

Ballymore Bulletin



+think + play + learn + grow =



Ballymore Kindy



ISSUE 2 March 2014

DESLEY'S DIALOGUE



Our first term at kindy is rushing to an end!

No doubt you have found your child a little weary. This has been a time of enormous change and adaptation for all the children as they settle into the expectations of life at kindy. While we like to think there is a strong connection between kindy and home, the reality is that group life is very different from life at home. The greatest learning curve for the children has been the acceptance of the reality of being one of 22 children with only 2 or 3 adults at their disposal. Needless to say, this means that for many there has had to be a major adjustment in their levels of self regulation, patience, turn taking, listening and consideration of others. Over the past few weeks Yvonne, Karen and I have all witnessed a significant level of development in all of these areas.

A big thank you to all those new and continuing parents who have taken on committee positions for the year – without your valuable time and effort we cannot continue to run as

a not-for-profit community centre, so your involvement is very much appreciated. All our parents are invited to attend committee meetings. Minutes of the most recent meeting are posted on our big noticeboard and will show the date for the next month's meeting.

I would also like to thank those parents who were able to attend our "Puzzles and Play" Night. The feedback has been very positive and special thanks parents for participating in the spirit of the evening. It sounds as if the children were quite delighted that their parent(s) had "played" at kindy.

By the time you receive this newsletter, I will have invited everyone to one-on-one discussions about their child. Sharing information with home helps us to know your child better and to plan most appropriately for them. Please keep an eye out for these invitations. If none of the available dates is suitable we can make alternative arrangements. I would also like to remind parents that they are very welcome to spend time at kindy with their child. Parents may like to come in for half an hour, a morning or a whole day – whatever works best for your family.

As part of your late night reading, I am including an article on the place of science in our kindy curriculum (see P 4). It is so easy to engage scientifically with young children. They are curious and the world is full of wonder for them – what a great combination!!

Desley

Friendly Reminders

NOTICE

**PARENT/GUARDIAN
MUST SIGN CHILDREN
IN AND OUT OF
THE CENTRE**

It is essential that your child is signed in each day. Our sign-in sheet is used as our record of attendance when we hold our fire drills so having everyone recorded is imperative.



To assist in maintaining health and safety of everyone at kindy, please remind your child to wash their hands as they arrive at, and leave, the kindy each day and please check regularly that your child's washer is NOT touching the washer below.

NOTICE

**REVERSE
PARKING
ONLY**

Parents can you please reverse your cars when parking at kindy – and please let anyone else know who may be doing drop-off and/or pick-up.

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PRESIDENT'S REPORT



Welcome to first term at Ballymore Kindy. The children and parents seem to know what they are doing now!

The Committee for 2014 is off to a flying start. The Committee members are a good mix of new and returning parents, as well as both groups being represented.

Please speak to any Committee member about anything of interest, whether you would like to help or just find out more. All parents are welcome to attend the Committee meetings, which are roughly monthly. Dates and times are on the pin board.

Our Committee members this year are:

Deanna Kershaw, President (Edward, Group 1)

Anna Lewis, Secretary (Julian & Rose, Group 1)

Trent Taylor, Treasurer (James, Group 2)

Kim Gray, Grants (Isaac & Jacob, Group 1)

Lisa Higson, Social (Kate, Group 1)

Rory O'Shea, Maintenance (Connor, Group 2)

Kathryn Napier, Promotion (Sam, Group 1)

Here is a bit of what we've been up to:

Alumni Catch Up

A good group of past and present families met up at the park on Fagan Road, on Sunday 2nd March. It was lovely to see children light up when they saw Desley, Yvonne & Karen, especially seeing them outside of the Kindy environment. The event was deliberately low key to make sure it will be easy to put together each year. Next year's Catch Up will be Sunday 1st March, always being the first Sunday in March. We have email addresses for Ballymore families for the last three years but not so much before that, so spread the word if you know other Ballymore Alumni! See more on P5.

Grant Building Work

We are very fortunate to have received a large grant of \$170,000 from the State

Government for works to the Kindy building and outdoor areas. A large portion of this has been used to remove all asbestos from the building, refit the kitchen, upgrade the bathroom area, new shelving indoors, replacing the posts on the verandah area, etc. You will have noticed the builders working on the sheds in the last couple of weeks, once this is complete, there only remains the replacement of the soft fall surrounding the forts to be done. It really has been an effort over three committees in securing the grant, and completing the considerable works but our children are the lucky ones getting to use it. As a committee, we hope we can secure more to 'pay forward' the benefits to the children to come. If you come across any grants we could be eligible for, please let Kim know.

