



from Mitchelton Pre-Schooling Centre

Term 3 2024

News from the Committee—Clair Perkins (President)

As we quickly head towards the end of term 3, the children are now firmly in the rhythm and routine of their days. There is a lovely calm energy around the centre, and I can see how the children are feeling connected to their teachers and classmates, friendships are established and expanding, and favourite activities are getting a workout in the playgrounds. There is a sense of broadening horizons with many families starting to think about prep (or “big kindy” for our MPC 3s!) next year.

I’ve loved seeing the pictures from recent bush park excursions, with this week’s wet weather adding a fun and muddy element to the adventures. These trips are so exciting for the children as they explore new spaces and develop their confidence and these excursions continue to build on their sense of place as part of the wider Mitchelton community. The upcoming incursions from Reptile Adventures are always a highlight for the children and a great topic of conversation! Thank you to the teachers for facilitating these experiences.

Many thanks to our Events Officer, Deb, for organising a well-attended parent’s evening the Woods Bar in Blackwood St on 8 August. Keep an eye out for more opportunities for social gatherings over the remainder of the year.

To kick off the September holidays, our next working bee is on Saturday 14 September. Please let Chris or Cass in the office know if you’re available to assist, many hands make light work.

Thanks also to MPC parent and solicitor Kate, for hosting an informative evening on Estate Planning for Families on 31 July. Protecting our families’ futures is so important and I hope the information she shared provided some useful tips and food for thought. Our MPC families are full of many talents, so if you have a skill or topic of interest you think could benefit our community please get in touch with me or another Committee member

at committee@mpc.net.au, or chat with Louise and Anna.

Enjoy the rest of term 3!

Many thanks to all our parents that have completed weekend grounds rosters and the latest working bee this term...your hard work keeps MPC looking great for everyone to enjoy!



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 Dutney and Louise Wood

MPC has been an integral part of this community over the past 75 years providing high quality education and care for young children. You have selected to send your children here much like the thousands of parents before you and those who continue to add their names to future waiting lists.

As a staff team we wanted to take this opportunity to highlight the benefits of risk and ‘Why we Play with Nature’ and ‘Why we venture out the kindy gate.’

Nature Play benefits

Why we venture out the Kindy gate.

Since 2015 we have focused on taking children out the gate. It first began as an action research project where the staff team investigated and continue to build process which engage families, governing bodies and the broader community practices and procedures when taking children out the gate. Over the years at various staff meetings and professional development sessions we have brainstormed ways to investigate and play in the space. Depending on a range of conditions such as time of the year and group dynamics teachers will take groups of children for walks in the local community. We have been to Bush Park, Doyles, Blackwood Street cafes and the Post Office.

An enormous amount of thinking and planning prepares for these walks. Children practice walking with a partner and listening to instructions such as stop, catch-up. Teachers will make executive decisions and only take groups out the gate when they are confident all children will follow instructions or provide parent support for those children still learning. Children are involved in the benefit risk discussions around walking out the gate and provide insightful thoughts about how they can be safe out the Kindy gate.

As a collaborative staff team, we continue to strive for improvement and value children and parents’ contributions to the learning practices at MPC. If you have any thoughts around these following questions:

(Please email your response to directors@mpc.net.au)

What made you choose MPC?

What practices do you like?

What do you need more information about?

What is something you wish we were doing at MPC?

What is something you would like us to stop doing?

We are excited to announce that MPC has been selected as a centre of interest to visit during the Early Childhood Australia Conference this year. On Tuesday 17th September (During the school holidays) we will open our doors to delegates from across the country who are keen to view our beautiful oasis and learn what makes this community Kindy an amazing place. If you would like to help, we will be running a working bee on Saturday 14th September and need help setting up and cleaning up after the event. Please email admin@mpc.net.au or directors@mpc.net.au if you would like to be involved.

Hand of Helpers—Child Protection Week

Your child will be bringing home some information about a HAND OF HELPERS PLAN. This is a tool to help you talk with your child about trusted adults they can talk to in confidence if they have a problem. Add names of people who make them feel safe and could help them if they have a problem both big and little. Having a hand of helpers is one effective way to build children's self-protective skills which is important for their **PERSONAL SAFETY**.

