

June 2023 Newsletter

The staff for Term 2, 2023 include

- **Anne Whittleston** (Director / Teacher)
- **Jen Reid** (Assistant Director / Educator)
- **Nathan McGuinness** (Community Development Coordinator)
- **Louise O'Reilly** (Speech Pathologist)
- **Sarah Harry** (Occupational Therapist)
- **Zuzana Haladej** (Early Childhood Teacher)
- **Roshni Amroliwala** (Early Childhood Teacher)
- **Lisa Mildrum** (Educator)
- **Jodie Murray** (Educator)
- **Andrea Randell** (Educator)
- **Magdaline Saredakis** (Educator)
- **Adrienne Hicks** (Educator)
- **Julia Tilley** (Educator)
- **Iona Angely** (Educator)
- **Rinjani Bonavidi** (Educator)
- **Jess Maher** (Educator)
- **Lisa Ordway** (Educator)
- **Nobuko Nakajima** (Educator)
- **Amanda Smith** (Educator)
- **Yogini Patel** (Educator)
- **Kelly McDonald** (Educator)
- **Noella Saad** (Educator)
- **Zahra** (Educator)
- **Amber Maxwell** (Educator)
- **Danielle Brynski** (Educator)
- **Mayu Mulholland** (Cook/ Educator)
- **Steph Byron** (Cook / Educator)
- **Jo Oliver** (Cook / Educator)
- **Cathy Mazzarolo** (Admin Officer)
- **Kylie Webster** (Finance Officer)
- **Simon Costello** (Grounds person)

Return from Long Service Leave

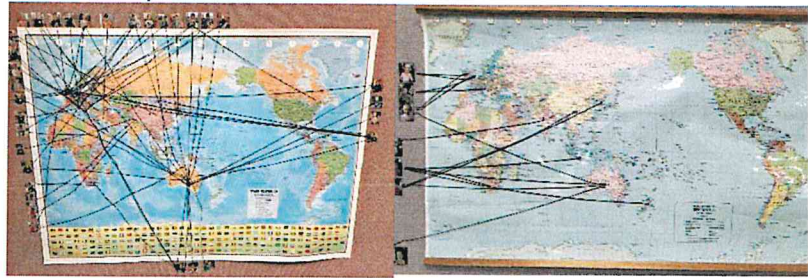
Welcome back Anne from LSL, it is great to have you back. Thank you to Kate Hallam for Acting as Director whilst Anne was away.

Curriculum

In Term1 we introduced children into the inquiry about 'Families'. We counted how many people live in our home, talked about what we enjoy doing and eating with our families and explored much more even far beyond the coast of Australia. Each morning we sing hello songs with greetings from other cultures which sparked a curiosity in different countries in the world.

In Term 2, we mapped out our 'family heritage' and children have noticed that we come from

many different parts of the world as well as Australia. Thank you to all families that responded.



In the Star Room we have continued with the Heggerty program where children practice rhyme, segmenting syllables, recognising first sounds in words and the sounds of the letters in the alphabet. The Rainbow children have been participating in music and movement each morning as well as integrating signing key words to the children. They have also been reading Owl Babies to assist children in developing their understanding of their emotions, this has led to looking into what owls eat, where owls live and to make their own owl babies.

Star room children have been delving into 2D shapes and their properties. Thank you to all the families who sent in photos on the various shapes their children found around their home through seesaw, we discussed their pictures in small group which helped children consolidate their knowledge.

Star room teachers have held Parent teacher interviews during Weeks 3 & 4 of Term 2. Rainbow Room parents if you would like more information on how your child is developing please make a time with their primary educators.

Upcoming events to look out for – 'Special Person's Day' and 'Mud week'. More information on that will be out soon via seesaw.

Benefits of Sensory Play

What Is Sensory Play?



Sensory play are experiences that stimulate children's senses, which are the different ways we perceive the world. Our brains use our senses to help us manoeuvre through our surroundings and sensory play helps children develop them. The five most commonly known senses are taste, smell, sight, touch, and sound. Most sensory

plays focus on stimulating the touch, sight, and hearing senses because they are more accessible. Activities that can provide a sensory experience to stimulate other senses are also important although less common when people talk about sensory play.

