

'IF YOU DON'T PUT YOUR IDEAS INTO THE WORLD, NO ONE ELSE CAN BENEFIT FROM THEM' – Adam Grant

# Highland Grove Preschool



## ON *this* MONTH

### AT HIGHLAND GROVE

'Twilight Christmas Evenings' ----Mon.11<sup>th</sup> & Wed. 13<sup>th</sup>  
 Week of Ch'n's Christmas Party Lunches--18<sup>th</sup> until 22<sup>nd</sup>  
 Final day of HGP for 2023 -----Fri.22<sup>nd</sup> Dec  
 First day Back for 2024 ----- Wed17<sup>th</sup> Jan  
 Public Holiday ----- 26<sup>th</sup> of January 2024

### AROUND THE COUNTRY

International Day of People with Disability -----	03
Human Rights Day -----	10
International Mountain Day -----	11
International Migrants Day -----	18
Christmas Eve -----	24
Christmas Day -----	25
New Year's Eve -----	31

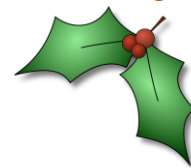
*PLEASE SEE LAST PAGE OF NEWSLETTER FOR MORE IMPORTANT INFORMATION.*

## OUR FINAL NEWSLETTER FOR 2023

Thank you to our preschool community for a rich and rewarding 2023 your with your whole family.

We'd like to wish all our HGP families a Safe and Happy Christmas and a Wonderful New Year.

For the families returning in 2024, we look forward to re-newing relationships and building on your child's early learning experiences. For families leaving HGP, we wish you much joy. All the very best for our lovely Moonbeamers who are taking on the next adventure of 'Big School'.



*Please help us celebrate Christmas by joining in our annual Coast Shelter 'Giving Tree'. Simply leave a gift labelled 'girl' or 'boy' and the age under our tree in the foyer by Thursday 14<sup>th</sup> of December. Thank you for helping us support families a little less fortunate.*





**HUMAN RIGHTS DAY – DECEMBER 10**

Every year, Human Rights Day provides an opportunity for all to renew with the spirit of humanity’s long struggle for rights and dignity and to mobilise against old and new challenges, in the shape of poverty and inequality,

violence, exclusion and discrimination. The 2023 theme is ‘Dignity, Freedom and Justice for all’. [Find out more here](#)

**INTERNATIONAL DAY OF PEOPLE WITH DISABILITY – DECEMBER 3**

The International Day of People with Disability (IDPwD) is observed each year on December 3. The theme for 2023 is ‘United in action to rescue and achieve the Sustainable Development Goals for, with and by persons with disabilities.’ IDPwD aims to increase public awareness, understanding and acceptance for people with disability and celebrate the achievements and contributions of people with disability. [Find out more here.](#)



**CHRISTMAS BROWNIES**

PREP 15 mins | COOK 30 mins | SERVES 16

**INGREDIENTS**

- 85 grams good quality **dark chocolate**
- 1/2 cup (125 grams) **butter**
- 1 1/3 cup (315 grams) **caster (white) sugar**
- 2 **eggs**
- 1 tablespoon **vanilla extract**
- 1/2 teaspoon **sea salt flakes** (or pinch of salt)
- 2/3 cup (100 grams) **plain flour**

**To Decorate:**

- 50 grams **dark chocolate, melted**
- 3 **candy canes, crushed**

**METHOD**

**Preheat** oven to 175 C and line a 20 cm x 20 cm square tin with baking paper. Grease the baking paper with a little butter. Set aside.

**Place** chocolate and butter into a heat-proof bowl and place over a saucepan of simmering water. Do not let the bottom of the bowl touch the water. Stir the mixture until melted. Take off heat and allow to cool for 5 minutes.

**Add** the sugar, eggs and vanilla to the melted chocolate and whisk to combine.

**Add** the salt and plain flour and whisk to combine.

**Pour** the batter into the prepared tin.

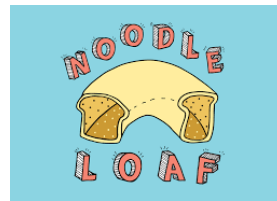
**Bake** for 25-30 minutes or until a skewer inserted removes cleanly. Allow to cool in the tin. **Cut** into 16 bars.

