



**Olympic Avenue Kindergarten
July/August 2010 Newsletter
Issue 4 2010**





PRESIDENT'S REPORT



Key contacts

Office

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Teachers

3 y.o-Teachers
Ronnie & Tina

4 y.o – Teachers
Angela & Margaret

Committee

President

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Welcome to the winter edition of the newsletter. I've certainly been enjoying some evenings in front of the fire!

In this newsletter, I have three requests for help!

The Department of Education and Early Childhood Development (DEECD) has just announced a new round of Renovation and Refurbishment grants for up to \$200,00 per grant which are open to service providers who currently deliver a 4 year old kindergarten program. The deadline is 9 September. Plans are already underway to make sure we put in a quality application. This will require ongoing liaison with Bayside Council, DEECD and others.

Further to the flyer that went out last week, if you were thinking of putting your hand up to be part of shaping the future of our kindergarten for 2013, now is the time! We would also like to hear from anybody who has some experience of managing building projects. Even if you can't help, perhaps you have a relative who could help out?

We need all the help we can get!

The second request is to consider being on the Committee next year. It's never too early to start thinking about whether you would like to get involved. It's a great way to meet other people and feel like you're making a big difference to our community organisation. The kinder cannot run without its volunteer parents and although some of the positions do require quite a lot of commitment, the more volunteers we have the better. Many positions can quite easily be "job-shared" - including President! If you think you might be interested, please talk to someone on the Committee, or please feel free to contact me - details below.

Lastly, we are looking for a volunteer to help organise the cake stall on election day, 21 August. The kinder has agreed to be a polling station for the federal elections. We have already had some offers of help for the cake stall, but we need somebody to take on the overall co-ordination. Maybe think about sharing the job with a friend? It's a busy time for the Committee, with the main fundraiser only a week later and now we also have to prepare for a major grant application in under 6 weeks. Please put your hand up if you can help! My contact details are: 0423 771273 or janeandmark@kippae.org

Since the last newsletter, the social committee organised a fantastic farewell for Stephanie, who really went out in style! It was good to see her back at the kinder recently to farewell the children. We are delighted that Angela has settled in to our kinder so seamlessly and all the children by now seem to have taken this change in their stride.

As well as liaising with Bayside Council about preparing the kinder for 15 hours of kindergarten by 2013, we have been updating the kinder's policies.

I am very much looking forward to our major fundraising evening on 28 August - hope to see you all there!

YELLOW AND ORANGE GROUP REPORT

Photo Board



Finger painting is so much fun !



Creative Expression



Sensory Exploration



Cognitive
Development

Dear Parents,

I hope the holidays were fun for your family and that you managed to keep warm on those really cold days!

We began the term revisiting some interest areas that we could develop further.

At the end of last term the children made shops and sold 'produce'. So many skills were developed in this play, particularly social skills. For young children it can be quite difficult to wait for turns to be the shopkeeper or customer. It can be very frustrating to share ideas and goals when you have great ideas yourself. It can be very challenging when you would prefer to play with particular children and the teachers keep adding a variety of children into the game. Dramatic play is an ideal vehicle for children to practice these social and emotional skills. In addition, we focused on maths skills. The children counted out items of produce and 'paper dollars' when selling and purchasing items in their 'shop'.

It was fun to look at baby photos and try to match them to the children. Our thanks to Susie and Shae for bringing their babies along to mat time for a discussion of human development. The children were able to observe and compare how babies communicate their needs, use their physical and motor skills etc.

On Friday 23rd July Claire, from Beaumaris Library shared some Winter Stories, songs and poems with the children. Do you remember how we talked about language development during our recent Parent / Teacher interviews? The importance of immersing your child in language? Claire always achieves this beautifully with activities that help to extend the children's vocabulary, their interest in different types of books and their understanding of rhythm and rhyme in poetry.

Following on from Claire's introduction to Winter, the children were asked to bring a variety of vegetables to Kindergarten to cook in a Winter soup. Cooking always encourages lots of conversation about the ingredients and the way in which the ingredients change state during the process. It is also a wonderful sensory experience full of delicious tastes, touch and smells.

I really enjoyed meeting parents for their recent Parent / Teacher interview. Please feel free to make a time now if you were not available at the end of last term. I think planning your child's next objective together was very valuable and keeps us all on the same goals. Another way of being familiar with our program is to read the fortnightly reflection which is always pinned up in the foyer above the attendance book. There you will see the flow of activities and skills we are developing and how they relate to the Victorian Early Years Learning and Development Frameworks Curriculum introduced to Preschools last year.