Working Bee

The working bee on Saturday 7th March achieved a huge amount in one short morning. With about 15 people coming to help, many hands made light work. The sandpit was dug out and fresh sand went in with the old sand being taken out to the carpark to fill in a few holes, the mud pit was topped up, all surfaces outside were guerneyed, including the shade sails!, the low hanging branches in the car park were trimmed, all the gardens were given a spruce up and all the lockers and wooden blocks were treated to a lick of varnish. A big thank you to Rory and Desley for arranging the morning so we got the best out of all the help. See more on P5.

Website redesign

Our website is mostly used as a tool for promoting the Kindy to future enrolments, although you will always find newsletters and up-to-date articles of interest on there. Kathryn is working with another parent, Simon Cooper (Sam, Group 1), to refresh the website. It has been a couple of years since it was done, so will benefit. It is great this year's parents have so many skills to offer the Kindy!

Social connections

We've already had a couple of coffee mornings for each group, a wine and puzzle night and the playdates are coming up soon. It is lovely to make connections with other Ballymore families with and without the children, so look out for notices Lisa posts up in the sign-in area.

New faces at Ballymore

Mrs Elke Arndell is spending time with Group 1 as she completes the practical component of her Bachelor of Education, under Desley's supervision. We are really enjoying her enthusiasm and her love of play

Newsletter

A final thank you to Noreen Dillane (Hugo, Group 2) who is kindly putting together this newsletter each term.

Wishing everyone a wonderful year ahead.

**Deanna
President 2014**

ALLERGIES



As you are all aware, this year we have a child attending our centre who is allergic to nuts. As this is a very serious, potentially life-threatening allergy, we requested the help of all our parents in making Ballymore a “nut-free zone”.

People with this allergy may not even need to eat a nut to have a reaction. Skin contact or the smell of nuts can trigger a reaction in some people. To maintain total safety and peace of mind, our “nut-free zone” will mean having no products containing nuts or traces of nuts, including peanut butter, at the centre. Please be mindful of this

when packing children’s kindy meals and please be sure to check ingredients on packaging.

Thanks to you all for helping in keeping our centre a nut free zone. Should you have any further queries or concerns or would like more information please speak to Yvonne, Karen or Desley.

Why Does the Body Go Nut Over Nuts

When someone has a food allergy, his or her body sort of misfires. Instead of treating a nut or peanut like any old food, the body reacts as if the nut or peanut is harmful. In an attempt to protect the body, the immune system produces antibodies (special chemicals designed to fight infections) against that food.

These antibodies — called immunoglobulin E (IgE) — are designed to fight off the “invaders.” IgE antibodies trigger the release of chemicals into the body. One of these is histamine (pronounced: hiss-tuh-meen). The release of histamine can affect a person’s lungs, gastrointestinal tract, skin, and cardiovascular system, causing allergy symptoms like wheezing, stomach-

ache, vomiting, itchy hives, and swelling.

Allergic Reactions

A person with nut or peanut allergies could have a mild reaction — or it could be more severe. An allergic reaction could happen right away or a few hours after the person eats a nut or peanut.

In the most serious cases, a nut or peanut allergy can cause anaphylaxis (say: ah-nuh-fuh-lak-sis). This is a sudden, life-threatening allergic reaction in which several problems occur all at once. A person’s blood pressure can drop, breathing tubes can narrow, and the tongue can swell.

People at risk for this kind

of a reaction have to be very careful and need a plan for handling emergencies, when they might need to use special medicine to

stop these symptoms from getting worse.

Staying Safe

Staying safe means reading labels and paying attention to what they say about how the food was produced. Some foods don’t contain nuts, but are made in factories that make other items that do contain nuts. The problem there is the equipment can be used for both foods and leads to “cross-contamination.” That’s the same thing that happens in your own house if someone spreads peanut butter on a sandwich and dips that

same knife into the jar of jelly.

