

# HIGHLAND GROVE PRESCHOOL

"It always seems impossible until it's done." — Nelson Mandela



## ON *this* MONTH

### AT HIGHLAND GROVE

- Living Safely With Dogs (M/B Room) ----- 5<sup>th</sup> of May (& 24<sup>th</sup> July)
- Marine Discovery Centre Excursion ----- 6<sup>th</sup>
- Australia's Biggest Morning Teas ----- 25<sup>th</sup>, 27<sup>th</sup> & 29<sup>th</sup> of May
- Influenza Vaccination Service ----- dates to come
- S.T.E.P.S Vision Screening ----- 19<sup>th</sup> & 20<sup>th</sup> of June

### AROUND THE COUNTRY

- World Migratory Bird Day ----- 9
- National Family Day Care Week ----- 4-10
- National Families Week ----- 11-17
- World Bee Day ----- 20
- National Sorry Day ----- 26
- Simultaneous Story Time ----- 27

### WHAT ELSE IS HAPPENING?

We are excited for Ella, Jade, Ebony and Sarah as they join 'Koori Curriculum' for a 3-day Educator Leadership Retreat in the Blue Mountains starting on the 7<sup>th</sup> of May.

### What's happening at Highland Grove?

#### 'AUSTRALIA' S BIGGEST MORNING TEAS'

For Grandparents or Special visitors.  
To raise money for **'The Cancer Council'**.  
Gold Coin Donation please  
This annual event will be held each morning on  
Mon. 25<sup>th</sup>, Wed. 27<sup>th</sup> and Fri. 29<sup>th</sup> of May.

In the Starlight and Moonbeam Room these events will run from 10.30 am until 12noon.

In the Sunshine Room the event will run on these days from 9.00am until 10.30am.

We provide morning tea for the children's grandparent/s or special visitor. (Sorry not hot drinks). Children bring their own along.

The events are weather permitting and will be postponed if it is raining on the day. Please RSVP on the lists by the iPads.

#### S.T.E.P.S VISION SCREENING:

Dates are Tue. 19<sup>th</sup> and Wed. 20<sup>th</sup> of June for **4-year-olds**. Permission notes have been placed in your child's pocket if your child is age eligible. Please return these to the office by Wed. 13<sup>th</sup> of June. **As the screening will take place in the foyer, we ask for the children to be at preschool by 10.00am.** Thank you.



**NATIONAL SORRY DAY – MAY 26**

National Sorry Day is a time to acknowledge the strength and resilience of Stolen Generations survivors and to reflect on the ongoing healing needed for Aboriginal and Torres Strait Islander peoples, their families and communities. National Sorry Day is an opportunity for all Australians to learn more about this important part of our history, listen to the stories of Stolen Generations survivors and consider the actions still needed to support truth-telling, healing and reconciliation. Follow the link [here](#) for more information.

**NATIONAL SIMULTANEOUS STORYTIME – MAY 27**

Every year, a picture book written and illustrated by an Australian author and illustrator is read simultaneously in libraries, schools, preschools, childcare centres, family homes, bookshops and many other places around the country to promote the value of reading



and literacy. This year is *Luna Roo: the Kangaroo Baller*, written by Adam Jackson and Adrian Lloyd, and illustrated by Jake Minton. It is the chosen book. Join others all round Australia, tune in to a shared reading or read along yourself. **More information.**

## BEST BLOGS

### KIWI CO | [kiwico.com/blog](http://kiwico.com/blog)

*KiwiCo is built around one simple idea: children learn best when they can touch, build, test and explore. Their blog shares hundreds of hands-on activities designed to make science, technology, engineering, art and maths feel exciting, practical and fun for children of all ages.*

*The activities are designed to encourage curiosity, creativity and problem-solving through simple experiences families and educators can do at home or in the classroom. Popular ideas include growing*

*mini greenhouses on windowsills, making water cycle bags, experimenting with slime, launching bottle rockets and exploring shapes, nature and colour through everyday materials.*

