



A changing world...

Change seems to be a constant of life these days and the ways in which people perceive change (as a threat or an opportunity) has come under increasing attention. The education system and early childhood field are both experiencing a great deal of change at the present time, particularly in the area of curriculum and policy reform.

Recently I was fortunate to attend a workshop provided by C&K called “Rewiring the Brain for Change” presented by Josie Thomson. This workshop was provided for all C&K staff in mind of the amount of change being experienced by kindergartens at the moment.

With new curriculum documents (The Early Years Learning Framework & Building Waterfalls) and a new assessment based quality assurance system (The National Quality Framework), it is timely to think about the ways in which **we** think about, adapt to and enact change in our kindergarten.

What I found most striking about the presentation was the focus upon the ways in which we can all reflect upon our reactions to change in order to approach our lives from a different perspective. Josie spoke about the way in which change can be perceived either as a threat or reward and how our brain perceives change determines our reactions (to move away from or toward change).

In discussing ways in which to influence the perception of change as positive in others, Josie spoke about the importance of “spaces of insight” in which the mind is quiet and ready to receive, reflect upon, be illuminated by and motivated to adopt change.

This prompted me not only to reflect upon my own attitudes toward change, but about the ways in which I approach change with the children that I teach. Is change looked upon as an opportunity to learn something new? Do we welcome change for its possibilities for fresh perspectives? How do we support children who find change difficult?

More broadly, I think that this focus upon change reminds us all that in preparing children for a future education and workforce; do we ask ourselves ‘what tools do we need to equip children with to prepare them for a world that will inevitably be different from the one that we have grown up in?’

Hope you enjoy pondering these questions and enjoy the rest of this issue :)

Marie White—Centre Director



INSIDE THIS ISSUE

In the news	2
Aspley East kindy culture	2
Grandparents and Special Friends Day	3
Speech and Language Development	3
Food for a Happy and Calm Household	4
Sun Smart Tips	5
Community Garden Morning	5
Spotlight on a Staff Member	6
Policy Updates	6
School Holiday Activities	7

DATE CLAIMER

• Committee Meeting

Monday 16th June 2014 7:15pm

• Fees Due

Friday 25th July

• Last Day of Term

Wednesday 25th June (M/T/W)

Friday 27th June (Th/Fr)

• PUBLIC HOLIDAY

Monday 9th June (Queen’s Birthday)

• Working bee

Saturday 16th August

IMPORTANT DATE

CHANGE— In order to secure the services of our favourite DJ we have needed to change the date of the kindy disco to:

Friday 15th August. Please ensure to amend this date on your kindy calendar.

IN THE NEWS



Recently a meeting was held between representatives of the kindergarten (Marie, a past parent and committee member and a current parent), local member Tracy Davis MP and representatives from the Office of Early Childhood. This meeting represented a continuation of interactions held with Minister Davis over the last 18 months.

The focus of these meetings have largely been to explore and explain the ways in which the kindergarten has experienced the great deal of change that has occurred in the early childhood industry over the last few years, with the introduction of the National Quality Framework and National Rating System, an Early Years Framework.

More specifically we have been discussing with the aforementioned representatives, the kindergarten's initiatives for inclusion of children (particularly children with disabilities and high health care needs).

Our meeting focussed upon what the kindergarten already does and ways in which we feel that the community need to work together to provide better access, support and resources for children with disabilities and their families. We are pleased to report that the meeting received a positive response from the minister and OECEC representatives and we will now be organising a local region meeting with other early childhood services and parents to discuss the progression of the issues above.

Special thanks to past parent Doug Hawkes who has tirelessly worked to support the kindergarten in the progression of these meetings and also to Nyleta McRae (current parent) for her invaluable input and personal insight in contributing to our joint understandings of this issue.

AT ASPLEY EAST...

WE DO PLEASE

WE DO THANK YOU

WE DO I'M SORRY

WE DO HUGS

WE DO LAUGHTER

WE DO RESPECT

WE DO MISTAKES

WE DO HAPPINESS

WE DO PEACE

WE DO GROWING

WE DO FRIENDSHIP

WE DO HELPING

WE DO CARING

WE DO KINDNESS

WE DO LEARNING

WE ARE FAMILY

2

KINDY CULTURE

In the last newsletter, we wrote about the way in which we establish our culture, our rules and our expectations with new groups of children. This is an ongoing task and one which we revisit often throughout the year.

