



BALLYMORE KINDY

Term 4, 2015

November 2015

NEWSLETTER, EDITION 4 2015

IN THIS ISSUE

Desley's dialogue

by Desley Jones, Director

This final bulletin of the year is traditionally my opportunity to extend many thanks to many people:

- To all our families for choosing to send your child to our small community kindy. We hope we have played a positive role in your child's, and your family's, life.
- To everyone for their contributions throughout 2015, in whatever form they took – spending time on roster, helping on maintenance, letter box dropping information for our Open Day, joining in social functions, donating to our book library and/or wheelbarrow of wine, gathering collage materials, sharing with us the delights (and dilemmas) of your child's development and learning, sharing news of our kindy with others, etc., etc. Every interaction has played a part in maintaining our identity as a **community centre**.
- To our management committee for running our small business. Thank you everyone for the unwavering support you have given to the staff and families of Ballymore and for all your hard work. It has been a very successful year.
- To our outgoing president, Kathryn Napier. Thank you Kathryn for keeping us "on task" at committee meetings and for being tireless in following up on all the many issues that needed to be dealt with. You have been so caring, and thoughtful, in all you have done for us!!

- To Yvonne (Mrs Matthews), Karen (Mrs Curling) and Chris (Mrs Nicoll) in the office. We are truly lucky to have such a happy team!!

The changes (and excitement and activity) that the end of one year and the beginning of a new year bring can be stressful for everyone, including young children. Sometimes they experience emotions – both positive and negative – that they can neither name nor understand. In this newsletter I have included a short article on some strategies for helping young children manage stress.

During our final weeks at kindy we will be cognisant of emotions that the children may be experiencing and our focus will be on:

- maintaining our predictable routine,
- being available to support children in social interactions
- planning plenty of time for play,
- structuring activities so that children are inclined to cooperate rather than compete
- being mindful of individual differences as children respond to situations and activities
- providing guidance and/or direction when needed and
- enjoying music, stories and relaxation together as much as possible.

Thank you again everyone and we wish all our families a safe and restful holiday break in anticipation of all that 2016 will bring!



Young children and stress

Useful information outlining strategies for helping young children manage stress.

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Important reminders

Reminders regarding end of year information for all parents and carer's.

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President's Report

by Kathryn Napier, President 2015

Here we are in term four of one of the most memorable times in our children's early years. As usual, the year has flown and I can't believe in a couple of months our kindy graduates will move into the new and exciting world of prep.

This is the third and final year for my family at Ballymore Kindy. It is with fond memories and great sadness that I will say farewell to the wonderful teachers and small community who make this kindy such a special place. Ballymore families seem to know how lucky they are having Desley, Yvonne and Karen spend a year or two nurturing their child and giving them the best possible start to their educational journey. The thing that stands out to me is our teachers' ability to deeply understand each individual child's needs, personality and preferences within the first few weeks of term one and the way they tailor their approach to assist in each person's development over the year. I really don't think there are too many other kindy's or childcare centre's where you could say the same thing. And of course, I'll always be in awe of Desley's effortless ability to call 24 children to the floor with a ring of those famous bells!

It has also been a pleasure for me to be part of the management committee this year. Looking back, we've achieved a great deal and I want to acknowledge each member of



the committee for their commitment and hard work. Again, we are lucky to be part of a small kindy where we can see the direct outcomes of our ideas and effort throughout the year. And on behalf of the committee, I'd like to thank our administrator Chris Nicoll, who keeps the kindy ticking along behind the scenes, providing valuable insight and information on a whole range of subjects.

Finally, thank you to the kindy kids of 2015. I've loved spending time with my son Sam and his group 1 classmates throughout the year. Sam and I have also both enjoyed visiting kindy later in the week, making new friends in the very welcoming group 2. So I want to take this opportunity to say farewell and wish everyone all the very best for 2016. We hope to see you around the neighbourhood some time.

