



April 1, 2015

Celebrations at Kindy

With the holidays and Easter festivities upon us, I would like to take a moment to reflect upon the meaning of celebrations at Aspley East Kindy. C&K have recently released some information to prompt reflections on the celebration of events and holidays in kindergartens...

It can easily become common practice to automatically celebrate holidays and cultural events in our services throughout the year, without giving careful thought as to what is best practice for the children and families attending.

When we celebrate it is crucial to understand the actual spirit, intent and meaning of the celebration that supports cultural understanding and integrity.

In their book, *Anti-Bias Education for Young Children and Ourselves*, Louise Derman-Sparks and Julie Edwards comment on the difference between celebrating holidays and learning about holidays...

Celebrating a holiday engages children in holiday activities as full-fledged participants, as if they accepted the holiday's underlying purpose and meaning the way that those who regularly celebrate it do. Celebrating a religiously based holiday is only appropriate in faith-based programs in which the holiday is part of a belief system shared by every family.... Celebrating a secular holiday is only appropriate when all families' perspectives on that holiday are considered and addressed.

In contrast, learning about a holiday means teaching children about what the holiday means to the cultural and religious groups who honour it and the various ways these groups choose to celebrate it. With preschool-age children, the focus is on how the different families (or the community) choose to celebrate specific holidays.

At Aspley East Kindy we think carefully about the holidays that we celebrate and/or learn about and why these are meaningful for our community. We also consider the philosophy and values of the kindergarten and how these are reflected within celebrations. A good example of this is Mother's and Father's Day. We recognise that these are important and embedded days of significance for many people and are recognised in different ways in each family. In educational settings it is often taken-for-granted that Mother's and Father's Day are embedded aspects of the curriculum and that the preparation of gifts is essential. At our kindy where our curriculum is guided by the needs and interests of children, we often choose not to interrupt the curriculum and expect each child to make a gift for Mother's and Father's Day. We recognise that many families enjoy the exchange of gifts on these days but do not impose this expectation upon children and families at kindy. We speak about these days with children as a time to recognise and celebrate those who love us and encourage children to recognise this love with thanks and the sharing of special time together.

I would like to wish everyone a safe and restful holiday period and looking forward to a fantastic second term at kindy :)

Marie White—Centre Director



INSIDE THIS ISSUE

In the news.....	2
Aspley East kindy culture.....	2
Working Bee Wrap Up.....	3
Food Additives Article.....	4
Sun Smart Tips.....	5
Kindy Portal.....	5
Spotlight on a Staff Member	6
Kindy History	6
School Holiday Activities.....	7

PIE DRIVE ORDER FORMS ARE DUE BACK BY FRIDAY 24TH APRIL.

If you have paid for your order via bank transfer, don't forget to submit the order form to the office as well.

Marie is taking four weeks of leave to travel overseas to visit family from Thursday 2nd April—Friday 1st May. If you have any questions or concerns during this time, please address them to Debbie Quig or Emily Clark.



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

IN THE NEWS

Did you know that the staff of the kindy are published authors?

At a recent staff meeting the topic of leadership was discussed. The staff assessed the idea that leadership is not only restricted to those in certain formal positions but rather is something that everyone can do.

This different idea of leadership is premised on the notion that leadership is a way to improve yourself and influence others.

In our kindy we place a priority on relationships and therefore leading oth-

ers is seen as a way in which to cultivate better relationships.

If you would like to read more, please turn to pages 8-9 for a copy of the article which was published in Early Childhood Australia's quarterly magazine called *Every Child*.

KINDY CULTURE

At the heart of all of our work is our vision of children at Aspley East. We see children as eager explorers with desire and great potential to understand and act upon their world. We believe that children are rich with ideas, knowledge and opinions.

At a recent staff meeting, Emily Clark (Unit 2 Teacher) delivered a presentation to the whole staff about the role of The Arts Kindergarten programs. Emily has been studying a Visual Arts degree and has a keen interest on practices in Early Childhood Arts Education.

The Arts provide a unique context in which to facilitate exploration knowledge building and sharing of thinking. Some of the most effective means that children can be given for explaining things to themselves and others are drawing, painting and clay work.

