



Love
YOURSELF
ENOUGH
to Live a
HEALTHY
LIFESTYLE



Yoga teaches how the body and mind are inter connected and how we should be aware of our selves. When children are engaged, focused, having fun, while practicing yoga, they are in the present moment. This self-awareness of both body and mind helps children to be cautious in any situation. It also teaches children that we are all the same inside, despite our outward appearance, culture, and religion. We all have bodies that function, hearts that love, and feelings that feel. Yoga inspires children to be kind, patient, accepting, and empathic with themselves and their peers.





“According to psychiatrist **Erik Erikson**, whose Eight Stages of Development are widely taught basics to understanding growing children, learning trust is the basis of healthy social-emotional development. The physical contact of a loving adult fosters trust and starts baby on the lifelong journey of learning about relationships—to one’s self, to others, and to the world. This contact can also ease a young child’s nervous system while bolstering his immunity, circulation, and physical growth.”





We have regularly been supporting the children to get involved in yoga every morning. This supports them to maintain the balance and coordination during physical activity and even become self-aware and conscious of their surroundings. As they practise the various poses they become aware of losing their balance and falling onto their neighbour. To appeal to their interests we have been using different animals to represent different yoga poses. Henry V suggested making ourselves really really tall like a giraffe, and Isla W suggested they become really really small like a baby monkey

Find Your Balance



mountain



dog



dog



moon



sun salute



sun salute



warrior 1



warrior 2



warrior 3



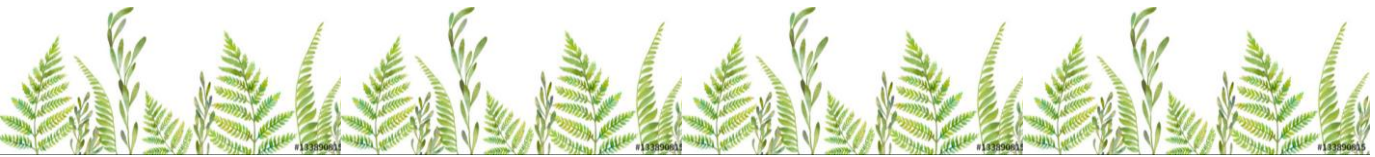
tree



cat



cat





Our Yoga story took us up a large mountain that had snow. The snow melted into the Ganges river. Following the Ganges river, we found a village with lots of interesting animals including a monkey, elephant, tiger and cobra. The village was getting ready for a festival where we did pretend cooking, making curries, rice and roti. We danced and marched to a drum at the festival of Ganesh and lit a candle on the Ganges river. At the end we pretended to float along the river, laying down to relax on our mat.



Yoga With Katie



Extending on our India session with Preet this morning, our Preschoolers pretended to go on a magic carpet ride all the way to India. Our story today took us on a trip down the Ganges river where we saw different animals and a village preparing for a special festival where we cooked rice, curry and roti bread. Each part of the story had a yoga movement and at they end we had a dance, then a rest. Katie used some lovely props which included a special embroidered rug and a beautiful blue sari. Amber and Rishi were very excited to do an experience related to their culture. Rishi enthusiastically acted out some of the animal movements. Amber taught us the word for hello and my girl (which Amber's dad calls her). Amber also showed us some amazing dance movements.

SUPERHERO YOGA



I am brave.
WARRIOR 1 POSE



I am strong.
WARRIOR 2 POSE



I am peaceful.
PEACFUL WARRIOR POSE



I am kind.
WARRIOR 3 POSE



I am a superhero!
HALF MOON POSE

© Kids Yoga Stories.



SUPERHERO Yoga



Yoga in NATURE



Ansgar "Can we do dinosaur yoga please?" We had to use our time machines and invisibility suits to visit earth when the dinosaurs were here. (The invisible suits are so the dinosaurs don't eat us). We did lots of big movements and stretches relating to different types of dinosaurs. What did you like about yoga today??
Yago: Pointed to the stegosaurus "that one". / **Audrey:** I'm a fairy dinosaur. / **Ansgar:** I like the pterodactyl.
Fionn: Stomping. / **Yago:** Hiding from Tina. (In our invisibility suits) / **Jackson:** All the dinosaurs.

Fairies and Elves yoga



Fairy yoga was chosen for rest time today. We had an amazing fairy house (made by Ava) and fairy flower constructions (made by Abi, Mia and Ruth) to use in the session. Lights were also added to represent the fairies and our Preschoolers soon realized the fairies would disappear when the noise level got a bit high.



As some of our babies showed big interest in the book called 'upper lower brush brush brush' Chloe set up a hygiene activity this morning. We started with our favorite book 'upper upper' and we read one more book from the library. After we read a book, we practised brushing teeth.

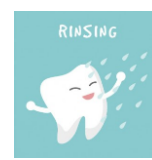
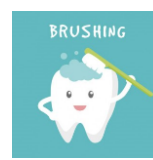
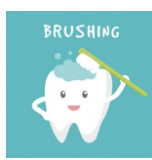




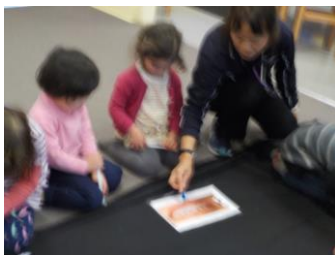
Tips to keep your child's teeth clean

- Brush your child's teeth twice a day, using small circular motions. Their teeth should be cleaned after eating and before bed using toothpaste with fluoride that is suitable for children. This can help to strengthen the outside of the teeth and prevent decay. Make sure they brush for at least 2 minutes and remind them not to swallow the toothpaste.
- Help your child to brush their teeth from the time they get their first tooth until they are 7 or 8. After that, supervising them is still important.
- Try to get into a regular tooth brushing routine, and give your child plenty of praise when they brush their teeth well.
- Replace toothbrushes or toothbrush heads every 3 months.
- Children should floss as soon as they have 2 teeth that are in contact with each other. You should supervise flossing until they are about 10.
- To develop strong teeth, make sure your child eats a healthy, balanced diet and avoids foods with a lot of added sugar, such as lollies, biscuits and soft drinks. Always choose fluoridated tap water.

More details: <https://www.healthdirect.gov.au/dental-care-for-children>



Let's talk about teeth! Today the children were involved in an activity about how to maintain strong and healthy teeth. Rocio had a discussion with the children after they read a book. Adelia confidently said "you eat carrots with your teeth!" and Yien pointed at her beautiful set of teeth and said "these are my teeth!" and she helped count how many teeth she has. Brooklyn told everybody "I clean my teeth! Well done Toddlers, it's so important we continue to look after our body. After all it is our responsibility! Speaking of responsibilities, check out these Toddlers filling up their OWN drink bottles today. We are just getting so good at our self help skills!



Today we had a Chinese lesson focusing on brushing our teeth. We learnt some words that we needed for brushing our teeth like:

- Teeth (Yáchǐ)
- Open ((Dǎkāi) and Close (Guān)
- Sugar (Táng)
- Toothbrush (Yáshuā)
- Toothpaste (Yágāo)

The children practised brushing teeth on the model teeth and laminated pictures of teeth. Lucas said that our teeth need to be sharp, "Because your teeth have to be sharp to bite something". The children knew we should brush our teeth two times a day. Once in the morning and once at night.



I brush my teeth already today, you open your mouth and chew your food with your teeth-Jensen

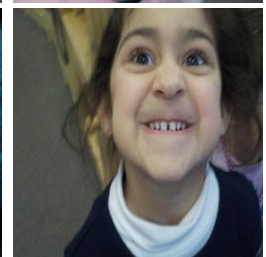
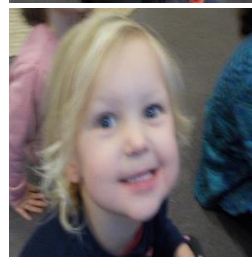
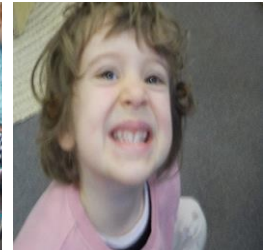


My mum helps me brush my teeth - Isla T.

I sat on a big chair at dentist and he gave me strawberries water to rinse my mouth-Grace



One of our Toddlers visited the dentist recently and this inspired one of our morning groups today. A dental hygiene session was facilitated with two books, a large model mouth and a few tooth brushes. Grace, Joni, Isla, Jensen, Adelia and Abraham were excited to try to use those brushes on the mouth. "You brush inside too" explained Grace. We also discussed the importance of brushing properly twice daily as well as visiting the dentist. We wrapped up the discussion with some healthy food options e.g. carrots, apple etc.



As we progressed through the book, the Preschoolers showed their own teeth, demonstrated how they brush their teeth, we chatted about how often we should be brushing our teeth and how dental floss can be used to remove food that is stuck.



Health Eating



Ewww Yuck! Bugs and Snakes for Morning Tea!

Many of our Preschoolers saw the bug and snake drawings for morning tea and wanted to draw their own.