**To Decorate:**

**Drizzle** melted dark chocolate over brownies and top with crushed candy canes. Enjoy x

**Podcast Reviews**

Instead of flicking the tv on try these interactive podcasts.



**NOODLE LOAF | DIANA BARON-MOORE**

Episodes are made up of three to four short songs and games that encourage listeners to actively participate by singing and moving along to the prompts. Most include a call and response game called the "echo song" where listeners repeat the words and melody line by line. Other common games include "Clap it back" where listeners practice their rhythm awareness and "Time to Move," in which listeners are led on a creative movement adventure, in the style of "Going on a Bear Hunt." This show is best experienced in a place where kids will feel comfortable singing along and have room to move.

**YOGA KIDS ADVENTURE | LAKSHMI HUTCHINSON**

Each episode of YOGA KIDS ADVENTURE leads kids on an imaginative yoga and mindfulness journey. Yoga poses, stretches, and breathing exercises are incorporated into the story as children visit the beach, fly to outer space, or go on a safari. Kids practice poses like sun salutation, forward fold, and snake pose. The episodes encourage kids to use their imaginations as they pretend to be a giraffe reaching for leaves or an octopus moving its tentacles. Throughout each episode, the host checks in to ask questions like "how does your body feel?" after breathing exercises. At the conclusion of each episode, the host recaps the adventure and invites kids to join in repeating positive affirmations.

**POM-POM COUNT**

You will need some cup-cake liners, tweezers, pom poms and a marker. Write numerals 1-9 in the bottom of the liners and lay them in a tray with pom poms and tweezers. Children will count out pom-poms using tweezers into the cupcake liners to match the numbers in each. You can make this activity more difficult by writing larger numbers into the cupcake liners.



## FOCUS: Why are my kids good around other people and then badly behaved with me?

Parents may be familiar with this scenario: a child is well behaved at school and polite to their teachers but has a meltdown at home in the afternoon. Or they say please and thank you at a friend's house but are rude with their family. They follow the rules if they visit a neighbour but have to be constantly reminded about not slamming doors and raiding the pantry at home. Why is this so? And is there anything you can do about it?

### Children learn early their behaviour matters

Even well-behaved children misbehave from time to time. When young children get tired, such as after a play date or a long day at daycare or school, they can become irritable and disruptive. Children are also naturally curious and may misbehave sometimes just to see what happens. However, some children seem to behave consistently worse at home than with other people. To understand this phenomenon, it's necessary to understand why children behave the way they do. From the very beginning, a child's behaviour produces results or outcomes. For example, babies soon learn crying is a very effective way of signalling they are in distress. Parents quickly learn to change a wet nappy or feed their infant when they cry. A smile often results in an adult smiling back, cooing or cuddling the baby. So, children quickly realise their behaviour can be an effective way of controlling the actions of others.

### The bad behaviour pay-off

Children's behaviour, whether desirable or undesirable, is influenced by the consequences it produces. Sometimes, the reactions of parents or siblings can accidentally reward misbehaviour, and children learn undesirable behaviour has a payoff. For example, children may learn that when they don't do as they're told, they get extra attention from their parents. This attention may be reasoning, discussing, arguing, nagging or repeating instructions over and over. It may not be seen as a "reward" to adults, but children are getting more attention from mum or dad. Children may also learn when they whine and complain for an electronic device, they are more likely to get it.

Unfortunately, in this scenario, the child is rewarded for whining and the parent is rewarded for giving them the iPad because it stops a highly irritating noise (at least in the short term). As both the child and the parent are rewarded, this interaction is likely to occur again.

### Why are kids better at school?

When children are with less familiar people, they do not know how others will respond or what behaviour will result in a payoff. In these circumstances it is common for there to be less undesirable behaviour, at least temporarily.

Children can also behave better at school than at home because teachers have very good systems in place. Children are kept busy with a variety of engaging activities, expectations of children's behaviour are clear, and the payoff for desirable behaviour is reliable. Teachers are well practised at recognising and rewarding desirable behaviour through attention, praise and sometimes token reward systems.