"While using them [arts tools] to make images, they explore feelings and ideas, and through their images the communicate thoughts to others as well as themselves" (Kolbe, 2001). This is why at Aspley East we take such care with children's drawing and paint work, not only because it is beautiful, but because it is almost like a piece of assessment as it provides us with a window into each child's thinking world.

Some other things that we think are really important are:

- *Providing children with the highest quality art materials that we can source, in order to facilitate quality work
- *Setting up a beautiful environment in which children can create and share art
- *Giving children TIME. Time to explore, to ponder, to repeat experiences again and again gaining depth of knowledge and experience.
- *Having adults spend time in art spaces, supporting and facilitating good conversations and thinking between children. Adult presence in itself gives support, but it also sustains children as they interact with materials.

For those who might be interested in some further reading, in the following link, please find an article written by our QUT visitor, Felicity McArdle: <http://eprints.qut.edu.au/18503/1/c18503.pdf>

Ditto's Keep Safe Adventure Education Program

On Tuesday 28th April and Friday 1st May the kindergarten will host a show about personal safety and child protection.

Keep your eyes out in your email inbox for some detailed information about this show and about child protection and child safety.

Working Bee Wrap Up

Thanks to the Unit 1 Mon/Tues/Wed families for their support at the first working bee for the kindy year. The day was a great success with many important jobs completed such as:

- Stripping and cleaning the deck in preparation for new varnish
- Cleaning of the patio concrete
- Tidying and trimming all of the kindy gardens

Big thanks to Noel Andrews (father of Maintenance Co-ordinator John Andrews) for his very kind donation of \$100 towards the purchase of items for the working bee.

Community donations to the working bee:

- Flood Australia for the donation of Citrus Strip
- Strathpine Paint Place for donation of deck cleaner and safety items

Some words from the Maintenance Coordinator...

As I'm new to the role of maintenance officer, I was overwhelmed by the turnout and support of the group one parents, for this year's very first working bee.

A big thank you to each and every one of you for the hard work that went into making Saturday a huge success. Also a thank you to the parents who will be helping me in the coming weeks to stain the deck.

I hope we get as many parents for the future working bees as we did for this one. I look forward to seeing you all throughout the year as we make this kindy a very special place for our little loved ones to enjoy.

Johnny Andrews (Lockie's dad)

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!

PARENT

INFORMATION...

There is a new place for families to access parenting supporting information. Behind the sign in desk there is a shelf with many different types of information.

Examples include:

- Parenting courses
- Community centres
- Playgroup information
- Support for domestic violence

ASPLEY EAST STAFF

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

KAMAY EADES

ASSISTANT

UNIT 2—THURS/FRI FOR 2015

HELEN HUMPHRIES

ADMINISTRATION

MON/TUES/THURS/FRI

ADDITIONAL ASSISTANTS

CHERIE DUX

MON/TUES/ALT WED/THURS/FRI

Food for a Happy and Calm Household

Last year, a number of families attended a workshop about foods and food additives. For those who did not get a chance to attend this workshop, one of the kindly parents Roslyn Laing (who has another son attending Aspley East in 2015) 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 to Lucas (Unit 2 Thurs/Fri)

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.

KINDY PORTAL

By now every parent should have a Kindy Portal account and be receiving updates about activities and experiences that are happening at kindy.

We consider Kindy Portal to be a vital part of the kindergarten program as it provides a link between kindy and families. Research demonstrates that children's educational and learning experiences are enhanced when there are strong home-school connections.

Kindy Portal is one way that the kindergarten works towards building connections between home and kindy. Kindy Portal facilitates opportunities for families to engage with and discuss the curriculum, program and learning that is happening at kindy and to make connections with learning that happens at home.

Have you taken the opportunity to look at Kindy Portal *with* your child? Research also shows that children's learning is enriched when they have opportunities to reflect upon their play and experiences. Kindy Portal is a great way for parents to help children to reflect on their experiences at kindy.

Did you know that at the end of each Kindy Portal article, there is a space for you to leave comments and questions for the teachers?