Why is sensory play important?

Sensory play in early childhood plays an important role in brain development because sensory stimulation is essential for sensory integration and cognitive development. Human brains are made up of trillions of brain cells (neurons) and nerve connections (synapses). Sensory activity can strengthen sensory-related synapses and functions in the brain. Exposing children to various sensory experiences is necessary for a young brain to develop the proper sensory processing capabilities. Play is also essential to a child's development. Children become more creative by playing. They also build their linguistic, cognitive, visual spatial, social, and emotional skills.

Sensory Activities Ideas: Children of all ages can benefit from activities that stimulate their different senses. It is easy to create sensory activities using different objects at home. There is no need to buy expensive sensory toys. Use ordinary objects in your house as sensory materials.

Here are some sensory activities and fun ideas for busy parents.

Tactile play: These objects provide sensory input to stimulate children's touch senses. Don't be afraid to try something new and have messy play activities. That's sensory learning! This is also a great time to bond with your child and create fun memories that will last a lifetime. Some examples are:

- shaving cream
- hair gel
- baking flour
- play dough
- cotton balls
- water play with different temperatures

Visual play: sensory bottles filled with water and glitter for shaking and watching, finger-painting using art material, scavenger hunt.



Scented play: Fruit, flowers, spices.

Audio play: baby rattles, musical instruments, knocking on different types of materials to hear the different sounds, e.g. metal, wood, plastic, paper, etc.

Taste play: Sweet – apple, muffin, sour – orange, lemon, salty – pasta, bitter – kale.

Sensory tub: Fill a large container or table with new things that children can touch, smell, or hear to give them new sensory information. Different materials with different textures can be used in themed sensory bins for variety.

Ask your child relevant questions about their sensory exploration to build their language skills at the same time. Create a conversation that encourages your child to use descriptive words.

For example, ask these questions: How does it feel? What does it look like? Does it smell good? Do you like the sound it makes?

Final Thoughts On The Importance of Sensory Play

The next time you see your child play with random items like paper towel rolls, pots, straws, and toys; encourage them. Babies and toddlers can use anything and everything to explore the world. And by allowing them to follow their instincts, you help nurture their senses.

Musical Wall

One of our wonderful educators Amanda has been busily making a musical wall for the children. The children have been involved in the process along the way, using their handprints to decorate the wooden panels and brainstorming what items could be used.

Thank you to all the families who donated items as part of this process. We would also like to thank Bunnings at Modbury for their donations.



Will the music wall look like this?



Community Development and Allied Health Programs.

If you are interested in any of the following programs, please contact Nathan
Nathan.mcguinness3@sa.gov.au or phone 82512700

First Aid information session

We held two very successful sessions in May, where parents and grandparents were given information covering topics such as Allergies, Bandaging, Bites, Burns, choking, CPR, Head injuries, Rashes and Respiratory management/Asthma. Some people have now booked into accredited courses.

Being with Baby:

Will begin again in Term 3

Each Tuesday afternoon families and their babies aged 0-6months old come together. Sarah the Occupational Therapist facilitates this program to provide opportunities for social connection and also provide information on various topics such as play, attachment, feeding and child development. Held Keithcot Farm Children's Centre from 1pm – 2.30pm. Bookings are essential.

Blended Therapy:

Offer a NDIS funded program on Thursday mornings.

Speak and Sing:

Led by Keithcot Farm Children's Centre Speech Pathologist, Louise. The group offers a unique opportunity to enhance your child's language, social and emotional development through the power of music and songs.

This free community program offers a supportive environment where parents and caregivers can learn communication strategies and interact with other families while engaging in musical activities with their child.

Term 2 is full, please register your expression of interest for Term 3 by emailing Nathan
Nathan.mcguinness3@sa.gov.au

Open to children 9 months – 2 years. Limited places available.

When: Wednesday's, 10:15am-11am for 6 weeks

Where: Keithcot Farm Children's Centre Community Room

Speech and OT Drop In and Chats: will continue to be offered through the year.

Infant Massage: United Care Wesley Bowden will run this program again on a Friday in term 3.