*What makes the KiwiCo blog especially useful is that the activities are grouped by age and interest, making it easy to find something suitable for toddlers through to older children. Many of the ideas use low-cost materials already found around the home, making them accessible and easy to implement.*

*The overall message is clear: meaningful learning does not always require screens, worksheets or expensive resources. When children are given opportunities to investigate, create and experiment, they build confidence, resilience and a love of learning that can support future success.*

## No bake banana bars

TOTAL TIME 30 min | MAKES 16 – 20 bars

### INGREDIENTS

#### No Bake Banana Bars:

- 3 cups (330 grams) **coconut flour**
- 1 cup (90 grams) **rolled traditional oats**
- 1/4 cup (40 grams) **brown sugar** (optional)
- 1 teaspoon **cinnamon**, ground
- pinch of **salt**
- 1/2 cup (125 ml) **tahini**
- 400 ml can **coconut milk**
- 1 cup (250 ml) **pure maple syrup**
- 3 **bananas**, mashed
- 1 tablespoon **vanilla bean paste** (or extract)

#### Cream Cheese Frosting (optional):

- 250 grams cream cheese
- 1/4 cup (60 ml) coconut oil, melted
- 1/4 cup (60 ml) pure maple syrup
- 1 teaspoon vanilla bean paste (or extract)

### METHOD:

**Line** a square 20 cm x 20 cm tin with baking paper. **Place** coconut flour, oats, brown sugar, cinnamon and salt into a bowl and whisk to combine. Set aside. **Place** the tahini, coconut milk and maple syrup into a saucepan over low-medium heat. **Cook** for 2-3 minute (stirring continuously) until warmed and melted together.



**Add** the mashed banana and vanilla to the saucepan, stir to combine. **Pour** the wet ingredients into the dry and stir to combine. **Press** mixture into prepared pan and smooth. **Chill** in the fridge for 10 minutes whilst you prepare the frosting.

#### To make the cream cheese frosting:

**Place** the cream cheese, coconut oil, maple syrup and vanilla into the bowl of a food processor, blitz for 1-2 minutes (scraping down the sides of the bowl, as necessary) or until the frosting is luscious and creamy. **Spread** frosting over the chilled bars. **Return** bars to the fridge for 4-5 hours or until firm. **Cut** into 12-16 bars.

Enjoy x

*Recipe and image from [mylovelittlelunchbox.com](http://mylovelittlelunchbox.com).*



## Focus Article: Helping children manage disappointment

For young children, disappointment can feel very big. Whether they lose a game, miss out on being first, do not get invited to a birthday party, cannot have the snack they wanted or find something harder than expected, these moments can lead to tears, anger, frustration or shutting down.

While it can be difficult to watch children struggle, learning how to cope with disappointment is an important life skill. Children who can manage disappointment are more likely to build resilience, confidence and problem-solving skills over time.

One of the most helpful things adults can do is acknowledge the child's feelings before trying to fix the situation. Children need to feel understood. Phrases such as "You're feeling really disappointed because you wanted a turn" or "I can see you are upset that you did not win" help children feel heard and supported. It can also help to remind children that disappointment is a normal part of life. Everyone misses out sometimes, loses games, makes mistakes or finds things difficult. Children need to know that these experiences are not a sign they are "bad" or "not good enough".

Games are a great way to practise coping with losing in a safe environment. Board games, simple card games and races give children opportunities to experience both winning and losing. Adults can model calm responses by saying things like "I didn't win this time, but I still had fun" or "I'll keep practising and try again next time".

Teaching children simple calming strategies can also make a big difference. Taking deep breaths, having a drink of water, squeezing a pillow, taking a break or talking about feelings can help children calm down when emotions are high.

It is also important not to rush in and rescue children from every disappointment. While it can be tempting to let them win, replace every broken item or solve every problem immediately, children build resilience by learning that they can cope with hard feelings and recover from setbacks.