Something that the staff hold as very important and you will notice in the programs here at Aspley East is our belief in the importance of relationships to learning. Since we know how important relationships are to learning, we need to focus a significant part of our curriculum on the development of social/emotional skills. Without social emotional skills, children cannot learn as effectively and cannot make the most of their learning.

The difficulty with this type of teaching/learning is that it can be difficult to spot. You won't see this type of teaching displayed on a poster of letters or numbers and you will likely not see it in the daily slide show, but if you look and listen closely, you will see and feel it. When teachers spend time helping two children to solve a problem or when teachers plan to incorporate a particular game into the program in order to help the children learn to take a turn, we are increasing their social and emotional development. Creating a positive, warm and supportive learning environment also allows children to feel safe and to function to the best of their ability.

It makes sense then, that if social emotional skills help children to access their learning more readily and successfully, that the development of these skills significantly predominates in the teaching and learning program. Sometimes there is an assumption that the type of academic learning that occurs in school has little correlation with one's emotions or the social environment. Neuroscience has helped us to understand that this assumption is mistaken. We now know that there are direct links between emotions and learning. The same research has also demonstrated that systematic teaching of social emotional skills paves the way for better academic learning.

A significant aspect of children's social development, particularly during the kindergarten year is the development of friendships. Parents often worry about children's friendships and social interactions. The Raising Children Network has released a series of resources for families regarding [children's friendships](#).

Please do not hesitate to speak with your child's teacher if you have any questions or concerns about your child's progression or social/emotional skills or development of friendships.

Grandparents and Special Friends Day

Thank you for making our annual grandparents and special friends day such a beautiful day, it is a favourite event on the kindy calendar and always such a pleasure to share our kindy with family and friends.

It was a rewarding experience for the children to not only share their special place with their visitors but to also share their visitors with their friends. Grandparents have a very special role in children's lives and to share their wisdom with our kindy makes for a very special day!

Thanks to such generous donations made on the day we were able to make a donation of \$265.55 to the Cancer Council!

BUILDING FUND

A very big thanks to families for their generous donations to the building fund so far this year. You can still contribute to the fund at any time and all contributions are tax deductible. Thanks to the donations of families this year and years past, we have recently been able to fund the installation of new air conditioning units in the kindy. This was a much needed upgrade and we are so grateful for your support!

AUSSIE FARMERS DIRECT

Did you know that if you purchase your groceries online through Aussie Farmers Direct, that you can contribute to the kindergarten's fundraising efforts?

How does it work?

Link your account and 2% of your [Aussie Farmers Direct](#) shop can be donated back to the kindy.

If you are interested in this idea or if you already shop with Aussie Farmers Direct, please drop Marie an email expressing your interest. If there is sufficient interest, we will go ahead and register the kindy for this fundraising scheme.

PLAYGROUND SAFETY

Please remember that the playground is **CLOSED** after kindy hours. Please ensure that your children are aware of this important safety rule.

SPEECH AND LANGUAGE DEVELOPMENT

Unfortunately the parent information night needed to be cancelled due to low registration numbers.

If you are worried about your child's speech, [Marion Cargill](#) (our scheduled speaker) has offered to engage in telephone consultations with parents.

Are you worried about the costs of speech therapy? Did you know that there are plans available through Medicare to subsidise the cost of private speech therapy. Please follow this link for more information...<http://speechpathologyaustralia.org.au/resources/medicare-allied-health-serv>

Speech pathologist Marion Cargill has offered to host the parent night on another date later in the year, so we will try again then.

One of the agenda items that Marion was planning on addressing was the role of technology in children's speech language development. Parents are increasingly asking questions about technology. Things such as: Should my child have an iPad? How much screen time is too much? Are iPad's good or bad for children's language development? Whilst there are no hard and fast rules and many differing opinions, this area is coming under increasing interest for research and there are some reports beginning to be disseminated on this topic. [Click here](#) for an interesting article about the perceived impacts of technology use on speech development.

