sup>ST</sup> OCTOBER 5PM TO 7PM**

**PLEASE COME WITH YOUR FAVOURITE  
COSTUME ON**



# Halloween Disco party on 31<sup>st</sup> of October

The Halloween Disco is an annual fundraising event where our Preschool room is converted into a fun and spooky dance party. This year's party was a great success with many families attending for an entertaining night with food, family and friends. This night helps children to express their interests in dressing up as their favourite characters and we love seeing the adults also get into the spirit by dressing up too. These annual events are something we all look forward to and help to make stronger ties within our Heritage community.





**Halloween Disco Party  
on 31<sup>st</sup> of October**

# Heritage Halloween Disco



Halloween Disco Party  
on 31<sup>st</sup> of October



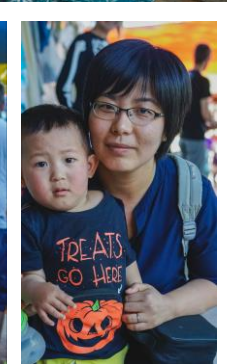
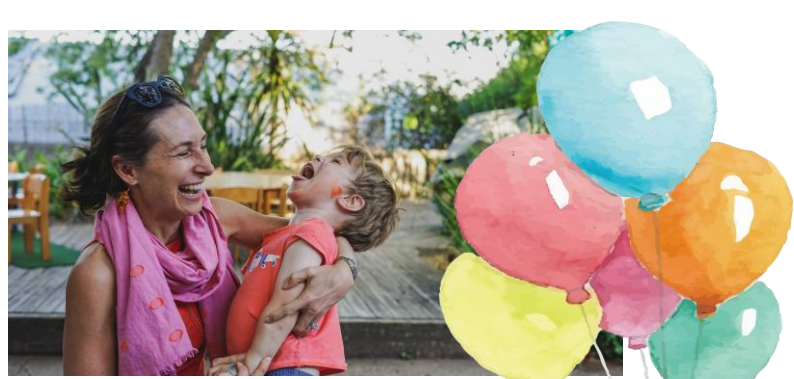
Halloween Disco Party  
on 31<sup>st</sup> of October



**HAPPY HALLOWEEN**



**Halloween Disco Party  
on 31<sup>st</sup> of October**



**Halloween Disco Party  
on 31<sup>st</sup> of October**



let's  
**party**



**Halloween Disco Party  
on 31<sup>st</sup> of October**







Gulambany

GO WILDA  
FOREST SCHOOL





# Forest School: Gulambany

"Forest School flips the traditional classroom setting on its head offering children an alternative way to learn that uses the great outdoors as the classroom and nature and all it has to offer as their learning instrument.

Forest School aims to raise children's self-awareness and self-esteem, offering them opportunities to achieve and develop confidence through hands on learning experiences in nature. It offers children the opportunity to initiate learning, take risks and make choices. It also helps them to understand and care for the natural environment"



The children all got the opportunity to go for a nature walk today. We had so much fun enjoying the sun, fresh air, new environment and the lake. We started off our walk by holding hands with our friends and educators. Kitty and Torvin were best friends, walking together very nicely. The walk helped us to practice our gross motor skills, build our confidence and appreciate the outdoors.





We went down to the lake and sat in a circle. We then did our Acknowledgement of Country, feeling the land beneath us. Shanza was very good at remembering the actions. We had fun collecting sticks, rocks and leaves that we found. We then went down to the water and threw some of our special treasures in. Esca was very excited to throw rocks into the water and Honglin giggled and babbled saying "water" A swan swam over to say hello and Shanza and Oscar pointed excitedly. Torvin said "Quack! Quack!". Afterwards we took a secret passage through the trees and came to a nice area of grass. We ran with confidence, chasing each other whilst giggling.



Forest School  
in Nursery



We came to an area with donut shaped sculptures and a rock wall. Archie and Henry picked up leaves and threw them over the rock wall, giggling and babbling while they did so. Archie ran after the birds with excitement and Honglin yelled "birdy, birdy". Honglin and Henry both found big sticks and dragged them as they ran, they were so excited to do this that they laughed and laughed while running. We saw an airplane in the sky and Shanza said "airplane!". Always so well spoken Shanza! The fresh air and open clearing made us all very happy and we used our imaginations to have fun. Mady chased us while we ran away laughing and we did twirling on the spot, sometimes falling over but always jumping back up and giggling. Titi lifted us into the donut shaped sculptures and we all posed for photos when inside. So much fun!





We walked down a hill and came across some bright yellow balancing beams. Torvin went first and when he got to the end, shouted "more! more!" with a big smile and ran back to do it again. Honglin, Oscar, Shanza and Archie all followed confidently and successfully crossed, then ran back to the start with excitement. We are so brave! Our gross motor skills are so good that we are able to walk across all on our own. Mady walked across holding Kit so she could see how to balance and afterwards with Titi's support, Kit walked across the beam. We are so proud! Henry had fun scooting and crawling a bit of the way and Elodie showed confidence when Mady sat on the beam and said "walk to me" she decided to take a few steps before reaching her educators safe arms.



Eranga helped us to organise morning tea on our mat. We all sat nicely together and gobbled down our food after all the running around, we were excited to eat. Kit and Shanza were very good friends smiling at each other and pointing to the birds in the sky, so cute girls. It was so lovely to eat outside and appreciate the nature all around us. We listened to Mady as she explained to us that the air that we breathe, is gifted to us by our wonderful trees and we should always take care of them. On the way back, we saw buses, cars, bikes and birds which we recognised. We love recreating our own Forest School. Seeing the flora and fauna and learning as we go is an amazing experience and it is already building up our confidence and knowledge so much.





We started our walk with the Acknowledgement of Country and some stretching. We raised our hands high before twisting our bodies. We walked up towards the carpark before Nikki asked the children what the red sign means. "STOP" Honglin said before we all showed our stop signs.



Outdoor play also enables children to enjoy the natural environment and learn to seek out exercise, fresh air, and activity. There is something fundamentally healthy about using the outdoors. Thus outdoor play develops the children's disposition for the outdoors, for physical activity, and for care of the environment



Wombat STEW! We gathered on the mat to read Wombat Stew. We read about the dingo making the stew using all different ingredients. Marco recognised the fire and emu. Shanza said "Wombat stew" as we sang. Honglin noticed the water and said turtle for the lizard. Yuna stuck her tongue out like a lizard.







We continued our walk over to the rock climbing wall, all children challenged their motor skills as they used their problem solving skills to find the best route up the wall. Honglin, Zelin and Oscar moved super fast up the wall. Oscar clapped his hands when he reached the top celebrating his achievement. Marco made large leg and arm movements climbing from rock to rock. Shanza used all her strength to get up the wall, she showed educators she was proud by smiling once she reached the top.