Stephanie's 'Farewell' was enjoyed by all and it was great to see so many present and past parents there. The good news is Stephanie is still available to do some relief teaching for us, beginning with a week in August when I shall be on Long Service Leave (6th—11th inclusive). Our new staff member, Angela, seems to be settling quickly in her role as our Four Year Old Group Teacher. Already she has mentioned the warm, friendly feeling of OAK. But we already knew that, didn't we?

Regards,
Ronnie and Tina



RED AND BLUE GROUP REPORT

Dear Parents,

Welcome back to Term 3. I hope you all had a wonderful rest over the holidays in preparation for the busy term ahead. I spent the break with my family and though we didn't go away as such, our days were packed with visits to the Titanic exhibition at the Melbourne Museum, the zoo, a couple of rounds of golf, ferrying children to various activities, entertaining friends and visiting family.

Thank you to all the parents, staff and children for making my start with OAK a very welcome one. I am familiar with the area, growing up in Bayside and moving back after stints interstate and overseas with my husband Barry, and our two children, Anthony & Benjamin. I have spent the last two years teaching part time at a local kindergarten, and am looking forward to working with all the people involved in the OAK community.

Thank you to all the families who have filled in the parent duty roster. Parent duty is a fantastic way to spend time with your child in the kinder environment and your input will assist me in setting goals for your child to work towards. If you wish to speak to me out of class hours, please let me know so we can arrange a suitable time to meet.

Last Thursday, Stephanie visited each of the groups. The children were very excited to see her, and it was important that they saw she has fully recovered. We celebrated each session with a party and Stephanie was able to say her goodbyes. The children were very excited to have her as their guest. Each group presented Stephanie with a book of their drawings to remember her days at OAK by. Stephanie will be back in the next few weeks as Ronnie takes leave from the 3 year old groups.

On *August 5 2010*, we will have a visit from Thingle Toodle who will teach us about Road Safety. An *excursion* to Camelot Traffic School has been booked for *August 12 2010*. Children will need to make a box car for this day. Additional information has been sent home for this day. Parents are requested to return the reply slip by August 5th to the box located by the sign in book.

National Aboriginal and Islander Children's Day will be celebrated across the nation on August 4th. We have received some funding to celebrate this day in our kinder. I am currently looking at activities for the children to participate in, with the help of the families involved.

We have arranged for our professional photographer to come and photograph all the children during the week of August 16. Tuesday has been taking photos of OAK kids for several years. Take a look at her webpage at www.tuesdayschildphoto.com.au.

Further information and pricing details to follow.

The Federal Election will be held on Saturday 21st August 2010. OAK will be used on this day as a polling venue.

This term we have two Work Experience Students joining us. Annie is in Yr 10 at Kilbreda College and joined us in the first week of term. This week, Emily, also in Yr 10, joins us from Star of the Sea College.

Dates for Term 3: 12 July to 17 September

Regards,
Angela Seaton



PARENTING TIPS

Helping Children Build Resilience

What is resilience?

Resilience is the ability to adapt to adversity. It's the ability to cope with living in spite of stress. Building resilience is the ability to bounce back and adapt to all kinds of adversity, including trauma, tragedy, threats, setbacks and stress. Children at some time in their lives will experience stress and trauma, but by building resilience, children are better able to manage stress and feelings of anxiety and uncertainty.

Resilience is important because it is the human capacity to face, overcome and be strengthened or even transformed by the adversities of life. And adversity affects us all at some time in our lives.

Resilience checklist

Resilient children find ways to solve their problems exercise control over negative thoughts and take responsibility for choosing how to act and feel are more likely to have people to talk to and confide in when something worries them have inner strength, social and inter-personal skills and skills in communicating effectively require parents and carers to model resilient behaviours and help promote resilience through words, actions and the environment in which they are being raised like to try new things, enjoy a challenge

need supervision, support and boundaries feel they can succeed persist with a task and persevere have a sense of optimism believe their contribution can make a difference to an outcome like helping people

possess a sense of fun Resilience can be learned Resilience draws on aspects of a child's characteristics including temperament and the environment in which they are raised and supported, including people and opportunities that help build resilience, for instance independence, autonomy and problem solving.

Strategies for building resilience can be learned over time.

Learning to think positively and in perspective means a child can not only cope with problems and setbacks, but they also have opportunities to learn how to build strengths that protect and promote well-being.

To overcome adversity and build resilience, children ideally require:

- unconditional love and acceptance
 - some autonomy over their lives
- trusting relationships with significant adults
 - feelings of independence
- secure relationships and strong role models to help foster friendships and commitment
 - a safe and stable environment
- self-confidence and faith in themselves and their world
 - All these things help to build resilience.

PARENTING TIPS

Helping to promote resilience

A child's ability to build resilience is dependent on their age and stage of development. However, helping a child to feel secure and confident can begin at birth.

