



from Mitchelton Pre-Schooling Centre Term 4 2023

News from the Committee—Belinda Hapgood (President)

The United Nations Educational, Cultural and Scientific Organization (“UNESCO”) describes the importance of quality early childhood education as follows:

The period from birth to eight years old is one of remarkable brain development for children and represents a crucial window of opportunity for education. When children are healthy, safe and learning well in their early years, they are better able to reach their full developmental potential as adults and participate effectively in economic, social and civic life.

A range of research and evidence has converged to support this claim. First, neuroscience has shown that the environment affects the nature of brain architecture - the child’s early experiences can provide either a strong or a fragile foundation for later learning, development and behaviours. Second, the larger economic returns on investment in prior-to-school programs than in programs for adolescents and adults has been demonstrated. Third, educational sciences have revealed that participation in early childhood care and education programs boosts children’s school readiness and reduces the gap between socially advantaged and disadvantaged children at the starting gate of school.

From a human rights perspective, expanding quality early learning is an important means for realizing the right to education within a lifelong learning perspective.

I’m sure that you’ll agree with me that the months and years spent in the MPC Community has set our children up for success in school, in learning and in life (as described by UNESCO). For helping to lay this secure foundation, the entire parent committee is incredibly grateful for the dedication, skill and commitment of each and every staff member at MPC. Thank you particularly to our leadership team of Anna Dutney and Louise Wood for their continual hard work and cheery willingness to go the extra mile in 2023. We all look forward to your continued leadership next year and thank you for the year that was.

This is my last year of involvement as a volunteer in the MPC community as my youngest child commences Prep in 2024.

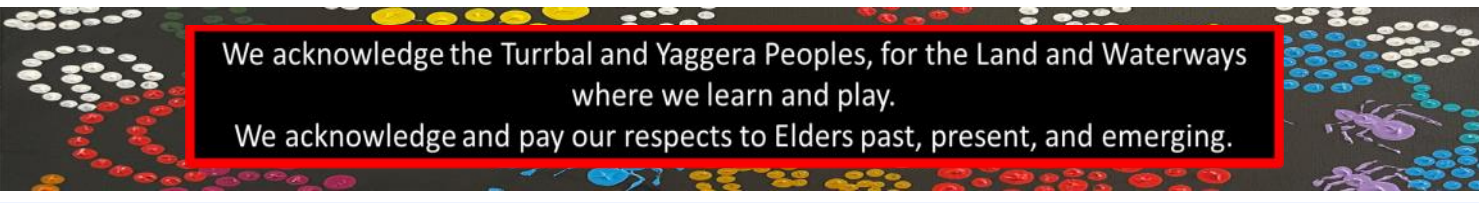
I know that a new group of volunteers will step up at our AGM in early 2024 and I wish them (in advance) every success. Thank you to my dedicated band of fellow committee members for all your hard work this year. It has been an absolute pleasure getting to know you all and to work with you to make our Kindy an even better place for children.

Merry Christmas to all who celebrate and best wishes for the holiday season.

I wish you a safe and joyful time of rest and connection with those that you love.



Committee Xmas meeting at Thai 5 with nearly all of the members



We acknowledge the Turrbal and Yaggera Peoples, for the Land and Waterways where we learn and play. We acknowledge and pay our respects to Elders past, present, and emerging.

News from the Co-Directors—Anna Duthey and Louise Wood

This year we have both experienced the change of shifting from teacher role to putting our Co-Director hat on and working from the office a day /or two a week /or more. It's a different point of view to oversee the running of the centre, greeting our current families, welcome prospective families and show them around , support our staff, and spend time stationary in an office.

One thing we notice on our office days are the conversations you have with your child about their day, and we hear the joy of children playing and laughter from teachers. Not all days are happy and go with the flow, but we couldn't think of a better soundtrack to listen to in the office, when advocating for this beautiful place we call MPC.