MARIE WHITE

DIRECTOR/TEACHER

UNIT 1—THURS/FRI

DEBBIE QUIG

TEACHER

UNIT 1—MON/TUES/ ALT WED

SUE PEARSON

ASSISTANT

UNIT 1—MON/TUES/ALT WED

EMILY CLARK

TEACHER

UNIT 2—MON—FRI

PETA BAHRE

ASSISTANT

UNIT 2—MON/TUES/ALT WED

NICOLE HOMEWOOD

ASSISTANT

UNIT 1—THURS/FRI

JENNY KNIGHT

ASSISTANT

UNIT 2—THURS/FRI

HELEN HUMPHRIES

ADMINISTRATION

MON/TUES/THURS/FRI

ADDITIONAL ASSISTANTS

CHERIE DUX

MON/TUES/ALT WED/THURS/FRI

Food for a Happy and Calm Household

For those who did not get a chance to attend this workshop, one of the kindy parents Roslyn Laing attended and very kindly has written a summary of the items covered. Thanks Roslyn, it looks like it was a very informative session!

I recently attended the workshop ‘Food for a Happy and Calm Household’ presented by Louise D’Allura at Aspley East State Primary. The workshop highlighted that not all additives in our food are safe or good for our health and promoted low additive eating, giving examples of what products to consume and those to avoid. I found the workshop very informative and concerning at the same time! I learnt that many additives used in Australia have been banned in other countries due to safety concerns, yet are permitted in our food. More disturbingly these additives are used in food marketed towards and consumed by our children. There are approximately 300 additives used in Australia, some of which are safe, some of which are suspected carcinogens (cancer causing) and others which cause adverse health effects. Here are some of my learnings that I found of benefit:

MSG (Monosodium Glutamate) is a flavour enhancer (621) found in many snacks and savoury biscuits. It is the effect of excess Glutamate in flavour enhancers that is of concern, causing symptoms in some such as Asthma, hyperactivity and sleeplessness to name a few. Be cautious of packaging claiming MSG free, as it can be added in other forms that are less familiar to consumers (627, 631 and 635) and be disguised in products containing additives hydrolysed vegetable protein and yeast extract.

Manufacturers play on wording such as ‘all natural ingredients’ however just because an additive is natural does not mean it is good for you. An example of a natural additive to avoid is Carrageenan (vegetable gum 407); a suspected carcinogen commonly found in non-dairy milks and is permitted in organic products. Another example is natural colour Annatto (160b) linked to hypersensitivity and behaviour and learning problems. Annatto may be found in products such as yoghurts, cheese sticks, fruit juice, cake mix and muesli bars.

The World Cancer Research Fund concluded that processed meats (for e.g. ham & bacon) greatly increased the risk of bowel cancer because they contain Nitrates/Nitrites (249,250 and 251). These preservatives are prohibited in foods for children less than 12 months old.

If you would like to learn more about additives, I recommend attending one of Louise’s public workshops listed on the website www.mealplanningyourway.com; checking out the book Additive Alert by Julie Eady; and downloading the free app to your phone by the same name.

Roslyn Laing – Mum (Unit 2 Thurs/Fri)

SUN PROTECTION

Don't let your Sun Smart habits freeze this winter!

As we head towards the cooler months, many think that it's ok to relax their Sun Smart habits and spend time outdoors without sun protections. For those of us lucky enough to live in sunny Queensland, this is not the case! Sun protection is required when UV levels are 3 and above, and this is all year round in Queensland. So don't be fooled by the cooler weather, protect the children in your care this winter by:

- Slip on protective clothing
- Slop on SPF30 or above broad-spectrum, water-resistant sunscreen
- Slap on a broad-brimmed hat
- Seek shade
- Slide on wrap-around sunglasses

It is very helpful and greatly appreciated if you can please apply sunscreen to your child each morning at drop off time (or at home) so that those who are playing outside first are ready to go out immediately.

COMMUNITY GARDEN MORNINGS

A big thank you to families for a glorious morning spent in the kindy garden. We planted out our veggie garden with some new herbs and vegetables and also popped in some lovely flowers as well.

The children are already tending to the new plants and are planning what to cook when they are ready for harvesting.

The next community garden mornings will be held on Friday 1st August and Tuesday 5th August. We will be planting out the gardens in anticipation of Spring!

SPOTLIGHT ON A STAFF MEMBER...

Bunnings BBQ

We are still deliberating over how to spend our precious funds raised from the Bunnings BBQ but wanted to give special mention to local community members who helped to support our efforts.

