



Banks St Kindy News



August 2017

Issue Three

Hello Banks St Kindy families. Here we are, getting close to the end of Term Three - wow!

We welcome some new faces to the Banks St kindy this term, after farewelling some children last term - we hope your children settle in quickly! We also welcome our lovely hatching chicks program, giving the children a chance to learn about life cycles.

This issue of the newsletter has some important information to take note of - information about upcoming important dates for the centre (P1), changes to legislation around mandatory reporting of child abuse/neglect (p3), "What's On" for Brisbane kindy kids (p2), as well as some ideas centred on supporting your child's development. (pp4-9).

As always, if you have something you and your child would like to share with the group - whether it be a new park you've found, a great spot for picnicking or camping, or some other adventure, please let staff know so that we can feature it in a future edition of the kindy news.

Many thanks

OTHER UPCOMING DATES & NEWS FROM THE DIRECTOR (Ann Lock)

WORKING BEE – to ensure the Kindy environment is safe and aesthetic, we need your support on Saturday, 26th August to join us to carry out the necessary jobs. A list will be emailed during the week before.

EARN AND LEARN - WOOLIES STICKERS – remember to ask your families, friends, neighbours and co-workers for their stickers / a community effort – we will receive a voucher to purchase resources, dependent on the number of stickers collected.

ART SHOW AND RAFFLE – wow look at the list of prizes! This is the Centre's major fundraising and family venture. There is an expectation that all the families will attend to view the amazing art work that has been created with Kath since the beginning of the year. Raffle tickets can be shared with friends, neighbours, relatives and co-workers.



Term Dates

Group A - Term 3 finishes 12th Sept

Group B - Term 3 finishes 15th Sept

Group A - Term 4 starts 3rd Oct (Tues)

Group B - Term 3 starts 5th Oct (Thurs)



SCHOOL READINESS – www.kids-first.com.au. This is a NSW list but is an interesting reference for families. If you do sign up to download the checklist, regular hints are emailed to you to support your child's transition to Prep. Let us know, if you do sign up and share your thoughts please.



Have you **LIKED THE KINDY ON FACEBOOK**? There is a fabulous movie of the Centre taken by one of our parents. Please share this site with friends.

Information about the **TOY ORDER FUNDRAISER** will be emailed to you soon and the brochures will be in your child's bag – why do we ask you to share with families, friends, relatives, neighbours and co-workers? It is an opportunity to share the fundraising in our community?

A Sense of Community

Date: Friday, September 8th, 2017

Time: 5:45pm – 7:30pm

Dress: Creative/Artistic

RSVP: Banks Street Kindy

(Light snacks and drinks provided)

I'm looking forward to sharing my special night with you.

From, your little artist



FREE MOVIES @ LONE PINE OUTDOOR CINEMAS | FIG TREE POCKET

This event is being held the first and third Friday of the month. Cost is FREE.

Bring your Brisbane Kids along to Lone Pine Markets where they can watch a family friendly movie under the stars for free. Previous movies have included the Finding Dory, The LEGO Movie, Frozen, Zootopia and much more. Just remember a blanket and chair so you can watch the movie in comfort.

THE REDCLIFFE KITEFEST is only just over a week away, and this glorious weather is a sure sign that it will be a day not to be missed. The colour, fun and excitement of KiteFest 2017 includes more entertainment and kites of all shapes and sizes to fill the sky than ever before on the weekend of 26th and 27th of August 2017.

LIGHT PLAY FOR KIDS @ IPSWICH ART GALLERY

This event is being held from the 22nd July – 27th August from 2pm – 5pm weekdays and 10am – 5pm (closed 1pm – 2pm) on weekends. Cost is FREE.

Bring your Brisbane Kids along to the Ipswich Art Gallery where they can have fun playing with light. This hands on exhibition encourages children to play in a creative environment and create an ever changing light scape in the museum. There will be projectors, illuminated boxes, shadows and lots of different materials to experiment with and in the process of having fun, learn all about the properties of light.