Young children need to know many rules for keeping safe (e.g. road safety, fire safety, water safety). Personal safety is another area where children need to know rules when dealing with people (talking, touching, feelings). It's never too early to sow the seeds of personal safety and children can begin learning about keeping themselves safe.

One of the principles of Personal Safety is *Nothing is so yucky that you can't tell someone about it*. Father's Day provides a very practical opportunity to talk about keeping secrets. Your child could keep a secret from Dad, who is likely to be one of the 'fingers', and still have four other adults on the Hand of Helpers to tell about any secret presents.

More information is listed on the HAND OF HELPERS sheet along with useful websites.



Useful questions when visiting Schools for Prep

Here are some questions which may prompt thinking to find out more about the school and how it can support your child as they transition into Prep.

- ◆ How do preps start the year?
- ◆ What is the daily routine? Outside? Inside? Whole school activities?
- ◆ What about behaviour management? What about homework?
- ◆ What happens with lunch boxes, bags, notices?
- ◆ What about water provisions?
- ◆ What about dropping off and collecting?
- ◆ How are different learning styles catered for (eg physically active, quiet)?
- ◆ How much choice do children have in classroom/playground?
- ◆ What flexibility do classes have in terms of timetabling?
- ◆ What teacher aide (school officer) time is allocated to each class? Does this change throughout the year?
- ◆ How do the Prep staff support or assist children with meal breaks, play breaks, playground, toilet, OSH, Assemblies/carnivals/music/library/swimming/ICT?
- ◆ What learning support resources are available?
- ◆ How is the school preparing to meet Australian Curriculum standards? What ef-

Committee Invitation—Mark the date in your calendar



Book Fair 2024

This year for our annual book fair we have selected a large range of beautiful books from Books@Stones, Logan Rd Stones Corner.

Books will be on display during the period 2 to 13 September at the kindy.

MPC will receive 22.5% commission on all books purchased which we will use to purchase new books for our Kindy.

Parents are able to visit their website: www.booksatstones.com.au and if you would like to purchase any books/toys from their website, please send us your list and we will include it in our orders.

More information will be sent by email later this week.

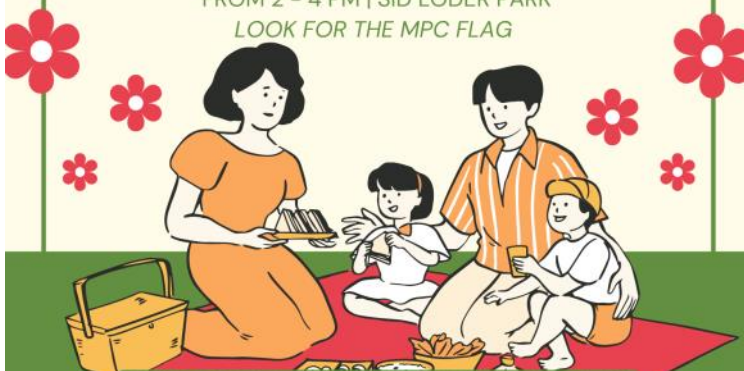
⚡ MPC FAMILY AND FRIENDS ⚡
WE ARE EXCITED TO INVITE YOU TO A DELIGHTFUL

Picnic in the Park

BRING YOUR PICNIC AND A PICNIC RUG, AND ENJOY EACH OTHER'S COMPANY WHILE CHILDREN CAN PLAY IN THE PARK

SATURDAY 7 SEPTEMBER

FROM 2 - 4 PM | SID LODER PARK
LOOK FOR THE MPC FLAG



MITCHELTON LIBRARY FACILITIES REMAIN OPEN UNTIL 4PM

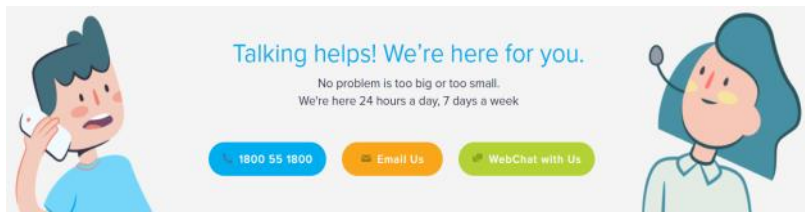
QUESTIONS, PLEASE CALL DEB DALY (0406 992 801)

MPC Enrolment Lists - 2026 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.