*The 'Forest School' concept originated in Scandinavia, where schools use local woodland areas to hold outdoor activities which foster children's problem-solving and cooperation skills, as well as their confidence and self-esteem. Their initial findings suggest that engaging in a Forest School can contribute to the development of collaborative learning skills, by encouraging children to work with others on challenging outdoor activities.*

Getting ready to go on our walk we spoke about a couple of important things we needed to think about... We made sure we had our listening ears on, remembered that we needed to stay with the group and we needed to act safely when around roads. We practised doing the stop sign with our two hands in front of us and agreed that when educators do this, we need to stop walking and wait. These are some vital instructions that we work on whilst on walks outside the centre and we recommend you do it when out and about with your child.



# Bush tucker!!!



Wilderness is not a luxury, but necessary for human spirit.  
Edward Abbey





Today is World Environment Day, so the Toddlers decided to go for a walk around the Heritage environments. We began the morning by stretching our bodies and acknowledging our country. On our way out we dropped off our food scraps from morning tea to the community compost bin. Our current 'responsibilities' program promotes sustainability practices. Therefore we are encouraging children to become familiar with the act of composting every day. Before leaving Heritage we talked about being safe on roads and out on walkways. We practised doing our stop sign hands, and using our walking feet. Throughout our walk we explored our environment by rock climbing and balancing along beams. We had lots of fun throwing rocks into the lake. Henry V told everybody "rocks sink, and sticks float!"



During our walk we stopped and read a book about practicing to "reduce, reuse, recycle, and rethink!" Ava mentioned that "paper comes from trees" and Henry V added "we can reuse drink bottles or put them in the recycling bin." This activity is encouraging children to care for and sustain our environment.

As the weather continues to warm up, the Toddlers are getting more active and taking on the fun of walks around ANU! When asked, Joni told Kirsty he'd like to go to the 'donuts' today (a toddler favourite) so off we went, what a lovely day Toddlers :)



Before we left, we acknowledge our country...



We love a good challenge!  
The Toddlers are forever amazing us, their current challenge is to get into the donut sculptures by themselves. we see many different techniques and often some helping hands. Great Teamwork :)



# We are rock climbers





# ANU Family Friendly Picnic



A small group of Toddlers joined families and other Centres on the ANU for a family friendly picnic today. Excited, they quickly walked there where we sat for some fruit and in true picnic style, a little lolly each! The Toddlers then sat so nicely as Vice-Chancellor, Brian Schmidt spoke to everyone about a FAMILY-FRIENDLY ANU! ☺ We had a play in courtyard of University House and enjoyed the pond which was the main attraction for us and many other children there. We slowly walked back after with some tired and sleepless legs!





The Main Path

# Australian National Botanic Gardens

Inspiring, informing and connecting people with the Australian flora



Oh didn't the Preschoolers have a wonderful time on today's excursion! They sang Chinese songs with Tina while waiting for the bus (with a very impressed lady listening on from the bus stop) and then flagged the bus down as it arrived with a held out hand. The bus ride was such a treat there were so many beaming smiles, giggles and happy conversations as we passed the Zoo, Arboretum and then arriving at the Botanic Gardens. Within 5 minutes the Preschoolers spotted a big lizard on a rock and from then on there were many more spotted roaming around the gardens or sunbaking on other rocks.







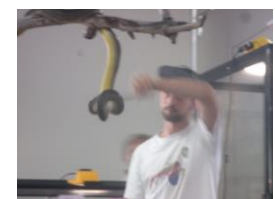
AUSTRALIAN NATIONAL  
BOTANIC GARDENS



Forest school  
in preschool

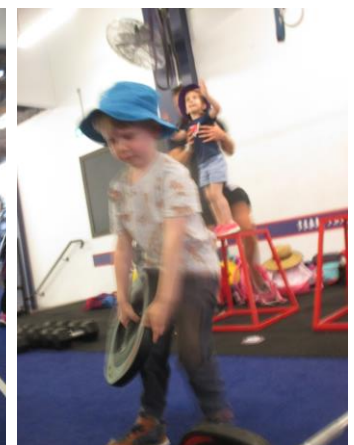


The preschoolers did a fantastic job looking after their belongings (lunchbox, drink bottle and bag) and walking on their own. They had a picnic lunch in the shade and then lined up for the Snakes Alive exhibition. Inside there were different snakes, lizards, monitors, frogs and more. At 1 pm everyone gathered in the main room to watch the snake feeding. This involved the snake eating a dead mouse. After this, the preschoolers had the opportunity to pat some more animals with the brave ones even patting a snake. Some children flicked through books and magazines while others searched for tadpoles in a tank.

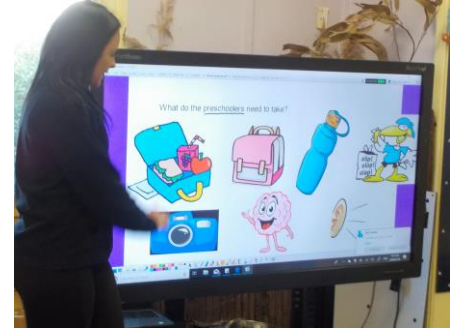
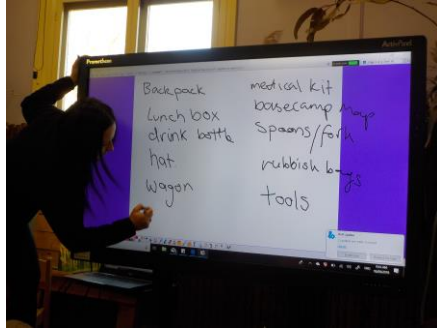




At 2:15 pm it was time to catch another B1 bus back into the city where the Preschoolers walked to Alicia's gym (F45 Canberra City). They got very excited as they approached McDonald's and the paramedics sitting in their ambulance even put the lights on as the children walked past. At F45 the Preschoolers had met the boss Ben and had a quick work out before our third and final bus arrived.



Before our walk began we discussed what we needed to bring on our walk, as well as what rules we needed to remember when we are out of Heritage, such as "1,2,3 basecamp" and staying in the boundaries. The Preschoolers got their lunchboxes and water bottles and packed them into their backpacks and then it was time to head off.



The Preschoolers were lucky enough to have a workman stop and ask if they wanted to sit in the digger. And of course, they did!



If a child can't learn  
the way we teach,  
maybe we should  
teach the way they  
learn.

- Ignacio Estrada





While on our walk the Preschoolers enjoyed their lunch in the sun. They then had some time to explore before reflection. After some quiet reflection we came back to basecamp and Alicia read 'Wombat Stew'. The Preschoolers spoke about different Australian animals in the book, and had fun with the rhyming and singing in the book. When the book was finished the Preschoolers had a turn at making their own wombat stew. The Preschooler's stew had rocks, sticks, grass, and Chester decided to add his own version of a wombat (a rock). It was then time to head back to Heritage.