KATE BEYNON : FRIENDLY BEASTS @ GOMA | SOUTH BRISBANE

This event is being held from the 1st April – 22nd October from 10am – 5pm daily. Cost is FREE. Bring your Brisbane Kids along to GOMA to check out the newest kids exhibition by Australian artist Kate Beynon, Friendly Beasts. Friendly Beast invites Brisbane Kids into a magical world including characters the 'beasts' Blue Shaman, Pink Lotus Monkey, Tu-dao Dog and Gorgon Girl. The exhibition includes artworks by Beynon as well as interactive hands on and multimedia activities.

KUMBARTCHO FESTIVAL | EATONS HILLS

This event is being held on the August 27th 11am till 3pm. Entry is FREE.

Bring your Brisbane Kids along to the Kumbartcho Festival where there will be some awesome activities at a free family fun day. One of the cool activities will be, for the first time canoeing (8 years plus), so wear some closed in shoes and go exploring the Kumbartcho Dam! New for everyone Natureplay area so the kids can play as part of the forest! Jumping castle, bird box building, candle making plus heaps more. Lucky door prize is a 1.5kw solar system for your home from Springers Solar

REDFEST NANDEEBIE KUNJIEL (CORROBOREE) & SHOWCASE

SEPTEMBER 9th 9-4 & 10th 10-5, Redland Showgrounds, Smith St, Nandeebie (Cleveland) The Redlands' annual spring festival will host a Quandamooka Festival showcase, which will come alive with Quandamooka cultural activities, including Nandeebie Kunjiel (Corroboree), dance, art, weaving, installations, music, storytelling and more. Cost: included in entry to RedFest.

HERITAGE TRAIN RIDES | WOODFORD

This event is being held on the 1st and 3rd Sunday of the month from 10am – 3.30pm. Cost is Adults \$6, Concession \$4.50, Children 5-15 \$3 and FREE for kids aged 4 years and under.

Bring your Brisbane Kids along to Woodford Railway Station where they can ride on the Heritage Railway using locomotives and carriages from the Australian Sugar mill railway systems of years past. A return trip takes approximately 20 minutes and there are BBQ facilities nearby to make a day of it and have a picnic.

BRISBANE ASTRONOMICAL PUBLIC VIEWING NIGHTS | MT COOT-THA

This event is being held once a month at sundown.

Cost is FREE. Donations are appreciated.

Bring your Brisbane Kids along to Mt Coot-Tha Lookout where each month, the Brisbane Astronomical Society bring out their telescope and let Brisbane Kids see the stars, moon and planets up close. Through the telescope member will show everyone the spectacular mountain ranges and craters on the Moon, star clusters, planets and other objects. It will occur on the following dates: 26th August; 30th September; 28th October; 25th November; 23rd December





New Legislation

All early childhood educators are now mandatory reporters under the Child Protection Act (1999). As 'mandatory reporters' educators **must** make a report to Child Safety, if they form a reasonable suspicion that a child has suffered, is suffering, or is at an unacceptable risk of suffering, significant harm caused by physical or sexual abuse, and may not have a parent able and willing to protect them.

Although early childhood educators are only mandated to report physical or sexual abuse, the Child Protection Act (1999) enables, and the C&K Child Protection Framework requires, that ALL C&K employees, educators, students, volunteers (including committee members) and external contractors report all types of child abuse.

It is important to note that the new mandatory child protection reporting requirements only apply to educators, NOT voluntary management committees, volunteers, students or support personnel such as clericals / administration staff.

Mandatory Child Protection Reporting Safe, protective and healthy environments are fundamental to every child having the opportunity to learn and grow to their full potential. Our commitment to the care and protection of children emphasizes the importance of early intervention, prevention and advocacy. Our service implements a number of C&K procedures to advocate for, and protect children's safety and well-being including reporting suspected cases of child abuse. On 1 July 2017, Queensland early childhood educators became mandatory child protection reporters - required by law to report child protection concerns to the relevant authority. If you would like to know more about the changes to mandatory reporting requirements for Queensland early childhood educators, please visit the [Department of Communities, Child Safety and Disabilities Services Website](#).

Starting School Packs Kindergarten funded programs will shortly receive *Starting School* packs to distribute to all kindergarten-aged children. These packs, developed by the Queensland Government, include a *Starting School* game to support successful transitions to school – we have received them and will distribute them to each child.