For babies, toddlers and preschoolers:

Provide safety, security, stability and nurture - physically, verbally and emotionally
Rock, stroke, soothe and cuddle often, use words of comfort to calm

Allow babies freedom to explore in safety

Encourage toddlers to calm themselves, model optimistic and resilient behaviour

Talk with toddlers and preschoolers about what adversity and setbacks mean

Reinforce a child's faith in their own problem solving skills

Set limits for behaviour and label the behaviour, not the child

Offer explanations regarding rules and discipline, praise the accomplishment of tasks & milestones

Encourage independence

Help your child to recognise feelings and develop language to express emotions

Build on the security of trusted relationships

Source appropriate picture books from your local library

Know and work with your child's temperament

Help your child stick to a daily routine

For preschoolers and older children:

Give unconditional support, nurture and encouragement

Encourage and help your child practise calming strategies

Model self esteem, confidence and optimism

Talk about appropriate behaviours

Encourage independent thought and action

Build on developing an emotional vocabulary and how to label feelings

Help your child to understand their own temperament, why they might react in a certain way

Practise effective ways to resolve conflict at school or in the playground

Spend time every day talking, discussing and sharing what's happening in your child's life

Model and teach attitudes of empathy and ways of caring

Explain that all behaviour has consequences, provide comfort in stressful situations

Praise completed tasks, work well done, perseverance, desired behaviours

Discuss accepting responsibility for behaviour and why discipline is imposed

Clarify expectations, rules and regulations (especially for school)

Accept that failure happens and talk about ways your child can overcome feelings of failure

Discuss and support emerging independence and autonomy as your child develops

Be flexible with routines so that your child has time and opportunity to be creative

Teach your child how to focus on something else if they are worried or upset

Resilience is coping with change and for many young children, change can be stressful and scary. Helping a child keep things in perspective, understanding why change is an inevitable part of life, will help them navigate and bounce back from tough times and move forward to better times. At all times, where possible, ensure that children have unconditional support and stability from their family or caring network.



OAK SOCIAL COMMITTEE

80's Revival social and fundraising – Sat 28th August 2010

Have you put this date in diary

Have you put your name on the table sheets?

Have you paid for your tickets to receive the Early bird Special?

Early bird ticket special price of \$17.50 per head ends this Friday 30th July. If you haven't paid by that date the price is \$20 per head. All tickets need to be paid for by Friday 20th August.

Get in now!!! Don't miss out! This will be a fun event.....

Tickets are on sale and there is a lot of interest so make sure you write your name on the table sheets in the Kinder Foyer or contact Shae on 0421 073 688 to book you place.

Help for the 80's Social Night setup.

If you would like to help with setup on the day of the 80's night we would love to have you there....Many hands make light work!!

Please speak to Annie (mobile 0409 063 543) to let her know whether you are available.

Father's BBQ – Sunday 10th October

The next event after our 80's social event is the Father's BBQ.

This will be on Sunday 12th September at the kinder. We will give more details closer to the date however put it in your diary.

New Social committee Members

We have a couple of new social committee members - Penny Reid from Yellow group (Sophie's Mum) and Julie Laurent from Orange group (Aiden's Mum) if you have any social ideas or feedback please see them they would love to talk to you and we Welcome them warmly to the Social Committee.



IMPORTANT DATES FOR YOUR DIARY

DATE	TIME	ACTIVITY	VENUE
Mon 2 nd August	AM	Play in the Park – RED Group	Olympic Avenue Kinder
Thursday 5 th August	AM/PM	Thingle Toodle – Road Safety Visit	Olympic Avenue Kinder
W/c 16 th August	AM/PM	Group and Individual Photos – All groups	Olympic Avenue Kinder
Thursday 12 th August	AM/PM	Camelot Traffic School - Excursion	Camelot Traffic School
Friday 20 th August	AM/PM	Drop off all cakes etc for Cake Stall to teachers	Olympic Avenue Kinder
Saturday 21 st August	AM/PM	Polling venue for Federal Election/Cake Stall to raise money for the Kinder	Olympic Avenue Kinder
Sunday 12 th September	9am – 12pm	Working Bee – Red Group	Olympic Avenue Kinder
Sunday 19 th September	AM/PM	Art/Garden/Creative Workshop	Olympic Avenue Kinder
Monday 20 th September	AM/PM	School Holidays begin	Olympic Avenue Kinder
Monday 4 th October	AM/PM	School Returns	Olympic Avenue Kinder
Term 4 - TBD	AM/PM	Melbourne Symphony Orchestra – BLUE and RED	Melbourne Symphony Orchestra

The Working Bee officer would like to thank the parents of Alannah, Harrison, Tommy and Andrew who put in a great effort on the working bee day, which was a bit wet at times but managed to clean up the front garden, quiet garden with the huge amount of autumn leaves. Plants were planted at the front door area and in the quiet garden, sand pit was sifted clean, windows cleaned and a general clean up in and around the kinder.

