

# BALLYMORE KINDY

Kindy Newsletter Term 3, 2022



## HELLO!

We are now well and truly into Term 3, with the weeks passing us by quickly. The beginning of term saw many eager faces bound through the door everyone has settled back into the rhythm of Kindy with ease. It is evident that the children have a real sense of belonging to the spaces, people, and connections at Kindy.

As I look at both what we have already done this term and what we have planned in the coming weeks, it is apparent that our natural environment is having its time in the spotlight! Our natural environment is something that we celebrate every day and the important role that it plays in learning in early childhood is echoed throughout our curriculum.

This term, we are partnering up with the Brisbane City Council and participating in their 'Creek Neighbours' program. The 'Creek Neighbours' program is designed to introduce us to our creek and its ecosystem and to encourage a sense of stewardship toward the natural environment around us. This aligns with the important role that the natural environment plays in our learning at Ballymore Kindy. The visit from Geckoes wildlife marked the beginning of our journey with the Creek Neighbours program. We were able to meet a range of animals that either live in or near the creek or rely on it as a food source. Creek Neighbours will continue across the term with another visit from Brisbane City Council and a **'Meet your Creek' day for families on Saturday 10th September from 9:30 - 11:30**. We hope that you will be able to join us and see how we have been connecting with the creek. In conjunction with the program, the Kindy groups will be continuing our nature walks down to the green space behind Kindy, which will increase our awareness of the surroundings at Kindy and build the foundation for our participation in the Brisbane City Council's Creek Neighbours program.

Included in the newsletter is an article on why we see the natural environment as an important part of our curriculum.

Happy reading!

Emily

## IMPORTANT DATES

**Sunday 28th August**  
**Kindy Family picnic at**  
**Mt Cooth-tha**  
**9:30am**

**Saturday 10th September**  
**Meet your Creek Family**  
**Day**  
**9:30-11:30**

**16th September**  
**Final day of term 3**





## PRESIDENTS REPORT

**Suzi George**

It's hard to imagine that we are over halfway into Term 3 and it is close to September... after what felt like a slow start to the year, with delayed commencements, floods, and endless isolation periods due to COVID19, 2022 now seems to be hurtling into the latter part of the year. The pace of the year seems to be reflected in the ease at which the children have found their rhythm in both Group 1 and Group 2. Having had the opportunity to spend a morning at kindy in Term 2, it was wonderful to observe the children interacting with each other, absorbed in the beautifully organised activities set out by our educators, and also engage with the green space we are so fortunate to have at Ballymore Kindy.

There have been many highlights for the children so far this year, one of them being the receiving of their beloved kindy plates which have seen their artworks forever immortalised onto melamine plates. These plates have very quickly become Yasmin and Lulu's most treasured items, with their older sisters fast learning in no uncertain terms what happens if they try to use them for themselves (Hint: the screaming could probably have been heard the next suburb over). Another highlight has been the reptile show a few weeks ago and though the twins missed out on this due to illness, I am told that there was an extraordinarily fast turtle that made a run for it on its first opportunity, much to the children's amusement! The children have also been on two nature walks now during kindy hours and it continues to amaze me that an activity as seemingly ordinary as a walk down to the green space behind the kindy can become a magical journey of curiosity and observation, where the children are encouraged to slow down and notice the wonder and intricacy of nature around them.

From a management perspective, with the indispensable guidance and contribution of Emily and Chris, the committee has been working hard to ensure that the strategic and operational tasks for the year are carried out. We had our Open Day in May and despite heavy rainfall leading up to and on the day, we were blessed to have a steady flow of families entering our doors throughout the morning, all interested in meeting our wonderful staff and viewing our beautiful grounds.

## Reminders

### Carpark safety

Please keep your child with you at all times in the carpark.

### Entry Gate

The gates are an important part of safety at Kindy. We appreciate your cooperation in the following:

- Please ensure that **only adults** are unlatching the gates upon arrival and departure.
  - Do not allow your child to stand and/or swing on our gate, as this damages the latch.
- Thank You.



## PRESIDENT'S REPORT

continued

Enrolment numbers for 2023 continue to increase and we are confident that the kindy will remain in a comfortable financial position next year. Maintenance work around the kindy continues and a huge thank you to all the families that have invested your precious time and energy into our working bees, of which there have been two so far – your contribution is invaluable and very appreciated. Finally, we have enjoyed two social family events in Term 1 and Term 2. Both Frew Park in Milton and our beloved kindy bushwalk in Bellbird Grove proved to be special opportunities for the children and their families to continue to develop existing connections outside of the routine and setting of kindy. We are looking forward to our next event, the Ballymore Social Family Picnic at Simpson Falls Picnic Area, Mt Coot-tha on Sunday 28th August. We hope to see many families there and to continue to develop friendships outside of the rush of the drop off and pick up.