The Australian Government's New Child Care Package The *Family Assistance Legislation Amendment (Jobs for Families Child Care Package) Act 2017* will see major reforms to Australia's child care system. The Government has provided \$175.3 million for the development of a new integrated Child Care IT System that will support the new child care package. The Departments of Education and Training, Human Services, and Social Services are working collaboratively to ensure this system will support the implementation of the new package from 2 July 2018.

C&K has revised its policy around the treatment of acute asthma and anaphylaxis. From 1 July 2017, educators will be able to administer Salbutamol inhaler (Ventolin) and Adrenaline (EpiPen) to children who are undiagnosed and experiencing acute asthma or anaphylaxis for the first time – this will be on the Committee's August Agenda. A Risk Assessment is being prepared. Families will be asked to complete forms, either agreeing to or declining the administration of these resources to their children.



IDEAS TO HELP OUR KINDY KIDS THRIVE

Developing coping skills: Starting school is a big change for you and your child, and can be daunting; but having coping skills, good self-esteem and problem solving skills can help your child deal with changes. School life is full of new experiences and challenges, but knowing how to persevere, understand and control emotions, and manage social situations, can help your child settle in.

Self-esteem: Feeling worthwhile and a sense of belonging can help your child cope with their new environment and the challenges of the school day. Having positive self-esteem can boost their confidence and make them feel safe in trying new things. Positive self-esteem also makes children feel connected and a part of their community. You can help support your child's self-esteem by listening and making time for them, valuing their opinion and praising them when they do something well.

Managing emotions: Being able to manage their own emotions when faced with challenges and new experiences is an important coping skill. Understanding emotions and how to deal with them is necessary for your child to know how to move on from a confronting situation.

Conflict resolution: Having practice dealing with conflict allows your child to understand how their actions affect the people around them. Asking your child to think about what is fair or unfair, or how they would want to be treated, helps them to build an understanding of how to treat others and manage conflict. Discussing different scenarios and experiences with your child will help them understand what happened and can allow you both to come up with new solutions they might want to try next time.

Problem solving skills: Children are faced with challenges each day, and understanding how to overcome these or work out a solution is important in building your child's problem solving skills. Knowing how to make decisions, and learning to work with others and consider different approaches to solving a problem are important problem solving skills. Knowing it is okay to ask for help, and knowing when and how to find support can help your child settle and feel safe in new environments.

From <http://www.earlyyearscount.earlychildhood.qld.gov.au/age-spaces/developing-coping-skills/>

What should a 4-year-old know? From http://www.understandingboys.com.au/what-should-a-4-year-old_know/
It's almost mid-year report time and although I'm feeling pretty confident that my older boy is on track and ticking all the grade 1 'boxes', I've been a bit worried about my younger son.

My 4-year-old doesn't know all his letters yet. He isn't a dab hand with scissors. And his drawings of people still look a lot like potatoes. And then a friend of mine, who also has a 4-year-old, shared [this Huffington Post article](#) with me. And my worries melted away. Because I realised that my son *does* tick all the boxes – the ones that count anyway.

- My son is loved and loving.
- He is funny, smart and silly.
- He knows what he likes (climbing trees, dressing up, playing in the mud, sticks, being read to, taking stuff apart, spaghetti).
- He knows what he doesn't like (barking dogs, sitting still, being quiet, a wide variety of vegetables).
- He is brave and stubborn and kind.
- He loves to hug and kiss and to be hugged and kissed.
- He tells me when he's sad or happy or angry (not always in words, but he sure does get his message across).
- He thinks he is amazing and he knows that we think he's amazing too.

As the author of this article says, "Childhood shouldn't be a race." You can't 'lose' at being 4. Rather than striving for this imaginary finish line, let's champion fun and take pressure out of the running.

But How Will My Child Learn to Read If I Don't TEACH Them?

Yesterday I wrote about one of the most common questions I get from parents – “How do you get it all done?” If you missed that for some reason, you can read all about it on my blog.

Today I want to answer another of the questions I hear over and over again (because I bet this is one that you've had streaming through your head a time or two). And that is “But what about the ABCs?” Or, in other words, **if I don't TEACH them, how will my child ever learn to read or write?!**

This is something that starts to freak parents out BIG TIME the second they get excited about child-led learning. That fear kicks in and a lot of times, they run away from the unstructured, free and flexible learning experiences for the rigid, “sit at a desk and learn stuff on paper” way of learning that they're used to.