Praise effort rather than outcomes wherever possible. Instead of focusing only on winning, try comments such as:

- "You kept trying even when it was hard."
- "You were disappointed, but you calmed your body down."
- "You worked really hard on that."
- "You didn't give up."
- "You showed kindness even when you were upset."

Books can also help children understand that disappointment is something everyone experiences. Stories where characters make mistakes, lose, feel left out or have to keep trying can open up valuable conversations about emotions and resilience.

Over time, children learn that disappointment does not last forever. They begin to understand that they can feel upset, work through it and try again. This helps build confidence, emotional strength and the ability to manage challenges in healthy ways.

Resilience is not about children never getting upset. It is about helping them learn that they can cope when things do not go their way.



For more information on managing disappointment follow the QR code.

See link via QR code  
Retrieved from [maggiedent.com](https://maggiedent.com)

## NUMERACY SONGS

Numeracy songs support children to learn counting, sequencing and early mathematical concepts through repetition, rhythm and predictable patterns. Popular examples include counting forwards songs such as *The Ants Go Marching* and *One, Two, Buckle My Shoe*, counting backwards songs such as *Ten in the Bed* and *Five Little Monkeys*, and number recognition songs like "How Many Fingers?".

These songs also help children build memory, listening and language skills while strengthening their understanding of number patterns and one-to-one correspondence. When paired with actions, props or visual supports, numeracy songs can make abstract mathematical concepts more concrete and engaging. Repeating songs regularly throughout the day can also help children build confidence and develop positive attitudes towards early mathematics.



# HEALTH & SAFETY: When to Keep Children Home: A Parent Guide to Illness Exclusion

It can be hard to know whether your child is well enough to attend care, especially when symptoms seem mild or they say they feel fine. However, keeping children home when they are unwell is one of the best ways to help them recover and prevent illness spreading to other children, educators and families.

As a general guide, children should stay home if they have a fever, vomiting, diarrhoea, an unexplained rash, red or sticky eyes, ongoing coughing, trouble breathing or symptoms of a contagious illness such as gastro, influenza, COVID-19 or hand, foot and mouth disease.

Even if symptoms seem mild, children may still need to stay home if they are very tired, unsettled, not eating or drinking well, or need more one-on-one care and comfort than educators can reasonably provide in a busy environment.

A helpful question for families to ask is: *“Can my child comfortably take part in the normal day?”* If the answer is no, it is usually best to keep them home.

## Common illnesses recommended exclusion periods:

Children should stay home for at least 24 hours after the last episode of **vomiting or diarrhoea**. If norovirus is suspected or confirmed, many services require a 48-hour exclusion period after symptoms stop because it is highly contagious.

Children with **conjunctivitis** should remain home until discharge from the eyes has stopped unless a doctor confirms it is a non-infectious cause.

Children with **hand, foot and mouth disease** should stay home until all blisters have dried, any rash has settled and they are feeling well enough to participate in normal activities. This is usually around 5-7 days.

Children with **chickenpox** should remain home until all blisters have dried and crusted over, which is usually at least 5 days after the rash first appears in unimmunised children. Any remaining blisters should be completely dry before returning to care.

If your child becomes unwell during the day, you will be contacted to collect them. Having a back-up emergency contact available can make this much easier.

Keeping unwell children home is not only about protecting others. It also gives children the chance to rest, recover and return to care feeling happier, healthier and ready to participate in the day.

We understand that bouts of illness can be difficult to manage, and we really appreciate your support and understanding. By working together, we can help reduce the spread of illness and support a healthier winter season for everyone.



More information available via the QR code.

See link via QR code  
Retrieved from <https://www.nhmrc.gov.au>

## Sustainability CORNER

### HOW TO ATTRACT AND SUPPORT NATIVE BEES IN YOUR GARDEN

Encourage native bees to visit your garden by taking these simple steps. Your plants will thank you for it.

If you're wondering whether it's sensible to entice native bees to your garden, there's one thing we need to get straight: native bees generally don't sting. (Though we don't recommend you test the theory).

