

Happy Birthday Bunny Beetle!
Wishing 'Beetle' a very happy first birthday on
Wednesday 1st of November.

HIGHLAND GROVE PRESCHOOL

NOVEMBER
2023

ON *this* MONTH

AT HIGHLAND GROVE

Guest Speaker Night ----- Wed. 8th of Nov.
Orientation Visits (new preschoolers) ----from Mon.20th
25th Anniversary of Kylie & Chris owning HGP- 20th Nov.
Info. Night (families with new enrolments) ----Wed. 29th
Artist Garry Purchase visit-----Nov 2024
Artist Grant Malony art classes (M/B)-----3rd and 7th
Artist Grant Malony -Water Tank ----- 17th

AROUND THE COUNTRY

Day of the Dead ----- 1-2
Outdoor Classroom ----- 2
Remembrance Day ----- 11
Food Safety Week ----- 11-18
Orangutan Caring Week ----- 12-18
World Kindness Day ----- 13
National Recycling Week ----- 13-19

The last page of this Newsletter has more HGP news.

Congratulation to our Ella!

Big congratulation to our teacher, Ella!
We are proud to let families know that Ella is now Highland
Grove's 'Educational Leader', making her a member of our
management Team. This role had previously been held by
Kylie. The Educational Leader oversees the HGP
curriculum across all rooms and leads and supports the
educators as they implement our quality early childhood
program.

Dates for the Calendar:

Wednesday 8th of November from 7.00 until 8.30pm-

*An evening with special guest speaker,
Heather Irvine-Rundle.*

*'Creating resilient children and healthy relationships for all
the family'. Please RSVP in children's rooms.*

Monday 11th and Wednesday 13th of December from 6.00

until 7.30pm, we are holding

'Twilight Christmas Gatherings'.

This is an event for **your preschooler and 2 adults**. Thus, we
are giving families plenty of notice of these events. (Of
course, babes in arms are fine).

More information to come.





NATIONAL RECYCLING WEEK – NOVEMBER 13-19
 This year, National Recycling Week explores the idea that *'What goes around comes around'*. This week the focus is on food waste and packaging and raising awareness of the many ways people can reduce waste

and recycle right. There are many events happening during 'National Recycling Week', find one near you and improve what you do at home to look after our planet. [Find out more here](#)

WORLD KINDNESS DAY – NOVEMBER 13

The purpose of World Kindness Day is to look beyond ourselves, beyond the boundaries of our country, beyond our culture, our race, our religion; and realise we are citizens of the world. It could be said that the slogan for World Kindness Day might well be "Healing the World!" – and in doing so, there is the possibility of creating something so intrinsically good and wholesome, that the beneficial effects could be virtually endless. [Find out more here.](#)



BAKED MEATBALLS & SIMPLE SAUCE

PREP 10 mins | COOK 35 mins | SERVES 4

INGREDIENTS

- 500 grams beef mince
- 1 cup fresh bread crumbs
- 2 spring onions, thinly sliced
- 1 tablespoon dried basil
- 1 garlic clove, minced
- zest of a lemon
- 1 egg
- 700 ml passata
- 400-gram tin diced tomatoes
- 1 tablespoon balsamic vinegar
- 1 tablespoon sugar
- 500 grams short pasta, fusilli, penne or rigatoni
- grated parmesan cheese, to serve

METHOD

Preheat oven to 180 degrees. Place mince, breadcrumbs, spring onion, dried basil, garlic, lemon zest and egg in a large bowl and mix to combine. Take heaped tablespoon amounts of the mince and with wet clean hands shape into balls. Set aside.

Pour the passata, diced tomatoes, balsamic vinegar and sugar into a large oven proof casserole dish and mix to combine. Add meatballs, cover and bake for 15 minutes. Uncover and bake for a further 20 minutes or until the meatballs are cooked through.

Meanwhile, bring a large pot of water to the boil, add pasta and cook according to packet instructions. Drain and set aside. Add the pasta to the cooked meatballs and mix to combine. Serve with a little grated parmesan cheese. Enjoy x

Recipe and image from mylovelylittlelunchbox.com



boobtofood.com
LUKA MCCABE

Is made up of holistic nutritionists, naturopaths, birth & parenting educators, occupational therapists, dietitians, midwives, nurses – and above all, mothers with a mission to inspire, inform, educate, and nourish your child from Boob to Food and beyond. On the blog you will find a virtual pantry of information for conscientious parents seeking evidence-based insights into the world of weaning, child nutrition, and family health.

infokids.com.au

infoKids is one of the biggest Australian portals devoted to kid's activities and family-friendly places. InfoKids.com.au aims at empowering parents across Australia with necessary information and useful recommendations on everything kids-related from after-school activities and exciting playgrounds, to closest farm stay options and cafés where families can enjoy their precious time together.

childmags.com.au
THE REAL GUIDE FOR PARENTS

Childmags.com.au is every child's champion featuring informative and well research articles to help with the parenting journey every step of the way. The site covers a huge range of subjects from celebrations to education. Find recipes, instructional activities and inspiring stories. Find insight to anything and everything kid and family all in the one spot.