Setting up basecamp

Back at Heritage reflecting on our walk

## Nature Bucket List for little ones...

Climb a tree

Balance on rocks

Be the leader on a hike

Find a bird or hawk

Jump in a leaf pile

Make stick fairy wands

Splash in water (puddle, creek, river...)

Build a stick teepee or fort

Paint with mud

Play with rocks (skip, stack, count, sort...)

Make a tree rubbing

Find a walking stick

Play I spy or hide and seek in nature

Get dirty... really dirty

Make a leaf man

Find a rainbow

Play in the rain

Have a picnic

Explore off trail

Build a bridge (with rocks, sticks, or...?)

Make leaf prints (with water or paint)

Find a special place

Journal or paint outside

# Trip to



The older preschoolers went on an impromptu excursion today to deliver two little stray kittens to the RSPCA. A stray mother cat has been living under the back deck and we found the kittens this morning snuggled up on the couch on the back deck. We haven't managed to get hold of the mum yet but fingers crossed we can catch her and reunite her with her kittens at the RSPCA.



"RSPCA Australia believes that animals must be treated humanely. Where humans make use of animals or interfere with their habitat, they should bestow a level of care befitting human dignity as rational, intelligent, compassionate beings, and a level of care merited by the nature of the animal as a sentient creature capable of responding to human care and attention. Such care should be marked by sympathy, consideration, compassion and tenderness towards animals."



It was soon lunch time so we drove the mini bus into the Molonglo Valley area to search for a picnic spot. And boy did we find a beauty. After a decent walk down the side of a hill just off residential area, the Preschoolers encountered a bridge and a big sign. "What does that say?" they asked before trying to work out the message for themselves. There was talk about swimming in the water and floods and lots of safety recommendations about not going in the water when it is over the bridge or you might get washed away. We talked about the safest way to cross the bridge and Stan suggested "stay in a line", Ava said "stay with the teacher", and Chester suggested "stay in the middle". So that's exactly what we did to cross the bridge safely. Following lunch, the Preschoolers were very excited to go exploring to see what they could find. A ranger was working nearby and she told the Preschoolers she was checking the bridges weren't blocking the fish from passing.



Thorns were a bit of an issue with a little spike here or there but that didn't stop the explorers from navigating the challenging terrain. It was hard to walk and climb over the different sized rocks, branches and other natural parts of the environment but it was so much fun! Chester, Gio and Stanley found what appeared to be the remains of a little fire and they were also very keen to see more water and climb to higher ground.







The remaining children joined as they finished lunch and were also very excited to discover different parts to play and climb. One comment made by Ella when we first chose the spot summed up the ambience perfectly. She said "it's so peaceful here". Having the picnic lunch also provided a good opportunity to chat about all the healthy foods in our lunchboxes. We linked healthy eating to growing up strong and having the energy to do lots of exploring and discovering. This helped children make positive choices about eating what they otherwise might not have.



It was soon time to head back up to the bus so the Preschoolers gathered their belongings, had a big drink of water and headed back across the bridge. We went over the rules for crossing the bridge that we set on the way over to make sure everyone was safe.



On a recap of the excursion, the Preschoolers commented about their favourite aspects of the day:

- The bus - Riley / • Going in the van - Gio
- Going in the van - Chester / • Climbing - Ava
- Eating our lunch - Sinead / • The bus - Amber
- Returning kittens - Anin / • Exploring - Stanley
- Going fast - Ella (Ella also asked Ryan if he was going at the speed limit when driving the bus, of course he was!)



Early Childhood is a very important period of life. It is a period when children learn an enormous amount about the everyday world. It is also the time during which young children acquire lifelong attitudes toward themselves, toward others, and toward learning. But it is not the time for formal academic instruction.

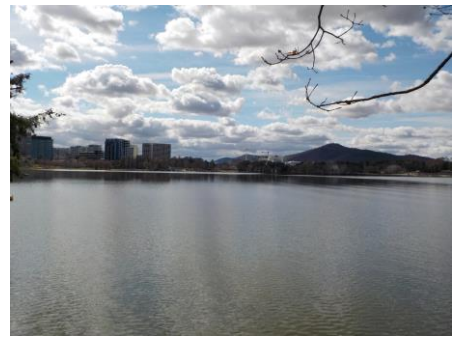


- David Elkind

# MIMIS NATURE WALK



Forest school  
in preschool

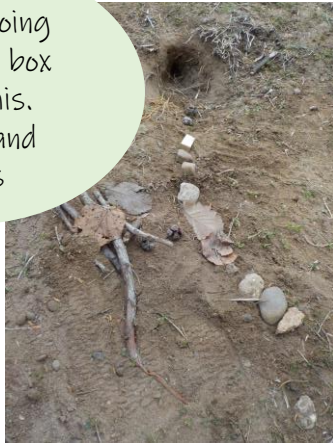




I saw mimis sitting in the museum.  
- Mia



We are doing treasure box for mimis.  
- Kelly and Lucas



Abi and Ruth's mimis garden



Preschoolers during their 10 minute mindfulness time





Forest school  
in preschool

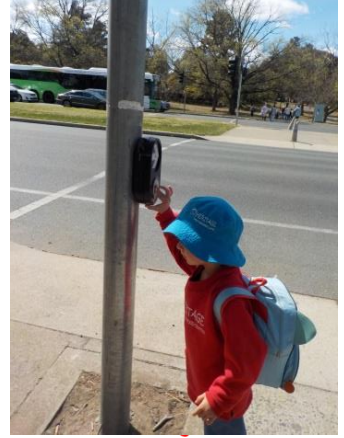
# Floriade

Australia's Biggest Celebration of Spring

15 September - 14 October 2018



Forest School  
in preschool



Forest school  
in preschool





Forest school  
in preschool



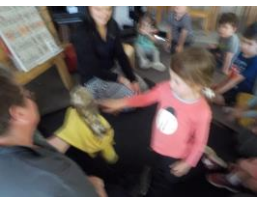
Free play involved lots of running. At the back of the Kids Club, there was a great hill that the children ran up and down. This was where we had lunch and then relaxation time. After this, there was more exploring and checking out the flowers. The acrobats did some amazing stunts on the trapeze. They hung upside down, climbed up each other and did crazy jumps. Fionn's uncle was one of the awesome performer's at Floriade that we happened to stop by and watch. Fionn and the rest of the Preschoolers were very excited to see the fire juggling on ladders at the end. It was very cool.