Warburton's Butchers kindly gave a voucher towards the cost of sausages

The Hon. Tracey Davis MP gave a cheque to support the cost of consumables

Councillor Amanda Cooper's office donated a voucher from Coles which helped to cover the cost of grocery items.

What amazing community support!!

C&K ASPLEY EAST KINDERGARTEN

12 Clorane Street Aspley, 4034

Phone: 3263 3292

Email:

admin@aspleyeastkindy.com.au

Teacher Emails:

DQuig@aspleyeastkindy.com.au
EClark@aspleyeastkindy.com.au
MWhite@aspleyeastkindy.com.au

www.candk.asn.au/aspleyeast



Since families attend Aspley East Kindy for only part of every week, you usually only get to see half of the total staff. In this section we hope to introduce you over time to all of the fabulous staff that work at the kindergarten. Aspley East Kindy is very lucky to have a diverse staff with different skill sets, qualifications, life experiences and interests.

Emily Clark works in Unit 2 full-time and started her employment at Aspley East in 2013 having worked in a range of early childhood settings from very young children through to the early years of primary school. Emily's education and employment has seen her develop a broad range of skills that she applies in her daily work.

Did you know?

Emily has taught a year one/two class in a bilingual school (English and AUSLAN)

Emily is working towards a visual arts degree at QUT?

Emily loves cooking?

Policies....

C&K have recently released the first stage of a new and comprehensive Child Protection Framework (CPF).

The CPF guides the actions of all stakeholders from the C&K board, right through to teachers, parents, children and visitors.

The CPF is about ensuring that children grow up in safe, protective and healthy environments, free from abuse and neglect.

The CPF and associated documents sets out "C&K's commitment to the care and protection of children and emphasises the importance of early identification of issues and early intervention". All staff at the kindergarten have completed updated child protection training through C&K, this is updated annually.

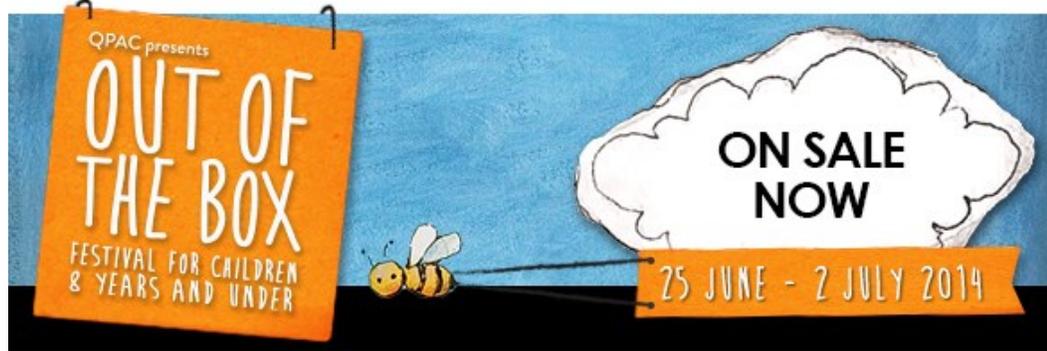
All copies of new child protection policies and procedures can

be found in the foyer of the kindy (outside Helen's office) if you would like to view them. C&K have also written a Position Statement on Child Protection which is displayed on the pin-board out the front of the kindy.

The kindergarten will provide periodical updates to this information and will engage in other advocacy activities for child protection such as child protection week which is held from 7th–13th September 2014. Please see the [QLD child protection website](#) for further information.

"Protecting Children is Everyone's Business"

Domestic and family violence month is held during May to raise community awareness and promote a clear message that domestic and family violence will not be tolerated in our communities.



Every child has a monster sized imagination. It feeds on curiosity and serious fun. Out of the Box is designed for children and their monster sized imaginations. Use this website to design your day and create an experience that will feed your child's monster sized potential!



DEEP OCEANS

<http://www.southbank.qm.qld.gov.au/>

28 March - 6 October

It's a dark, cold world. Only 3 people have travelled to its deepest point. In fact, we know more about the surface of Mars than we do about our deep oceans.

Journey with us deep below the Earth's surface to this dark and mysterious world in our new exhibition.

Deep Oceans showcases strange real-life creatures as well as myths and legends about fearsome monsters of the deep.



THINGS TO SEE AND DO

- See a real specimen of a Giant Squid from the Queensland Museum collection
- Meet some of the real-life creatures that have inspired sea monster myths and legends