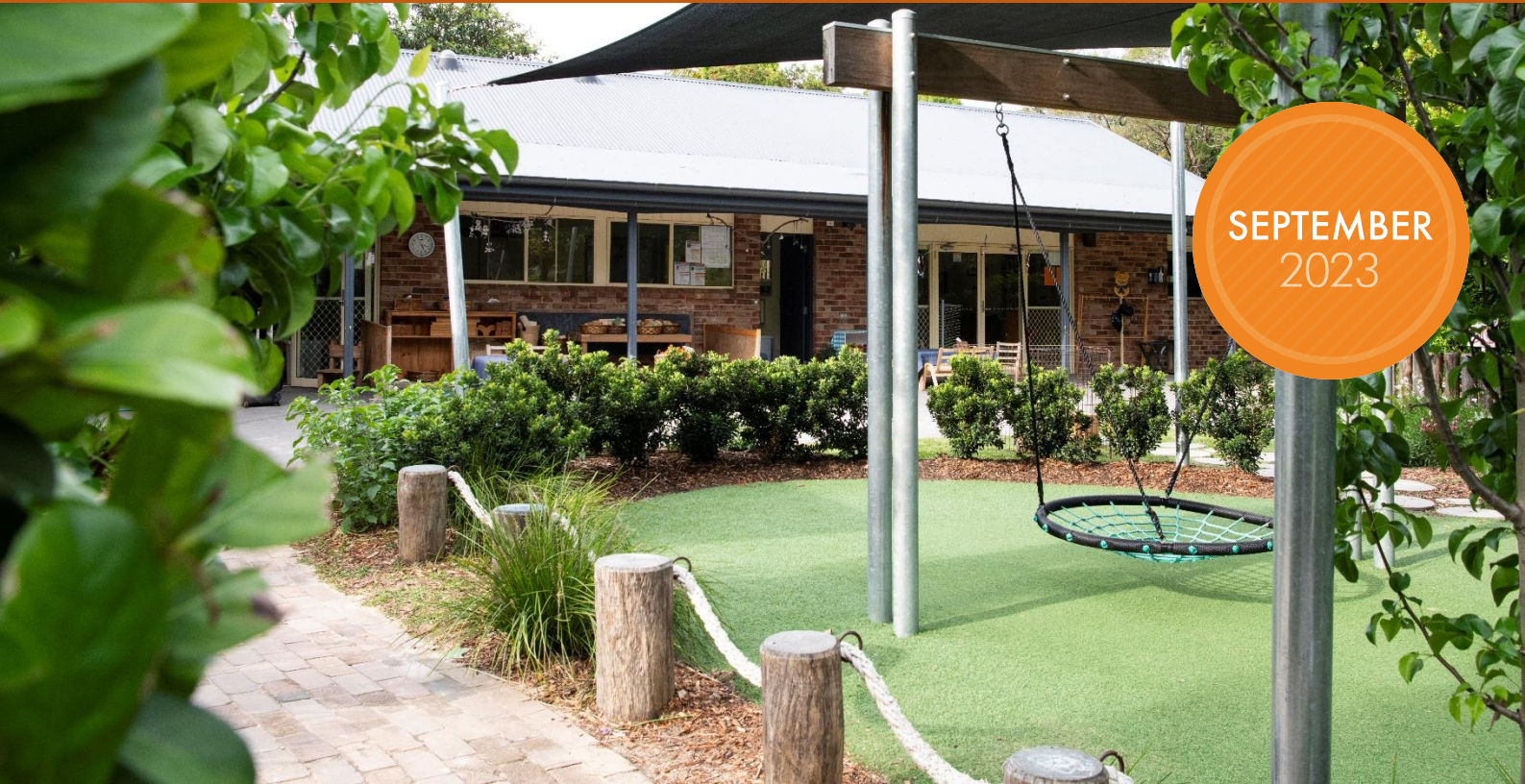


'IF YOU BELIEVE IT WILL WORK, YOU'LL SEE OPPORTUNITIES. IF YOU BELIEVE IT WON'T, YOU WILL SEE OBSTACLES.' - Wayne Dyer

Highland Grove Preschool



ON *this* MONTH

AT HIGHLAND GROVE

Photo Week -----Mon. 16th until Fri. 20th
of October.