And while I'm on that note, please mark your diaries for our third 'Alumni Catch Up' from 10am-12noon on Sunday 6th March 2016. This is an annual gathering for Ballymore families past and present. There will be more information and reminders closer to the date but I hope we can see you there.

So, that's it for me in 2015. I hope you all enjoy the remaining few weeks of term.

Kathryn Napier



Like our page on Facebook: **Ballymore Kindy**

Young Children and Stress

by Desley Jones, Director



Stress is a normal, unavoidable part of life. It affects everyone, even babies and young children. Some stress is useful: it keeps us motivated, wanting to do things and change things. However, too much stress can cause a number of difficulties.

Children, as well as adults, face stress from time to time, and stress can result from situations that incur both negative, and positive, emotions. Each child will react individually to different stress factors depending on their personalities, their own needs, and family and cultural reactions. Events which may cause stress for one child may not affect another child at all.

Examples of situations, likely to cause stress for children include:

- Loss of a loved one
- Moving house or major changes in routine
- Birth of a new baby
- Beginning or changing school
- Learning difficulties
- Excessive expectations from families
- Social difficulties
- Managing intense situations particularly when hot or tired.

At this time of year, with children leaving a familiar environment, anticipating their beginning at prep or in a new kindy group, facing the excitement of celebrations, holidays away from home and its routines together with the vagaries of Queensland weather, it is reasonable to expect that most children will experience some level of stress in the next few months.

Children show stress in many different ways. Some of these are:

Accident proneness	Hitting
Aggressiveness	Kicking
Anger	Indigestion
Anxiety	insomnia
Appetite loss	Stuttering
Baby talk	Thumb sucking
Bedwetting	Pounding heart
Biting	Grinding teeth
Crying spells	Fingernail biting
Detachment	Tattling
Extreme laziness	Illness

Helping children manage stress.

If we can teach stress management skills to children at an early age, we can give them a life-long ability to cope with anxiety and tension. We can teach young children helpful techniques for handling stress – and they may quickly generalise these ideas to helping to manage other problems in their lives.

Ways of helping children manage stress:

- Physical management of stress: through diet, sleep, exercise
- Relaxation techniques: Relaxation can be therapeutic and beneficial. Learning how to relax is one of the most useful ways for children to manage stress.

- Deep breathing
- Progressive muscle relaxation (sequentially tensing and releasing muscles – fingers, toes, eyes, teeth, shoulders, tummy muscles)
- Doing an activity that they identify as calming (e.g. hot bath, read a book, listen to music)
- Creative visualisation: Relaxation exercises which use visual imagery or stories (e.g. floating on a cloud or lying on a beach) paint a picture of calm and peace, helping some children to relax more deeply.
- Teach children to identify stressful situations, talk about them and name emotions (“That would make you feel disappointed, frustrated, embarrassed...”). Boys especially find this difficult and their expression of emotions is often only through anger.
- Get into the habit of talking to children about their day. Share good things or funny things that have happened to you, as well as examples of how you solved problems in your day.
- Children should know that it is ok to make mistakes. Adults can model that mistakes are a great way to learn how to do things.
- Teach positive self-statements to help them cope in challenging situations (e.g. “I will be ok” “I can be brave”)
- Help your child to identify GREEN thoughts (helpful thoughts that lead to pleasant feelings) and RED thoughts (unhelpful thoughts that lead to unpleasant feelings). Encourage them to let the RED thoughts slide away and the GREEN thoughts to stick.
- When children are in a stressful or hard situation encourage them to take a deep breath and think what to do. ‘Even when we are scared we can still think.’
- Allow periods of ‘quiet time’ when children can learn to relax. A rest after lunch, a regular period of listening to music or family rest time when everyone is quiet, will encourage this useful skill.
- Use humour to manage stress. A child who learns to use humour will be better able to keep things in perspective.
- Develop personal mantras: “I can be brave, mum will be back at the end of the day”
- Acknowledge feelings: “I know you find it hard/feel sad when it is time to say goodbye, but...”
- Engage children in problem solving about the situation “What do you think might make it easier to say goodbye without crying?” e.g. earlier drop-off
- Reward your child for doing something that is difficult (different from doing the right thing) e.g. No tears > time with mum/go to library together. (Make it something that is achievable and that cannot be easily manipulated).