But you don't have to do that.

You see, learning to read and write is actually a very natural process, and one that children will pick up on when they are developmentally ready. Just like they learned how to walk, talk, and eat with a spoon, they will learn to read and write as well. And yes, there are things that you can do to facilitate this learning and make it a meaningful and enjoyable experience for everyone! And I'm going to share some of those with you right now. **But first, you have to let go of that fear that it's never going to happen. It will. I promise.**

Ok, so what can you do to facilitate a love and learning of reading WITHOUT a “drill and kill” approach? Here are some ideas....

1. **MODEL MODEL MODEL!** This is huge. You want your child to love reading? You need to show them that YOU love reading too! Even if it's not something you enjoy; even if you don't make time for it anymore. The best way to encourage your child to pick up a book is to show them that it's your favourite part of the day!

2. **Include Literacy Materials in Play.** Play is a child's work, and how they learn best. A child who plays and explore with literacy materials every day is far more likely to pick up early literacy skills and habits before their peers who do not have the same experience. Of course this includes incorporating books in their play, but also include things like real-life print (restaurant menus in their play kitchen, junk flyers in their “mailbox”, etc.). You should also give your child as many opportunities to write as possible, even before they know how. The scribbling practice is a huge milestone towards writing.

3. **Read Aloud Every Day.** I'm sure you've heard this before – reading to your child every day increases literacy skills. It's true, and it's one of the best things you can do for your child! It increases their vocabulary, models for them what reading looks and sounds like, exposes them to a variety of genres, and encourages literacy skill development. Make time daily to create this habit. (PS.. it doesn't just have to be at bedtime!! Read while they're eating breakfast, read outside, read when they're in the tub. There's never a bad time to read to your child!)

4. **Teach Letters and Sounds in Meaningful Ways.** Perhaps you've seen “letter of the week” type of teaching materials or programs before. DO NOT USE THESE! Teaching letters and sounds in isolation does not encourage early literacy habits. A child needs to see things like letters and sounds and blends in real-life for them to be truly learned (just like with anything else). Instead of drilling letter names and sounds into your child's head, focus instead on having fun with letters and sounds. Point out the letters on a STOP sign, read a map together, emphasize repetitive words and sounds in books, and have real, meaningful conversations with your children. Exposure and intention are what help children learn to read and write, and most importantly, develop a true passion for it.... not drill practice and rote memorization!

I could go on and on here, but I think that should get your thinking gears moving!

Oh, and in case you were thinking: “Yeah that all sounds great, but how do I trust that this is true?”

Well, not only did I spend years of research and time on this subject (my first Masters Degree is as a Reading Specialist and my thesis was on early reading development skills in young children), but this is exactly the path we have taken with our children.

Not once did my son fill out a worksheet or “practice” his letters. And at nearly 6 years old, he's reading at a 4th grade reading level and I have to pry books out of his hands at night so he can go to sleep. Not because of anything special... but because we modelled our love of reading, we read to him every day, we talked and engaged and played with letters, sounds, and silly words. And we trusted that he would develop these skills as he was ready.

Are most kids ready at that age? No. But he was. And you'll never know when your child will be ready. So give them the chance to develop a love of reading naturally!

<3 Leah

<http://www.yournaturallerner.com/but-how-will-my-child-learn-to-read-if-i-dont-teach-them/>

READING OUT LOUD

A new study led by researchers from the ARC Centre of Excellence in Cognition and its Disorders at Macquarie University has found that children find it easier to spell a word when they've already heard it spoken. This research provides the first evidence towards understanding how oral vocabulary and learning to read are linked, and that by reading out loud to children you are actually helping them to learn about the spelling of words.

LINKS AND RESOURCES for families to support literacy with their children – your child will bring home a form to record the books that you share in 1 week. We look forward to sharing these lists – will there be similar/same books on the lists?