Our Preschoolers were asked which part of their bodies they like the best and many of our Preschoolers answered 'skeleton'. So today learning about healthy habits continued with a skeleton and veggie theme. The aim of this group was to encourage our children to try something new and to be involved in making healthy choices. It was a big success with many positive comments from our Preschoolers, at the end of morning tea there was also barely anything left with lots of the children serving themselves seconds and thirds.

Step 1: Collect some fresh herbs



Step 2: Create our veggie skeleton



Step 3: Time to Eat!



Did you try something new???

- Ruth: Yellow capsicum. / Kelly: Mushroom.
- Ansgar: Capsicum. / Xiaoling: Mushroom.
- Rishi: Broccoli, Yellow capsicum.
- Eli: Mushroom. / Stan: Celery.
- Siri: Broccoli. / Lucas: Capsicum.
- Jackson: Mushroom. / Bella: Capsicum.
- Alex: Broccoli, capsicum, mushroom.
- Gio: Capsicum. / Audrey: Some celery.
- Ava: Mushroom, cauliflower.

Kid's Healthy Eating Plate

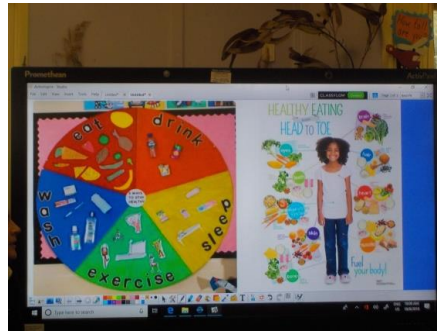


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One of the goals we set for Preschoolers from the most recent Educational Summaries related to further exploring healthy food and teaching children about specific benefits for their body. We again talked about eating a variety of foods and chatted about vitamins and what they can do for our body. Vitamins summary

- Vitamin A for eyesight – orange fruit and vegetables, and green leafy vegetables
- Vitamin B1 for energy – peas, spinach, mushrooms
- Vitamin C for healing ouchies – orange, lemon, strawberry, tomato, broccoli



The Preschoolers then watched a few sing-a-long videos about healthy food. To finish off we looked at a circle made up by 5 ways to ensure we stay healthy (adequate sleep, healthy food, drinking water, exercise and washing germs away).

We explored how to keep a healthy body.

The Preschoolers were asked "how do you keep your body healthy?" to get a gage on their prior knowledge of this topic... it was super impressive to see just how much knowledge the Preschoolers really have in regards to health and hygiene.

"healthy food and exercise"- Ella,

"Sleep well"- Sinead,

"Eat broccoli"- Gio,

"drink water"- Lucas,

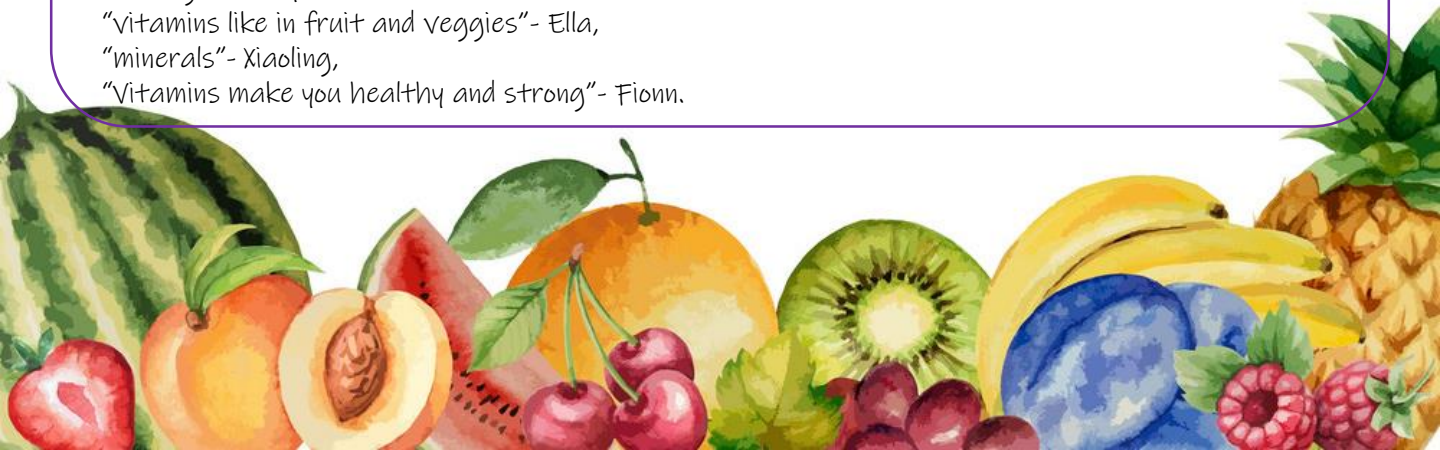
"Have a sleep in"- Stanley,

"Eating healthy"- Rishi,

"vitamins like in fruit and veggies"- Ella,

"minerals"- Xiaoling,

"Vitamins make you healthy and strong"- Fionn.





The early years are a time when food habits are being developed. Most children have formed lifelong eating patterns by school age. It is an important responsibility of parents and teachers to guide children towards sound food habits which will help them maintain a positive attitude towards good health in the long term. We read the Magic lunchbox which explores the different foods in a lunch box that creates happy rainbows in our tummy.



Fruit Kababs for morning tea





The children were excited to see Alicia come with different ingredients to make pizza today, one of the suggestions from a group of Preschoolers yesterday. The children helped cut up mushrooms, capsicums (red, yellow and green), spinach, tomato, pineapple and ham so that we could make them later in the day. The first group even helped grate some cheese.

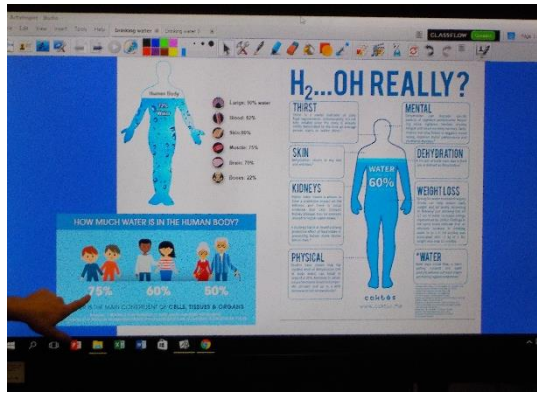


Healthy Fried Rice

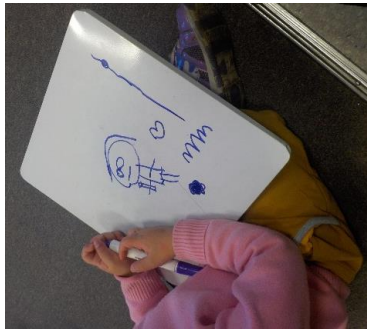
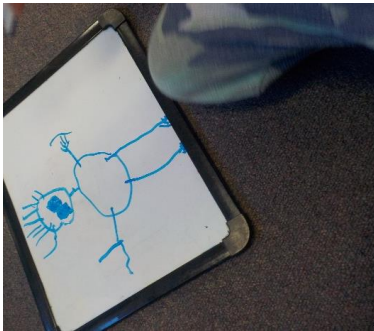
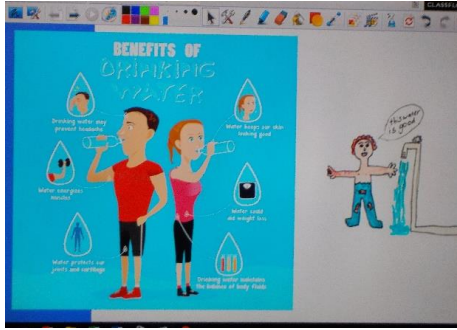
Today the Preschoolers chopped up all the ingredients to make fried rice. They chopped up green and red capsicum, grated carrot, cut up corn and onion. The Preschoolers then put a spoonful of rice on a plate and after cooking the veggies they added their desired vegetables to their rice. They loved it and were very excited to create a rainbow in their tummy with all their healthy vegetables.



WATER TALK



We often talk about the importance of eating healthy food such as fruits and vegetables but sometimes overlook the significance of drinking enough water. The Preschoolers learnt about the benefits of water today such as energizing their muscles, protecting joints, keeping skin healthy and more.





A little bit of theory mixed with a practical activity was the structure of the first group time this morning with a focus on healthy eating. Educators have been supporting children to make positive choices about their food by learning what healthy food really means and the benefits it can have on our bodies apart from "helping you grow strong". A brief video introduced the Preschoolers to vitamins. These included vitamin A which helps with our vision, vitamin B1 to give us longer lasting energy and vitamin C which helps repair our body after an accident. Children noticed which fruits and vegetables provided different vitamins. Some regular foods that appeared included oranges, carrots, broccoli and cabbage. We connected this to injuries or accidents at Heritage such as a cut, scratch or bump.