As we prepare to see the end of our 2023 Kindy year we would like to thank the children, parents, committee, and staff for all the warmth, the memories, and the learning that we have all shared this Kindy year.

We are so grateful to have the opportunity to lead as Co-Directors in such an amazing space. Where children, play, well-being, and relationships are core business.

Thank you for choosing MPC we have loved being a part of your child's early development and education. We wish you all a safe and happy holiday! If, this is your last year at MPC we wish you all the best for the future and remember you're always welcome back to visit. We look forward to seeing all our returning families in 2024.



Have you noticed our beautifully decorated tree in the foyer? These decorations were made by the Before and After Care children.

Our wonderful Kaitlin then creatively decorated our tree.



Sustainability

Mitchelton Pre-Schooling Centre - Children's Clothes Swap

"Australia is the second highest consumer of textiles per person in the world. Each year, we acquire on average 27 kilograms of textiles per person and discard around 23 kilograms of it to landfill. In total, approximately 800,000 tonnes of textiles are sent to Australian landfills each year." Smith & Black

In our Kindy groups we researched information and found images of the tonnes of textiles -Clothes, sheets and towels that get thrown away each year. So large, the piles are scooped by big machinery. We learnt that some countries allow clothing dyes to run into drinking water. Which is not healthy for the people and environment. Looking at clothing tags and paying a little bit more for clothes may mean they are produced in a more ethical and sustainable way.

Finding out this information can be overwhelming for both adults and children. But in true MPC style we look for 'opportunities not constraints!' What can **WE** do to help this environmental challenge and reduce textile waste.

- Donate clothes you don't use anymore.
- Share with older or younger friends, cousins, siblings.
- Find out how your clothes are made- Are coloured dyes going into water ways?
- Buy clothes made from recycled materials.
- Turn old clothes into something else – Mats, cuddly toys, weaving.
- Add patches to ripped clothing.
- Compost cotton clothes



At Mitchelton Pre-Schooling Centre we decided to host a clothes swap to allow our current children, playgroup families and families on the 2024 waitlist a chance to donate unwanted items and take useful items home. The Clothes swap ran for several weeks with many families participating and left over items were boxed up and donated to our local Picabeen Community Centre.



Another way to recycle is to donate your unwanted toys / outgrown toys to a charity! Always make sure they are clean, in good condition and in working order. These can be donated to all the charity organisations. This is a great way for your children to think about the gift of giving to others by choosing a toy they no longer play with and they want to gift it to someone else.



References: **Australia's textile waste problem and how the key players are responding**

by Claire Smith and Olivia Black

Keep bringing your items in

We will be finalising our last donations to be sent to Terra Cycle at the end of the Kindy year so please keep bringing in your items. For those of you moving to other schools next year, please remember you can continue to drop your items to us.



Did you know...

The south east corridor of Queensland in Australia has 4 major tribal language groups of the coastal region.

Nunukul country is positioned 40km just off the coast of Brisbane on North Stradbroke Island. North & South Stradbroke Islands were once joined. The Nunukul tribal group occupied both Islands through sub clans or family groups speaking the language of Jandai.

The Yuggera tribal group span from the mouth of the Brisbane River near the Brisbane International Airport, finishing on the south side of Esk to the Great Dividing Range near Warwick & Toowoomba. There are many subclans/families which covered this area.

Yugimbir language speakers are the original occupants of the Gold Coast. The Yugimbir have a truly beautiful country stretching from the Logan River in the north, south to the Tweed River and out to the mountain rainforests and beyond.

Nugi are the Aboriginal people of Moreton Island, known in the language group as Mugumpin. The Nugi moved in the settlement times to Stradbroke Island, Cherbourg and other various areas, but have still maintained a rich heritage with one of the most beautiful languages spoken in the south east.

Reference—The Nunukul and Yuggera Tribal Dance Website



MPC was grateful to welcome the **Nunukul and Yuggera Tribal Dance Company** to do a Smoking Ceremony at our 2023 Open Day. We are looking forward to their return next year.