PRC database: <http://prc.median.com.au/>

Queensland PRC booklists: <http://education.qld.gov.au/schools/readingchallenge/booklist.html>

DET Library Services: <http://education.qld.gov.au/library>

State Library of Queensland: <http://www.slq.qld.gov.au/resources>

The Children's Book Council of Australia: <http://cbca.org.au>

DET literacy fact sheets: <http://education.qld.gov.au/literacyandnumeracy/resources.html>

DET Early Childhood Education and Care reading tips for parents: <http://deta.qld.gov.au/earlychildhood/pdfs/tip-sheets/pts-once-upon-a-time.pdf>



SCHOOL READINESS: DITCH THE WORKSHEETS!

Readiness: "The state of being fully prepared for something."

Starting school for a little one and their family is a momentous occasion that brings with it many emotions for everyone involved! There's a mix of excitement, nervousness, anxiety, joy, pride and sometimes dread. Enter any modern day preschool room and the term school readiness is mentioned almost daily! Teachers can be unsure whether their program is covering enough; parents aren't sure how to prepare their child and the play based curriculum can sometimes be misunderstood! Below are 10 ways to support your child to be school ready and there's no abc, 123 to be seen!

Confidence: It's not accidental that I started with confidence. As a teacher, this is my first and foremost focal point in sending children to school. To ensure they are confident inside but especially outside of the classroom. I want them to be confident in themselves, their ability and the situations they may face.

Resilience: At some point in their lives, children will face disappointment and it breaks a parent's heart! We must help our little ones become resilient, that is to recover quickly from difficult stations and basically not have one small moment ruin their whole day.

Self-regulation: This one is tricky to navigate but so very important. We need to help our children to regulate their thoughts, emotions and behaviours to have success in the classroom.

Social Skills: Social skills are so important. It's all very well to think that a child is ready for school because they can count to 100 and they know all the letters of the alphabet. What happens to these little ones outside of the classroom? Social skills also go hand in hand with confidence. Support your child to ask another child if they can play, help guide your child to introduce themselves to other children, discuss the importance of interacting with a variety of children and most of all teach them to be accepting of others and their differences.

Self Help skills: Make these achievable based on your child's ability. When children get to school, they are suddenly expected to look after a myriad of items. Perhaps when you go to the park, they could take a bag with their lunch and 1 item of clothing in it. Help your child to close and open the bag, using the zipper. You could also try giving them a library bag for the local library and they need to take care of this one item. We also need to foster and help children to put on and take off items of clothing. One of the most important self-help skills that you can teach your child before they start school is to wipe themselves after a bowel motion.

Concentration: Teach it through playing games or you will drive yourself and your child batty! There is nothing worse than being nagged to concentrate, for the adult or the child! Play a board game that requires them to focus on the game, use puzzles, plat twister, play musical chairs but please do it through play!

Creative Arts: Many, many children express themselves and process their world through the creative arts. Whether it is dancing, drawing, painting, making, singing, imagining or dressing up. Embrace it, allow them to be a part of their world, listen to their thoughts, allow them to make decisions with you and sometimes just be silly!

Literacy: I've left these two until last, because they are the major two that usually take up all the focus! Read to children, books are a wonderful resource that opens many conversations about language, text types, words, letters, sentences, verbs, punctuation, authors, and illustrators! Talk about the construction of a book, the plot, the characters, what they think will happen, point out letters in their name, cover all the words and ask the child to tell you what's happening in the story- they will tell you straight away they can't read but it allows them to develop an understanding that pictures in stories can give clues! Let them practise writing if and when they are ready- because when they are you can be sure they want to write EVERYTHING!

Numeracy: Use real world resources, maths is all around you! Talk about time, morning, midday, afternoon, night time, share money through play and real life, talk about mathematical language over, under, on top, inside, outside, next to, straight, curvy, round, look at collections of items- sorting, collecting, use a calendar for number, yesterday, today, tomorrow. Use the world around you. Ensure your child has a good understanding of 1:1 correspondence; that is that 1 block is 1, 2 blocks is 2, rather than 1 block is 1,2,3,4,5. We see some children who can count confidently to 100 yet have 1:1 correspondence of fewer than 5.

<http://scribbletoschool.com/school-readiness-ditch-worksheets/>

CROSSING THE MIDLINE

<https://www.aka.org.nz/blog/crossing-midline>

Crossing the Midline is the ability to move hand, foot, or eye into the space of the other hand, foot or eye; to reach across the middle of the body with the arms and legs crossing over to the opposite side. Examples include being able to draw a horizontal line across a page without having to switch hands in the middle or sitting cross-legged on the floor.