I wish you all a safe and fulfilling remainder of the term and look forward to seeing you at kindy and at our social events.

Suzi George  
President

# Thank you!

A big thank you to all of the families who participated in our working bee on Saturday 6th August.

We are so thankful for the time, effort and skill that you contributed to the Kindy. The children have loved gradually noticing all of the changes and have especially enjoyed the new rocks in the creek bed, the freshly dug mud patch and the varnished planks.

We have also had some families contributing behind the scenes, with book mending, wood work and gardening, which has been wonderful.

**Thank you!**







## WHEN PLAY MEETS NATURE

When people enter the outdoor space at Ballymore Kindy, they often describe feeling a sense of calm and are in awe at the unexpected enveloping of nature amidst an urban landscape. Being outside in nature is a grounding and captivating experience which forces us to move from within and connect with the world around us. With declining access to outdoor spaces, early childhood settings are increasingly important in the role that they play in providing vital opportunities for children to engage in outdoor play and develop their ecological identities (McIntic & Petty, 2015). Many of us will be able to draw on childhood (and adulthood) memories in which we have felt the benefits of spending time connecting with nature, whether it be the challenge of climbing a tree, the rhythmic feel of rock hopping or the intrigue at following the wanderings of an insect. Nature stirs in us a sense of freedom and evokes a natural curiosity like no other space.

The restorative benefits of nature have long been documented, and increasingly we are learning more about the important role that nature plays in supporting children's growth and learning in a holistic way (Moser 2018; Charles & Louv, 2018). Natural outdoor spaces are multisensory, stimulating, and holistic. They afford possibilities and freedoms in play that cannot be matched in an indoor environment - freedom to move in big ways, freedom to use a strong voice, freedom to be messy, freedom to connect with natural elements (rain, mud, sand), freedom to take risks in different ways. As Erin K. Kenny says, 'Children cannot bounce off the walls if we take away the walls'. This speaks to the fine balance of stimulation and calm that nature so effectively accomplishes.

In early childhood contexts, such as Kindy, we recognise the rich potential for learning that exists in an outdoor environment. Time spent outside is not just about 'burning off energy' or 'letting off steam'. There is intention, purpose, and value to the time we spend outside and the ways that we connect with what outside offers. Of course, the vehicle through which this learning occurs is play! We know play is essential for brain development in the early years, so how does nature enhance this?







## WHEN PLAY MEETS NATURE

continued

When play and exploration are paired with natural environments it creates:

- \* Rich opportunities for young children to develop the knowledge, skills, and dispositions related to healthy cognitive functioning, such as imagination, curiosity, creativity, problem solving and attention. (Charles & Louv, 2020; Kuo et.al. 2019)
- \* Strong and positive benefits to mental health. Through play, children's natural curiosity drives their development and empowers them to be self-directed, capable and resilient learners. Creating opportunities for learning in and with nature, is paired with intentional teaching that supports children to build these views of themselves (Harrison, 2019)
- \* a rich source of touching, movement, hearing, seeing, tasting and smelling, beckoning our sensory system to awaken!
- \* The unpredictability and evolving aspect of natural elements affords a more diverse and engaging playscape. In turn, this creates encounters with risk taking, which when supported, children become well versed in the art of navigating and managing risk. (Harrison, 2019)

Nature is an important part of our curriculum at Ballymore Kindy and is woven throughout many different aspects of teaching and learning within our Kindy space.

While our focus at Kindy is on how nature supports the development of children, we know that we gain different benefits at different life stages. If you are interested in finding out more about the benefits of nature throughout life into adulthood, The Royal Botanic Gardens Victoria have released a report looking at the relationship between nature and health and wellbeing, with a focus on adult mental health. It reveals ways that nature lowers stress which impacts on our health in many complex ways, changing our mood as well as the way our nervous, endocrine and immune systems function. You can access the report here: [rbg260-nature-for-health-and-wellbeing-report-fa-r3-spreads.pdf](#)

References provided upon request

## Native Bees



Did you know we have native bees at kindy?

This term, we will be splitting our hive and hopefully harvesting some honey!

We have noticed the bees enjoying the warmer days and they are much more active. This has sparked lots of curiosity and we are looking forward to Ian, from A Green Soul, coming to visit and sharing his knowledge of native bees with us this term.