# PRESCHOOLERS TO THE RESCUE!!!



The owl was getting swooped and didn't have the strength to fly away. Chester offered his jumper and Katie was able to wrap the bird and carry it back to Heritage. The Preschoolers were very caring and walked quietly when they were next to Katie. Upon returning we called the ACT wildlife hotline and they sent one of their volunteers Tabitha to come and help the owl. Tabitha was really happy to talk about her job and our Preschoolers had lots of questions and comments for Tabitha.



Tabitha explained that owls are out eating at night and sometimes they forget to go to sleep and that's when the magpies and other birds swoop them. She confirmed that it was a barn owl. Tabitha then had a close look at the owl, the main injury was a small cut on it's wing. She deemed that it wasn't badly injured so our Preschoolers were allowed to have a little pat. At the end of the talk Tabitha promised to keep in contact and let us know how the owl was doing, she even let us name the owl. We all agreed "Heritage the owl" was the best name.

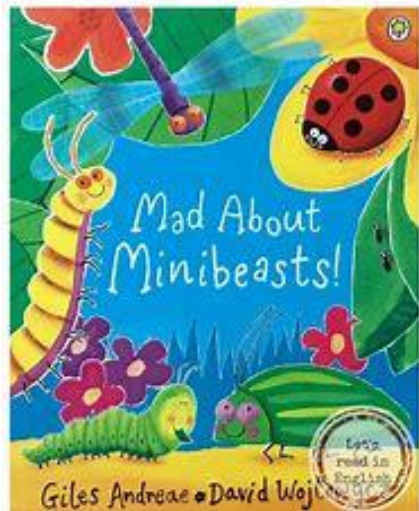
ACT wildlife Hotline: 0432 300 033

# BEFORE WE FOUND HERITAGE THE DUL... A QUICK PLAY AT OLD CANBERRA HOUSE



Then we stopped for a short time at the spirit level sculptures where we did some balancing and found a huge bull ants nest.





We found a nice spot under a tree where our Preschoolers set up base camp and we decided on the area for play (walking the perimeter together). We used a book from one of our new Forest School kits and read the story "Mad about Mini Beasts" By Giles Andreae and David Wojtowycz. After reading our story our Preschoolers got to work collecting sticks and leaves. Some began making bug houses and these quickly turned into campfires too. A magpie came over to the group and we heard many Preschoolers using the Aboriginal name that Adam (from Thunderstone) taught us. After a nice play, when it was time to begin travelling back to Heritage our Preschoolers helped to pack up the base camp. Then many of the Preschoolers wanted to climb up the rock area. We all got some tapping sticks and tapped at the bottom of the rocks and sang a song to scare any nearby snakes away.



**"Playing in a natural environment has shown to improve children's concentration, social and mental development, and physical and mental health."**

**- Dr William Bird 2006**





### Zenobia Barlow, "Confluence of Streams"

"Children are born with a sense of wonder and an affinity for Nature. Properly cultivated, these values can mature into ecological literacy, and eventually into sustainable patterns of living."





# TRIP TO BEIJING GARDEN



It was a very quick morning group time, this was where we welcomed Ona back and looked at the mini bus route to get to The Beijing Gardens. The Preschoolers discussed the route and then in no time at all the Preschoolers were on their way! The trip there was very exciting with lots of singing, laughing and chatter. On the way back it was a little bit calmer-many of our Preschoolers were just exhausted.





Tina talked to the Preschoolers about many of the sculptures found throughout the Beijing Gardens. She taught the Preschoolers how to say garden in Chinese and how to say the sculptures names. The Preschoolers discussed with Tina the history of the sculptures and different facts about them. The Preschoolers sung many Chinese songs as we walked through the gardens and were very engaged whenever we stopped to further explore a particular sculpture, tree or natural materials.







WE FOUND A STEEP HILL



AND CRAWLED DOWN IT



AND WE ROLLED DOWN IT



AND HOPPED DOWN IT



Carefully climbing trees.



The preschoolers explored a garden that reminded them of a secret garden. We had dance concerts, hide and seek and lots of nature exploring moments that were all occurring at once, it was very nice to experience.





The Canberra Rotary Peace Bell which is a commitment to Peace and connection to the people of Japan.



Ella's musical instrument.



Chinese Greeting Game. The Preschoolers all played a fun Chinese greeting game before leaving to head back to Heritage.



Riley, Gio and Reuben sat and talked about the secret garden for quite some time and then shortly after taking this photo they were off to play hide and seek in the 'secret magical garden land'



'Alicia the Troll' scared some of the Preschoolers as they crossed over the bridge!



"Ona, hold our hands we have missed you"- Amber was yelling out as Bella and herself held Ona's hand.



DIVERSITY  
IS THE ONE  
THING WE  
ALL HAVE IN  
COMMON.  
CELEBRATE  
IT EVERY DAY



# Chinese New Year celebration



Today we had a special guest Jenny! (Honglin's mum) She came and shared her Chinese culture with us for Chinese New Year! We did some singing and dancing all together! Jenny sang the song 'London Bridge is falling down' in Chinese. She had assistance from her daughter Xiaoling! Torvin smiled lots enjoying this group time as we sang a song about a Chinese dumpling. We learned about Chinese Zodiac signs and animals as Torvin began babbling. Noah folded up his piece of paper, and babbled with Evelyn. As we sang songs Noah moved his body left and right as he clapped his hands. Next we looked at a Chinese envelope which Jenny explained that children receive for Chinese New Year. The children were very interested in checking this out!



we were very lucky to have Jenny (Xiaoling's mum) come to the Preschool Room to sing some Chinese songs with us and go through the different Chinese Zodiac signs. Jenny explained that this year is the Year of the Dog (Gǒu). Jenny finished off by teaching the Preschoolers a happy new year song that she loves to sing. Thank you Jenny for coming in today; the Preschoolers loved it.



It was time to head off on our big adventure to find the Chinese Dragon. As we walked down Liversidge Street, Rishi became very excited and said "Hey Alicia, that's the pub". As we stopped to cross the road Rishi wanted to tell Ryan, "Ryan (pointing at University House) that's the pub. My mummy goes there with her friends". Crid, we will join you next time. As we continued walking we bumped into a few parents including Magnus' dad, Lucas' mum, Talma's dad and Xiaoling's dad. The Preschooler's were all super excited to see our friends mums and dads.

As we waited for the Dragon to make its way down to the Pop-Up Village the Preschoolers sang some Chinese songs with Tina. Many people passing by stopped and listened to our very talented bunch of Preschoolers and as these people began to leave the Preschoolers would wish them 'A happy New Year' in Chinese (xīn nián kuài lè). They even wished the Chinese Ambassador a happy new year as he passed by. After about ten minutes of waiting we could hear drumming sounds in the distance. As the sound got closer the excitement grew and the Preschoolers could hardly contain themselves. "I hear the dragon", "the dragon is cominggg!"