There are 1650 Australian native bee species. Native bees play an important role in the environment. You probably know that honey bees help pollinate our plants but did you know that there are some native plants that they can't pollinate? This is where native bees come in. Many of our native bees are able to buzz pollinate, which honey bees can't do, and it's this type of pollination that's required by some of our native plants. Buzz pollination basically involves creating a vibration in the flower of the plant so that it will release its pollen. The blue-banded bee is one of these buzz pollinators.

Attract native bees by:

- Choose flowers that native bees would choose. Native bees prefer native plants.
- Don't use insecticides
- Give native bees somewhere to live. Some native bees like to make their homes in the ground, that's right, some bees burrow! and others live in wood or crevices between rocks. To appeal to those that live in soil, leave some bare ground. That means leaving some areas with no mulch.
- You could even build a bee hotel. Find out how [here](#)



Source: How to attract native bees in your garden.





## NATURE BRACELETS

*Nature bracelets are a simple and engaging outdoor activity that encourages children to explore the natural world while being creative. To make a nature bracelet, place a strip of masking tape or duct tape around each child's wrist with the sticky side facing out. Children can then head outside to collect small natural items such as leaves, flowers, feathers, grass, bark, seedpods or twigs and stick them onto their bracelet as they go.*

*This activity supports children to slow down and notice the details around them. As they search for items, educators can encourage children to talk about colours, shapes, textures and smells, helping to build language, observation and early science skills. Children may compare leaves, count flowers, sort items by size or discuss seasonal changes they notice in the environment.*

*Nature bracelets are also a wonderful sensory activity that supports fine motor development as children pick up and place small items onto the sticky surface. Because the activity is child-led, it encourages creativity, curiosity and independent decision-making.*

*Nature bracelets can be enjoyed in all seasons and adapted to suit any outdoor environment, from a playground or backyard to a bushwalk or local park. They are an inexpensive and easy way to make outdoor play more meaningful and memorable.*

*SOURCE: Image and words from [sproutingwildones.com/nature-bracelets/](https://sproutingwildones.com/nature-bracelets/)*

## The Resilience Project!

We have been letting our families know that we are so excited to be partnering with The Resilience Project (TRP) to deliver their 2026 Early Years Wellbeing Program. The Resilience Project offers emotionally engaging programs to schools and early years services— providing practical, evidence-based, **positive mental health strategies to build resilience and happiness.**

With the current state of youth mental health in Australia, now it is more important than ever to focus on our mental health. As part of the program our children will be engaged with activities and experiences designed to promote four practices- gratitude, empathy, mindfulness and emotional literacy (GEM).

### Including Families

Family involvement in TRPs Early Years Program is integral to the success of the program. There are plenty of inclusions for your whole family as we focus on positive mental health.

### Parent and Carer Hub

Your family is invited to access the **TRP Early Years Parent and Carer Hub** where you will find information on the GEM principles Gratitude, Empathy, Mindfulness and Emotional Literacy as well as activities you can engage in at home.

### Wellbeing- Live Webinar

On Thursday 18th June, 6.30pm (AEST) you will be invited to a live wellbeing webinar for Early Years Parents and Carers with TRP Founder, Hugh van Cuylenburg. Hugh is also a parent of 3 young children and will share stories and practical strategies to support the mental health of your whole family.

### Try It At Home Activities and Project +

You will receive 'Try It At Home' activity sheets and Project+ Newsletters each term with information and ideas to practise GEM in your home with your children and families.

### Community Projects

Once per term TRP will initiate a Community Project focussing on one of the GEM principles for us to engage with as a whole service. Your family will be invited to participate and contribute to the project.

If you would like some more information about The Resilience Project, please visit their website <https://theresilienceproject.com.au/>

## Influenza Vaccination Service:

Highland Grove will be offering an onsite influenza vaccination service for eligible children using FluMist, a needle-free nasal spray vaccine.

This service will be provided by Trent Playford, a lovely, local and award-winning pharmacist who is a past HGP dad. The service is intended to make influenza vaccination easier and more convenient for families. We have attached more information to this Newsletter.