



Parent Newsletter

January February 2016

Director's News

We would like to welcome our new families into our little community and thank the loyalty and support of those families who have waited very patiently until we opened our doors on the 15th of January. We also have some very familiar faces that have made the journey with us from Benowa Early Learning which is wonderful too.

With each week, more families are commencing with us and our little community is growing. Each week we watch our little ones settle and make friends and it is so rewarding and a pleasure to see. From the greetings of the toddlers going up the stairs to the waves and smiles from the babies at the window, it sure is such a wonderful learning space for our children.

Our educators have been doing a great job of settling our new children and making families feel comfortable and secure so I would like to thank them for their hard work and dedication.

Thank you to our babies' families who have been very patient waiting for our shade sails. We have had a few construction issues, as you can see the poles have gone in but there is a problem with attaching them to the wall so we have our engineer looking at this issue. We just want to ensure the best possible solution for safety and shade. You will see either a roof or shade sails shortly but we do thank you for your understanding and we have temporary ones available each day as well. The afternoons are so beautiful down in babies with the natural breeze and shade.

Orientation night is this Friday night from 4.30-5.30pm in Babies, 5.00-6.00pm in Toddlers and 5.15-6.15pm in Pre Kindy. These nights help both educators and families to work in partnership to grow and develop the precious children in our

care. Not to mention you will get to try our yummy food and meet new parents of the children your child is playing with. We hope to see you there. If you have any friends who would like to have a look at the centre, feel free to invite them as well.

Families: if you ever have any concerns, no matter how small, I would like to know about them. My email is: kylie@benowaearlylearning.com.au. I will always listen and try my utmost to accommodate any concern or suggestion.

I will be here most mornings from 6.45-10.00am and all day on Tuesday and Thursday. When I am not here, please see Miss Jo or Miss Sharon in my absence.

I will leave you with this little quote:

“Our task, regarding creativity, is to help children climb their own mountains, as high as possible. No one can do more.”

Please stop in and have a chat to me any time.

Miss Kylie
Owner/Director



"It is vital that when educating our children's brains that we do not neglect to educate their hearts."

Dalai Lama

Educators

Our educators are as follows:

Babies 1:

Miss Katrina, Certified Supervisor
Miss Camila, Educator

Current vacancies

The centre has filled up very quickly and we only have a few vacancies left, particularly in our younger rooms, so if you are thinking of picking up extra days now is the time to do so.

Babies 2:

Miss Hayley, Certified Supervisor
Miss Stacey, Educator

Toddlers 1:

Miss Jo, Certified Supervisor
Miss Des'ree, Certified Supervisor

Toddlers 2:

Miss Katherine, Certified Supervisor
Miss Meg, Educator

Pre- Kindy:

Miss Nicole, Certified Supervisor

Floater:

Mr Lachie, Educator
Miss Jade, Educator



"Every child you encounter is a divine appointment."

Wess Stafford

A Welcome from our Educators

Babies 1

Hi families, just a quick note to say welcome to the Babies 1 room. It has been a pleasure meeting all of the new families and babies. The babies have been settling in nicely and have enjoyed exploring their environments. We have been enjoying lots of outside play and especially water play (with

Also if you have family and friends that you would like to attend the centre please have them come in and see us, we love having a close family community.

Babies 1:

No vacancies

Babies 2:

No vacancies

Toddlers 1:

Monday, Thursday

Toddlers 2:

Monday, Wednesday, Friday

Pre Kindy:

Monday, Tuesday, Wednesday, Thursday and Friday

Kindergarten:

Monday, Tuesday, Wednesday, Thursday and Friday

If you are wanting extra days and we are full on those days, please ensure the office has a record of the day you require and we will try very hard to accommodate your request prior to going to our waitlist.

Weekly Activities

Monday:

One of the instructors from the Healthy Lifestyle Clinic visits on Monday mornings for the Kindergarten and Pre Kindy children. The sessions are a great way for the children to learn about physical fitness and health and

the weather being so hot). Our babies are starting to settle into the routine here at kindy and have enjoyed meeting lots of new friends.

Thank you for taking the time to fill in the interest sheets, we will be starting to plan more activities based around the interest of your child.

We are looking forward to all of our exciting adventures and are excited to get to know you.

Miss Katrina and Miss Camila

Babies 2

Welcome to all our new Babies 2 families! We have had the most wonderful month getting to know you all. We are so proud of how well each and every one of the babies has settled into the new routine. More and more we are being greeted with smiles and hugs in the mornings which is just wonderful.

Over the last month our focus has been to get to know you and your child. I feel like we are all getting to know one another pretty well now which is fantastic.