Final day of preschool for 2023 -----Fri. 22nd Dec.
First day of preschool for 2024 -----Wed. 17th Jan.

AROUND THE COUNTRY

International Deaf Week -----19th until 25th
Indigenous Literacy Day----- 6th
National Flag Day -----3
National Child Protection Week -----3-9
Early Childhood Educators' Day ----- 6
International Literacy Day ----- 8
Save the Koala Month ----- 1-30

The NSW School Holidays begin on Friday 22nd of September. Where possible, please let us know if your child will be away during the holiday break. Thank you.

WHAT'S BEEN HAPPENING AT H.G.P:

Staff Training- On the evening of Thursday 31st of August, Occupational Therapist, Sarah Young spoke at our Staff Meeting about '**NURODIVERGENCE**'. The team were so interested in this fascinating topic and her visit has generated much discussion.

COMING EVENTS AT H.G.P:

'Sticky Beak' Tour'- On Saturday 9th of September, local educators will travel around to 3 centres on the coast for an Early Childhood Australia special event. Highland Grove is honoured to have been asked to play host as an example of high-quality early learning.

Kylie will speak about 'Intentional Teaching and Sustained Shared Learning'.

'Confirmation of Re-enrolment' letters for 2024 will be placed in pockets during the month of September. Please see Kylie if you have any queries.

'Take 3 for the Sea' is visiting HGP on Tuesday 5th of September. The visitors will chat to the children about caring for our sea and the creatures who call it home.





INTERNATIONAL LITERACY DAY– SEPTEMBER 8
 Celebrations take place annually around the world to remind the public of the importance of literacy as a matter of dignity and human rights, and to advance the literacy agenda towards a more literate and sustainable society.

This year’s International Literacy Day will be celebrated worldwide under the theme, ‘**Promoting literacy for a world in transition: Building the foundation for sustainable and peaceful societies.**’
[Find out more here](#)

EARLY CHILDHOOD EDUCATORS’ DAY – SEPTEMBER 6
 Today we recognise and celebrate the work of Australia’s educators in early learning services in their important role of supporting children’s wellbeing, learning and development in the early years. Say THANKYOU to those special people today. [Find out more here.](#)



VEGGIE PACKED CHICKEN BOLOGNESE

PREP 5 mins | COOK 30 mins | SERVES 6

INGREDIENTS

- 1 onion
- 2 carrots
- 2 zucchinis
- 1 stick celery
- 3 garlic cloves minced
- 80 g bacon pieces
- 500g chicken mince
- 400ml passata
- 200ml chicken stock
- 60ml milk
- 2 tbs tomato puree
- 1 tbs white wine vinegar
- 1 tsp sugar
- 2 bay leaves
- 1 tbs oregano
- salt and pepper
- 400g spaghetti
- parmesan to serve

METHOD

1. Finely chop onion, grate carrots and zucchini.
2. Fry the onion, carrot, zucchini, celery, bacon, and garlic in 1 tablespoon of olive oil for 3-4 minutes until softened.
3. Turn the heat up to high and add the chicken mince. Fry until the chicken mince has changed colour. This will take roughly 3-4 minutes.
4. Add in the passata, stock, tomato puree, milk, white wine vinegar, bay leaves, oregano, sugar, salt and pepper. Simmer for 25-30 minutes.
5. Cook pasta to instructions
6. Add grated parmesan and a sprinkling of chopped parsley.

Tip: Add a can of chopped tomatoes for extra veggies.

Enjoy x

Recipe and image from mylovelylittlelunchbox.com

Podcast Reviews

APPS TO INSPIRE THE SCIENTIFIC MIND.