FOCUS: Our Superheroes

It's 7.30, you've already run a marathon at home getting yourself and your children ready for the day ahead. You arrive at your child's day care/preschool and are welcomed by a warm 'Hi, hello, how are you?' "How has your morning been (*Insert your child's name here*)?" You wonder to yourself, how on earth they can remember every child's name, when you sometimes get your own children's names mixed up.

You are dragged on eagerly by your child to their room, where you help them unpack their bag and either take them over to the other children or by the time your turn around, they've already sprinted off to a friend or their favourite activity. You call "I love you" after them and leave knowing they are happy and safe. Early education truly is a wonderful place. Your child's home away from home, full of fun, friends, games, music, play and so much more. We know high quality early childhood education and care give children the best start in life. But why, and who, make it so important?

The first 2000 days of a child's life represents a critical window of opportunity to give them the best possible start in life. Children's brains are influenced by both their genes and their environment. For some this environment includes long day care from 6 weeks. Babies are born ready to learn, with more than one million neural connections forming every second during the first few years of life. The early years are important, as how the brain grows is strongly influenced by what's happening in a child's environment and their interactions with the people around them.

Vision and hearing pathways develop first, followed by early language skills and higher cognitive functions. A child's vocabulary often quadruples between ages two and four. These connections become more complex over time as children grow, and influence brain development to create positive learning behaviours from an early age.

Research shows that children who participate in quality preschool programs are more likely to arrive at school equipped with the social, cognitive and emotional skills they need to help them to continue learning. These benefits extend well beyond primary school. Higher levels of educational success, employment and social skills have all been linked to moderate levels of participation in quality early childhood education.

Within your child's day care/preschool is a team of unique and resilient individuals who care greatly for your child. They support them during those tough drop offs, console them when they are feeling overwhelmed, have long conversations about ladybugs, build castles in the sand pit, help them

settle at rest time, remind them to go to the bathroom, put on their shoes and so much more.

This team of incredible people are all highly skilled and trained, with a Degree, Diploma or a Certificate III, in Early Childhood Education. This training enables them to deliver an approved learning framework which nurtures your child's development in their first 2000 days.

Did you know "the First 2000 days of a child's life will have a big impact on the next 30,000 days of their life (that's 82 years). What happens in a child's life from conception to age five shapes their development and mental and physical health throughout their life. The first 2000 days are important because 90 per cent of a child's brain is forming over this time."

With these qualifications and ongoing professional development, educators can confidently take on the task of inspiring and igniting children's natural curiosity of the world around them. When your child shows an interest in something at pre-school an educator notices and builds on this by helping them ask more questions, encouraging them to take more risks and build their confidence. When you receive an update in your preschool app with numbers somewhere in the post, this represents your child's educator documenting your child's progress alongside the Early Years Learning Framework (EYLF) outcomes. Every little thing your child does it noticed, celebrated, respected and supported by an educator. Their ability to patiently and intentionally guide and nurture your child to achieving their full potential is a super power. A super power we sometimes take for granted.

Next time you arrive back at your child's education and care service at the end of your day, tired and ready to head home, take a minute to think about all the learning and experiences that have happened here today. Consider the safe and supportive environment created, the storytelling, discussions and questions encouraged and explored, the comfort and cuddles given, the laughs shared, the songs and music danced to, the books read, the lessons taught, the inspiration to be whatever your child wants to be, celebrated! Say *thank you*.

Sources:

aitsl. (2021). *Celebrating Early Childhood Teachers*. www.aitsl.edu.au/research/spotlights/celebrating-early-childhood-teachers
Growing healthy kids. (2023). *What is the first 2000 days framework?* <https://www.growinghealthykids.com.au/first-2000-days/what-is-first-2000-days>
NSW Government Education. (2023). *Benefits of early childhood education*. <https://education.nsw.gov.au/early-childhood-education/information-for-parents-and-carers/every-child-benefits>

PLAY I SPY TOGETHER

Playing games like 'I spy' using colours helps children develop listening and speaking skills. 'I spy' can be fun, especially for pre-schoolers. For example, 'I spy with my little eye, something that's green. What's something green I might be looking at?'



HEALTH & SAFETY: Heavy work activities

Did you know the important role that heavy work activities play in our ability to learn, focus, attend, and participate in everyday tasks? It's true. We all need calming and organizing sensory input in the form of heavy work tasks that provide proprioceptive input through the muscles and joints. Here, we'll cover what heavy work is, when heavy work is needed, and specific heavy work strategies that kids of all ages can do at home, in the classroom, or in their therapy session. Heavy work is a powerful support for organizing input in self-regulation.

HEAVY WORK ACTIVITIES

In a different world children would be ready to learn at all times. In an alternate universe children would not have temper tantrums or meltdowns in shopping centres. In another time and place all of us would be well-regulated all day and all night!

But that's not how things work and anyone spending time with children will know that there are moments when they are out-of-sync and not quite with the program. We all experience dysregulation at one point or another! And that's all part of their journey of growing, developing and learning. You will be happy to know that when you are faced with these rather challenging times there is a powerful tool you can use to help children become more regulated...heavy work! You can rely on heavy work to help you out to organise a dysregulated nervous system.