A thank you also to Di who co-ordinated the gardening tasks and also attended to the first aid needs on the day. Although everything on the task list was not achieved since we had a poor turn out of parents on the day.

The family members who did attend receive their \$80 refund for attending. If parents cannot attend their own group working bee they can attend another working bee through the year.

Next working bee is on the 12th September 2010 for the 4YO Red group. Flyers will be sent out 2 weeks before hand.

NEWS/NOTICE BOARD

Kinder Gear For Sale

Legionnaire hats (red or blue)\$ 8.00
 Kinder bags\$10.00
 Iron on transfers (black or white) ... \$2.00
 Trolley coins (see designs below) ...\$3.00



By popular demand Trolley Coins are now permanently available!!

To purchase any of the Kinder Gear items use the order envelopes provided in the Kinder foyer. Please allow three days for your order to be processed, it will then be available from the OAK office for pick up – please ask Stephanie or Ronnie.

FUNDRAISER - 80'S NIGHT

ALL MONIES DUE BY 20TH AUGUST

A box has been placed in the office for donations for the silent auction. Anything welcome.

GROUP AND CLASS PHOTOS

Look out for forms in pigeon holes. More information @ www.tuesdayschildphoto.com.au

Banking Details for School Fees

The correct details for paying your fees by EFT are as follows:

BSB: 704 191

Account no: 155886

Account name: Olympic Avenue Kindergarten

PLEASE NOTE TERM 4 FEES:

EFT preferred. If not, cash payments will only be accepted on Mondays between 11.30 – 12.30 and Wednesdays 12.30 – 1.30PM.

Hire the Kinder for your Child's Party



**HIRE FEE JUST \$60.
 PLUS BOND \$90.**

- Full use of the outside play area including sand pit
- Full use of the kitchen and amenities

Download the booking form at www.olympicavenuekinder.com.au

Please note: the Kinder is not hired out during School Holidays or on Working Bee weekends.

Our kinder aims to be NUT FREE. Please refrain from bringing any food which may contain traces.

ANNUAL PARENT SURVEY

As we pride ourselves on being a community based kinder, community feedback is important. Could all parents please return the parent survey to the box in front reception by 9th August.

ELECTION DAY CAKE STALL

Another opportunity has risen for a little fundraising towards our shade sail.

We will be holding a cake stall outside the kinder and ask anyone who would like to help out either working the stall or donating a plate of biscuits, cake etc. to Jane, Angela or Ronnie. Thanks.



2010 COMMITTEE MEMBERS

POSITION	MEMBERS NAME	CONTACT DETAILS
PRESIDENT	Jane Kippax	janeandmark@kippae.org
VICE PRESIDENT	Christian Anderson Angela Reader	cmanders1@optusnet.com.au info@cheltenhamspeech.com.au
TREASURER	Susie Pitara	susie.pitara@au.pwc.com
SECRETARY	Tania Purton	maxwellsmart@optusnet.com.au
SOCIAL CORDINATOR	Annie Thomas	emailannie@optusnet.com.au
SOCIAL COMMITTEE	Orange - Janeece Heweston Orange - Julie Laurent	janeecelowland@optusnet.com.au Julie_m_laurent@hotmail.com
	Yellow - Penny Reid	penny.reid@au.netgrs.com
	Red - Kristen De Forest	kwoolacott@hotmail.com
	Blue - Jacinta Jones	Jacinta.jones@bigpond.com
MAINTENANCE & WORKING BEE OFFICER	Sean Roache	roche_4@hotmail.com
COMMUNICATIONS	Melanie Knox	melanieknox@hotmail.com
SUPPLIES	Jen Lee	tjlee5@optusnet.com.au
GARDEN	Megan Hall	meganhall@lycos.com

A number of positions will be open for re-election for the 2011 Committee Year. We would like to call on parents who would be interested in joining the committee for 2011 to consider any of the positions below. (Additional positions will be advertised next month). If you have any questions please feel free to contact Jane or the person currently holding the position.

Positions Include:

President:

Coordinates the running of the Kindergarten, chairs monthly meetings and AGM, attends Bayside Council Kindergarten meetings, and oversees day to day issues. Supervises Administrator. Ideally should bring management/organisation and good communication skills to the position.

Vice President:

Deputies for President, arranges emergency staff in the event of illness, coordinates annual parent survey, researches and applies for grants and organises and oversees kinder hire