We have 3 Salt Bush plants in our Kindy grounds. If you would like to take some to dry and use in your cooking at home please help yourself. The prune will do them good. Send in your ideas for using them so we can share it with others.



Saltbush leaves are fleshy with a salty, herbal flavour, and are very versatile. Use fresh leaves in salads or as a bed for roasting meats (it's great with lamb) or fish, toss them into stir-fries, dip them in batter and fry them, or use the dried leaves as a seasoning; ground dried leaves can be a substitute for salt. 1 Dec 2020

<https://warndu.com/blogs/saltbu...>

[Saltbush Food Uses | Warndu](#)

This article from Perth Children's Occupational Therapy, speaks very loudly about the overwhelming emotions children can feel at this time of the year. There are some very helpful tips here to survive the 'silly season'!

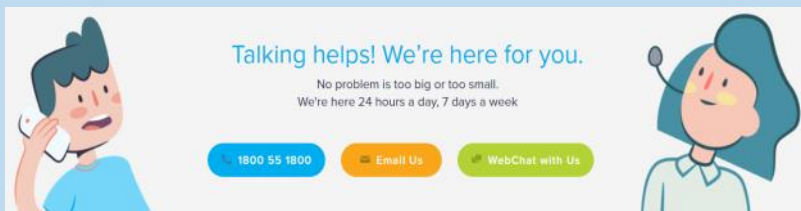
'Tis the season for overscheduling, overstimulation, behavioural manipulation via the use of an all-seeing Elf (more on that soon), forced hugs and passing babies around like a parcel. I haven't forgotten the positives of the holiday season, but it is sometimes easy for us to forget the potential negatives for children at this time of year.

Overstimulation (which is when a child is swamped by more experiences, sensations, noise and activity than they can cope with) in particular runs rife at this time of year. Children cannot tolerate the same amount of sensory input that most adults can.

Watch for your child's cues of needing quiet, calm time, whether they're at home, at a social gathering, out looking at Christmas lights, or at their grandparents'. Whining, crying, becoming short-tempered, refusing to do simple tasks, becoming withdrawn and/or telling you that they've had enough, are all signs that your child has probably had enough. Remember, if you see these behaviours, your child is not purposely trying to be difficult, and they need you to take action.

What can you do? Don't be tempted to pack each day full of activities. One quality (or even not so quality) outing a day, or spending days at home, is perfectly acceptable.

If you're out and about and see signs of overstimulation, remove your child from the situation. If that's not possible, keep them close to you, ask or gauge whether they need hugs or space, keep them hydrated, well-fed, and give them time to rest. If you're somewhere you can control the environment, you can try moving away from people, keeping lights low, volumes down, and touch input to a minimum.



Parentline
<https://parentline.com.au>

Parentline | Phone Counselling Service | 1300 30 1300

1300 30 1300 ; Pregnancy & Babies. aged 0 to 3 ; Preschoolers. aged 3 to 5 ; Kids. aged 5 to 8 ; Older Kids. age 9 and up ; Parents & Carers. all about you.

Remember it is OKAY and NECESSARY to take time for you.

Go for a walk.

Take a breath. 3 Slow Deep Breaths can work !

Tag a friend or partner for some time out.

Tell your family you are having a 'quiet break' to recharge, encourage them to try doing it too. Set a timer so all can see when you are ready to emerge (or not)

Talk—bottling thoughts and emotions up is not helpful and solves nothing.

Prioritise one part of your day that is about you. If you start with just a small 'glimpse' the benefits will grow to more.

Write your thoughts down, this can help plan how to problem solve or work towards a goal .

As young children begin to explore the importance of sustainability, the concept that humans are dependent on, and impact upon, the natural world becomes fundamental.