**We have  
limited  
vacancies  
available for  
2023.**

**If you know of  
anyone looking for a  
Kindy space, please  
share the word!**



**Ballymore Kindy**  
+think + play + learn + grow

**ENROL  
NOW  
FOR 2023**



185 BUTTERFIELD  
STREET, HERSTON  
(07) 3252 3732



**LIMITED SPACES!**



**2nd to 14th September**



**Riverbend Books, Bulimba will again be hosting our  
annual Book Fair.**

**You may choose books to order from our display or  
consider donating one to Kindy!**

**Books will be on display in our front courtyard  
Come take a look!**





**Join us for a Family Picnic**  
**Sunday 28th August**  
**9:30am**  
**at Simpsons Falls Picnic Area.**



**Please bring**  
**- a picnic, including drinks**  
**- seating (folding chairs/picnic blankets)**  
**- Towels and a change of clothes if you feel like splashing about in the creek.**

**Raising Resilient Children.**

As a parent, you wish you could protect your children from every disappointment, defeat or scary challenge. Although this isn't possible, you *can* teach your children to be resilient.

Resilient children have grit. When they encounter a difficult problem, they try to solve it instead of giving up. When bad things happen, they quickly bounce back, ready to face the next challenge. When they make mistakes, they grow and learn from them. Resilient children are hopeful, optimistic and strong.

So while you can't shield your children from life's difficulties, you can provide the tools they'll need to navigate them successfully. Here are five tips to help you raise a resilient child.

**3 PRAISE CHILDREN THE RIGHT WAY**

Give "process praise" by focusing on strategies, progress, or effort:

"You really understand decimals!"



"I can tell you've been working really hard."



**4 TEACH CHILDREN TO MANAGE EMOTIONS**

As children learn to manage emotions, they will also **learn to be more resilient.**



**Step 1**

Teach our children that **ALL emotions**, even the worst ones, are okay.



**Step 2**

Deal with bad behavior, if there is any, in order to **set limits.**



**Step 3**

**Brainstorm** ways to fix the problem or to prevent it from happening again.

**1 BE A SUPPORTIVE ROLE MODEL**

Model resilient behaviors. Be calm and consistent. **Admit to your mistakes** and how you can do better next time.

The more **positive adult connections** a child has, the more resilient they will be.



**2 LET CHILDREN MAKE MISTAKES**

If children never make mistakes, they'll never **learn how to fix** their errors or make better decisions in the future.

**Failure teaches** perseverance and problem-solving, and helps children learn coping skills.

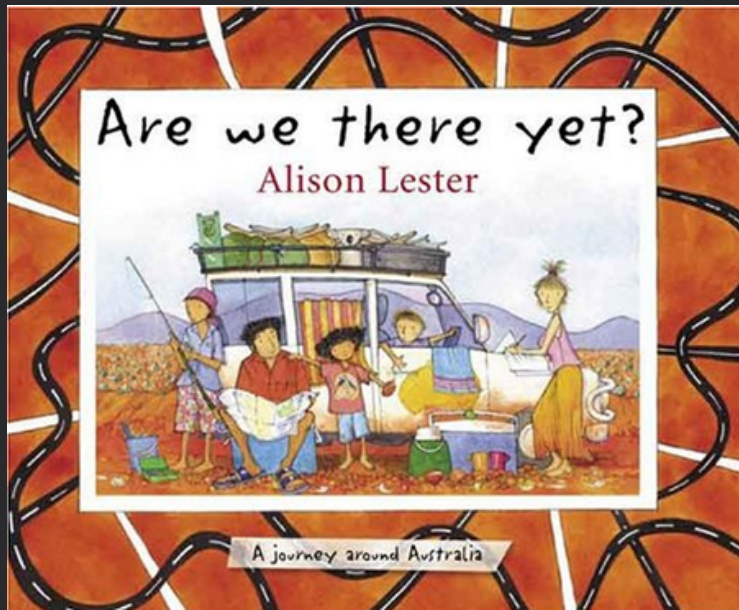
**5 TEACH CHILDREN TO PROBLEM-SOLVE**

**Don't rush to solve problems** for children or tell them the best solution. Help them brainstorm ways to address the challenge. Help your child consider what the results might be for each solution they propose.





What's on in Brisbane?



**QUT Gardens Theatre**  
**18th - 24th September**



**2nd-24th September**

So many wonderful events and exhibits to choose from at the Brisbane Festival, including lots of free events. Check out the program online!

Congratulations to Clare Goodwin, a Ballymore Kindy parent, who has just released 'Charlie and the Lost Tooth'. We were fortunate enough to have Clare come in and read the book to the 3 day group. You can get a copy of Clare's beautiful book through her website [www.claregoodwinbooks.com](http://www.claregoodwinbooks.com)