Parent Wellbeing



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.



Staying Healthy at Kindy



Please remember to keep your child at home if they are unwell. The spread of germs happens very quickly in this environment which not only affects the children but the staff as well. If your child is not feeling well they can not fully participate in the kindy day . You know what it feels like when you are not well and need to keep on functioning as a parent or at work, consider your child's perspective when they are 1 of 22 in a busy classroom. Home and resting is the best place, along with a quiet cuddle on the couch under a blanket makes recovery for all a better place.

During the term the children have been wondering, discussing, investigating, noticing, practicing and finding ways to be 'fair, safe and kind' to everyone at Kindy. They have brainstormed ways to be fair, what safe means and how to be kind through their words and actions:

Some of the ways they described 'fair' was, giving peers a turn of something sometimes and not always wanting (playing) with the same thing if someone else wants a go (turn-taking); asking nicely for a turn/toy and listening for the answer before taking something (sharing), and accepting that sometimes they may have to wait for quite a while for a turn (patience).

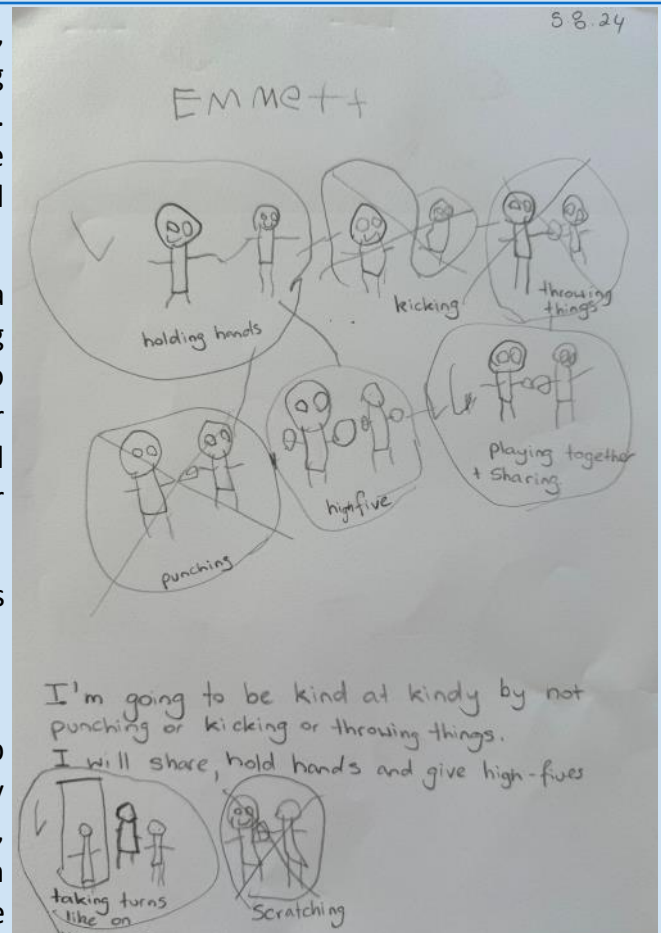
A great comment from one of the children, "caring is sharing, but you can't just take the car."

When discussing 'safe' with the children, they came up with words and actions that concern them about play including behaviour that is scary, frightening, threatening, loud, not nice, hurts (body), makes them feel bad, upset and leaves them wondering why (you're not my friend anymore, you can't play, I won't invite you to my party if you don't ...). They were specific with their understanding of inappropriate behaviours like punching, kicking, slapping, poking and spitting.

Being 'kind' was a much happier topic and the children came up with some very interesting ways they could show kindness and how they received kindness. Some of the suggestions were: listening when someone else is speaking, use kind words (please and thank you), help when a friend is hurt (get an Band-Aid/ice pack) or sad (get them a tissue or hold their hand), saying sorry if you accidentally bump them, saying someone is good at something (acknowledging others achievements), doing stuff together (co-operating), asking to play in a game, not throwing toys when packing away and don't screw up others pictures or something they have made.