MY AURORA FORECAST & ALERTS | JRUSTONAPPS B.V

The northern lights, or aurora borealis are beautiful dancing waves of light that have captivated people for millennia. Seeing the lights in Australia isn’t very common, but you can use this app to view the lights via live webcams from around the world.

PLAY AND LEARN SCIENCE | PBS LEARNING

The Play and Learn Science app contains a suite of educational kids games from PBS Kids designed to encourage early science learning! Kids can play a range of games that help them learn core scientific concepts, all while building and developing problem-solving skills.



FOCUS: Why children Like to Test the Boundaries

As a baby, your child followed your lead. Then you navigated the “Terrific Twos” and came out the other side. So, it’s all calm sailing from here, right? Our little people are constantly growing and developing, and at some point, they start to realize they are independent people who exist as separate entities from their parents. This is when kids like to test boundaries. *“Time to take a bath!”* No way, I hate baths today. *“Try some broccoli.”* Nope, that’s going straight on the floor. As infuriating as this limit testing can be, it’s a sign of normal development.

We typically first see our kids test boundaries when they are around 3. This is because they are moving into a developmental stage where they are less dependent on you. Your child will start to do things like talk, feed themselves, use a potty, and even begin to dress themselves with limited input from you. However, with this growing independence and desire to assert themselves can come defiance. They are also learning how their behaviours influence others around them and will start to test the boundaries so they can make their own decisions. This all culminates in the testing to see what they can and cannot get away with. Limit testing occurs right up into the teen years, just in a different context. Our teenagers go through another developmental phase associated with independence. We might continue to see these testing behaviours as they gain personal responsibility and crave increased opportunities to express their needs and preferences.

What’s Going on in Their Brains?

Defiance and limit testing are not only driven by regular developmental changes. They are also a way children can gauge their sense of security in the world as they start to navigate it without you by their side. In general, the human mind thrives off predictability; we like to know the rules and what to expect to decide how to react and respond. It also makes us feel safe when we can reliably predict or understand the rules and expectations. It’s no different for our children, except they haven’t learned the rules yet. So, consistency and predictability are vital for our little people as it helps them feel safe in an unknown and massive world. And rules and consistent limits reduce limit testing behaviours in the long run. Some of the most challenging behaviours we see, like defiance or dysregulation, arise when our children feel overwhelmed. When we give them clear limits, kids know where they stand, and they feel calmer and more settled because they know what to expect from themselves and you. Or from situations and how they should respond. But knowing what to expect doesn’t always mean compliance. Our kids need to receive the same messages many (many) times before they learn the rules. This is why limit testing can persist if we aren’t consistent.

Tips for When Your Kids Test Boundaries

Aside from being consistent, below are some tips to get your kids to respect and listen to your boundaries.

Communicate the Limits - Ensure your child clearly understands the limits you have put in place. This could include getting them to repeat the rules or limit you have set. It also might consist of writing up or drawing steps they must follow. Remember that repetition is the key.

Prepare for Transitions - Transitions are hard for children. They don’t want to stop what they are doing or don’t understand things like the concept of time (i.e., being late), so they struggle to move between tasks. Ensure you give them warnings, including telling them before the event/situation occurs (where practical) that a transition will be coming. Then provide them a warning and cue that the time is nearly up.

Offer Options If Possible - You can keep the boundary but still offer them the opportunity to be independent or make choices. It can trigger defiance when kids feel like they have no choice or control over their world.

Help Them Regulate Children love and need rules, but they don’t always like them. This might bring up some strong feelings, so ensure that you stay firm but still help them manage any big emotions. You could remove triggers, help them take calm breaths, cuddle them, or help them get some excess energy out with star jumps or running on the spot.

Let Them Be the Boss . . . Sometimes Rules are great, but too many can be overwhelming for kids, and they can become defiant when they get no opportunities to be autonomous. This can lead your kids to try to test the boundaries. Try letting them be in charge sometimes. But this means managing your fears or challenges of letting go. Ensure you set both of you up for success by still putting some parameters in place.

Find the Positives Reframe the conversation and language to focus on the positives or change your attention to the behaviour.