IMPORTANT END OF YEAR BITS AND PIECES

Kindy sheets

If you no longer require yours, please feel free to leave with us! They will come in handy as spare sets!!



Library Books

Both our children's and parents' libraries will close from the week beginning 23 November. Please return any books you may have at home by this time.



End-of-Kindy celebrations

We look forward to celebrating our End-of-Kindy with all our families and hope you have marked your diaries: **Monday 30 November** for Group 1 and **Thursday 3 December** for Group 2. Both evenings will be 6.30 til 7.30pm.

In case you were wondering, as in previous years, this celebration will **not** be a performance by the children, nor a Christmas celebration. Instead, it is a time for parents and children to share some of what has made our year together so special.

More details will follow closer to the time.



Last day of kindy for 2015

Group 1's last day: Tuesday 8 December

Group 2's last day: Friday 11 December

BAKER'S DELIGHT LOYALTY PROGRAM

Ballymore Kindy recently signed up to the loyalty program run by Baker's Delight, Homezone Windsor.

Baker's Delight will donate 5% of each sale in cash at the end of every financial year. All you have to do is mention the kindy **prior** to paying for your goods. You can also quote the loyalty number **6888** to make this transaction easier. Thank you!



WHEELBARROW OF WINE RAFFLE



Our fantastic 'Wheelbarrow of Wine' raffle will be held from Monday 9 November until Monday 23 November. Thank you for the generous donations from kindy families.

We ended up with a total of 36 bottles (and a couple of 6-packs) which is very impressive! Along with the heavy-duty wheelbarrow kindly donated by Brett's Hardware at Windsor, our total prize is valued at just over \$1000!

Tickets are \$5 each or 3 for \$10. Good luck everyone!

WINE AND CHEESE NIGHT

It is with great pleasure that we invite you to the final social event of the Ballymore Kindy Group 1 and 2 calendar.

The Wine and Cheese Night is being held at the kindy on Friday 13th of November from 7pm.

It would be fantastic to see as many people as possible there. The last event was fantastic!

We ask that people bring a bottle of wine and plate of your choosing to share; sweet, savoury, cheese or otherwise. Hope to see you there!



SOCIAL PICNIC FUNDRAISER



Northshore
Riverside Park,
Hamilton

2pm - 5pm

Support a life
changing initiative

Enjoy yummy food,
drinks, kids'
activities, live
music and great
company!

SUN 29.11.2015
SOCIAL PICNIC
IN THE PARK

Christmas Catch-up - Family Friendly Fundraiser
Join us for a relaxing, family friendly picnic and help raise funds for The Common Good, an organisation which performs work, directly helping to save people's lives.

For a small donation of \$30 (per adult), enjoy food, non-alcoholic drinks, activities for children (including a jumping castle), live music and a great afternoon with friends!

RSVP TO AGATHA
brissocialevents@gmail.com
0416 102 906
Please RSVP by 10th
November 2015

THE COMMON GOOD
PEOPLE POWERING MEDICAL DISCOVERIES
an initiative of THE PRINCE CHARLES HOSPITAL FOUNDATION

You are invited to a Social Picnic in the Park fundraiser event, being held on Sunday 29th November. Details include:

When: Sunday 29th November, 2pm – 5pm

Where: Northshore Riverside Park, Hamilton

Why: To support *The Common Good* (The Prince Charles Hospital Foundation)

What: For a \$30 donation (per adult), you will enjoy yummy food (gourmet sandwiches, fruit, desserts), kids' activities (including a jumping castle), live music and great company!

Who: The more the merrier, all are welcome! Make it your family and friends Christmas catch up!

How: Please RSVP by Wednesday 18th November to Agatha McAndrew (Group 1 mum) via email: brissocialevents@gmail.com

Please note this is an event that Agatha has organised personally, to raise funds for The Common Good.