Tomasz and the Preschoolers created their own dragon together.



# EASTER FUN ACTIVITIES



**WE ARE EASTER BUNNIES!**



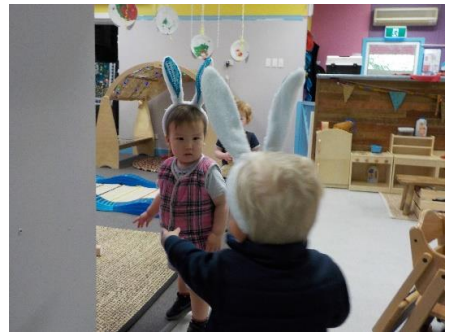
Cheese



I'm a bunny!



Oscar was so excited saying 'Meh..meh'



**HOP** !!  
!!  
**HOP**





# EASTER EGG HUNT



We set up our garden for an Easter egg hunt. Chloe and Eranga hid eggs first, and the children came out with their basket. Yun filled two baskets, Archie and Elodie tried really hard to open up the chocolate when they found their first one. We hope all Nursery families enjoyed the baskets they made today.

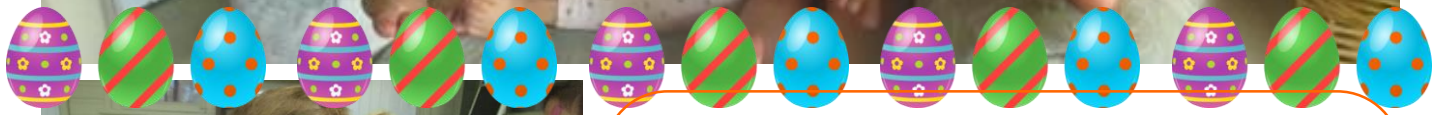




Eranga and Chloe took some children down to see the chickens and do the compost. On their trip down there, Noah found some rocks and decided to start collecting them. Honglin and Oscar lead the group with their buckets. Honglin decided to hop like a bunny!! When they reached the chicken coop, there were no chickens so Marco said "All gone". They found an egg inside the coop and mummy chicken popped her head out. Torvin was very excited because he found three big watermelons.



WE FOUND SOME  
LITTLE EASTER  
BUNNIES RUNNING  
AROUND THE  
TODDLER ROOM



Good morning Toddlers! What a beautiful day we've had; for group time this morning Maryrose requested we read the story "we're going on a bear hunt." The Toddlers settled nicely under a tree and quietly listened to the story. Ted quickly picked up on the words and began reading along. "Swishy swoshy swishy swoshy" he said! As we read the book Maryrose enjoyed helping Briar with the words. "We can't go under it, we can't go over it, we have to go THROUGH it!" she said excitedly. After the story, we were surprised with special Easter donuts that Dragana had cooked for us for morning tea. Lucky us!



EASTER  
FUN ACTIVITIES



EGG DECORATING  
WITH PATTERNED  
PAPER AND GLUE

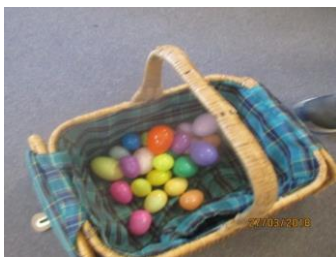




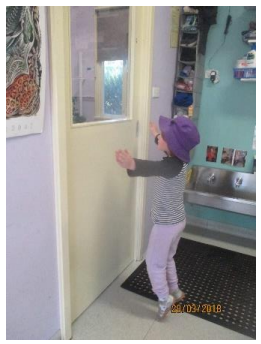
As we approach Easter, the Preschoolers have been participating in a variety of egg based activities and experiences. Today they were magical eggs that hatched into different animals described by Alicia based on physical characteristics. For example, an animal with big ears and a long trunk. The eggs hatched and then imitated the movement and sounds of that animal. Fionn then took on the role of Easter Bunny and delivered an egg to the Preschoolers from his basket which contained something inside that the Preschoolers needed to count; another one to one correspondence activity building on from the munching dinosaurs yesterday. Some children shook their eggs to guess what was inside while others popped them open straight away to find 2D shapes, the same used by Tina yesterday.



The Preschoolers counted how many shapes they had (ranging from 3-7 in each egg) and then were able to choose another egg out of the basket. Strategies to support accurate counting were suggested such as lining shapes up or moving each one across to a pile as they were counted. The next egg was popped open and also counted, and then the two groups were combined where the total number were counted. This allowed educators to look at simple addition as well as counting past ten with some children.

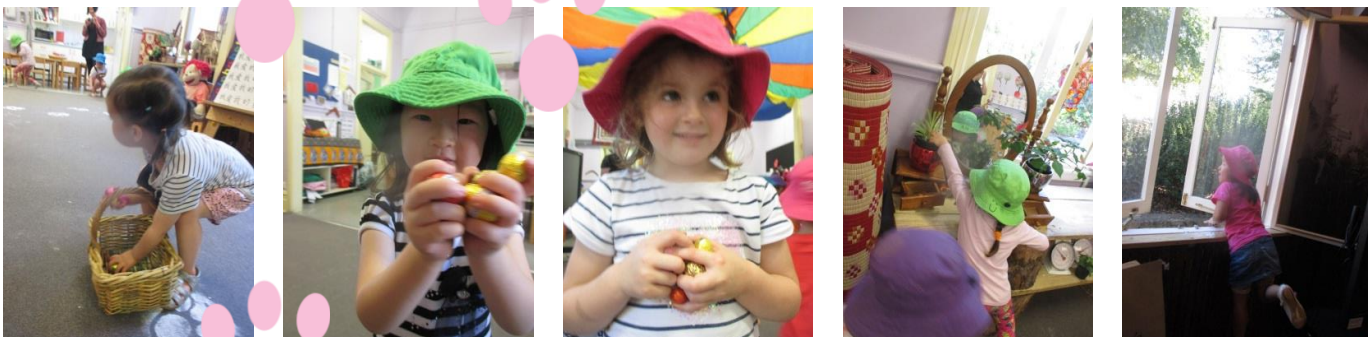


# We had a visit from the Easter Bunny



# THE EASTER BUNNY WAS BACK AGAIN!

Janthra and Audrey were the first to notice something through the Preschool room window and they rushed out to tell their friends... ..Everyone was soon trying to catch a glimpse and then into the room they went, collecting as many eggs as they could find! Yum what a hunt.