Whilst exploring bush park, from drought through flooding rains, the children have been thinking about sustainability and how it affects the surrounding area. They have considered the rubbish left by people, the quality of the water in the creek for animals, where the water has travelled from and where it is going, the number and types of trees in the park, and taking away any natural elements from bush park.

They have also discussed what a sustainable future is. They decided it is not just thinking about recycling containers in the making area, but not using so many containers; not only giving worms the left-over fruit scraps but learning to eat whole fruits so they are not wasted because it went brown in the lunch box; growing, watering and harvesting their fruit/vegetables and herbs; the amount of water used in the sandpit/water trough or washing hands, that could be used to water the gardens and animals; Why are the bees sick and dropping in the playground?

The children have also been helping each other to use paper sustainably, asking interesting questions eg. Where does paper come from? What natural resources are being used to make it? and when drawing/cutting paper - is a whole/new piece necessary or can they use a smaller piece from the reuse and recycle box.

They have been fortunate to experience natural lifecycles, as the birds and possums in the playground have had babies, they have watched nest building, baby Maggie learning to fly and then finding two bird skeletons.

The children have become conscious of the relationships between humans, living things and the natural environment, and the importance of sustainability. They appreciate and feel concern for the environment and are creating a positive change. They are very proud of their ideas, changes, and new understandings to protect our earth.



Memories of Bush Park (Shirley, Jo, Hayley and Liana (Unit 1 / 3 day group))

Unit 1 3-day children made their last journey to Bush Park this week. As always, we all enjoyed the space to run fast and climb high.

The creek was full and flowing and we saw fish and so many water dragons. We chose a 'Dadirri' (da-did-ee) or a 'sitting spot' a place to stop, think, listen. The Aboriginal word means quiet, still awareness and waiting. We closed our eyes and imagined what we might play. We 'listened deeply' to the sounds all around us.

When our bodies were still, and our minds were concentrating we heard Noisy Miners and Magpies singing and scurrying in the bushes which we imagined were the Water Dragons.

The trees provide wonderful shade and climbing opportunities. The children have learnt to assess their own risk and challenge themselves, whether tree climbing, balancing on the windy tree roots, or walking along the bouncy branches of the 'Secret Hide-out Tree'. They made collections of leaves, seed pods, sticks, and barks. They built secret fairy homes and campfires to cook imaginary marshmallows and had running races. They checked on the animal homes in tree hollows and branches, on leaves and the ones dug into the ground in hidden spots, discovering a new shiny beetle that reminded us of Christmas. So many fond memories to hold onto of a very special place to us.



Fairy Godmother wishes—Think for a moment if you could grant your child 3 wishes—what would they be? They already have the gifts of good health, happiness and money. What else do you want your child to have as they enter their future? These are often the top of the list when this question is asked.

Resilience, maturity, Confidence, Respect for others, Fun, Resourcefulness, Self Confidence, Real Happiness (inner), Intelligence, Joy of Learning, Ambition, Compassion

Many of the behaviours that your child is doing at home are normal. They are testing the boundaries, they have been doing this since they were born. They will testing them forever...you do!

Any of these familiar.—**whinging voices** (use your big girl/boy voice), **"I can't"** (have a go then I will see if I can help—praise the effort), **"NO"** (I don't like those words are you being kind/fair...), **crying** (take a breath and when you are ready to talk to me I will listen), **tantrums** (let it happen and tell them when they can use their words to talk then, you will be ready to listen, until then just sit quietly near them), **Throwing things** (is that safe are you being kind...take a breath, when you are ready I will listen and help you), **Huffs** (ignore, let them know you will listen and help when they are ready), **won't eat dinner** (this is a choice—please try, after a while pack it away and say kitchen is closed, they will not starve if they miss a meal), **Taking forever eating** (5 more minutes then we are packing away), **listening** (when you are beside me I know that your ears are listening), **not doing what they have been asked** (what words did I just say to you)