After checking the ingredients list, look on the label for phrases like these:

- “may contain nuts”
- “produced on shared equipment with nuts or peanuts”
- “produced in a facility that also processes nuts”

People who are allergic to nuts also have to avoid foods with these statements on the label. Some of the highest-risk foods for people with peanut or tree nut allergy include:

- cookies and baked goods
- candy
- ice cream
- Asian and African foods
- sauces (nuts may be used to thicken dishes)

EXPLORING SCIENCE WITH YOUNG CHILDREN

Science learning for young children is happening all around us, all the time. More than just doing experiments, science for children is about observing, seeing similarities and differences, wondering and hypothesizing, posing problems and trying out solutions, and TALKING about ideas and possibilities.

The world we live in offers children endless questions to answer and problems to solve. Sometimes, as adults, we are so absorbed in our own ideas of what is important for children to know, we miss hearing what their ponderings are and what is of particular interest to them. If we take time to “tune in” and really listen to children and the questions they are asking, science can become personally meaningful to them and satisfy their individual needs. Learning that satisfies a personal need or interest is always the most effective.

- Where does rain come from?
- Where does a frog’s tail go?
- How do my eyes see?
- What is gravity?
- Which marble track is the fastest?
- How big are dinosaur teeth?

Science for young children is about being involved in scientific processes more so than acquiring specific facts. It is about setting up an attitude towards science. In our early childhood curriculum, we find many ways to include scientific processes, and knowledge, in our everyday lives.

Through our games, both inside and outside, and in our group talking times on the carpet, and at morning tea and lunch, innumerable aspects of science find their way into our deliberations.

Topics we have talked about, wondered about, read about or played about over the years include:

- Animals – jungle, Arctic, Australian, baby, marine
- Volcanoes
- Dinosaurs- big, little, meat and plant eaters



- Bodies- eyes, ears, skin and bones
- Weather – wind, rain, thunder, lightning, drought
- Plants, gardens and forests
- Conservation and pollution
- Space, planets, rocket ships and gravity
- Force and motion, action and reaction, magnetism
- Recycling and the environment

What Strategies Do We Use to Extend Children’s Science Experiences?

Our conversations as a large group, in small groups and with individuals allow us to become aware of the interests and questions of children.

- In our discussions we pose “I wonder” questions – “I wonder where butterflies go when it rains?”, “I wonder what happens if/when...?”
- We share information with each other about what we already know – children and

adults alike. Children come to kindly having already acquired a vast range of knowledge and opinions. Showing them that we are interested in what they know builds their self esteem and their confidence to enquire further.

- With the children, we seek answers to some of our questions through a variety of ways – experiments, looking up books, asking someone, using the internet etc
- In large, and small, groups we conduct experiments to see “what happens when...” – we have mixed colours to create new ones, we have erupted volcanoes with bicarb and vinegar, we have left the play dough out in the air to “see what happens”.
- We provide a range of materials and equipment that allow children to explore and investigate possibilities; eg the hose is great for discovering force, action and reaction; construction sets give opportunities for experimentation in the science of engineering...
- Our science shelves are home

to our science books and some interesting collections – of bones, shells, nests etc. Over the years our collections have grown, thanks to the thoughtful contributions of families looking and thinking while on holidays.

- And most surprisingly perhaps, our games give valuable experience in a range of scientific processes (even those games not directly related to a science concept):-
- As we discuss, plan and play our games we share prior knowledge and pose problems. We brainstorm possible solutions to problems. We hypothesize what might happen if we do certain things. We plan what action we will take. We carry out that action. We reflect on and evaluate the results and communicate these, and we plan further action

And you just thought we were playing!

What Can Parents Do to Support Children’s Science Development?

Ponder with your child. Engage in some “wondering”. Talk with them and listen to their ideas and questions.

Answer their questions if you can, or work together to find out answers with experiments, the library, the internet...

Resist the urge to fill all their spare time with NEW experiences. New experiences are great but so is repetition. Sometimes children gain far more from being able to revisit the same experience over and over. Repetition helps children to clarify ideas and allows them to pursue ideas in more depth.

Many of the simplest experiences in our everyday lives are filled with the possibilities of science – cooking, gardening, reading, digging in the sand, walking on the beach or in the park, lying on the grass and looking up at the stars.

The secret is in the wondering and the talking and the listening that we do with children.

BALLYMORE WORKING BEE



A big thank you to all the Family members that turned up for the Ballymore Working Bee on Saturday March 8th. We got a number of tasks completed on the day:

- Removed a layer of sand and replaced with the 3 cubic metres of sand that was delivered
- Sanded our planks and oiled them
- Pressure hosed the verandahs and paths
- General gardening eg pruning

As you can see from the picture across the children are enjoying the new sandpit. Thanks again to all our volunteers.