The children acknowledged that friendships are important to them and that they want others to reciprocate kindness. To explore friendships, Elke, Vanessa and Pam have role played some scenarios, with the children looking on in amazement, sometimes aghast or laughing, but always willing to help problem-solve and find resolutions.

Being 'fair, safe and kind' is a life skill for making (and keeping) friends. Children are learning that friendships bring pleasure and comfort, helps them to feel good about themselves, builds social competence, promotes a positive outlook on life, increases a child's capacity for empathy, boosts happiness, well-being and self-confidence, lessens stress, builds communication skills, encourages good behaviour and is an essential part of social and emotions development.



Museum Artifacts– Prompting diversity in learning Shirley, Jo and Erin (Unit 1 /3 day)

The museum artefacts have triggered numerous questions about lifecycles, animal habitats, insects, amphibians, reptiles, birds and ecosystems. We have also gained insight into Aboriginal and Torres Strait Islander culture, tools, weavings and artwork.

We recently investigated the 'Life in a Rotten Log' exhibit and answered many of our wonderings and questions after reading a wonderful book by Rachel Tonkin called 'Leaf Litter: Exploring the Mysteries of a Hidden World'. The investigation continued when we removed rich dark soil from the compost bin, noticing that all our fruit scraps had changed into usable compost for our new flower garden. The children were interested to see the many small insects, worms and spiders living in the compost. They also noticed so many plastic fruit stickers that were still intact and discussed the ecological impact of plastics in our environment. Everyone peels the stickers from their fruit now.

We were equally amazed at the facts discovered through investigations about the Muttaborrasaurus bones from the Museum, learning that the Australian dinosaur grew up to 7 metres long, was a herbivore and lived in Queensland about 100 million years ago! We measured out 7 metres on the floor, which stretched nearly the whole length of our room. To further our research, we watched YouTube videos of the Lark Quarry Stampede and how the footprint fossils have been preserved just outside of Winton. We are waiting for the fossils we made a few weeks ago, to dry as 'hard as rock' so we can see how real fossils of dinosaurs may have been formed.

Using the Aboriginal Tools, such as the bailer shell to scoop water and the grinding stone to grind hardened clay to mix and make paint in smaller shells. Seeing the string made from pandanus, we recalled listening to Ari's gran who visited and showed us how she weaves baskets from dried pandanus leaves and banana leaves.

The skeletons of many animals including turtles, frogs and snakes have been compared and drawn, leading to interest in the human skeleton and how muscles and bones make our bodies move.

It is so rewarding seeing parents arrive to collect in the afternoons and their child keenly relays everything they have learnt or discovered about the wonderful exhibits we are investigating. It sparks excitement in the children and gives meaning to an active learning approach.



An article from the *'Neurochild Community'*, discussed the way our brains are wired to automatically think negative thoughts, and for us to think in a positive way we really have to truly work on this skill. Dr. Rick Hanson, neuroscientist and author of *Hardwiring Happiness*, explains that our brains process positive stimuli very differently from negative stimuli. Hanson explains the brain is like **"Velcro for negative experiences and Teflon for positive ones."**

The amygdala, which is like an alarm system in our brains, "uses about two-thirds of its neurons to look for bad news," Hanson writes. "Once it sounds the alarm, negative events and experiences get quickly stored in memory — in contrast to positive events and experiences, which usually need to be held in awareness for a dozen or more seconds to transfer from short-term memory buffers to long-term storage."

I found this so sad (but often true), that we instantly think this way. In children this often becomes evident in their behaviours or words. They will say, ' *I can't, I don't know, I'd like to but it won't work, it's too hard, that never works, I will get in trouble, maybe another day or time...etc.*' Behaviours can be shown with tears or anxiety. Think about your thoughts, do you go to the negative and have to work really hard to stay in the positive? **Perhaps it's time for us all to retrain our brains, take the challenge!**

So when you drop your child at Kindy and perhaps they are feeling a little worried, let them know that they are loved and that you have confidence in them to manage challenging moments. Encourage them to do something you know they enjoy, "*Remember the big tower you made last time, I wonder how big your tower with the blocks will be today*" or "*I am looking forward to seeing what you make to bring home or hearing about where you played outside today*". Show them your positive vibes and let them hear positive words. When they can't find their hat or lunch box at the end of the day, focus on the good of the day and not on the 'they are always losing... etc.'

