



### THE **ZONES** OF REGULATION®

Over the month of March educators have been introducing the children to the 'Zones of Regulation' which in essence is a social and emotional learning framework and pathway to regulation. Being able to identify your emotions and learning how to manage them is one of the most important skills we can teach our children, especially in the early years. The four coloured zones help children visualise and determine what zone they may fit into depending on the emotion. The **Red Zone** is used to describe extremely heightened states of alertness and intense emotions. A person may be elated or experiencing anger, rage, devastation, or terror when in the Red Zone. The **Yellow Zone** is also used to describe a heightened state of alertness and elevated emotions, however one has more control when they are in the Yellow Zone. A person may be experiencing stress, frustration, anxiety, excitement, silliness, the wiggles, or nervousness when in the Yellow Zone. The **Green Zone** is used to describe a calm state of alertness. A person may be described as happy, focused, content, or ready to learn when in the Green Zone. This is the zone where optimal learning occurs. The **Blue Zone** is used to describe low states of alertness and down feelings such as when one feels sad, tired, sick, or bored.



## March in Review 2023

### Inside this Newsletter

- ♥ Educator Reports
- ♥ Living Eggs
- ♥ RRR and Gardening
- ♥ Community Garden
- ♥ Harmony Week
- ♥ Preschool Rules
- ♥ Phonemic Awareness Report
- ♥ Little Endeavours Report
- ♥ Sustainability Report

# Our Preschool Programme in Review

**Sweetpeas:** We are continuing to develop social goals by encouraging children to interact and participate in group games and experiences. The sandpit is always a popular area for the Sweetpeas who have all enjoyed working together moving sand with diggers and loaders, cooking up a storm in the sandpit kitchen or working really hard seeing who can dig the deepest hole. I have seen some good social skills emerging with children beginning to branch out, joining in and playing with new groups of friends for the day. By giving support and examples of words to use, educators have encouraged children to try and solve problems that may arise, from wanting to join in with play, sharing or simply needing a friend. Other fun group activities and games the children have enjoyed together are, Duck, Duck, Goose, Bug in a Rug, What's the time Mr Wolf?, Hide and Seek, and the all-time favourite is Stuck in the Mud. Construction and dramatic play areas have always been popular where children can interact and learn to make friends by simply sharing common interest.

**Bluebells:** March has been a mixed bag when it comes to the weather, with some wet days and some very hot days. Regardless of the weather, it is recommended that children have 3 hours of active play per day. At preschool, we use yoga, dance, indoor obstacle courses and fitness sessions to help children be as physical as they can be on the days they can't run around outside. Part of our physical development is developing our fundamental movement skills. The Sweetpeas and Bluebells participate in a daily skills program we call Mini Moves where they learn an important skill, such as catching a ball, then use these learned skills in games and activities. In March, we practiced our overarm throwing skills and practiced this with beanbags into hoops, learning to step forward with the opposite foot before we throw. We are currently practising our hopping skills. This is one of the trickier skills to learn but the children are making a great attempt at it, holding onto a friend or the banister for balance if they need it. You can also practice these skills at home - draw a hopscotch on the path and encourage your child to hop along all the numbers. As an incentive, each child receives a certificate of achievement on the completion of each learned skill. As always, please come and speak to your child's educator if you would like to know more or have any concerns about your child's physical development.

**Schoolies:** We are very fortunate here at Mt Colah Preschool to have such an adventurous, stimulating and welcoming environment both inside and outside. The Schoolie children have been able to showcase their developmental skills through a variety of activities and have been particularly interested in outdoor environment which includes our gardens, sandpit, cubby house, pirate ship, climbing tree and multiple pieces of climbing equipment. As we have been working out way through the developmental areas the children have expressed their love for climbing and challenges which was shown during gross motor week. The children had participated in climbing obstacles courses and persisted to do it without falling off or touching the ground. With our recent approval to have access to community garden and play equipment, the children have had a great time exploring the different parts of the garden and using it to challenge their skills. Each child has had the opportunity to use this new equipment to challenge their climbing, balance, coordination and strength skills. With regular visits up to the community garden the children will be able to continue building these skills and challenge themselves using the unfamiliar climbing equipment.



# Living Eggs Experience

Monday 20th February—Friday 3rd March 2023



Monday was a very exciting day for the children as the chick eggs arrived! The children closely explored the incubator which was keeping the eggs nice and warm until they were ready to hatch. During our Discovery group time, the children began posing questions about the soon-to-be baby chicks, including **"Will the chicks use their beaks to peck out of the egg?"** They were also excited to share their own experiences with chickens and connect this to their new knowledge —**"I have chickens at my home and they eat scraps"**. On Wednesday morning, the children were very excited to discover that 3 baby chicks had hatched overnight! The children watched on as the young chicks covered in yolk began to slowly stand on their two feet. Throughout the day, we closely observed the small breaks in the other eggs. Then just like that! Our 4th baby chick arrived! What an amazing experience for the children to see the baby chick breaking free from the egg.