Your voice plays an important role in your child's education here at kindy and we work to build our curriculum not only based on the learning outcomes from our Early Years Learning Framework but also based upon the ideas, input and knowledge that families have about their children.

Your comments on Kindy Portal are valued by the teachers and give us insight to your child that helps to paint a broader picture. Your comments also are very encouraging to the teachers who spend a great deal of time and care when writing articles and posting photos on Kindy Portal.

So if you have not already left a comment, please have a go and let the teachers know that you are reading the articles and engaging with Kindy Portal.

Policies

Food Allergy Awareness

Did you know that food allergy awareness week is on 17-23rd May 2015?

The theme of the week this year is BE AWARE—SHOW YOU CARE.

Aspley East Kindy would like to take this opportunity to raise awareness of the incidence of food allergies and the severity of these conditions.

Please [read here](#) for information sheet about anaphylaxis

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



SPOTLIGHT ON A STAFF MEMBER...

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.

Helen Humphries works in the role of Administration Assistant at the kindy commencing her employment at Aspley East in 2006. Helen has lived in the local community for 21 years with her husband Steve, two teenage daughters (Lydia and Gabrielle) and a fox terrier called Buddy. Helen's daughters both attended Aspley East Kindy for their kindergarten and preschool years (before the introduction of the prep year).

Whilst many of you would not see Helen every day, Helen works tirelessly to keep the kindergarten running smoothly behind the scenes.

ASPLEY EAST KINDY HISTORY

Did you know?

Did you know that Aspley East Kindergarten began its existence as the Aspley Early Childhood Association Inc.

In 1965 the association established a kindergarten in temporary premises in Pineapple Street Zillmere. Thanks to efforts of the parents and community, operations were moved to the kindergarten's current premises at 12 Clorane Street Aspley. Over the years many families have contributed funds and labour

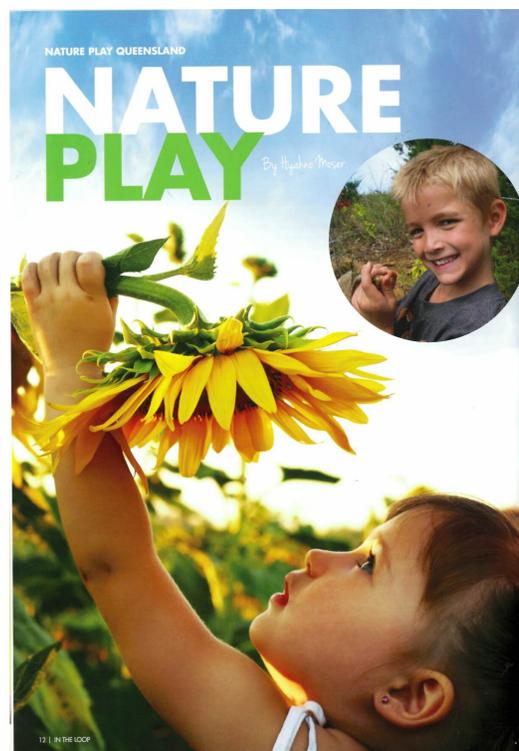
to enhance this facility. We who benefit from this facility owe these families past a great debt.

Date unknown—painting in what is now the kindy's carpark area



Looking for things to do in the holidays?

Join the Nature Play Queensland 'passport to an amazing childhood' and enjoy some free nature based play in the school holidays



PASSPORT TO AN AMAZING CHILDHOOD

We've got stacks of missions for kids to complete outside, which are fun and mostly free!

The Nature Play QLD Passport to an Amazing Childhood program is designed to encourage kids and their families to visit our iconic parks and places, along with day-to-day activities such as climbing a tree, visiting a beach, camping under the stars or visiting a local park.

The missions are delivered through an exciting online interface that allows kids to find a mission to complete, and then leave the computer behind to go and do it. Plus, they earn virtual points for completing each outdoor activity. These points can be used to build avatars and to win great prizes!



PROGRAMS

- Family Nature Clubs
- Passport to an Amazing Childhood

Order your Passports



Leadership and lollipop moments

Leadership and the *National Quality Framework* assessment and rating process

Everyday leadership and lollipops

Leadership is a term that has become so common that it is often taken for granted. Often there are also dominant ideas about who can lead and what leadership should look like. Ideas and images from the world of business and corporations often colour our ideas about leaders.