Eating habits are instilled from a young age, and often these habits are carried through to adulthood.

Children who learn to eat well can develop and sustain a healthy lifestyle, which has many benefits such as healthy growth and development and preventing long term illness.

Children who eat healthy foods in their everyday lives can be more alert and interested in activities, which can improve their concentration and learning.

Sorting Foods

After the morning group time the Preschoolers informed Alicia all about their group time. "Cavities" yelled Ella, "we need to eat healthy food and brush them clean or they will get holes" explained Xiaoling. We then looked at the foods on the smartboard and sorted them into foods that are healthy for our body and dental health and the food and drinks that aren't. As a transition to lunch the Preschoolers dragged (crossing their bodies midline) either a healthy or unhealthy food to the healthy mouth or cavity filled mouth.



First up: BALANCE BEAMS!



Ted and Maryrose liked the jumping off the balance beam move!
Reuben wanted to try out the legs in the sky move... we tried! (Almost a face plant)



Investigating what move to do next!
Look and you'll learn!



Up Next: HULA HOOPS!



Coming In Third: BALANCING THE BALL! and the favourite: RAINBOW RIBBONS!





“We Are Inspirational
We Are Positive
We Are Energetic
We Are Vibrant
We Are Fun!”

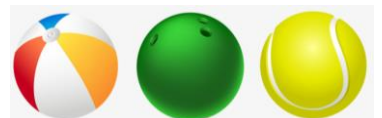
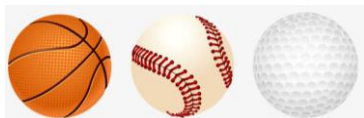


In the spirit of the Commonwealth Games, the Toddlers practised various yoga poses, symbolising the different sports athletes are competing in throughout the games. Henry V was an excellent lawn bowler, Siri was a magnificent diver and Reuben was an outstanding basketballer. Our challenge was to guess the sport which Madz was showing us/doing then to copy with us becoming the athlete. There was a tricky upside down mid-dive photo, the children did this action in all different ways, Theo and Henry C lay on their back with legs in the air (pictured). These poses even tested Madz as we saw a gymnast doing the splits, Yien copied the photo putting her arm and legs out wide.



Javelin today! We used bean bags and worked on our aim at the hula hoops! Madz demonstrated to the small group and Isla W, Yien, William and Henry C got straight into it. Isla W came close to the hula hoop conquering her shot, Yien liked to collect multiple bean bags before having a throw then enjoyed hula hooping with our ring! William and Henry C had a go from a long distance

Teddy Tennis was an introductory session with a tennis themed set of skills and activities based on hand-eye coordination. Darly-Bear and Head-Ted led the Preschoolers through a number of fun and movement based games. The Preschoolers introduced themselves one-by-one and shared their favourite animal with accompanying noise which the rest of the group copied. The warm up game involved jumping with music from starting on the dot to it being between children's legs (tennis split step). There was a warm down game involving different movements and then the tennis players received a special sticker and high-five from Darly-Bear and Head-Ted.



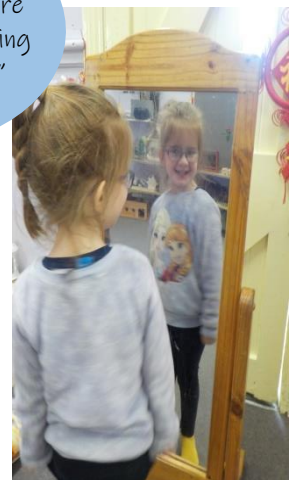
LOVE your body

Today 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.



Positive body image helps children to feel good about themselves and supports their mental health and wellbeing in childhood and beyond. Children with a positive body image are comfortable with their physical appearance and are more likely to think about their body in terms of its functionality rather than its form – that is, they focus mostly on the way their body helps them to do the things they want to do like playing sport, climbing trees or walking the dog, rather than how their body looks. Children with positive body image might not be completely satisfied with their appearance, but they concentrate on assets rather than flaws. This way of thinking contributes to a positive sense of self-worth. It helps children to detect and fulfil the body's needs, which means they might be more likely to appreciate the value of exercise and make healthy food choices that help the body to perform well (KidsMatter, 2014)

The Preschoolers were all invited to look in the mirror and tell their reflection something they love about themselves. This was a very sweet activity for the Preschoolers and was lovely to witness so many positive words about themselves. Here are a few comments



"I love my whole body because there is lots of interesting things in there"
- Gio



"I love being myself because everybody likes me when I'm being myself"
- Lucas



"I love my heart because it pumps blood" - Stanley

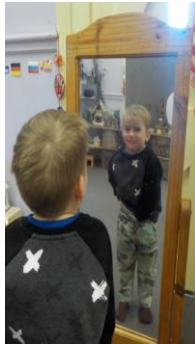
"I love my heart because it keeps me alive"
- Jackson



"I love that I'm pretty"
- Sinead

"I love that my brain works because it really helps me a lot"
- Chester

"I love laughing because it makes me happy"
- Xiaoling



Sustainable Heritage





sustainability practice at Heritage

We have been doing a great deal of recycling at Heritage and have been accredited with **Actsmart Recycling**. This year we introduced the WET BAG to reduce our use of plastic bags and it has been a great success. We have also encouraged families to have one day per week where they have a rubbish free day in our lunch boxes, with only recyclable items, compostable waste and reusable containers in the lunch box. Now we see more eco-friendly items in children's lunch boxes.

We are having our trip to the chook pen and compost bin every day and even recycle our organic waste. The children have been a part of this practice and are learning how to look after our environment from their early years.





actsmart[®]
business
recycling.

accredited recycler 2018



We took our daily journey to the recycle bin. The children pushed the bin cooperatively and helped each other. When we arrived at the recycle bin, Eranga asked "where is the bin with yellow lid?". Oscar pointed correctly saying "Ha!". We put some plastic into it one by one with the children helping. We then visited the worm farm giving them some of our scraps from morning tea.



"There is no such thing as 'away'. When we throw anything away it must go somewhere."

- Annie Leonard, Proponent of Sustainability

**sustainability practice
at Heritage**



The Hungry Composter



ANU Environmental Centre, next door, has today got a new toy! A great big and 'very heavy' according to Theo, **Industrial Composting Machine!** Excited to see it come off the truck, the Toddlers and Preschoolers headed to the veggie garden to watch. Isla T was stoked to see a forklift, and we were told the forklift drivers name was Oscar so we all waved and when we were done, thanked him with a round of applause. It was a big job to get it in, the forklift had to get it all the way over the fence. While we waited for the preparation, we headed to the gravel area to have a run and play. We climbed up and down the hill and even did the hokey pokey which had to come to a sudden stop when we heard the forklift moving again – so we all rushed back to the mats where we had a better view. The Toddlers waited patiently and were excited to see the machine go high up in to the sky and above the fence to then be placed in its' new home where we also get to use it - yay! As a part of our community approach to sustainability, we hope to soon make a large contribution to composting all our food and garden waste.



Compost and Chickens Visit



More details about **The Hungry Composter:**
<https://www.canberraenvironment.org/projects/>

"When you put the whole picture together, recycling is the right thing to do."
 - Pam Shoemaker, Author

Learning About Sustainability



The Toddler's group time today was all about sustainability. There was a particular focus on which bin our rubbish goes into. There were some great comments from our Toddlers about the bins they have at home and how they help their mummies and daddies. When our Toddlers saw the garbage truck some of them recalled seeing the garbage truck at Heritage. After group time, some of the children helped with sorting some rubbish into the bins - we had some plastic, cardboard and food scraps. Maryrose, Torvin, Yien and Daniel all had a go at sorting the rubbish with their educators' help.

• **Question:** Do you have bins and do you help your parents?

- Jensen: I got bins at my home.
- Maero: But I don't have a bin in my bathroom, but mum and dad have.
- Henri: I do that.

• When we looked at the garbage truck, some of the Toddlers recalled seeing the garbage truck come to Heritage.

- Harrison pointed at the garbage truck.
- Will: I did, I see the garbage truck, I see it!
- Jensen: I was there too.
- Henri: I do.

• When talking about putting rubbish in the correct bin.

- Jensen: We need to be careful.





Sustainability Talk with Alicia



We watched a short video and reinforced learning about the bins we use when disposing of our rubbish. We then had a discussion and the Preschoolers were encouraged to share what they know.....

What is sustainability???

Amber: Keep toys. / Ella: Put water to the land.

What rubbish do we put in the yellow???

Lucas said it was for the recycle bin.

Stan: Hard rubbish. / Ava: Plastic.

What about the red bin??

Alex: Litter / Xiaoling: Rubbish.

What about paper??

Xiaoling: In the blue one. / Reuben: Blue.

Scrap bin??

Alex: Fruit

What happens to the fruit in the fruit bin??

Reuben: It turns into new things!

Alicia talked about how using it for compost helps our garden and to make our plants grow.

We finished the group with a special song we are practicing for the Heritage Christmas party.