By the age of 3 or 4 years old, a child should have mastered this bilateral skill (using both sides of the body together). However, some children may experience poor mid-line crossing skills and thus will affect how your child reads (tracking with the eye from left to right) and writes (using their dominate hand across the writing page).

If your child is experiencing poor crossing midline skills, here are 10 activities that you can do to develop crossing midline skills in your children:

1. Playing cars on a large path – draw a line on a large piece of paper or make a large path on the floor with blocks for your child to drive their toy cars. Put lots of turns in the path. Encourage your child to just use one hand to drive the car.
2. Use large (adult size) paint brushes and/or rollers and let your child paint the sides of the house with water. Encourage using one hand at a time.
3. Play flashlight tag
4. Wash the car – encourage your child to use his/her dominant hand and reach in all directions.
5. Practice windmills or cross crawls (hand to opposite foot or hand to opposite knee).
6. Wiping the table with one hand (put a light coat of shaving cream all over the table and have your child wipe it off with a wet cloth).
7. Practice step and throwing with a water balloon!
8. Draw a large figure eight (the number eight facing side to side, not top to bottom) with sidewalk chalk for your child and have them walk the figure eight OR draw the infinity sign and have your child trace it with their finger of their dominant hand.
9. Set up squirt gun target practice. Use both hands on the squirt gun to try and knock over cups, wash away chalk etc.
10. Water flowers with the garden hose using two hands.

These activities are fun for your pre-schooler even if you they aren't demonstrating poor crossing midline skills!



Toys trumping trash

What can you do with toys that fall out of favour and are tossed aside within a matter of weeks, if not hours?

Can too many toys limit creativity and give kids an addiction to 'stuff' early on? Could kids be developing an addiction to "stuff" in early childhood?

Parenting expert Maggie Dent believes taking toys away can be a healthy exercise. She said 20 years ago researchers in Germany tested this theory by taking away every toy in a kindergarten for three months. "The actual reason for the study was to look at how we develop addictions to things," Ms Dent told [ABC Radio Perth](#). The day after the toys were packed up the children appeared bored and confused. But then they began to exercise their imaginations.

"The very next day the children had rugs out and were looping them over chairs so the furniture became the play," Ms Dent said. "Boredom is something that is really uncomfortable for children, so if we don't put something in their hands or immediately create something for them they are absolutely motivated to fix the boredom by creating something for themselves."

So should we go cold turkey? Ms Dent said she regularly heard from frustrated parents whose children had piles of toys they rarely played with. She did not advocate total removal but suggested removing two-thirds of toys and rotating the pile on a regular basis. "Stick the rest in the garage, give it a three-month rotation; you won't need to buy anymore because they will have forgotten they had them and they will feel all new again." Ms Dent also suggested that parents have children pick out some toys to donate, teaching them to share and appreciate what they have.

Choosing the right type of toys

Parents who try to limit toys report that they often experience a backlash from friends and family. Ms Dent said she also heard from grandparents who were hurt when their gifts were not well received by parents. She said it was about putting thought into choosing the right kind of gift. "There have been some studies that show we buy toys that only work one way, that don't have an open-ended quality to them; it weakens the tendency in children to be curious and problem solve," she said. "Next time you buy something, have a conversation — does this allow children to be creative and be a bit more interesting?"

A grandparent herself, Ms Dent said she tried to give presents that could be used by all the children in the family. Or she would often give experiences, like passes to the zoo, rather than material goods. "You can still give, but you need to have a chat about the quality of that gift and the benefit it is going to give them," she said.

Teaching appreciation and gratitude

Children also needed to learn that parents had finite resources, Ms Dent said. For older children, chipping in could help them appreciate new things more, she said.

"If they want something that is significant and that costs money, I love it if they have to contribute to that.

"My children thought I was mean when if they wanted a new surfboard or a new skateboard they had to make an effort to contribute towards half of it.

"But they do value things a bit more."

<http://www.abc.net.au/news/2017-07-06/too-many-toys-can-lead-to-stuff-addiction-maggie-dent-says/8684264>