# LEARN MANDARIN CHINESE

with

TINA





Teaching language (especially a second language) requires a holistic approach and a wide range of strategies to support different learners. Our amazing educator Tina has been taking her Mandarin sessions to new levels this year using routines, hands on group experiences, set up environments, and spontaneous conversations to support a wide range of abilities. Tina not only shares her own knowledge but also encourages our confident Chinese speakers to help their peers, which has fostered a whole community of learners within Heritage, particularly our Preschool room.

## Learn about family



Tina read the poem 'Walk to a village' with the Preschoolers which incorporates already familiar numbers and characters in Mandarin. Props add another fun element and are a regular feature of sessions. Everyone learnt to say "younger sister is sleeping, big sister is quietly playing". A toy rabbit was also used when saying "little rabbit loves to eat carrots and vegetables".

We talked about how we could show our mum/dad how much we love them. "Kiss them" said Ona, "hug" yelled Janthra, "be good" added Derek. Tina then discussed how sharing things with our parents can show our love for them. The Preschoolers learnt how to say I'm sharing half my apple for mum/dad.



We continue to look at different shapes in Chinese. The children created their own houses from a variety of sticks, straws and popsicle sticks. They were very proud of the different houses they had made.

## Learn about Fruits



FRUITS	shuǐ guǒ	水果	
 <b>orange</b> jú zi 橘子	 <b>lemon</b> níng méng 柠檬 / 檸檬	 <b>kumquat</b> jīn jú 金橘	 <b>grape</b> pú tao 葡萄
 <b>peach</b> táo zi 桃子	 <b>mango</b> máng guǒ 芒果	 <b>strawberry</b> cǎo méi 草莓	 <b>cherry</b> yīng táo 櫻桃 / 櫻桃
 <b>pear</b> lí 梨	 <b>apple</b> píng guǒ 苹果 / 蘋果	 <b>banana</b> xiāng jiāo 香蕉	 <b>watermelon</b> xī guā 西瓜

We practised saying different fruit and vegetables such as strawberry, plum, watermelon, capsicum, eggplant, pear, pomegranate, grapes, apples, banana, tomato and carrot. Each chose their own fruit and then named the fruit to their friends in Chinese. They also described their fruit or vegetable as either sweet 甜 (tián) or sour 酸 (suān). Afterwards they had a try of a persimmon 柿子 (shizi), which is a sweet fruit, that is sometimes dried. It was interesting to see how some of the children described the persimmon as sweet and some described it as sour, but most of them enjoyed it and asked for more.



Our bi-linguists and in some cases tri-linguists selected a piece of fruit to offer to the little pig (xiǎo zhū). The Preschoolers selected a piece of fruit, learnt the name in Chinese and then the pig said "I'm hungry, give me something to eat". So the Preschoolers would feed the pig the piece of fruit saying "little pig please eat strawberry" (nǐ hǎo xiǎo zhū, qǐng chī cǎo méi).

# Numeracy and Literacy in Chinese



The Mandarin program had a 2D shape and 3D object focus today and involved counting the number of edges/sides and corners (vertices). The Preschoolers also began learning the names of shapes including triangle, square and rectangle.

Tina's Mandarin session began with counting from 1-10 using English numerals and then switching to Chinese symbols. This counting was then extended all the way to 29! Then they began to count animals in Chinese and some of the children were able to do this independently.



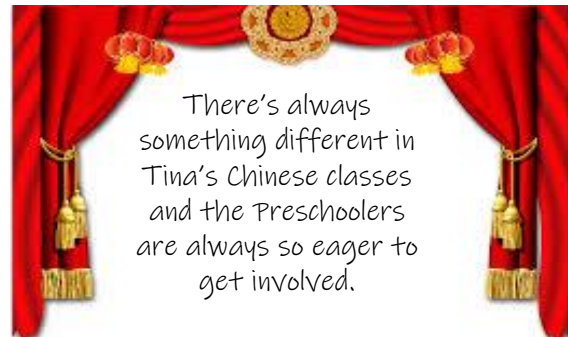


What's the Time Preschoolers???

Our Preschoolers are becoming amazing at reading the time with Tina in Mandarin. It's great to hear so many children responding to her questions.



Tick-Tock more clocks! Tina brought in even more clocks for the Preschoolers to examine which also included **shǒu biǎo** (watches). As Tina rotated the big hand around the yellow clock, the Preschoolers repeatedly said **zǒu** (walk) together. We were pretending to walk to Floriade. When the big hand returned to the 12, Tina asked **jǐ diǎnle?** (what time is it?) and the Preschoolers would announce what time it was. For example, **sì diǎn** (4 o'clock).



There's always something different in Tina's Chinese classes and the Preschoolers are always so eager to get involved.

*"Learning a new language is not only learning different words for the same things, but learning another way to think about things."*  
 - Flora Lewis



This also links with our *Emerging Literacy and Numeracy* program where children are gaining confidence speaking in front of peers; here they are performing in another language (in many cases) in front of their peers.





Today for International Chinese Language Day, we performed to our friends songs in Chinese with actions. We also learnt a new song about The Goose.



# TRADITIONAL CHINESE TEA TASTING



Tina shared three types of Chinese tea with the Preschoolers. Two flowers and goji berries. All the Preschoolers gave it a try, Reuben went back for seconds! The Preschoolers spoke in Chinese to Tina when requesting what tea they wanted.







A watercolor illustration of a butterfly with blue and green wings, surrounded by various green leaves and small yellow flowers. The illustration is framed around the text.

play outside  
JUMP IN PUDDLES  
build a fort  
read GREAT BOOKS  
Run barefoot  
**GO ON ADVENTURES**  
try NEW THINGS  
CLIMB TREES  
HUNT FOR BUGS  
make MUDPIES  
dREAM big



# Nature play at Heritage



## Puddle

*(noun)*

A small body of water  
that attracts other  
small bodies wearing  
dry shoes



If you think  
sunshine brings  
**YOU**  
happiness,  
then you haven't  
**danced**  
in the rain.



Splish splash! The sun wasn't shining today but no worries, we used this opportunity to experience the change of weather and make our own fun. We suited up in our new fairy, shark and dinosaur outfits and we were looking super cute. We popped on our gumboots and jumped in the puddles! Everyone had so much fun in the rain, nobody wanted to go back inside. We explored the garden and noticed how things were different in the rain. We looked at the plants with droplets on them and shook a tree branch to see the water fall on us. We did stomping and jumping and squealing as we played. Oscar could not stop laughing, Marco scooped up puddle water with a bucket and poured it into another bucket. Kit said "JUMP, JUMP" as she did so and Torvin ran around saying "Waterrrrr!!". Torvin fell over and said "Uh oh!" but once his educator explained that he is still dry and so are his clothes thanks to his splash suit he said "good" and kept on playing.