We worked on removing the old hay bales from the big garden. We made sure that we all had dust masks on, because the hay bales had a lot of dust in them. We used the wheelbarrows and shovels to move the hay from the big garden down to the **compost bin**. The children all worked together and were fantastic at balancing, persisting and working together.



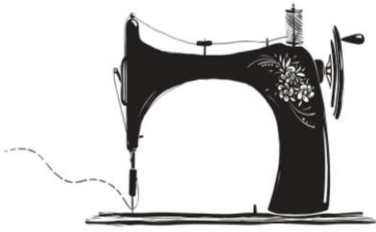


The paper bin was so full and heavy that it took a 4 person team of recyclers to carry it down to the big recycle bin. Great work guys!



CONGRATULATIONS





sewing With Katie

Creativity can be nurtured in all kinds of ways. The environment and assistance from a more experienced peer or educator can really help children to discover a new interest and way to use complicated tools safely. A special clothing design studio was set up where children were given the inspiration to create a garment using recycled fabrics and spare clothing. This experience required one on one support as children were introduced to the design process. First looking at inspiration and discussing what they'd like their garment to look like, then choosing and laying out fabrics, then measuring, cutting and positioning fabrics ready for sewing. This process took multiple steps and each child was given time to do these steps independently. Once all these parts were completed it was time to sew it all together, which was supported by Katie and resulted in each child making a unique and wearable item. Many of these clothing pieces were displayed at our Heritage Art Night.

Bella, Mia, Grace, Amber and Sadie all helped with repairing our dress-ups today.

Sewing & Weaving: Lacing and stringing activities help young children develop manual dexterity and manipulative skills. By using their hands, children more fully integrate learning experiences. Weaving, sewing, and other kinds of handwork extend the benefits of Practical Life work for the older child. Children will continue to develop fine motor skills and concentration, while building self-confidence with successful experiences.





During our fashion show the Preschoolers noticed that our dress ups had seen better days. With lots of holes in our dress ups Katie suggested maybe we should try and sew them back together. This was a great way to show children that when things are broken they don't have to be thrown away we can try and fix things. The Preschoolers had a wonderful time fixing our dress ups and took a lot of pride in their sewing job once the dress up was perfectly fixed. Thanks Katie and Preschoolers for all your hard work this afternoon! The dress ups look fantastic.



**I AM NOT GONNA BUY
THAT. I CAN MAKE IT.**



A watercolor illustration of various tropical plants and flowers, including large green leaves, palm fronds, and blue and yellow flowers, framing the central text. The plants are rendered in shades of green and blue, with some flowers in yellow and light blue.

**CHILDREN AND GARDEN
NEED THE SAME THINGS
— PATIENCE, LOVE AND
SOMEONE WHO WILL
NEVER GIVE UP ON
THEM.**

- NICOLETTE SOWDER



Looking after our plants



Oscar and Archie used their strong muscles to wheel a wheel barrow as we went for a walk. Honglin and Shanza helped carry some shovels as we all followed towards the deck. Once we reached the garden Honglin and Oscar got their shovels ready, soon Esca, Archie and Shanza followed. We dug up some soil, making large arm movements to scoop and move the soil into the wheel barrows! We worked as a team to move the soil, Archie said "Digging" before Honglin placed a large scoop inside.





Archie and Andy found some water in a tub. Archie began showing everyone "water...water". Soon everyone got their recycled watering can to gather some water. Nikki showed the children which plants they could water. She explained how the plants look dry - meaning they are thirsty. The children watched as the water disappeared and Archie began calling Nikki over to show her how the water disappeared. She let him know that the plants are thirsty. We made sure to water all of the plants, and the children worked as a team spotting the dry plants aside from the ones they just watered!



"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."

- ZENOBIA BARLOW FROM CONFLUENCE OF STREAMS





Kids learn best when engaging all their senses. With gardening, kids can touch and feel the dirt, seeds and flowers, see the vibrant colours and varied sizes of the plants, hear the sound of the vegetable when it is taken from the plant and smell the amazing scents of the flowers. Allowing all the senses to be involved helps kids understand and grasp the concept of gardening along with all the maths and scientific concepts that go along with it.





The Toddlers got their gardening gloves on and helped Rocio to plant some potatoes. Henry C I think you might be a bit of a green thumb!



"The earth laughs in flowers."
e. e. cummings





The Toddlers took on the great responsibility of taking care of our garden. Our seeds have just begun to rise and are starting to show, the Toddlers made sure they all got a water - some more than they needed!

Every CHILD is a
different kind of
flowers, AND ALL
TOGETHER, MAKE
THIS WORLD A
BEAUTIFUL
GARDEN.





Tina took some eager helpers to assist with collecting soil. Once everyone was indoors Tina spoke in Mandarin and described the different items she had ready. She also read the new Chinese poem which connects with spring, the weather and plants. Today's planting project was carrot seeds. The container has a clear side so we can keep watching their progress as they grow. Each Preschooler had a turn to help add some soil.





national
SCIENCE
WEEK

11–19 AUG 2018

scienceweek.net.au
#scienceweek

The important
thing is to NOT
STOP questioning.

- Albert Einstein

SCIENCE

Science Week 11th – 19th of Aug

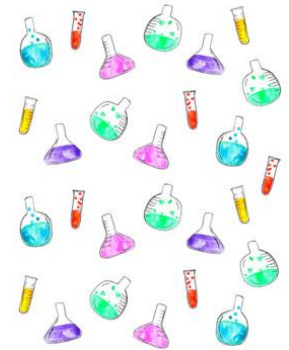
Cool scientific experiments happened throughout the week. We hoped to encourage children's interest in science and to be fascinated by the world we live in.



As part of our learning at Heritage, Eranga decided to do a science experiment with the children. Before we started our experiment we acknowledged the country together "here is the land". Marco, Archie and Torvin said "fire...fire" before pointing to the picture. We talked about lava and how hot it is. Shanza said "lava" and tried to say "volcano" too. Archie said "water" when Eranga poured some vinegar into the bottle. Torvin and Honglin said "hot...hot" stretching their hand towards feeling the heat. Marco and Yuna said "yellow" when their educator asked "what colours can you see?" All the children waited nicely with excitement to see the eruption of the volcano.



national science week



Brittany invited the Toddlers to the sandpit in the morning. Intrigued they gathered around wondering what we were doing. Brittany talked about volcanoes and explained how they can create a natural disaster in the World. We then got into the experiment, Theo helped to add sand into the jar, Isla T and Nora added baking soda and Henry C assisted pouring the vinegar. It began to bubble and Britt asked 'why do you think it didn't erupt?', the Toddlers replied questioning 'what will happen' said Theo, 'what's going to happen' continued Henry C, 'it's going to explode' Isla T said excitedly, Nora repeated 'it's going to explode!'. We added the special ingredient and it began to erupt, 'BUBBLES' called Jensen. They all had a go at mixing it and Henry C commented 'we make a soap and it explode'. Eventually 'the bubbles went down' said Jensen.





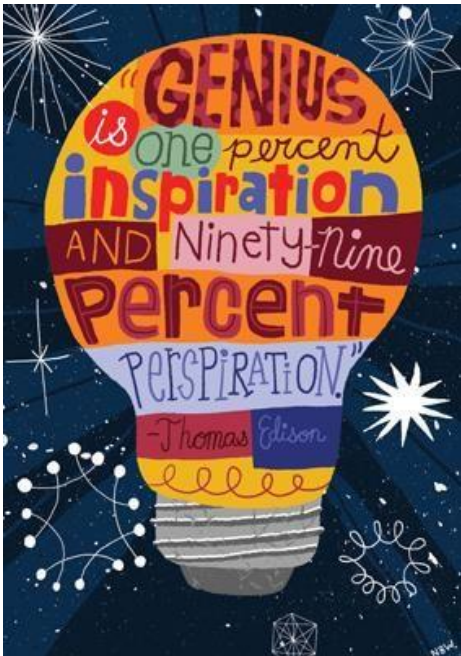
What a great little adventure for the Preschoolers today. After talking about National Science Week (11-19 August) and examining this years poster and recognizing lots of images related to science we decided we would keep an eye out for some favourite including animals, planes and perform some floating and sinking experiments in the water. Off they went with drink bottle and lunchbox in hand down to the lake. Fionn asked if we could go and check the teepees and to children's amazement, they were still intact. "They're still standing" commented Chester. A dirt path was followed along the edge of the water and the children counted 2 ducks and then 4 ducks, spotted a plane and noticed the Australian flag in the distance.



One of the favourite activities of the day was throwing natural materials into the water. These included sticks, branches, rocks, bark, leaves, grass and more. The Preschoolers made predictions about whether they would sink or float and were sometimes very surprised with the result. For example, Chester tossed a branch into the water. He concluded, "It floated even though it was very heavy". Others were encouraged to notice the splash when objects hit the water. "Circles" said Sinead, "lots of circles" noticed Ava.