Most importantly, Dr Hanson stresses, if there's a nice moment, take 10-30 seconds to bask in the glow of the warm feelings. If you notice a particularly beautiful sunset on your walk or drive home, take a few extra moments to drink it in. If you happen upon a blooming garden, literally stop and smell the roses. By taking the time to soak up pleasant experiences, you are rewiring your brain to be more positive.

Make this happen for you, but even more importantly let our child bask in a positive moment that has surrounded them in some way. It is so important to build the power of positivity in young children. Often with children it is the smallest thing. Please don't rush that moment, share the joy with them and most importantly take the time to let them soak it in, uninterrupted!

Reference: <https://www.psychalive.org/thinking-positively/>



Kaitlin is teaching her dog Coco how to visit Kindy and perhaps one day become a therapy dog. We always love welcoming Coco, and Coco loves the treats that come with her learning to be in this environment.

Have you ever wondered what happens at Kindy when the doors are closed, the rooms are vacant and no humans around?

Unit 2 two-day children believe whole heartedly that our classroom mascot Max the Monkey gets up to mischief with Jellybean Bear who belongs to the three-day group.

This type of imagination has captured authors and movie makers globally. From the traditional story of "Old Bear" (a story about a much-loved teddy bear lost and rescued from the attic by his fellow toy friends) or the classic movie, 'Toy Story'.

Max and Jellybean Bear sit on a shelf and are used every morning by both groups to count the number of children attending on a given day. Their roles were simple until a child in the three-day group created a slide and the children in our group wondered why she had made a slide for the soft teddies. It was in this moment that imagination ran wild with all the possibilities.



'Max and Jellybean bear slide down the slide and play at night'

'They eat jellybeans and bananas'

'They play in our games'

'Let's make some security cameras to see'

'We'll need bodyguards to protect them they can't be alone at night'

'Let's make a parkour playground with a seesaw they can't resist'

'And a sticky tape trap'

Regular checks of handmade security cameras and letters to the three-day group keep us up to date with all their possible antics. Last week the children decided that Max and Jellybean were such great

companions they should get married.



Where is the learning in make believe imagination?

The children were dancing between scientific understandings of alive and living. Practicing executive functioning skills – switching between play worlds, the Kindy room to an imaginary game. Using design and technology to build parkour playgrounds, seesaws, slides, stairs, security cameras and making tiny wedding outfits including



bangles and rings. Exploring early maths angles- positioning security cameras to capture photos.

Modelling and engaging in early literacy- writing group letters back and forth to the three-day group and invitations to Max and Jellybean Bears wedding.

Children's ideas lead us on a wonderful journey of imagination and learning!



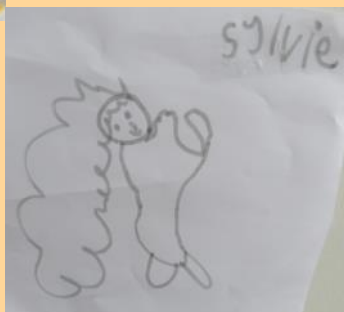
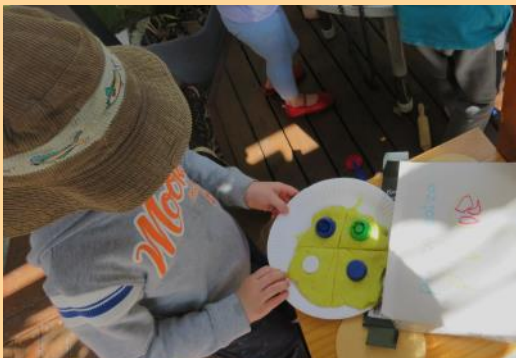
Learning through play is engaging, meaningful and essential to young children. It may just look like the children are having fun when you look into a kindy room, but really, they are learning important skills in a developmentally appropriate way. Some of the many skills being developed is language and pre-literacy skills. Like walking, children learn these skills in different stages, developing the building blocks necessary before they stand up and walk, by practising and building skills over and over again in many different ways.