I would like to invite you all to write in your child's communication books as much as possible. Your feedback and suggestions are paramount to how the room is run and to how we program for the room.

Your input as a parent/caregiver is one of the most important tools we have in providing high quality educational care for your child.

also helps with their gross motor skills.

Coming up, the children's activities will be warm ups, squats, lunge walks and side steps, parachute game, reaction game, obstacle course, races, team throwing and fish in the net game, as well as relay runs.

This is a complimentary session for our Monday children and is a small way we try to pay it forward for all of the public holidays that occur during the kindy year. We still have some vacancies on a Monday if you would like to book in.



Tuesday:

Tennis with Miss Carol starting from 9am. The cost is \$12 for weekly lesson or \$55 for five lessons. There are envelopes with information pamphlets on the front desk.



Our plan over the coming months is to get the babies familiar with our room routine and to make the Babies 2 Room a place of security and belonging for your child.

We look forward to watching your beautiful babies blossom and grow over the coming year and feel very privileged to be their teachers.

Kind Regards,
Miss Hayley and Miss Stacey

Toddlers 1

What a great start to the year we have had so far. We would love to welcome all of our new families to the toddler's room.

The children have done a wonderful job at settling in to their new play environment and we love seeing all the smiley faces arriving in the morning.

We have noticed that our little home corner and dress up area is quite popular with the children as they role play and interact with one another. The trucks have also been quite popular and we have been utilizing these both indoors and outdoors to accommodate the toddlers interests.

Miss Jo, Miss Des'ree and Miss Jade enjoy offering group time experiences of singing, reading and dancing and the children have shown great interest in these activities too. We are all doing such a wonderful job at sitting on the mat as a group and listening to stories. We also use finger puppets to



Creating Healthy Attachments in Child Care!

Imagine you are at the airport saying goodbye to a loved one who is leaving on a long trip. You don't know how long she will be gone or when you will see her again. How do you feel as you wave goodbye? As she walks out of your sight?

Feelings of loss, sadness, perhaps some anxiety, are signs that you are attached to a person. When a loved one leaves and returns again, you may feel joy, safety and security.

Attachment to a person is likely built on shared experiences over a period of time that develops a sense of trust and connection. Babies have these feelings too. A healthy attachment supports a baby's social and emotional development throughout life.

Attachment can be defined as emotional connections babies form with parents and primary caregivers (Early Head Start). Teachers of infants and toddlers have an amazing opportunity to build a healthy attachment with each baby in their care.

sing with and we love these and sing along when we know the words. As for dancing, we have some real little groovers in the classroom who love to get up and dance throughout the day!!

We are looking forward to an exciting year in the toddlers room. Please feel free to come and speak to us if you have any questions or concerns.

Miss Jo, Miss Des'ree and Miss Jade

Toddlers 2

We are both very excited to be here as part of this team and looking forward to watching your children grow and learn. It has been a great start to the new year and we have loved getting to know all of your beautiful children and we are very proud of each and every one of them adapting to their new surroundings. Our focus so far has been on settling everyone in finding out their interests and extending on them whilst building trusting and meaningful relationships with their peers and educators.

We are also in the process of making a family tree so please bring along your family portrait. The children have been very busy painting leaves using their hand prints and making the base of our tree. This also helps the children settle in to their new environment and knowing that at times when they miss their mummy and daddy they can look at the family tree and see their family portrait on the wall and know that their family is still close by.

We have celebrated Australia Day and Chinese New Year: we have explored

How do we at Benowa Hills Early Learning plan to build attachments for your precious children?:

- Most babies forming an attachment to caregivers happens quite naturally and with little conscious effort. Think of how the children, in just over three weeks, have settled and we have laughing, giggling and waving now in our babies and toddlers room. Most of the children have settled or have come a long way and each day you can see them become a little more secure.
- Our educators are responsive, they share the enjoyment, laughter and milestone steps such as clapping, gentle words of encouragement.
- We provide consistency of care, we try and keep babies with babies educators. Only Babies 1 and 2 educators are on morning and afternoon and consistent floaters of Mr Lachie and Miss Jade to ensure our babies know all of the educators caring for them. We also try and stagger starting and finishing times of the educators in each room, so at least one of them should see you each day.
- Our educators read and respond to your child's cues. At first we needed to rely on all the information you have given us and now we have spent time especially in the first couple of weeks really getting

the diversity of culture, heritage, background and tradition and discussed how everyone looks different but we are all friends.

If ever you would like to chat about your child's progress or have suggestions for our program, please don't hesitate to come and speak with us.

Miss Katherine and Miss Meg

know your babies and toddlers.