Nature play at Heritage



Some muddy puddles outside for the children to splash in. Archie and Honglin jumped into the puddle straight away splashing water. Shanza, Yun, Elodie and Andrew jumped into the puddle and stomped their feet making a big splash. Kit said "jump...jump" before jumping in the air. Honglin, Archie and Felix all enjoyed using the sea creature props as well as the crocodiles to splash in the water. Different pots and pans were used to scoop up water and carry it from one spot to another. Archie filled up a bowl with muddy water and poured it into a tube. He watched the water come out the bottom and laughed as he did this.





Water play is always so much fun! Kate pulled the hose from the fence, then Honglin quickly picked up a bucket and asked for water. We placed two containers in the sandpit and filled them with water. They found their own shovels, a bottle, buckets, a tea pot and molds to play with the water. They scooped water out from the containers and made wet sand. Elodie made lots of splashes and tipped the container. Later the children filled the container with sand. The water eventually all disappeared and became the muddy.





Small puddle



Sand. Kate, Sand



My big jump. SPLASH!



My shovel went in.



Water from the muddy puddle



SPLASH SUIT FUN!





The children was busy transferring water from the tank to the ground. They used a tea pot or a basket to pour water everywhere. They also played with balls in the tub and tried to find sea creatures. Henry exclaimed, "Shark!" and everyone said "doo doo doo~"



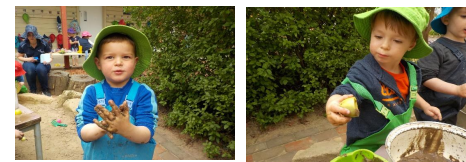
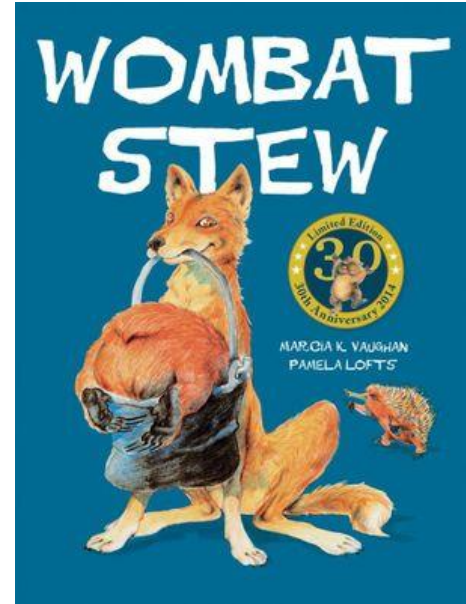
*If you think sunshine brings you happiness, then you haven't danced in the rain.*





i like  
**PEOPLE**  
who smile  
when it's  
**RAINING.**

# WOMBAT STEW! WOMBAT STEW! OOEY GOOEY WOMBAT STEW!



What a wonderful day for mud play! Today the Toddlers slipped on their gumboots and overalls for some fun in the mud. "We have a one way ticket to mud land" remarked Mia. Together they collected various pots and pans to mix their marvellous muddy creations and wombat stew!! The Toddlers did lots of mixing, pouring, filling, and scooping with the mud as Alex read them the Wombat stew book. "Wombat stew, wombat stew, gooey brewy, yummy, chewy, wombat stew!" They added lots of ingredients to their wombat stew, dry snails, crunchy flies, and even creepy crawlies! "I have a scorpion" said Henry V as he added another ingredient to his pot. We asked the Toddlers how the mud felt in their hands and Henry V responded "like squishy coffee!" Soon after our Preschooler friends, Mia and Abi, decided to open a wombat stew ice cream shop. The Toddlers helped make lots of muddy ice creams for their friends.





womBAT stew! womBAT stew! ooey goeey womBAT stew!





*When life throws  
you a rainy day,  
play in the puddles.*

*- Winne the Pooh*



In the big garden the Toddlers worked together to make a big mud cake! They all took turns in mixing it together and adding their own things into it, "I added leaves!" "let's go get some sand Harrison!" Grace said. The Toddlers used their own ideas to make different things together. Great team work!





Today the preschoolers looked at water safety again and discussed the important rules they need to follow when around water. We watched a short 3 minute film about Boo going to the pool and the beach and the rules that he must follow to stay safe! This is super important at this time of the year as it is warmer weather and more people are using the beach, pools and rivers. We will also be going on an excursion where water will be involved next week so we want to ensure our preschoolers are well aware of the safety rules.



We love muddy puddles and the rain!!!





"This is the Best day ever"- Lucas

Forest school  
in preschool

"wow LOOK AT THAT COOL CAR" yelled ella as she pointed out a car with christmas flags and a santa on the side of the car.... Turns out it was gabby's car! so we took a closer look! they LOVED it!

we saw a formation of rocks, sticks and leaves and talked about how by having all this piled up it changes the flow of the water. we also discussed how we could use this set up to catch fish.

we found some mud that looked like ochre.









Don't  
Stop  
the  
Music



Music is who I am

# My Body Makes Music



Music plays a big role in a child's early life and development. We use lullabies to rock our babies to sleep, dance to rhythmic tunes with them, and even use songs to teach basic concepts such as the alphabet. In fact, early childhood programs always include music and movement activities in their classes. Their Children's Music Programme supports the Ministry of Education's emphasis on developing children's music and physical abilities at a young age.

1. Music helps develop language, literacy and communications skills.
2. Music enhances physical development.
3. Music helps develop cognitive skills.
4. Music enhances individual development.
5. Music's form and structure can bring order and security.
6. Music encourages early brain development.



We visited the music room. Our educator showed us how a guitar is played and let us have a turn too! We had so much fun singing, dancing and playing our instruments that even the Toddlers came in to see what all the noise was. Elodie loved shaking her maracas along to the beat of the music. "Shake, shake, shake your maracas, shake them just like this".



"Music gives a soul to the universe, wings to the mind, flight to the imagination and life to everything."  
- Plato



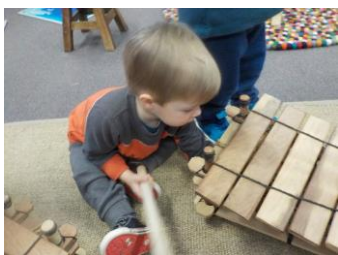
More great quotes at [supersimplelearning.com](http://supersimplelearning.com)

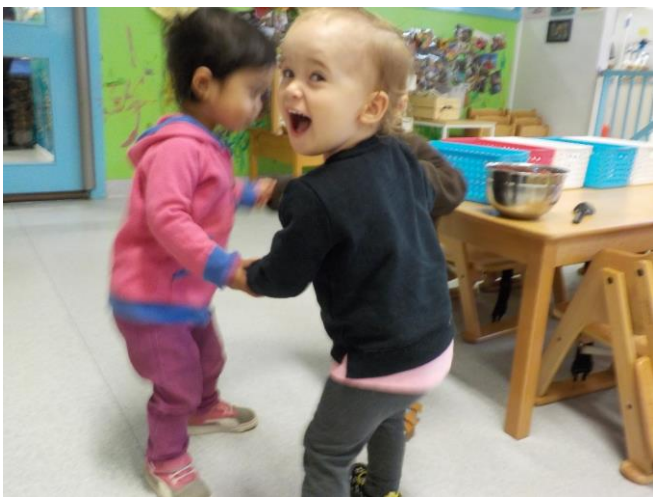






We enhanced children's gross motor skills and creativity through playing musical instruments. Shanza saw Titi bringing the musical instruments, she shouted "drum!". Shanza and Oscar practised tapping the drums with different speeds! Slow and fast at once as they followed Titi's instruction. Bowen decided to shake the shaker using his right hand and Felix shook them with two hands. Marco decided to put the drum on his lap and played it.