Do you remember at the start of our Kindy year we talked about -

- ⇒ Our Kindy mantra—is it safe? Is it fair?, Is it Kind?
- ⇒ Building on their skills of independence and resilience—"Have another go", "Try again", "Keep on going", "that looks like hard work, well done", "I like the way you are trying to do it by yourself"
- ⇒ Using praise to help children to feel motivated and to take ownership- "thanks for fixing that", "I love your help when you tidy up with me". Catching the moment lets children take some initiative and also spurs on others to have a go!
- ⇒ Reinforcing some basic manners and safe practices—please and thank you, stopping and listen to others when they talk to you, using nice words to express your feelings, and reminders of walking feet when walking on hard surfaces.

All of these things are strategies for you to follow through with when things get tough. Take a breath—count, walk away for a moment, gather your thoughts, look at the situation (are they tired, are you tired, is there a routine to follow or do things just change constantly, do they know you will give in!)

Remember you are the Parents, your children need your wisdom and guidance.

Some final words...

These years are precious and go so quickly. Take the time now to spend with your child enjoying their childhood.

Last week we were excited to see a Blue-tongued skink clambering around the fringes of the Unit 2 playground. What a delight! In all the hours we've been outside, this was our first encounter with a Blue-tongued skink. The children carefully watched and pondered questions about the creature:

- Why is it in our playground?
- Why are they called Blue-tongues?
- What would it eat?
- Do they eat blueberries?
- Will it hurt us?
- How can we keep safe?
- Why is its tongue so blue?
- Why is it in our playground?

- 'Maybe it has a nest'.
- 'Let's make a barrier so it doesn't get scared'.
- 'Don't poke it. It might be afraid.'
- 'Stand back and watch'.
- 'We'll stay on over here, so it has space'.



This sighting sparked an interest to find out more information about Blue-tongued skinks. But also gave the children an opportunity to build empathy for the lizard and how they could protect it and its habitat.

When we reflect on all the insects, marsupials, spiders, and reptiles we've seen this year. You begin to understand the unique environment we have at MPC. We've watched possums shelter their babies, saw 'Maggie' and 'Dave' the magpies introduce their new fledgling, watched native bees come and go from their hives, observed the life-cycle of a mosquito, watched golden orb weaver spiders spin their golden webs, skins slither about and crows build their nest.

Every day is different at MPC, what we bring into the space and what the space provides for us is an absolute treasure trove for learning. Over the years each family, child and teacher have invested time and resources into an environment that had created this beautiful magnet for wildlife.

Just as the animals have shared MPC with us and helped to lead the curriculum each child and their family have brought their unique perspectives into this space too. We as educators, also learn and grow from the children and their families. As the 2023 Kindy year ends, we would like to take this opportunity to wish everyone a safe, happy holiday and a very Merry Christmas!



For the families who are leaving MPC as their final year, we wish you all the best and remember you're always welcome to come back and visit!

Another baby learns to fly at MPC!

This week we have had a baby crow, supervised by its mum and dad hopping around our playground and jumping from branch to branch and even near our cubby! The children have been curious to see the fluffy feathers and watching as each day it makes its way around our playground!



As we come to the end of term 4, we have been reflecting on this past year as we sort through documentation and photos from the year, to prepare transition statements and Books of Memories to send home. The other prompt for this is because we are about to say goodbye to many children and families as they move on to their next exciting adventure. With new adventures, come new challenges.

Many of the children have said they are excited to start school and new kindy groups but also a little nervous. Remind your children about how much they have learnt this year – “Remember when you first started kindy at the beginning of the year and you didn’t know anyone? You quickly got to know everybody’s names and made new friends to play with”.

Think back to the beginning of this year, when all your children were arriving at kindy for the first few weeks. They were joining a group of 21 other children, most or all of whom were strangers. They were being left with 3 new adults and had new routines to remember. They had to be brave to talk to new people and ask for help. They have learnt and continue to practice to share play spaces with others and take turns, share their feelings, needs and likes, negotiate, compromise, wait for their turn, build resilience and persistence, listen to directions, listen to others. What a year of learning!