- Our educators will observe and strive to understand your child's uniqueness and their preferences. Through observations we will learn how sensitive your child is to touch and how they respond to new experiences.
- Our educators will be consistent and responsive. This helps your child to know that the educators can be trusted. Even when the educators can't respond right away, they will let the baby know that we can hear them and we are on our way e.g "Yes Sammy, I know you are hungry, we are just washing our hands."
- We encourage laughter. Laughter helps everyone to connect with each other and signals that the environment is safe and fun.



"When children come into contact with nature , they reveal their strength."

Maria Montessori

Warning Signs of Language Delay

As a teacher for 24 years, I see many children struggle with language delays and parents struggling to see or hear the problems. Correcting and aiding in speech development should be acted on as soon as you notice it. It really is a fallacy to think children will grow out of it. I thought I would set this year up for success with a little reminder of the warning signs of language delay.

These are the signs you should seek help for or with if your child by the age of ...

12 months:

- Doesn't babble with changes in tone- e.g. dadadadadadadadad.
- Doesn't use gestures like waving "bye bye" or shaking head for "no".
- Doesn't respond to her/his name.
- Doesn't communicate in some way when s/heneeds help with something.

15 months:

- Doesn't understand and respond to words like "no" and "up".
- Says no words.
- Doesn't point to objects or pictures when asked "where's the?".
- Doesn't point to things of interest as if to say "look at that! And then look right at you.

18 months:

- Doesn't understand simple commands like "don't touch".
- Isn't using at least 20 single words like "Mommy" or "up".
- Doesn't respond with a word or gesture to gesture to a question such as "What's that?" or "Where's your shoe?".
- Can't point to two or three major body parts such as head, nose, eyes, feet.

By 24 months:

- Says fewer than 100 words.
- Isn't consistently joining two words together like "Daddy go" or "Shoes on".
- Doesn't imitate actions or words.
- Doesn't pretend with toys, such as feeding doll or making toy man drive toy car.

By 30 months:

- Says fewer than 300 words.

- Isn't using action words like "run", "eat", "fall".
- Isn't using some adult grammar, such as "two babies" and "doggie sleeping".

3-4 years:

- Doesn't ask questions by 3 years.
- Isn't using sentences (e.g. "I don't want that" or "My truck is broken") by three years.
- Isn't able to tell a simple story by four or five years.

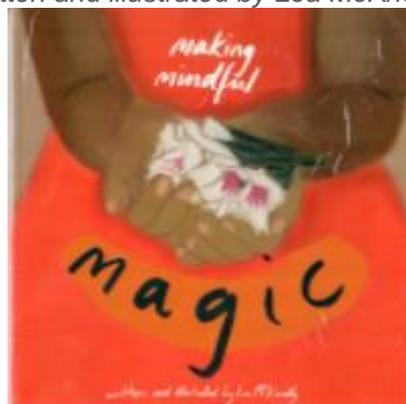
If you've noticed one or more of these warning signs in your child, it's important that you take action right away to ensure that they receive the help they need. We can thoroughly recommend the following speech therapists:

*Michelle Witty
379 Benowa Road
Benowa Waters, ph 5597 5011
mwspeech@me.com*

*Little Language
Suite 4, 122 Olsen Ave
Arundel, ph 0410 466 877
Danielle@littlelanguage.com.au*

Book Review

Making Mindful Magic
written and illustrated by Lea McKnoulty



What a special find this beautiful book is!

After 24 years of teaching, reading and guiding the future generation, I believe this book is such a positive, important tool for teachers and parents.

Our centre practices the mind up approach and all the educators have been trained in mind up. So this book is such a useful teaching tool for being mindful: which means to pay attention to the moment you are living right now.

Practising mindfulness makes us more grounded, brings inner calm and clarity of thought. It encourages us to live authentically and be happy with what we have and who we are. Who wouldn't want to offer these gifts to their children?

The experiences in this book are mostly spent in nature and devoid of technology. They encourage slow, purposeful engagement with the world and the inner self. For many children today there is little time to be alone, to deeply connect with an activity or surroundings.

Making Mindful Magic is a book for doing, to ignite the senses and the imagination, to encourage focused interaction with an experience. Our children deserve to be exposed to mindfulness and its benefits, so they may continue to incorporate and expand upon it for the rest of their lives.

This book can be for the young as they can explore the pictures and the actions e.g. walking bare feet on the grass! We can do that as we have lovely, natural grass here at our centre.

Older children can read the book and initiate their own activity.

We have a few copies of this beautiful book on our book shelf in the office if you would like to view it.

This could be a great way for the whole family to practice mindfulness together. Please stop and be in the moment with your beautiful children.

Written by
Miss Kylie

Further information can be found: www.makingmindfulchildren.com

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