Learning Together Playgroup: Tuesday mornings, contact Nathan to go on a waitlist.

Play in the park: 20th of June 10am until 11:30am @ Golden Fields, Golden Grove. Please contact the centre closer to the date to confirm location due to weather.



Upcoming Dates To Remember.

Friday 9 June:

Staff Professional Learning Day. **No Preschool.** Limited Long Day Care available for Friday Childcare bookings.

Monday 12 June:

Public Holiday – Monarch's Birthday

Wednesday 14 June:

Preschool Mid-Year Intake Information Session.

Friday 7 July:

Last Preschool Session for Term 2.

Long Day Care continues during the scheduled School holidays

Monday 10 July to
Friday 21 July.

Monday 24 July:

First day of Preschool Program for Term 3.

Monday 28 August:

1st Photo Day – more information will be sent home when available.

Friday 1 September:

2nd Photo Day – more information will be sent home when available.

Monday 4 September:

Staff Professional Learning Day. **No Preschool.** Limited Long Day Care available for Monday Childcare bookings.

20 ways for families to connect with nature at home



- 1 Gather old pots, pans, spoons and measuring cups to create an outdoor kitchen. Can you bake a layered mud cake?
- 2 Create an outdoor chill-zone where you can read and relax to the sound of birdsong
- 3 Stay up late and identify a star constellation like Orion's Belt (also known as the 'saucepan')
- 4 In your backyard, see if you can spot common birds like New Holland Honeyeater, Rainbow Lorikeet and Noisy Miner (look them up online first if you need)
- 5 Hold a special outdoor picnic – bake together, set up a picnic rug and enjoy each other's company
- 6 Plant something you can eat: leafy greens, carrots, beetroot, lettuce and radishes are all easy and fast growing!
- 7 Make your own pizza bases from ingredients such as flour, baking powder, oil, water and salt. Put your healthy toppings on and enjoy a backyard dinner
- 8 Set up a comfy spot outside and play a board game or do a family puzzle
- 9 Make your own natural paint pigments by crushing and mixing things – try dirt, flowers, leaves, beetroot, turmeric and paprika
- 10 Make play dough using flour, cream of tartar, salt, oil, water. Mix in lavender oil or cinnamon, along with natural food colouring, for a full sensory experience
- 11 Set up small world play by filling containers with dirt/sand, pieces of bark, twigs, leaves and water. Introduce some 'waterproof' characters (or turn stones into creatures using permanent markers)
- 12 Go on a backyard creature forage, searching for common critters like millipedes, slaters, and earwigs

- 13 Practice daily mindfulness: find a 'sit spot' where you can absorb sounds, smells and sights for one minute
- 14 Sketch or paint portraits of one another in a nice spot outside
- 15 Practice gratitude. Each evening sit outside and listen to family members share what they have been grateful for that day
- 16 Build a small home or village for lizards, beetles, fairies, goblins or another creature
- 17 Take a walk around your neighbourhood
- 18 Collect a flower and press it by using newspaper and heavy books – change the paper every day until it is dry then place it in a nature journal or a special notebook
- 19 Use flowers, grass, string, sticky tape and paper to create nature masks or crowns
- 20 Make a bouquet of flowers, sticks or other natural things in your backyard. Display them at the dinner table when you come together to eat.



We encourage you to learn about the Traditional Owners of your area and how they used plants, animals and the landscape for more than 60,000 years – all forming an important part of their spiritual and cultural beliefs.



New Holland Honeyeater

ILLUSTRATION BY: JACQUELINE

100% ORGANIC

GREEN

  natureplaysa.org.au

Nature Play SA have some fantastic resources full of fun family ideas around interacting with nature. For some more ideas visit <https://natureplaysa.org.au/families/>.

Did you know that children today are spending less time outdoors than ever before? With smaller backyards and increasing screen time, children are often missing out on the benefits of engaging in their outside world.

The above information from Nature Play SA allows families to encourage their children to be curious, enhance their speech and language, delve into problem solving skills as well as practice their emotional regulation. Why not take a photo of your family involved in one of the 20 different ways of connecting with nature and share it with an educator at Keithcot Farm Children's Centre.