Life is full of twists and turns and new challenges to face – that’s life! How you tackle these challenges will depend on your mindset and having a growth mindset rather than a fixed mindset will help you to tackle problems from different angles until you achieve success, rather than give up. A simple way to start changing to a growth mindset is by the use of a little word, YET. In essence the word means a realisation that some things are worth waiting for, and those things take work. It’s not always easy, but the power of this small word allows for success. Changing your words can help your children build a growth mindset and show them that even if they find things hard now, the time will come when they succeed if they continue to try to practice a skill or try different ways to tackle a problem. The word ‘yet’ shows there is a learning curve and focusses on the process, rather than the outcome.

Carol Dweck, a professor of psychology at Stanford University, ‘advocates that a growth mindset is developed through praise, but not the usual after-the -fact praise which focuses on outcomes, but the praise that focuses on the process of learning.’ Praise the process, not the abilities. When we praise the effort around the process or strategies used, it teaches children the need to change their strategies in order to solve the problem, rather than continuing to repeat the same ineffective strategies.

What if instead of saying “I can’t do this”, you said “I can’t do this yet”? What if instead of saying “This doesn’t work”, you said “This doesn’t work yet”? What if instead of saying “I’m not good at this”, you said “I’m not good at this yet”?

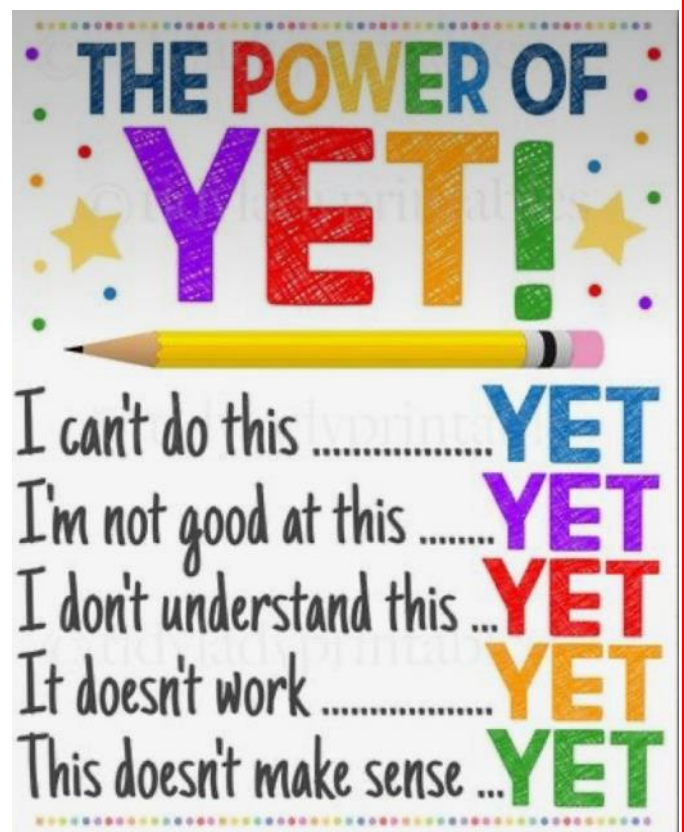
If you are not challenged, you do not make mistakes. If you do not make mistakes, you do not grow.

We wish you a happy and safe Christmas break with family and friends. I think on Christmas day I might practice saying, “I can’t eat any more food... yet.”

Click on this link to listen to...

The power of ‘yet’ with Zoe and Elmo from Sesame Street

https://youtu.be/46UhAtPyXw4?si=NzrMS9_azn1jzWfa



After my discussions with parents I have been prompted to revisit the book "Personality Plus for Parents" by Florence Littauer which highlights some insights into children and how their personality type affects their day to day interactions with those around them.