On Thursday morning we found 3 more baby chicks had hatched overnight. For the rest of the week and the following week, the children enjoyed handling our baby chicks. The children were so gentle, using all of their senses to engage with the chicks. This included learning how to tell if the chicks were a girl or a boy based on their feathers on their wings. We also saw the children's confidence develop as the days progressed, creating a special bond between the children and chicks. The children became responsible for ensuring the chicks were not too hot or too cold and had enough food and water. After many discussions about names, we decided on Chocolate, Aubrey, Aeroplane, Sleepy, Elsa, Crystal and Acrobat.

During our living eggs experience, we participated in many other activities to further extend our learning on the life cycle of chickens. This included stories, craft experiences, activities, puzzles and educational clips.

At the end of the fortnight, we were delighted to see four of our chicks go to a previous Preschool family. We look forward to inviting these chicks back to Preschool one day to continue to explore the life cycle of a chicken.





# Living Eggs Experience

Monday 20th February—Friday 3rd March





# Reduce, Reuse, Recycle Week

6th March



The children embraced this topic. They were enthusiastic about creating innovative items using boxes etc from the recycle bin. During our discovery times they engaged in a recycling games, sorting items on a tray into the relevant bins we use at preschool and looked at an experiment with water and oil in a bottle demonstrating the effect oil and rubbish has on sea life in the ocean. We counted bottles from our Return and Earn bin and talked about the charity, 'Diabetes Australia' that we will be donating money earned with this project. The Children are gaining an understanding of the importance of reducing rubbish that goes to landfill. After seeing photos of landfill sites one of the children asked **"But is that real?"** and we all agreed we should do all we can to reduce the amount of rubbish going into these tips. Doing our best to recycle and help keep Australia and the world clean.





# Gardening Week

13th March



The children have been able to use their prior sustainable knowledge through play and discovery times. The children have also taken part in creating a new scarecrow for garden. Bobbi is our new scarecrow located in our bottom garden next to the Mud kitchen and has the job of keeping all creatures off our beautiful produce that the children and Janet work hard to keep growing strong and healthy. Throughout the week the children participated in many hands on experiences like watering, weeding, planting, composting, harvesting and more to help them learn and apply their newly gained knowledge. The children were lucky to have Janet come in through the week and show them how potatoes are grown as they have a different growing process to most plants. To extend on their learning, we had the opportunity to explore the community gardens produce and look at the different characteristics of the garden. The children got to pick some fresh cherry tomatoes and lettuce to have throughout the week for afternoon tea. Thank you to Ethan's family for donating a tomato plant for the children to plant and watch it grow.





# Community Garden Excursions



We have commenced our regular excursions to the Community Garden this month. It has been a great opportunity for the children to explore the gardens and engage with a different environment as we continue to promote a sense of community within our Preschool. Each visit the educators are taking up different resources for the children to engage with including binoculars, walkie talkies and balls. We are encouraging them to explore some riskier play on the trickier play equipment with guidance to further support the development of their gross motor skills also. We are excited to have this as an embedded part of our programme now.





# Harmony Week

20th March

What a wonderful week celebrating our beautiful country and the diverse cultures within it. Harmony week promotes inclusiveness, respect and a sense of belong for everyone. The colour orange represents this event. During the week, the children and educators were encouraged to share parts of their culture with their peers.

This included photos, items, recipes, songs and stories. We also engaged in a variety of crafts, made orange play dough, baked some yummy vegemite scrolls with Tegan and cooked pasta with Lara. We had a special visit from Lorraine (Declan's Mum) who shared the origins of dance with us.





# Harmony Week

20th March





This month the Educators collaborated with the children to construct simple rules for our Preschool for 2023. We discussed how these rules help everyone feel safe and secure within our environment. Encouraging the children's participation in the process of developing the rules supports the development of their autonomy and independence, their self regulation and helps to create a caring and empathetic environment. Our rules are displayed at our group time area and on our notice board. Regular discussions are had around these as we promote a safe and positive Preschool environment.



**We respect Preschool's and other's belongings.**

**We use our manners.**

**We walk on the pavers and inside.**

**We listen to the speaker.**

**We are kind to others.**

**We sort our rubbish into the correct bins.**

**We respect and look after our environment.**

**We wash our hands regularly to stay healthy.**

**We keep our hands and feet to ourselves.**

**We keep sand in the sandpit.**

**We use inside voices inside.**

**We wear hats and sunscreen outside.**



# Little Endeavours with Jo

We are almost to the end of Term 1 already and the children have settled into the routine of my visits for Little Endeavours, and now know that if I pop in without my blue shirt on I am not there for LE. The preschoolers are also learning that they may have to wait for their turn in LE activities but they will get the chance to do it.