There were some visitors over lunch with two hungry magpies regularly approaching the mat looking for something to eat. A cheeky magpie even managed to grab the leftovers of a sandwich from a lunch container. A tricky activity after lunch involved matching items off the ground with different colour palettes. There were greens, greys, browns and creams.





National Science Week!

Linking to Science Week Tomasz ran a discover box. Inside the box were many different items and without looking they had to guess what they were feeling. After pulling an item out they used magnifying glasses to explore the items further.



SCIENCE WEEK Visit from Crid



Rishi's mum Crid was so lovely and came to talk to the Preschoolers about how we can all be scientists. Crid has gone on some amazing adventures and she showed the Preschoolers all about her trip to Antarctica. Crid explained to the Preschoolers she is a scientist/biologist. She saw lots of penguins, elephant seals (they have a nose like an elephant), dolphins and lots of seaweed. "We are scientist Preschoolers, yes?" said Yago, "we are scientist children" added Ansgar. The pictures were amazing and then Crid showed the Preschoolers a video which was absolutely magical! The Preschoolers were still talking about it at afternoon tea! Thank you Crid.



NOTHING IN LIFE
IS TO BE FEARED, IT
IS ONLY TO BE
UNDERSTOOD. 
MARIE CURIE

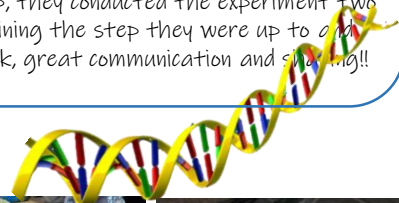
science in the arts



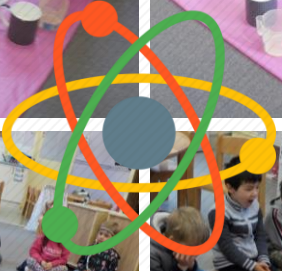
*"Take chances, make mistakes,
get messy!"*
- Ms. Frizzle



Today the Preschoolers were invited to help Alicia with a science experiment. We discussed what we were using for our experiment (milk, coloured dye and dishwashing detergent). They were asked to hypothesise what they thought was going to happen. "It will make a rainbow"- Ava, "the soap will float"- Ella, "it might sink down"- Fionn, "make it green"- Rishi, "explode....maybe like a volcano"- Lucas. We then conducted the experiment twice with very clearly explained steps. "It ran away"- Ella, "I thought it was going to explode" - Yago, "it looks like a star"- Ava, "all the colours went on the side"- Stanley. The Preschoolers then discussed how the milk repels the detergent. This sparked conversation about why it is so good to wash the dishes with this type of soap as it repels the food and liquids on the dishes. The Preschoolers divided into two groups and with no teacher help, they conducted the experiment two more times. Gio and Xiaoling took on a leadership role during this part of the experiment explaining the step they were up to and inviting children to do complete particular steps. It was great to see such wonderful team work, great communication and sharing!!



SCIENCE



Science is FUN!



Alicia reminded the Preschoolers that sometimes science experiments don't work but we have to wait and see.. It s about trying

Another science experiment started today is one that will last a few days with daily observations going to be made by children. First, the preschoolers made guesses about what might happen to the eggs which are submerged in a liquid (vinegar). "It might go fluffy"- Stanley, "make the eggs spikey"- Lucas, "make them sharp"- Gio. Alicia then explained that it will actually make the eggs become bouncy and a wonderful YouTube clip also explains the experiment. The Preschoolers are very excited to track this process and see the changes in the eggs. Stanley and Fionn suggested we make a 'please don't touch' sign for the Toddlers and babies as we have placed the eggs out in the foyer for all rooms to watch and enjoy this science experiment. The boys made two wonderful stop signs and have placed them next to the experiment. Stay tuned to see if we can create bouncy eggs.



What we learn becomes a part of who we are.



elephant toothpaste



“The important thing is to never stop questioning.” —Albert Einstein

Sink OR Float



The Preschoolers tested different items including cotton balls and cotton material and made predictions about whether they would *piāozhe* (float) or *chén xià qu* (sink). The bamboo chopsticks floated so many children predicted the bamboo material would float as well but that was not the case. Different bottles were also tested such as plastic and glass with no water, half full and full of water. Yesterday's challenge continued about finding a way to get the bird to the bottom without getting wet. This was achieved today after several attempts! At first, the birds and other items were placed into the bottle but it still floated. After more objects were added, the bottle and the bird finally sank! Well done Preschoolers!

Float



Sinks



Hot air balloon experiment

Over the past week we have been discussing with the Preschoolers how a hot air balloon works. When Alicia asked the Preschoolers what they remembered about hot air balloons she was bombarded with overload of information that they remembered "it has a burner, fire comes out of them to make it hot air" - Gio, "the burners has a little turner on them and it makes the air hot" - Sophia, "you have to go at 5:00 or you miss it" - Sinead. The Preschoolers then were asked what they think will happen when I put this bottle (representing the basket) in cold water? "it will stay down"- Sophia and what about hot water (representing the fire from the burner)? "it will go up"- Lucas. We then tested it and they were right! The Preschoolers then all had a turn being the pilot of their own hot air balloon... It was very exciting when the air got hot enough in the bottle and popped up the balloon, such proud and excited facial expressions.



At lunch time we set the tables up like two hot air balloons using the rectangle tables as the basket and the semi circle tables as the balloon. We kept a candle on each of the baskets as the burners and used some rope to join the basket and balloon together. This was a lot of fun and something different for a lunch time. On the smart board we had a video of a hot air balloon trip and the amazing views of Canberra you get when they are high up in the sky.



CAMP FIRE



There was an outside lunch request today and educators were more than happy to oblige. With the occasional cool winds bringing a slight chill, we saw a perfect opportunity to have a campfire. Tina did her thing and provided warmth for the whole area. Even a few lunches were toasted on the fire. Delicious!

Making a fire with Nikki and Eranga..



STEP 1 - Clean the firepit

As we went out to start a fire we noticed that our fire pit was full of coal. We got our shovels ready to help Eranga clean out the firepit. Everyone helped making big scoops before we placed them into a bucket. It was a team effort cleaning out all the coal before Torvin helped put the grill into the pit.

STEP 2 - Add sticks and paper rolls

Next we collected some sticks from around the garden. Everyone joined in placing sticks into the firepit. Noah collected some great thick sticks, and he threw one in before placing the second one in gently. Esca collected some small sticks to add to the fire. Torvin, Marco and Oscar all added some paper rolls.



STEP 3 - Sit around the logs and start the fire.

Nicole had a lighter to get the fire started! We watched as smoke began to form above the sticks and paper rolls. We watched as an orange flame started in between our brown firepit. "FIRE" Marco shouted excited. When educators asked Marco what colours he could see he replied with "Orange".

STEP 4 - Sit around warming yourself and sing campfire songs!

We reached our hands out feeling the warmth of the fire. Marco and the children all joined Nicole in reaching their hands out while saying 'Fire..fire'. Torvin said "Fire" and "Warm".. while babbling. We sang a few songs with the children. We shouted a BIG HOORAY as we sang 'If you're happy and you know it'..



STEP 5 - Put the fire out!

Once we were ready to go inside educators made sure to put the fire out! Educators talked the children about the importance of putting the fire out when we leave it. We got the hose out before Kate poured water onto the fire. Felix, Torvin and Oscar helped hold the hose for Kate. Honglin said "More, more" to the water.

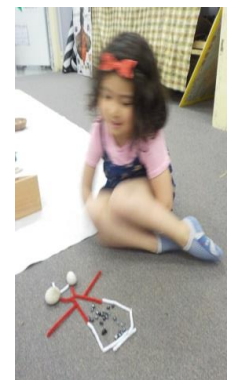


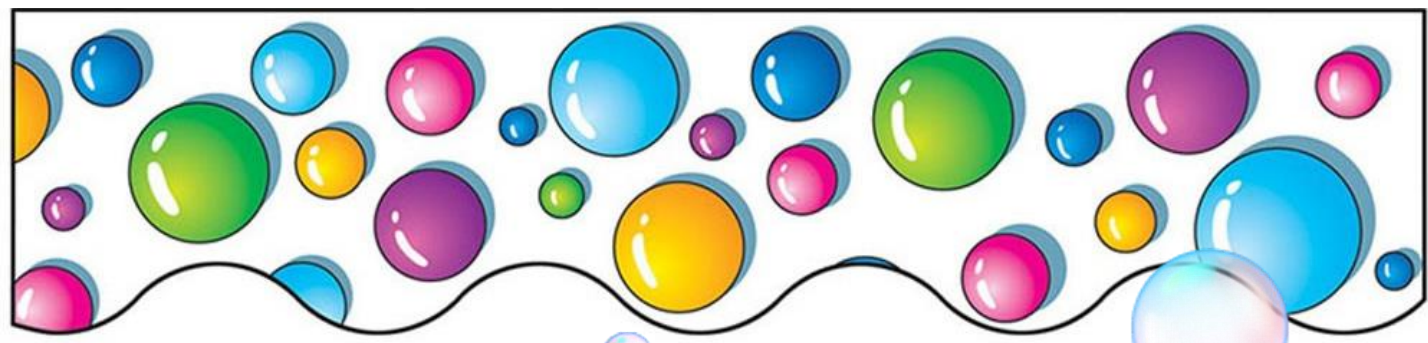
A group of children went for a walk with Eranga to find some sticks for the fire pit. The children were very excited to help Eranga and collect the sticks. After that Archie, Honglin, Torvin, Shanza and Noah helped to put some paper rolls in the fire pit. Once all the children sat around the fire Eranga lit the fire. Archie and Torvin said "fire" stretching their hands towards it. Once all the logs burnt down Eranga placed the corn on the fire which was covered with foil. The children waited nicely until the corn was ready. We saw the foil colour change before it was ready to eat. Kate put a stick through the corn so that we could hold them. The children loved eating their corn. Archie, Honglin and Torvin said "corn" while tasting them. "Yummy".