Pick Your Battles Decide which are the non-negotiables and focus on those instead.



This is just part of a larger article read more via the QR code.

Braley, Pam. (2014). The Vestibular System. Retrieved from theinspiredtreehouse.com

BOARD GAMES FOR NUMERACY

You might not expect much from a preschool board game. Players roll dice, or spin a spinner, and move their game tokens around a board. But when young children play number-based board games, something exciting can happen.

If a game requires that players move their game tokens along an ascending sequence of numbered spaces — and speak these numbers out loud — it can help kids develop a crucial understanding of the number line and much more. Why not have a game night at home, begin with simple games like Trouble, Snakes and Ladders and Monopoly.



HEALTH & SAFETY: The Vestibular System

The vestibular system has to do with balance and movement and is centered in the inner ear. Each of us has vestibular organs located deep inside our ears. When we move our heads, the fluid in these organs moves and shifts, constantly providing us with information about the position of our heads and bodies in space (spatial awareness). This sense allows us to maintain our balance and to experience gravitational security: confidence that we can maintain a position without falling. The vestibular system allows us to move smoothly and efficiently. It also works right alongside all of our other sensory systems, helping us use our eyes effectively and process sounds in our environment. Overall, vestibular processing helps us feel confident moving and interacting with our surroundings.

A Healthy Vestibular System

When our vestibular sense is fully functioning, we are secure and organized enough in our bodies to be able to attend and respond to all of the other senses we encounter daily. A child with a well-developed vestibular sense feels confident and safe during movement activities, even if his feet are off the ground. He is able to start and stop movement activities calmly and with control. He is comfortable with climbing, swinging, somersaulting, and jumping – knowing that his body will adapt and that he will be able to maintain his balance and keep himself from falling or getting hurt.

Problems With Vestibular Processing

A healthy vestibular system is central to the integration of the other sensory systems. When a child's vestibular system is not functioning correctly, he may be under responsive or overly sensitive to movement. He may either need to move constantly to feel satisfied or he may be fearful of movement because it makes him feel insecure and unbalanced. He may move in an uncoordinated, clumsy manner, bumping into things, falling, and never fully walking or sitting in an upright manner. This is the child that slouches at his desk or is constantly being directed to "stand up straight" or "quit leaning on the wall!" He may appear weak or "floppy."

As a result, he might have difficulty coordinating and planning motor tasks such as jumping jacks, skipping, catching a ball with two hands, or reaching across the centre of his body (crossing midline), or even coordinating movements of the mouth, resulting in difficulty with speech production. Vision is closely related to the vestibular system. When we feel balanced and centred, our eyes can move smoothly and steadily and are able to focus, track, and

discriminate between objects in our environment. Difficulty with tasks that require the eyes to move left to right (e.g., reading) or up and down repeatedly (e.g., copying information from the board) may be signs of a disrupted vestibular system. If your child exhibits any symptoms of vestibular processing difficulties, seek advice from your physician and/or an occupational therapist who can guide your child in a safe, secure manner to develop and adapt this important sensory function.

Activities to Promote the Development of a Healthy Vestibular System

Most children develop a strong vestibular sense simply through engaging in everyday play activities that allow for exploration and movement. There are many activities that can help promote the development of a healthy vestibular system. Here are some of our favourites:

- Any and all things playground related!
- Swings are great for encouraging all sorts of movement (front to back, side to side, circular) Let kids go at their own speed: fast and high, or slow and low. It's all great vestibular experience! Not at the park? Try a blanket or sheet held by two adults for a makeshift swing!
- Slides are also beneficial for providing fast movement.
- Hanging upside down from playground equipment.
- Rocking! Fast, slow, or to the rhythm of your favourite song! Or try these fun **Row, Row, Row Your Boat Activities**.
- Spinning! Office-style swivel chairs are perfect. Or try a sit and spin toy, log rolling across floors or down hills, somersaults, or cartwheels. Other ways to spin: tire swings, scooter boards, and merry go rounds.
- Jumping! On a trampoline, up/down off curbs or other surfaces, jumping jacks, jump rope, hopscotch. Bouncing on a large inflatable ball (exercise ball).