Choleric – the powerful lion, this is the most powerful type

- Strong willed
- Adventurous
- Outgoing
- Bright and wide eyed
- Born leader
- Energetic
- Must be first
- Never wrong

Controls with ANGER

- Throws things
- Not sleepy
- Demanding
- Loud
- Temper tantrums

Supporting the Choleric

- Appreciation – give them responsibility
- Patience
- Understanding
- Strength
- Pick your battles

Melancholy – the organized child

- By themselves
- Serious
- One toy or activity at a time
- Quiet
- Introverted
- Pessimist
- Likes things done correctly

Controls with EMOTION

- Clingy
- Whingy
- Soft voice
- Suspicious
- Cries easily

Supporting Melancholies

- Routine and order
- Sympathy
- Empathy
- Solitude
- Space
- Time

In the book Florence says "Studies have confirmed that children are born with pre-packaged personalities that largely determine how they will interact with the world around them. Environment does play a role in the expression of a person's inborn personality, but the existence of a personality that is present from birth is undeniable."

While recognising there are 4 personality types, some children may be a combination of one or more, while they can also change between types during their lifetime. Gaining a better understanding of your child's personality type can often be a way of helping to navigate the world they live in while helping parents decide how to respond to their behaviours.

Sanguine – the social child

- Bright eyed
- Charming
- Enjoys company
- Responsive
- Curious

Controls with CHARM

- Screams for attention
- Easily distracted
- Clumsy
- Doesn't cope with silence
- Cries when not being picked up
- Into everything
- Know they are cute

Supporting the Sanguine

- Fun
- Don't drag things out
- Attention
- Spontaneity
- Succinct
- Playful

Phlegmatic – the chilled, golden child

- Easy going
- Adjustable
- Introvert
- Pessimist
- Happy
- Loves sleep
- Understanding

Controls with PROCRASTINATION

- Guarded
- Lazy
- Fearful
- Indifferent
- Slow
- Unresponsive
- Stubborn

Supporting the Phlegmatic

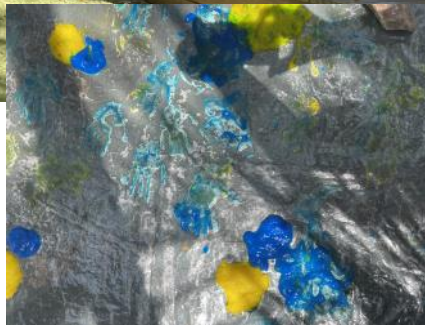
- Comfort, Time and Patience
- No stress
- Food

Playgroup with Jo

Playgroup mornings with Jo is a quiet and relaxing opportunity for you to play with your child in the outdoor spaces at Kindy. Come and join us every second Saturday of the school Term. **\$10 per family from 9-10.30am**

Our last Playgroup for 2023 is this Saturday December 2

Playgroup will commence on Saturday 3rd February 2024! We look forward to you joining us again then.



Before & After Kindy Care Pam, Yvonne, Shari, Kim, Kaitlin, Liania, Jordy, Jo, Jules, Sue



The children have been busy playing find the hiding candy cane in the play grounds over recent weeks. There were 30 to find and no one could move on until the last one was found! Then, lets play it again!

It has been a busy year for Before and After Care and this service continues to be a valuable asset to our busy working families. The friendships made across the centre with the children and connections with the staff has been great to see and helps build confidence to make social connections outside the class group.

Happy Christmas from the team!

Parent News and Advertising Opportunities



MPC Enrolment Lists - 2025 and beyond are OPEN!

- ◆ Do you have younger children?
- ◆ Do you want the option of sending them to MPC?
- ◆ Is their name on the Enrolment Waiting List?

Do it now!you will then have peace of mind, knowing you don't have to think about it anymore. It's easy. Complete a form online or collect one from the office. Complete an additional form if you are considering MPC 3's group. **MPC does not have a sibling policy**, and offers and choice of groups for new enrolments are allocated in strict waiting list order.