TINA'S MAGNIFICENT ROCKS AND STONES

Tina invited the Preschoolers to explore all the rocks and other materials provided. They were then asked to on their own create whatever they wanted using these materials. The Preschoolers were so engaged. Once they were all finished they showed their peers and Tina told them how to say what they had made in Chinese! Such a fun hands on activity that focused on their fine motor skills development





We got an incredible bubble show with Doctor Hubble. He showed us all kinds of bubbles, including a square bubble! We also tried to keep the bubbles alive by blowing them up in the air.

hatching eggs



The Hatching Chicks program has kicked off for 2018 with several chicks hatching yesterday and today from their eggs in the incubator. The Preschoolers will be learning all about chicks this week and next and will see firsthand how they grow, feed and move. A variety of resources including books, discussions, interactive experiences and other activities will support the Preschoolers understanding of chickens and their lifecycle.



A small group helped Dragana take the compost to the veggie garden today. On the way we saw the big chickens. Then we spoke about the chicks inside, about the different foods they eat, their cages and the noises they make.



Henry C pointed and said "Eggs!"

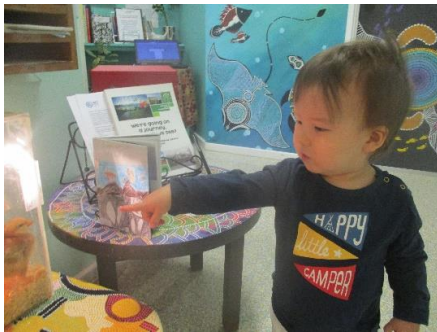
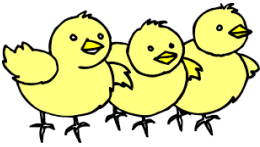
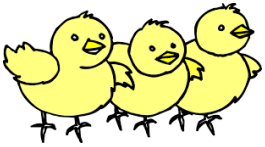
Ted said: "Chickies!"

Siri said: "Chickens can fly!"

Ava said: "There's so many!"

Henry V said: "I wanna pat one"

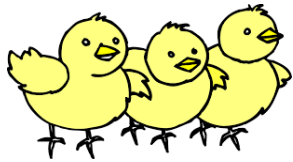
Adelia pointed and said: "It's the Mummy!"



As we were going for a sleep today Lucinda noticed that some of the chicks have hatched. She went close and began babbling and pointing to the hatched chicks. She then saw that there was a fresh hatched chick from an egg. She pointed at the egg and babbled. We then said goodnight to the chicks as we noticed one was sleeping.



We had some visitors today, our little chicks came for a visit. Chloe, Marco, Lucy and Archie all came very fast to see the chicks. Archie and Chloe reached their arms out touching the chicks. Marco made babbling noises while reaching out his hand. Lucy babbled while watching from a far.



THE MORE THAT YOU
READ,
THE MORE
THINGS
YOU WILL **KNOW.**

THE MORE THAT YOU
LEARN,
THE MORE
PLACES
YOU'LL **GO.**

- Dr. Seuss -

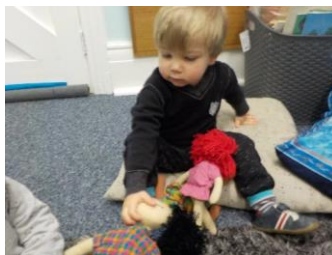




Early Literacy Program



Bowen, Chloe, Esca and Felix enjoyed some cozy time in the library reading stories and singing songs. We started off with 'Down by the station' and Felix did lots of pointing and said "bike". Next Esca asked if we could sing 'Old McDonald' so we got out the finger puppets. Esca gave the Old McDonald toy a BIG cuddle, very sweet. Bowen got very excited when it was time to sing about the cow and extended his hand to ask if he could hold it. Chloe gave the sheep puppet a little pat on the head and made a barking sound when she saw the little dog. When it was time to leave Mady told the children to say "bye bye library and Bowen repeated, "bye bye library!"

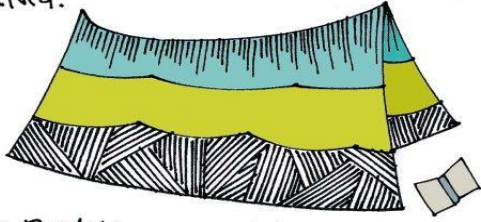


at one magical instant

in your early childhood,
the page of a book

spoke
to you.

gave up their secrets;
at that moment, whole universes
opened.



You became, irrevocably,

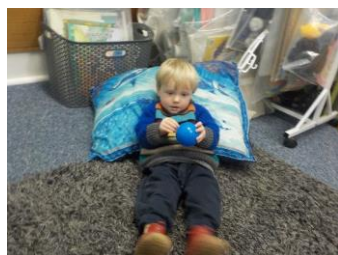
a Reader.

Alberto Manguel

T.

The Daily Quibble .COM





*"We shouldn't teach great books. We should teach a love of reading."
B.F. Skinner*



Library time! Two different groups came to the library and the first group was lucky enough to be able to join a Toddlers group time. We celebrated book day by reading some of the books that the children brought in. Afterwards the children gave some nice cuddles to the Toddlers and to the Toddler educator, Brittany Henry's Search and Find book was very popular and the next group had a turn at reading it as well, thank you for sharing Henry. Chloe pointed to different animals making the noises and Oscar and Kit were very expressive as they showed their emotions through facials.



Recently, we have had a friendly cat hanging around our back deck. The Toddlers have been kind to it, Henri even gave it a name, 'Missy! Although we were nice, the cat was feeling afraid and didn't want to play with us – coincidentally perfect for our 'How Are We Feeling' program! "Scaredy Cat" is the book we read in the library with Rocio, it is about two cats that were eager to be confident and make their way to the post office to take their mums letter and money to be posted. On their way they faced things that made them feel nervous, anxious, scared... but first they were 'happy' told Yien, 'very very happy, mummy and daddy are happy' she continued! When the scary things came, Adelia called out 'roar' and showed the face of the creature living under the bridge. We spoke about how the cat may be scared but tried it anyway, just like the cat on the back deck, she is scared but she still comes to visit us!

Personalised Library bag for individual Preschooler



"By providing a wide range of materials and activities, public libraries provide an opportunity for children to experience the enjoyment of reading and the excitement of discovering knowledge and works of the imagination. Children and their parents should be taught how to make the best use of a library and how to develop skills in the use of printed and electronic media... Children should be encouraged to use the library from an early age, as this will make them more likely to remain users in future years." (The Public Library Service - IFLA/UNESCO Guidelines for development, 2001)



VISIT FROM A TEDDY BEAR



PUPPET SHOW



We got to celebrate Abraham's Birthday with a puppet show this morning called Punch and Judy. We learnt what a puppeteer is and met the puppets. The children all helped Punch look after the baby when he didn't want to. The children would all tell Punch when the baby was out of the cot. Punch really wanted to eat some cake, but wasn't able to because he accidentally threw the baby's dirty nappy on the cake and then on the police officers head. This landed him in jail, Judy explained it was an accident and gave the cake to the policeman and he released Punch. It was a very funny show with lots of interaction from the Preschoolers. They laughed, pointed, called out and more.

STORY TIME WITH LINDA



"Storytelling is one of the most enjoyable and effective techniques to teach languages to young children. When you read or tell stories to children you immerse them in rich language in context, which in turn leads to higher levels of sophistication in speech and literacy. Since this is true for both the first and the second language, it makes sense to introduce children to the best possible language experience from the very moment they start learning a language!"

Join us in taking Drought Action



Pyjamas for the Farmers (10th of August)

This morning we talked again to the Preschoolers about the farmers affected by the drought in Australia. We talked about what we get from farmers and discussed reasons behind why the farmers are affected so much. We talked about how the farmers sell their crops and meat to supermarkets and take to markets and that is how the majority make money. Without healthy animals and crop they cannot sell their produce so therefore make no money. We talked about how money will help purchase food for their animals, plants and themselves. The Preschoolers show great concern during these group times and are so pleased to help by donating to our Pyjama for the Farmers fundraiser. We are now beginning to discuss how we can save water which will assist with trying to decrease the severity of this horrible drought.