WHAT IS HEAVY WORK?

Heavy work is activity that requires effort from our muscles and these tasks usually involve activation of the muscles and joints of the body through the proprioceptive system by movements such as pushing, pulling or lifting. The movement activities create resistance input to the muscles and this feedback is ultimately what calms and regulates the sensory system. The sensory system that is activated during heavy work activities is called the proprioceptive system. The proprioceptive system receives messages when the muscles move to do work. These messages flow back and forth to the brain. The brain decides how much force a muscle should use based on the task at hand.

This allows children to use the correct amount of force when they need to hold something gently or when they need to lift something heavy. It's a complex system that is constantly adjusting to make sure the brain is getting the right

information from all the joints and muscles in the body and as well as making sure the muscle output is appropriate to the task. This concept is also known as body awareness and allows us to know where our body is in space and how to move our body. The take away message about the proprioceptive system is that it is a universal and powerful regulator. By working with the proprioceptive system, you can even out disturbances in other sensory systems. You can increase energy levels if you need to and you can reduce high energy levels to help children reach a calm, comfortable space to interact with the world.

WHEN TO DO HEAVY WORK

The beauty of heavy work is that they are really easy to incorporate at home. Adding heavy work to a child's daily routine will contribute to the development of their sensory processing. Children will also gain valuable tools that they can use when they feel that they need to regulate themselves. How often you use heavy work input will depend on the individual child. Be guided by the child's enjoyment and response to the activity that you introduce.

Consider including a heavy work activity in the morning before going to pre-school and again in the afternoon when children arrive home. Heavy work can also be incorporated into bedtime routines to help the sensory system feel calm and restful.

HEAVY WORK MAY INCLUDE

Pushing, pulling, lifting, carrying, chewing, jumping, carrying, squeezing, climbing, pinching, brushing- any other actions that use the muscles and joints with weight of the body or object.

Kreps, Sandy. (2021). *Heavy Work Activities*. Retrieved theottoolbox.com



This is a small part of a large article to read in full and for additional advice follow the QR code link.



READ THE LABELS

Sustainability is the idea that we all must look after the environment so there will be enough resources left for future generations. With nearly 8 billion people living on Earth, that means being mindful of what we do, careful with how we live and doing our bit to help. Doing small things can make a big difference.

- Next time you go grocery shopping try to only purchase Australian produced fruit and vegetables.
- Look for products with sound eco credentials.
- Purchase products with minimal packaging
- And of course, remember your bags

For more daily sustainable tips and tricks follow this link





Sand Play

There is no right way to use sand. It invites participation; it permits children to make and test hypotheses; it stretches the imagination; it provides a potentially soothing sensory experience; and it is an excellent avenue for children to learn physical, cognitive, and social skills.

Because sand play is open-ended, the child determines the direction and path of his or her own play. This freedom then clears the way for the child to build developmental concepts.

Sand play promotes physical development. Large muscle skills develop as children dig, pour, sift, scoop, and clean up spills with brush and dustpan. Eye-hand coordination and small muscle control improve as children learn to manipulate sand accessories. Sand play also promotes social skills.

When children work together at the sandpit (or table) they are faced with real problems that require sharing, compromising, and negotiating. A group may engage in dramatic play as they "cook," construct roadways, dig tunnels, or create a zoo for rubber animals. As children take on roles associated with their dramatic play, they learn important social skills such as empathy and perspective taking.

National Quality Framework | Quality Area 3:
Physical Environment Element 3.2 The service environment is inclusive, promotes competence and supports exploration and play-based learning.

Early Childhood News (2019, October 20). Making the most of sand play. Retrieved from http://www.earlychildhoodnews.com/earlychildhood/article_view.aspx?ArticleID=62



PUMPKIN PATCH!

Welcome to the HGP 'Pumpkin Patch' little Florence, baby sister for Angus in the Starlight Room and his 2 brothers. Congratulations to Michelle and Jason. What wonderful news!

OUR WONDERFUL VISUAL ARTS PROGRAM:

Visual arts has been a real focus over the past few months at HGP. The children in the Moonbeam Room have drawn pictures provoked by artist, Garry Purchase's beautiful whale art and we even posted photocopies of these to him. Garry will visit the centre this month to speak to the children about this experience and his art.

The children have also been drawing the native animals we see (and know are hiding) in our preschool garden, as well as the ocean creatures by which they are fascinated.

Another Indigenous artist, the talented Grant Malony, is going to use these wonderful creations as inspiration for he and his brother to paint on our entry water tank. We can't wait to see our entry enhanced in this way, creating a beautiful welcome to Highland Grove.



Dance time

Short simple activities to get some active minutes in the day.

Dancing makes you feel good, it's fun and a great way to get active. Find some free space somewhere inside or head outside and enjoy the fresh air. Pick a song and turn it up.

You can free dance or take turns with your child making up a dance routine. Add moves together and then put on a show for someone else in the house.