"Music programs can literally remodel children's brains in a way that improves sound processing, which could lead to better learning and language skills."

- Nina Kraus of Northwestern University







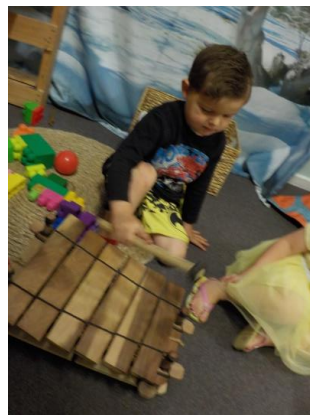


# MUSIC IN NATURE



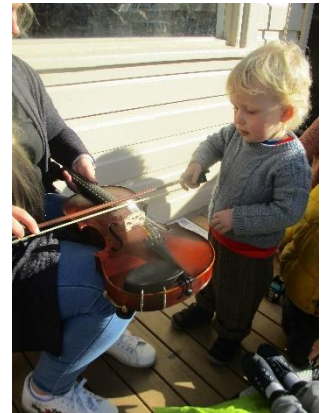
Our wonderful new natural musical instruments echoed amongst the trees

# UKULELE JAM WITH MY FRIENDS



**MUSIC IS A MORE POTENT INSTRUMENT THAN ANY OTHER FOR EDUCATION. -PLATO**





Claudia bought in her viola and alto saxophone for the children to have a play and listen. Claudia asked the children what songs they'd like her to play. Isla T suggest 'ABCD', Theo suggested 'Old MacDonald' and Ruben and Henri requested 'Baa Baa Black Sheep'. Claudia asked the children how they thought the Viola should be played, Ruben said "with the stick". The children all got to have a turn at moving the bow across the strings. Adelia and Ruben particularly enjoyed having a turn. The children then all got to have a turn at pressing the keys as Claudia blew air through her saxophone.



**IT'S IMPORTANT TO GIVE KIDS AN OPPORTUNITY TO SEE WHAT THE WORLD IS ABOUT, AND MUSIC IS A FANTASTIC FRIEND**

**- PINCHAS ZUKERMAN**



# TAP YOUR STICKS! & RAINBOW RIBBON CIRCLE





Isla T suggested the "tapping sticks" song, she sat at the front to show her friends the movements. Reuben and Harrison helped to make sure everyone had a pair of music sticks to join in! Soon after we decided to do some songs with the rainbow ring, there was a lot of excitement for our "wheels on the bus" and "row, row, row your boat" The Toddler and our Nursery friends joined in with the movements and sang along!



**THE TRUE BEAUTY OF MUSIC IS THAT IS CONNECTS PEOPLE.**

**- ROY AYERS**



## Music with Gabby

Today the Preschoolers discussed beat and how we can identify it almost anywhere. The Preschoolers made a walking beat that they played throughout a story. The Preschoolers sang the entire story. They repeated the storyline after Gabby and played the beat as they went. During this experience Sinead showed Gabby a different way to play her Tamborine, Gabby explained that she is playing the rhythm that goes with the words. The Preschoolers then had a turn playing the Rhythm with clapping sticks and tambourines. Some of the Preschoolers managed to pick this up very quickly.



## Music Session – focusing on the beat and learning how to play the beat





After Lali had her sharing about learning piano we had a music session where we played different percussion instruments along with the video of Lali playing the piano. We then sang some songs and practised counting and keeping a beat.



# MUSIC OUTSIDE



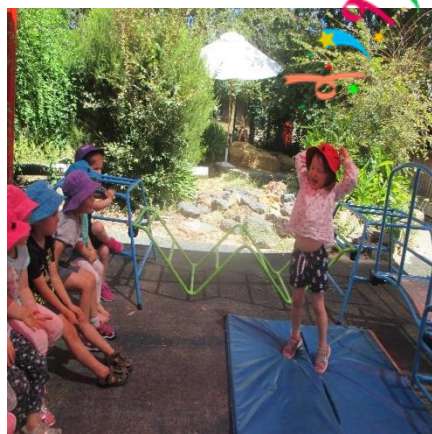
There was plenty of experimentation with the new musical instruments which we were lucky enough to purchase from the Art Night fundraiser. Being outside enabled children to make louder sounds too.





Starring Ella, Ava, Riley and Xiaoling. What a wonderful performance filled with some amazing dance moves, lots of laughs and plenty of cheering and clapping. So lovely to watch how supportive our Preschoolers are towards their peers.

# HERITAGE DANCE CONCERT



The Preschoolers explored the benefits of dance. The Preschoolers were given opportunities to strengthen and develop their body awareness skills (locomotor, spatial awareness), timing skills (ability to follow beat and tempo), gross motor skills, imagination, non-verbal communication, sense of direction and relationship building. This was all through an imaginative dancing journey. The Preschoolers danced out a story about running late for a very special birthday party, the rush to the party was all the fun but coming home and being super exhausted led to a three minute relaxation session to finish the lesson. This was a lot of fun and all the Preschoolers were very engaged. After all the dancing we certainly were ready for morning tea and lots of water.

# INDONESIAN DANCE



Shanza's (Nursery) friend from the UK visited Heritage today to perform a traditional Indonesian dance for all the children. She is originally from the island of Bali and performed a dance about a princess escaping from an evil king on a very large bird. She taught the children some simple arm, hand and finger movements and everyone got up and danced together. Some small fans and bowls were also passed around.





We said farewell to our much loved Sabi. Sabi prepared a concert for all three rooms where she sang all her favourite songs with the children and performed some beautiful traditional Nepalese dances. To finish off Sabi, along with the rest of the Heritage family danced to Sabi's famous Disco Dancer song. Sabi has been a part of all three rooms during her time at Heritage and has been such a bubbly, energetic and loving Educator, and will be deeply missed by everyone. If you have a chance on pick up please take a moment to farewell Sabi.