Children also tend to imitate their peers' behaviour, particularly if they see it gets results, such as attention from the teacher or access to prized activities.

### How can parents help kids to behave better at home?

The good news is if children behave well in one setting, we know they are capable of doing the same at home. Parents can value children's need to relax at home while still expecting them to be polite and follow rules. By making some small changes, it's usually possible to see much improved behaviour.

Here are some practical things parents can do:

- establish routines. Have a routine for when your child gets home from school or outings. This might include allowing your child to unwind and relax, giving them a healthy snack, and then setting them up with an engaging activity. Routines make it easier for everyone to transition from one setting to another. It is even better if the routine includes activities – such as colouring-in or a run around outside – that are calming or burn off energy.
- set simple house rules. Have a few simple rules that clearly communicate to your child how you expect them to behave. For example: "use an inside voice" or "keep the toys on the floor".
- notice good behaviour. Let your child know when they have done the right thing. Do this by describing what you are pleased with ("you two are sharing the toy so nicely"). This will make it more likely the behaviour will occur again.
- spend small amounts of time with your child regularly. This is especially important when your child approaches you for help or attention. It shows you're there for them and they do not need to become louder or act out to get your attention. Spending small amounts of time - as little as one or two minutes - often throughout the day is a powerful way of strengthening your relationship with your child and preventing problem behaviour.
- have realistic expectations. Change is easier if you focus on one or two goals at a time. Also, when striving to improve behaviour, expect occasional setbacks. No child (or parent) is perfect!



Read the article via the QR code.

The Conversation (2023). Why are my kids good around other people and then badly behaved with me? Retrieved 19 November 2023



## HEALTH & SAFETY: Supervise, Restrict, Teach, Respond

We live in a nation surrounded by spectacular coastline and inland waterways. It's easy to understand why Australians have a strong connection to the water. But for all its recreational benefits – water is also dangerous.

Drownings affect too many Australians and their families each year. Every associated death is preventable and avoidable. In the last financial year there were almost 250 drowning deaths in Australia, and more than 500 near-drownings. Educating yourself and your family can help prevent drownings.

**Supervise** - Young children are at high risk of drowning. They are naturally curious and attracted to water. However, they are too young to understand the concept of danger, making active adult supervision vital.

Although children aged 0 to 4 years are at most risk, Royal Life Saving recommends some level of supervision for all children under 15. This ranges from **being in the water, within arms' reach** and actively supervising children aged 0 to 4 years, actively supervising from the water's edge for those aged 5 to 10 years and regularly checking up on those aged 11 to 14 years.

Supervision is the single most important thing you can do to keep your children safe around water. Any distraction is dangerous and puts young children at risk around water. Whether it is a phone or social media use, or carrying out everyday tasks, such as leaving a child unsupervised momentarily to cook, take the rubbish out or collect the washing, no task is worth your child's life.

**Restrict** - Prevent your child's access to water at all times. Having barriers around water can slow kids down and give you more time to respond if you lose sight of them.

**Teach** - Teach your child to be water confident by making them 'water aware'. This combines a range of strategies and

activities designed to keep your child safe when in, on or around water. It is important to discuss water safety with your child and set some rules about what to do around water and how to use them consistently in all water environments. This includes teaching them to check for and remove water hazards. Water familiarisation involves teaching your child basic water safety and survival skills to build their confidence around water. Water awareness or familiarisation classes focus on the gradual introduction of very basic skills for children aged 6 to 36 months like moving in the water, getting the face wet and blowing bubbles. The next level teaches water confidence to children aged 3 to 5 years. Remember that even a child who can swim can still drown so there is no substitute for supervision.

**Respond** - Learn how to carry out **cardiopulmonary resuscitation (CPR)** and call Triple Zero (000) in an emergency. CPR involves stimulating the heart and breathing air into the lungs to preserve or restore life. Resuscitation involves establishing or maintaining an airway, breathing and circulation. If your child is ever missing always check water locations both inside and outside before looking elsewhere. A family member is usually the first on the scene in an emergency situation. In fact, many children are alive today because their parents knew how to perform CPR and responded quickly.