ALUMNI FAMILY GET TOGETHER

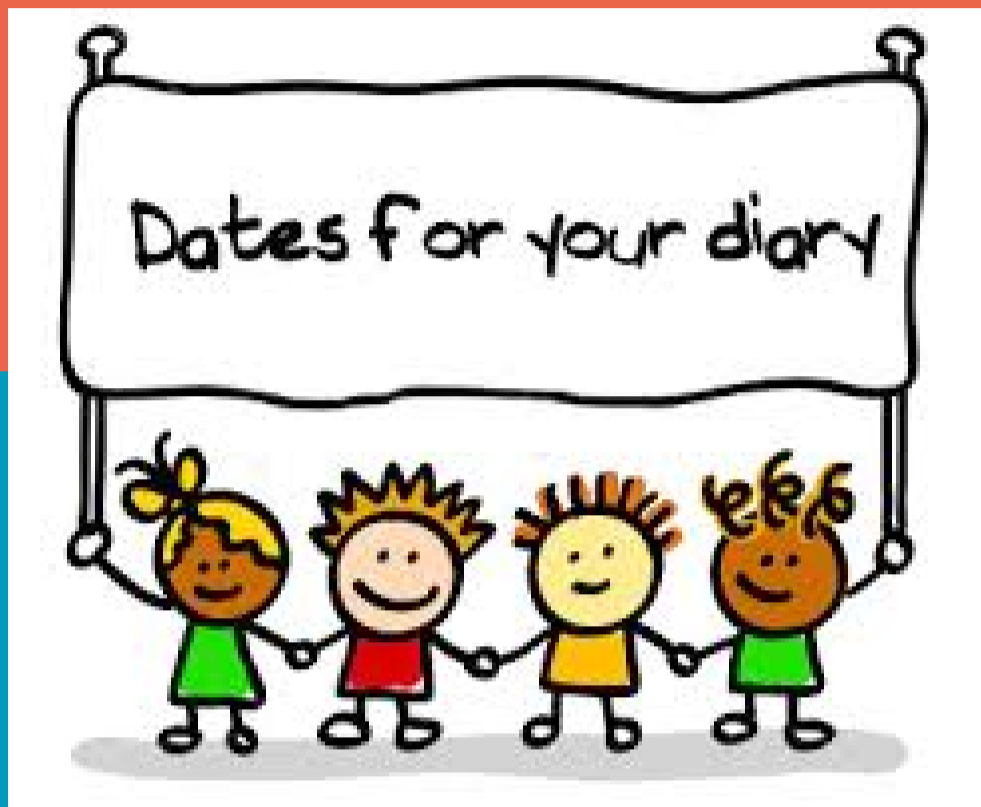


The Alumni Family get together was held on Sunday March 2nd at the Gould Road park in Herston. It was a great day with families past and present given to opportunity to catch up outside of the centre. The children really enjoyed it. We plan to have this as a regular catch up on the first Sunday of March each year. Thanks again to all that came.



OTHER

DATES FOR THE DIARY



Kindy Group Photos

Kindy group photos will be taken on – Tuesday 29 April for Group 1 and Wednesday 30 April for Group 2. This is the second week of Term 2.

Parent Talks in Term 2

On May 14, Say and Play Therapy Services are holding a parent information night at kindy. Speech Pathologist, Christine Beehler, and Paediatric Physiotherapist, Natalie Scott, will present developmental information regarding speech-language and motor development to parents. This would take approximately 30 minutes.

Transition to Prep

In the weeks that follow (date to be confirmed) Yvonne, Karen and I will follow up Chris' and Natalie's information with a discussion evening looking at the Transition to Prep.



Request for Help

Would anyone know where we could buy new covers for our mini-trampolines? Or is anyone clever enough to be able to sew them??

Request for Testimonials from Parents, Carers and Children

We are currently in the process of updating our website and would be very grateful for your assistance (just 5-10 minutes maximum).

We are adding a "Testimonials/What people Say" Page and would love to hear from current parents or carers (and of course your children) about their experiences with our Kindy.

If you would like to help, we have placed some forms next to the sign-in book. Once you have completed the form, they can be returned to the box next to the sign-in book. We are hoping to have them uploaded to the website in the coming weeks. Thank you.