Speaking at the TED innovation conference in 2010, Drew Dudley challenged listeners to think about leadership in a different way. In his address, Dudley speaks of a seemingly insignificant moment in his life where a small gesture (handing out a lollipop) changed the life of another. Realising the significance of this moment to the receiver of the lollipop some years later, Dudley coined the phrase 'lollipop moments' to signify instances of everyday leadership. Dudley says that we have made leadership bigger than ourselves

and we no longer recognise everyday acts as opportunities for leadership. We need to recognise, celebrate and make lollipop moments happen again and again in order to improve our own lives and the lives of others.

At our kindergarten this provocation got our team thinking about leadership and what leadership looks like. Dudley's idea of lollipop moments helped us to think differently about leadership than we had before. In the conception of lollipop moments, leadership is an everyday act in which you can make a difference in the life of another. With this in mind, we got to thinking about the capacities that we all have for leadership and how we can use these to help others. We turned to thinking about the process of assessment for the *National Quality Framework* (NQF) that we had undertaken a few years before and the ways in which we demonstrated leadership

'... we have made leadership bigger than ourselves and we no longer recognise everyday acts as opportunities for leadership.'

during this process. We considered Dudley's notion of everyday leadership and how we might support others who are yet to go through their own assessments.

Assessment and rating

At our kindy, it was also time to review our Quality Improvement Plan (QIP) and get ready for the beginning of another assessment cycle. We had so many more questions than the first time that we were assessed:

- How do we demonstrate our continuing improvement?
- Being assessed as 'exceeding' the first time, what does 'exceeding' look like the second time around?
- What will the assessors look for on this second assessment cycle?

We wondered what the assessment cycle must be like for others who have now seen other centres go through it, who may have heard many rumours and might be worried about what it will be like.

Lollipop moments and words of wisdom

With our newfound knowledge of leadership and in the spirit of 'lollipop moments', our team would like to offer the following reflections for other educators upon our initial assessment and rating visit. We hope that this wisdom will prove useful to others on their journey of self-reflection and preparation for assessment.

Words of wisdom from the staff at Aspley East Kindergarten:

Don't be afraid of the whole process being so judgemental on you personally ... it's easy to feel insecure about your own knowledge, however, every single day you are performing your job and you do know your job.

Have confidence in yourselves that what you do every day is right.

It was not as daunting as I thought it would be as I felt prepared to answer questions about our processes. The assessors were very easy to get along with and showed us, by way of their feedback, that we were doing well and ultimately made their job easier.

Being assessed within the first six months of the implementation of the NQF was very daunting, scary and overwhelming. Our notice and subsequent assessment came during a very busy time where we had experienced staff changes and a major refurbishment project. We all had faith in our practices, based on relationships and needed to work together to support each other, collaborate and work cooperatively.

Don't 'over think' the process. Just be yourself as we already know what we are doing. I was terrified as I thought if I said the wrong thing that I would let my centre

down. On the day of the assessment, the assessor started chatting to me, it wasn't until she had moved on that I realised that I had 'passed the test'. Whilst we were chatting, I realised that I was actually being assessed without realising it!

The self-assessment process helped us to review our programs and practices and think about why we do things the way that we do. It helped us to solidify our values and beliefs and learn to articulate them more strongly. Some things we actually disagreed with in discussion with the assessors, but from the self-assessment process, we were able to justify why we did things a different way to what the NQS was suggesting.

Marie White

Centre Director
Aspley East Kindergarten

References

Dudley, D. (2010). Everyday Leadership. Retrieved 29 October 2015, from http://www.ted.com/talks/drew_dudley_everyday_leadership#t-350779.



ECA RECOMMENDS

Leadership and management in the early years

\$39.95

This book brings together current research and effective practice to provide you with the knowledge, understanding and skills you need to motivate and get the best from your team.



To order or find out more please visit:
www.earlychildhoodaustralia.org.au/sund567
or (free call) 1800 356 900.