A play environment provides a supportive and safe space to practice social interactions with others, and explore pre-literacy skills.

As children engage in role playing different scenarios, it enhances vocabulary, language development and communication and literacy skills. The children can order food from a pretend restaurant, practice going to the doctors office or imagine being zoo keepers at the zoo. These pretend situations let them share what they know about these scenarios in the real world, use their imagination and creativity, learn new vocabulary and research new information. Mark making, drawing symbols and pre-writing practice often takes place in play as it has a purpose for the children and follows their interest. They might make a menu, list of patients, pretend x-rays, draw roads or animal signs for the zoo. These may consist of drawings, scribbles, symbols, directional scribbles or shapes moving from left to write, or copied words but they all convey a message and have meaning to the child.

In unit 3/3, we have been noticing more children exploring pre-literacy skills in their games, both inside and outside. More often now, when we read stories, children are asking 'What does that mean?' and other children are answering and sharing word meanings and what they understand. They are beginning to recognise their names, some letters in their names and noticing other children or words that might have the same beginning sound as their name. On Tuesdays we are looking at our Sound Box and the items inside that have the same beginning sound. 'Can we think of other words that have the same beginning sound?' 'This is the letter that makes that sound it is called...'

When the children draw about their games, it helps them to think about the story of their game and what they might need to add to the game. They think about symbols they could add to their picture so someone looking at it will know what the game is about. Children in the doctors game last week added a cross like we see on the first aid sign in our room to show it was the doctors building. As the children tell us about their drawing, we can see their thinking behind the drawing and symbols. I hope that you have been able to spend some time on Tuesday afternoons when the drawings are on the tables to hear from your child about their games and what their drawing is all about.



“Ten things I wish you knew about your child’s mental health” by Dr Billy Garvey is a new release book that I have recently read but is also available on Spotify Premium. Here is a brief summary of the main points, taken exactly from the book.

Attachment is where your child’s mental health starts.

Babies are born seeking attachment.

Attachment is two-way, and is formed through being present, engaging with your child, comforting them and helping them feel valued and safe.

It’s never too late to identify and work on issues with attachment.

Behaviour – there is always a reason behind your child’s behavioral difficulties.

Behaviours are expressions of emotions. Children with frequent difficult behaviours are sending up flares to tell us that they need more help. Our role is to try to discover what help is needed.

When a child is really acting out, the best thing to do is provide safety and support. The real skill development happens when the child first starts expressing those challenging emotions.

Social skills ensure healthy and positive relationships throughout our entire life.

Social skills are learnt in partnerships with others including parents who guide children through purposeful and playful interactions.

Prosocial skills are the basic steps of positive interactions with others and include empathy, respect, kindness and gratitude.

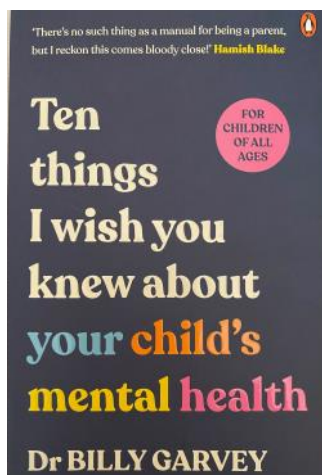
Signs that a child might need extra support with their social skills are isolation, a lack of deep friendships, bullying, frequent conflict or no friend their age.

Emotional Development – supporting emotional development is one of our most important roles in guiding children.

Emotions are a big and important part of life, and we learn how to handle them during childhood.

Our role is to support children to understand their difficult emotions and use these as opportunities to connect with our kids, and be curious and validating with a genuine desire to help them without judgement or dismissal.

A common mistake we can make with difficult emotions is trying to fix them. While well intended, this risks us moving past the experience without our children achieving any growth in their emotional development.