Veggie Planting & Scarecrows – We helped Janet plant some new seedlings in the veggie gardens. The children had to listen to, and follow Janet's instructions as we planted lettuce, brussel sprouts, lemon thyme, purple carrots and snap peas. We also made our own scarecrows out of recycled Nespresso tubes and ribbon reels. The children chose the features they wanted to add, reflecting on what they had done when making our real scarecrow and transferring that knowledge in their own creative ways.





# Little Endeavours with Jo



Harmony Week Flags – As well as our Australian, Aboriginal and Torres Strait Island flags we have added sixteen more flags to our flag bunting, showing the heritages and diversity of our preschool families. When painting the flags the children helped me google each flag on my iPad so we would paint them the correct colours, and we talked about why you can't paint them in your favourite colours. We also discussed which families and/or educators 'belonged' to each flag. These flags are now on display.



Walkathon Numbers and Streamers – For our fundraiser walkathon we made lap numbers and the children worked in groups of three or four to make each number. As a small group they work together to decide on the number they will do and what they will be collaging with. It was great to see them negotiate and compromise when making the decision. We also made streamers to wave. The children counted out the streamer pieces and named the colours they chose – a great fun activity reinforcing counting skills and colour recognition.







# Phonemic Awareness Programme



During the month of March, the Schoolies have been learning about the focus sounds /c/ and /b/. The children have been engaged in a variety of songs, stories, activities and craft experiences with the Letterland characters Clever Cat and Bouncy Ben.



As we learnt about the /c/ sound, the children focused on different foods starting with /c/ including cocoa, cucumber and corn. We closely explored how corn is grown and discovered the farm to fork process. This led to a fun cooking experience making popcorn. The children loved watching the corn kernels transform into white fluffy popcorn. The children enjoyed further developing their fine motor skills as they traced and wrote the letter C through a variety of activity sheets.



During the fortnight of Bouncy Ben, the children became very active as they explored many different ball sports. This included basketball and baseball as well as other sports that involve a ball—soccer and netball. This led to experiences outside playing with the balls and balloons, further developing the children's hand-eye and foot-eye coordination. The children also took part in bubble painting to further encourage them to produce the /b/ sound in bubble and made bouncy balls using clay.





# EMERGENCY EVACUATION DRILLS

EMERGENCY  
ASSEMBLY  
POINT

This month we have been conducting our quarterly evacuation drills at Preschool and we thought it would be a good time to talk about emergency situations that may occur in your home with your children. Some great questions to ask and discuss in an emergency are:

- \* **What number do you call in an emergency and who would you ask for?**
- \* **What suburb do you live in? Even more importantly, teach your child their address.**

**\* What state do you live in?**

- \* **If there is a fire at your house where should you try and get to ?**

The mailbox is usually a good meeting place for the family in an emergency situation.

During these drills the children follow educators instructions as we walk up to our Emergency Assembly Point in the Community Garden. If you are ever here whilst we are conducting an emergency drill please also follow educators instructions.

## April Birthdays

**A big Happy Birthday to all of our children  
having birthday this month!**




Max G—4 years  
Kaver—5 years  
Adeline—5 years



# Community Connections

## Visit your local playgroup!

Our playgroup offers children from new born to 6 an opportunity to learn through play, develop social skills and make friends in a safe and stimulating environment. By attending playgroup parents and carers can build social networks that support them and their children.



"Playgroup has helped my children learn about friendship, belonging and that playing with others is fun".

Playgroup NSW Member

**MOUNT KURING-GAI ABC  
MT KURING-GAI COMMUNITY CENTRE  
5 CHURCH STREET  
MOUNT KURING-GAI  
COME AND JOIN US ON MONDAYS AND  
WEDNESDAYS  
SESSION TIME: 9.30 TILL 11.30**

To give families with young children and babies an extra incentive to start going to playgroup, we're offering FREE five year Playgroup NSW membership to all families with children up to six years. Families can attend two playgroup sessions and then need to become a Playgroup NSW member to continue to participate at your local playgroup.



For more information  
please contact us 1800 171 882  
[admin@playgroupnsw.org.au](mailto:admin@playgroupnsw.org.au)  
[playgroupnsw.org.au](http://playgroupnsw.org.au)

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## IGNITE YOUR PASSION!

### Hornsby Berowra Eagles Auskick

Rofe Park, Hornsby Heights

Sundays 8:30-9:30am - commencing 2 April through until Aug

Auskick is for girls & boys aged 4 -8 (born 2015 - 2018)

[www.hornsbyberowraeagles.com](http://www.hornsbyberowraeagles.com) for more info & to register

Register at [play.afl/auskick](http://play.afl/auskick)