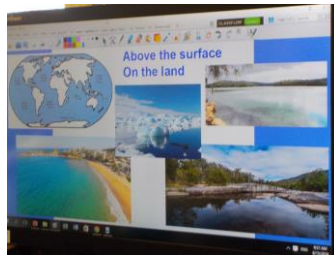
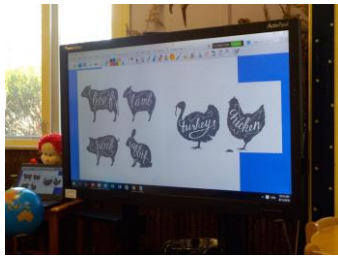
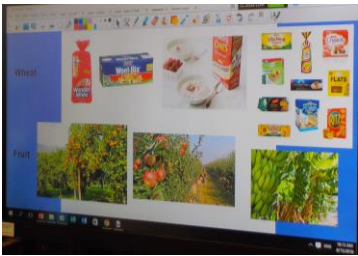
How can we save water!

Today after relaxation the Preschoolers were invited to draw a few ways that they can help save water. The Preschoolers worked so well together and created some amazing 'Save the water' posters. We will display these on the wall out the front of Heritage – check out the great comments made.



Drought Discussions

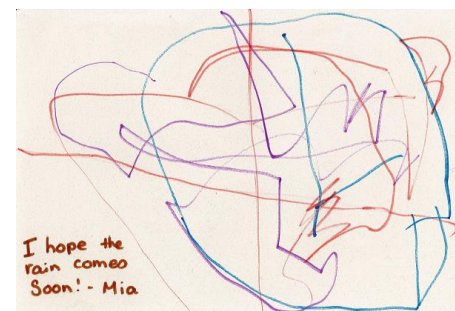
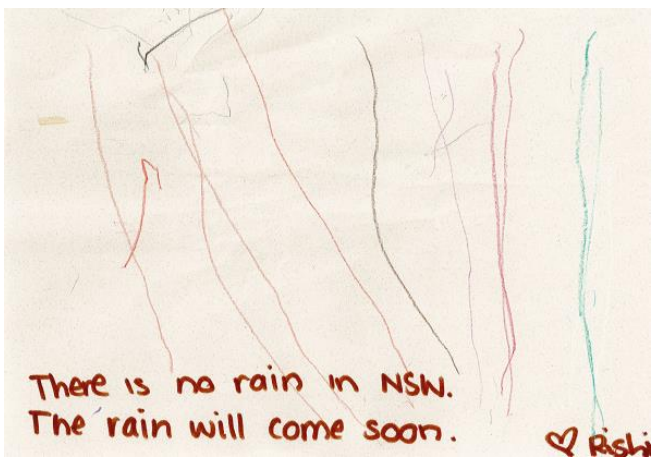
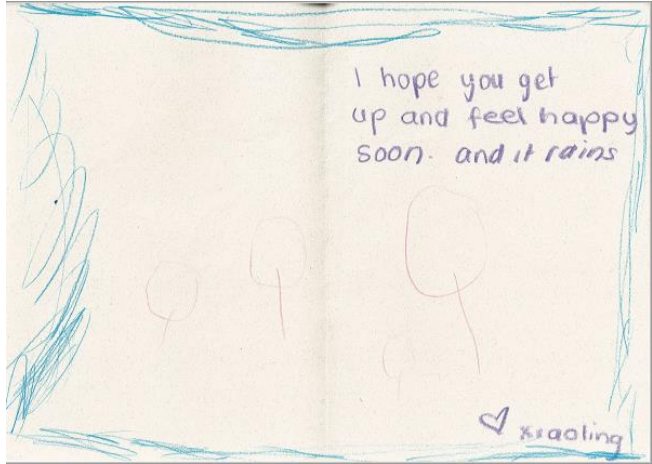
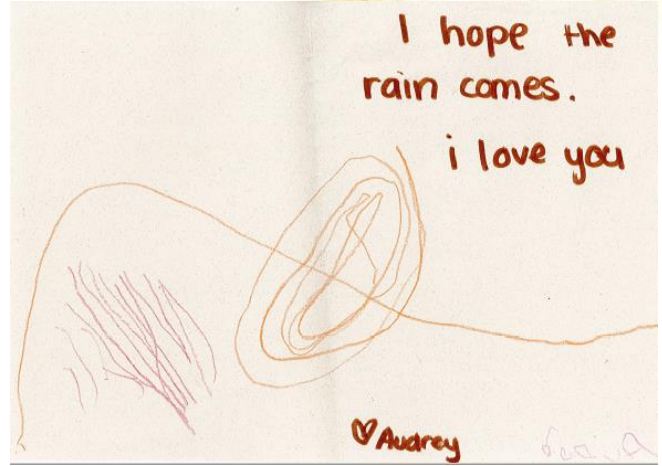
We chatted more about the drought this morning, ensuring children are becoming increasingly aware about what a drought really means and the effect it is having on farmers, crops, animals and our food. We described drought as not enough water from rain and examined types and sources of water such as surface water. This included water from the oceans which Ava explained was "salty". The Preschoolers learnt that farmers can't use salty water for their crops or animals because of the salt so they have to find a different source. Other bodies of water were explored with Ella and Talma identifying "lakes" and "rivers" from the photos on the smartboard. The farmers use water from these but if there's not enough rain then they don't fill up again and the farmers run out. We then examined another photo which showed water under the ground. Children made a connection between these images and the Thai boys being stuck in a cave, trapped by water. We talked about how under the dirt the Earth turns to rock and Ansgar noticed "cracks" in the rocks which the water filters down. The Preschoolers thought of a number of ways to get to this water. Some suggested digging with shovels, others suggested special attachments to shovels or buttons that you could push to dig deep down. However, this is still dependent on consistent rain which the farmers haven't had for a long time. Finally, we looked at some of the food that comes from our farmers including bread, cereal, porridge, crackers, fruit and meat, and how the drought might impact on the price and accessibility of these foods.

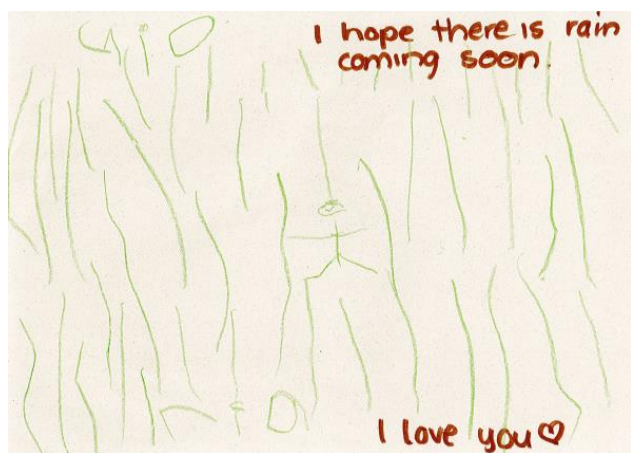
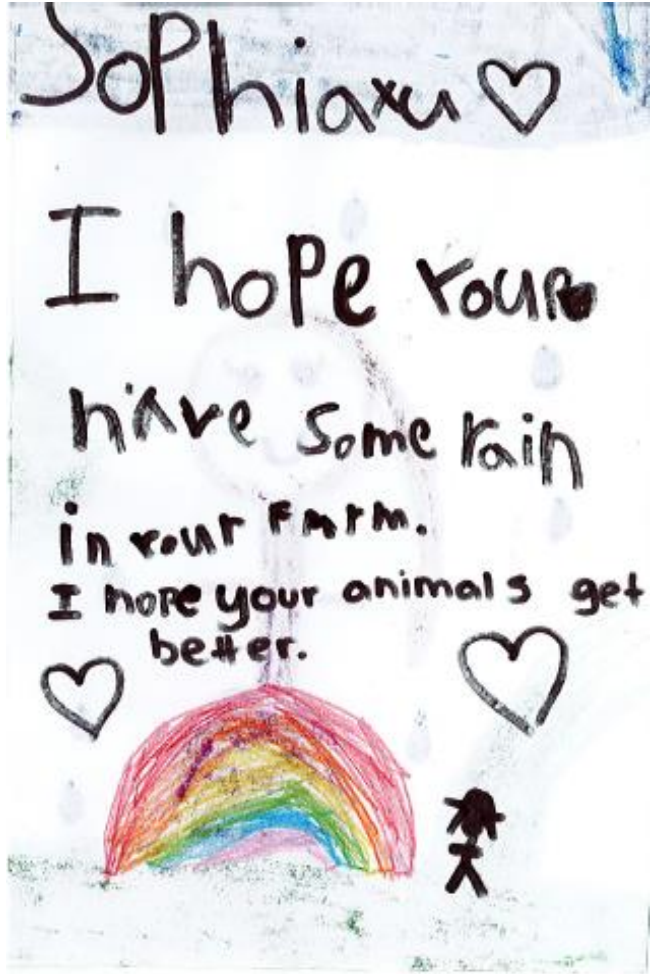
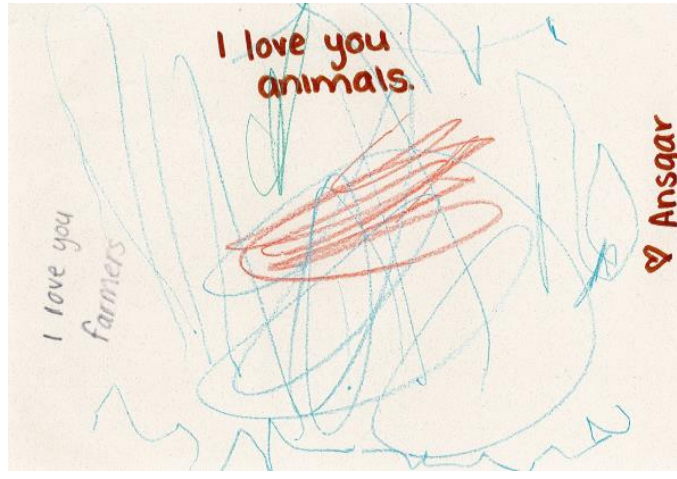
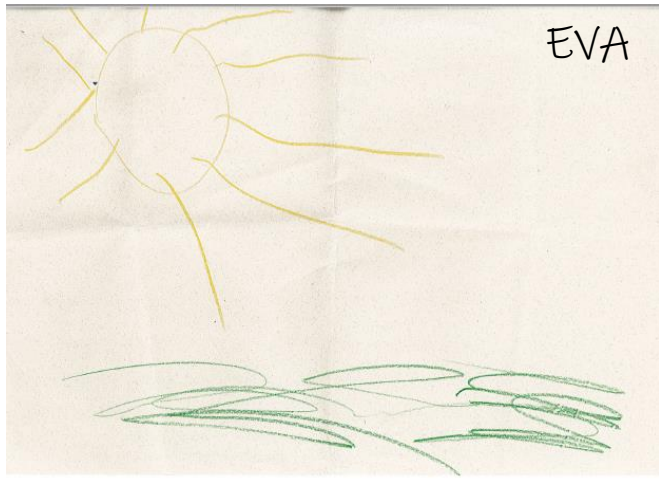