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

Dates for Term Four

October 5 and 19

November 2, 16 and 30



Before & After Kindy Care *Pam, Yvonne, Shari, Kim, Kate, Kaitlin, Jo, Jules, Sue and Selvi*

This term to hide from the cooler weather B&A started and ended their days inside. This has afforded children the time to take the mornings and afternoons a little bit slower and focus on small group activities.

The beginning of the week children have enjoyed the potato heads in Unit 2, working together to share the pieces to create all types of silly faces. You may have noticed some of their drawings of the potato heads in our daily reflection book on display at the sign in desk.

At the end of the week, the children have enjoyed playing the teddy bear picnic game. This allows children to practice turn taking, numeracy skills and resilience (we can't all be the winner, but maybe next time I will win).

Can you please remember that all children need to be brought down to the playground/room in the morning by a parent or guardian so that the staff are aware of the child's arrival.



Join the Breakfast Club... Don't forget for our early arrivals in the mornings to pack some breakfast for your child to eat. Sometimes being able to sit at Kindy with others having their breakfast is a more relaxed meal for them and one less thing to have to rush before you race out the door.

Keep bringing your items in



Did you know that we get a monetary reimbursement from all our recycling we send to Teracycle?

We continue to look for charities to support, so keep on recycling—not just for the environment but to support some charities in need.

Parent News and Advertising Opportunities

Community Noticeboard

1800RESPECT

NATIONAL SEXUAL ASSAULT, DOMESTIC FAMILY VIOLENCE COUNSELLING SERVICE

1800 737 732

Take care of yourself

your mental health matters

KidsMatter Growing Healthy Minds

Parentline

13 22 89

Counselling and support for parents who call

Kids Helpline

24 hour FREE call

1800 55 1800

www.kidshelp.com.au

Children's rights

You have the right to:

1. be treated fairly no matter what
2. have a say about decisions affecting you
3. live and grow up healthy
4. know who you are and where you come from
5. believe what you want
6. have people do what is best for you
7. privacy
8. find out information and express yourself
9. be safe no matter where you are
10. participate in cultural and recreational activities
11. protection if you need it

Braveheart About Us

Receiving and hearing is heard above noise 1997

What are... Questions?

Many questions and queries come in a lot of different shapes and sizes. Some are about the children, some are about the parents, some are about the relationship between the two. Some are about the future, some are about the past, some are about the present. Some are about the children's health, some are about the parents' health, some are about the relationship between the two. Some are about the future, some are about the past, some are about the present.

Kids in the Hills

SPEECH PATHOLOGY

Staying safe and healthy in hot weather

Stay connected

- Stay hydrated and nourished
- Stay cool
- Stay safe
- Stay healthy

Riverfire @ St Matthews Anglican Church

Church Road, Mitchelton

Saturday 31 August
6 pm - 7:30 pm

Sausage sizzle BBQ, Beer, Sparking Wine, Soft Drinks and Cake stall

Join us for the view in Mitchelton

Just Like Home Morning Service

10am - 11am

Free coffee and cake

Hungry Monkeys

FEEDING THERAPY

Birdie's Tree

Growing together through natural disasters

Growing together through natural disasters - Heat Wave

Information and advice sheet for families with babies and young children

Playgroup!

Community playgroup Every Monday and Friday (except public holidays) 9.30am - 11.30am for parents and caregivers with children aged 0 - 5 years.

Come along and meet families from all backgrounds in your community.

Gold coin appreciator

For more information **3364 7322**

Active Eight

8-10 years old

Physical activity and healthy eating

Truth-Telling

MITCHELTON LIBRARY

Join us monthly on Sunday afternoons throughout 2024 for a Truth-Telling journey toward Treaty.

Everton Park State School

PREP 2025

High quality education
Caring and committed staff
Inclusive and vibrant learning environment
A culture of inquiry and innovation
Strong community ethos

CONTACT US TO ENROL

3550 2200

LOOK BEFORE YOU LOCK

It's a life-saving routine.

Comprehensive and evidence-based services for children aged 0-5 years

Autism Partnership

Lady Gowrie

Educating and caring for children since 1900

Fun, focus and self-dependence

Looking for a fun way to get fit?