Royal Life Saving encourages everyone to learn CPR – it can mean the difference between life and death. Make the time to complete a **CPR course** and refresh your skills regularly.



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

Royal Lifesaving Australia. (2023). Keep watch actions Retrieved [royallifesaving.com.au](http://royallifesaving.com.au)



## SUSTAINABLE CHRISTMAS GIFTS

Choosing sustainable gifts is about considering the health, environmental and social impact of each item. Sustainable gifting is an opportunity to take your sustainability a step further, in that you can choose to give items that actively support the causes that you feel passionate about.

### A FEW SUGGESTIONS

- A gift in the form of a **donation** to a worthy cause, perhaps a charity with a focus on the environment, is the most sustainable gift you can give. Some charities have fun with this idea, by allowing you to gift a range of quirky items to your friends and family for communities in developing countries. Gift a goat, a well, or even pig manure with an illustrated gift card (or e-card) adding to the fun.
- Gifting **an experience** such as a massage, a cooking course, a yoga class, or dinner, is an excellent way to end the cycle of accumulating things.
- If gifts are unavoidable at Christmas, a **Kris Kringle or Secret Santa** is a fun way to reduce the amount of 'stuff' we all end up with.
- If a donation or experience is not possible, remember to consider the quality of your gifts including what they are made from. Ensure your gift has minimal negative environmental impact, will be enjoyed and will last.

Every time we purchase a product or service – gifts, food, fashion, property, appliances, hot water systems and energy – we have the option to shop sustainably. Decide on an area that's important to you and start making a difference through your choices. [Source](#)





## Adventurous Play / Risky play

*Risky play is thrilling and exciting play where children test their boundaries and flirt with uncertainty. Risky play provides opportunities for challenge, testing limits, exploring boundaries, and learning about injury risk.*

### **Risky play is important because:**

- It provides children with the opportunity to assess risk and manage sticky situations
- It gives kids a sense of accomplishment and fun.
- Swinging, climbing, rolling, hanging and sliding are not only fun for children but are also essential for their motor skills, balance, coordination, and body awareness.
- Developing less fear.

What are the benefits of risky play?

Children need and should take risks in order to explore limits, have new experiences, and develop their **capacities**. A strong motivation to respond to challenges involving a risk of injury helps them learn how to walk, climb stairs, and ride bicycles. As they grow and develop they will have to make choices about what is safe to attempt and what is not.

**Develops self-confidence and well-being.** It becomes a source of pleasure for the child as they foster new learning experiences. Importantly, it aids them to when interacting with children of different age ranges.

**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.*

## MORE INFORMATION ABOUT STAFFING:

A reminder that two of our much-loved educators are retiring at the end of this year. Sharyn from her permanent position. (She will do some casual for the first half of 2024...phew!) and our lovely Vicki S, who is relocating to Mudgee.

These 2 educators have been fundamental to the culture of kindness, relationships and quality early learning, which are the cornerstones of our work at HGP and we will miss them terribly. I know that you join us in wishing them all the best.

We are so fortunate to have a wonderful 'crop' of young educators carving their way at HGP. Zoe will complete her Certificate 3 at the end of 2023 and remain at HGP in a fulltime role. (Well done, Zoe), Mia and Bella continue to work hard towards this same qualification.

Ebony & Jade will be in their second year of Diploma study and Melissa is doing post graduate work. Ali will complete her degree in 2024. We are very proud of these determined and passionate educators.

## MORE ABOUT COMING EVENTS:

During the final week of preschool (18<sup>th</sup> until 22<sup>nd</sup> of December), families only need to send morning tea and a water bottle.

The children will have a party lunch each of these days.

The cost of \$8.80 will be charged to family's accounts for each day that their child attends that week.

More information will follow in an email, but please see your child's teachers with any comments or questions. Thank you.



## The after dinner walk

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

Maybe a little more than 5 minutes however, very worthwhile.

After dinner is finished for the night take a walk, down your street, to a local park. It doesn't have to be a long walk but getting out into the fresh air while the days are long can be a great way to get some extra movement into your day.

Walking after meals improves overall well-being, help digestion, and reduce blood sugar levels. Doing an activity as a family post meals can also give you a chance to unplug and connect.