Today Alicia was presenting the story about how we can "Care for Our World". The book helped children to explore and understand the importance of taking responsibility within the environment they live in. This was also a great opportunity for Preschoolers to reflect on their knowledge about the drought that parts of our country are currently struggling with. "We saw the grass is not green anymore" noticed Xiaoling and Sophia added "we look after everything" in relation to taking care of the planet. Next, Alicia asked the children about water and how we can save it. The Preschoolers had wonderful ideas and were able to revisit recent information taught in past group times. We then read *Saving Water* by Emmaline Marvig which again highlighted some great ways to save water.



Letters to Famers





Janthra



Amber



I hope
the rain
comes..

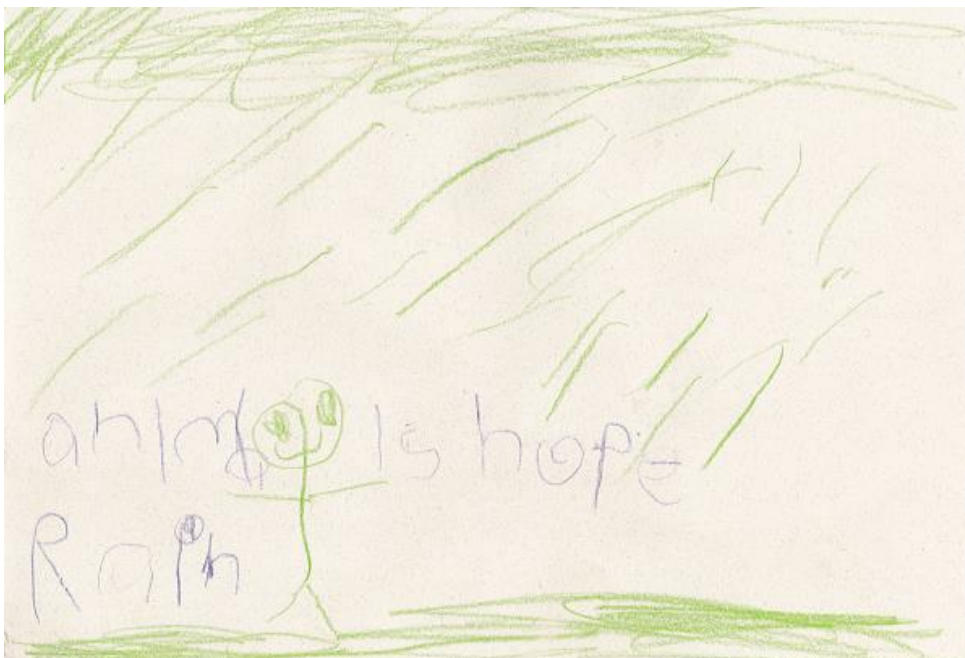
Have a good, farmer day.
I hope your rain comes



I hope
you have
some rain
in your
farm.



I hope
your
sheep is
okay.



TEACHING CHILDREN GRATITUDE THROUGH GIVING AND VOLUNTEERING



Another two kindness pom poms went into our kindness jar today... well done to Alex and Audrey for their beautiful inclusion during outside play with our new Preschool friend Reuben. The two were observed inviting Reuben to play with them and they played so beautifully together! Well done you two



Start each day
with a
grateful heart.



GRATITUDE
is the
healthiest
of all
human emotions.

- Zig Ziglar



One of the Preschoolers misplaced their headband during relaxation time today and became visibly upset about it. Rishi had a quick look around the floor, found the lost headband and returned it to a very happy Preschooler. Rishi has also been a fantastic helper during pack away this week, especially today, so he was rewarded with a pom pom for the kindness jar. Great stuff Rishi, keep up the kindness!

Xiaoling was very kind this afternoon helping her friends get their lunch boxes from the top shelf of the fridge, she seemed to notice that even on the step they couldn't reach their boxes so she offered to help. She was so kind. Thank you Xiaoling.



Congratulations to Ella for being so kind this morning before leaving her house to come to Heritage. Ella helped her mum by making her mum and dad's bed. She explained "my mummy was so happy with me". Well done Ella! Ella was so excited to put a kindness pom pom into the kindness jar!

Today when Lucas was in the bathroom he noticed one of the Toddlers inside playing with the water in the sink. Lucas was heard saying "stop, no, Happy's friend said to not do that" when the Toddler didn't stop Lucas called out for an educator to help him guide the Toddler out of the bathroom. We have talked a lot about Preschoolers taking responsibility and helping the Toddlers when they can. Congratulations to Lucas for being such a wonderfully kind Preschooler and looking after those around him! He was very proud to put a kindness pom pom into the kindness jar.



Grateful for small things,
Big things and everything in
between.



Merry Christmas



*Heritage Christmas Party
& Preschool Graduation 2018*

Saturday 8th of Dec 2018 10am to 12:30pm

Graduation class 2018 will be presented at 10:30am

*Return your confirmation of numbers attending to Vicki by
Wednesday 5th of Dec 2018*



CONGRATULATIONS!



TALMA



GIO



XIAOLING



HARRY



CLAUDIA



AVA



SINEAD



LALI



SOPHIA



EVA



JATHRA

... ALL THE FUN AND LAUGHTER THAT WE'VE HAD, WILL BE SUCH A WONDERFUL MEMORY. IT'S TIME TO MOVE ON TO THE NEXT STAGE OF OUR JOURNEY. HAPPY TO BE PRESCHOOL GRADUATES!





**PRESCHOOL
GRADUATE
CLASS OF 2018**



**GO OUT
THERE
and be
AMAZING**

I should be saying this







CONGRATS







**IT TAKES A BIG HEART TO SHAPE A LITTLE MIND.
CONGRATULATIONS TO THE PRESCHOOL TEACHERS.**

And so the adventure begins





Merry Christmas







*Merry Christmas
and Happy New Year*



Exceeding
National Quality Standard



Australian Children's
Education & Care
Quality Authority




we're going on
a journey,
what will we see?
Heritage early childhood centre
Yearbook
2017

Heritage Early Childhood Centre
"Where every child is
an individual"

"EDUCATION IS THE MOST POWERFUL WEAPON WHICH YOU CAN USE TO CHANGE THE WORLD."

- NELSON MANDELA

**THANKS TO ALL HERITAGE FAMILIES AND
EDUCATORS WHO MADE
OUR HERITAGE COMMUNITY
SO BEAUTIFUL AND PROUD AGAIN...**

**"EARLY CHILDHOOD YEARS
ARE A WONDROUS TIME
OF GROWTH AND
EXPLORATION."**