Braley, Pam. (2014). The Vestibular System. Retrieved from <https://theinspiredtreehouse.com>



To read in full and for additional advice on the Vestibular System follow the QR code link.



BE SMART WITH E-WASTE

E-waste is a broad term used for any kind of electronic or electrical product that has a plug or battery that has come to its 'end of life'. It includes everything from TVs, computers and mobile phones to batteries and kitchen appliances.

E-products is perhaps a better way to refer to them because they are certainly not waste. In fact, they often contain valuable materials like plastic and precious metals including gold, silver, platinum, nickel, zinc, aluminium and copper. These materials can easily be recovered and recycled into something new, which prevents electronics being made from new or 'virgin' materials. Recycling your old electronics keeps these materials in use in the circular economy and out of landfills. If you need to dispose of any E-products contact your local council or Planet Ark to locate your closest recycling drop off location. <https://recyclingnearyou.com.au/education/ewaste>





MUSIC AND DANCE

If you've ever witnessed pre-schoolers grooving to music, you can't help but smile. They obviously love the feeling of moving to the tunes we play for them. But music and dance are much more than just fun activities for children. In fact, it's very beneficial for pre-schoolers to participate in these "performing arts". Here's why:

Music and dance engages the brain: Children learn new things, like sounds, words and patterns through music. And with dance, they can explore and control their body movements. These activities are great for development and stimulate connections in the growing brain.

It helps cultivate communication skills: Bringing together kids with songs, rhymes and actions lets them discover how to interact and connect with others. They develop listening and social skills that will give them self-confidence and better prepare them for school.

Music and Dance allows kids to express themselves Happy, nervous, tired? Engaging in creative activities lets kids release their emotions and express their feelings. It's a fantastic opportunity for children who aren't yet able put their thoughts into words.

It helps foster physical skills: Young musicians and dancers learn skills like balance, control and coordination. Singing and movement is also good aerobic exercise- linked to stress reduction, physical fitness and overall good health.

Music and dance contribute to creativity and imagination: With children spending more time in front of screens rather than physically playing, music and dance encourages them to be curious and imaginative. This creative outlet can also give them opportunities to learn about other cultures through the arts.

Source: <https://www.nvrc.ca/notices-events-blog/active-living-blog/5-benefits-music-and-dancing-preschoolers>

National Quality Framework | Quality Area 1:
Element 1.1 – *Program*. The educational program enhances each child's learning and development.

Risky Play at Highland Grove and the research: Noted by Kylie.



The playground at HGP has been a hive of activity and I have been observing firsthand the strength and skill the children display as they play and learn.

I have also been impressed by the children's determination to master new skills and the satisfaction enjoyed as steps are taken to get there.

Through exploratory and risky play, children become familiar with their environment, its possibilities, and boundaries. They find out what is dangerous and how to handle the risks they come across. Through risk-taking in play, children learn to assess and master risky situations, which is important in the transition from adult-regulated to self-regulated risk-taking (Aldis, 1975; Stutz, 1995; Boyesen, 1997; Adams, 2001; Ball, 2002; Apter, 2007).

Children who engage in challenging play in nature areas show improved motor and spatial skills (Grahm et al, 1997; Fjørtoft, 2000; Fiskum, 2004).

Through engaging with risk, and at times having to deal with failure or the negative consequences of their decisions, children build resilience and self-reliance by having acquired coping strategies to deal with such situations.

We very much enjoy the part Highland Grove can play in this worthwhile learning.

CRAWL CHASE **5 Minute MOVES**

When was the last time you got on your hands and knees and crawled like a baby? Give it a go, it is quite tiring and is a great brain workout too.

This activity is simple and requires no equipment just a little space. It is tag on all fours, take turns being 'in' everyone gets into crawling position and crawls away trying to avoid being tipped! *Have fun.*