



September 2017

# Gordonews

[www.gordonpreschool.org.au](http://www.gordonpreschool.org.au)

## Gordon Community Preschool's newsletter *Keeping you up to date with our Preschool community....*

### Attachments...

- Term four calendar
- Feedback form

### In this issue...

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- Page 5 *healthy recipe to share!*
- Page 6 - *Web links for Parents- protecting children is everyone's business.*



### PLEASE NOTE

New email addresses for our office and director at preschool

[admin@gordonpreschool.com.au](mailto:admin@gordonpreschool.com.au)

[director@gordonpreschool.com.au](mailto:director@gordonpreschool.com.au)



Dear Parents, welcome to another edition of our preschool newsletter - Gordonews.

### GRANDPARENT MORNINGS

We enjoyed our recent grandparent mornings very much. Building connections between families and preschool helps children develop a sense of belonging. It's good for the adults (Parents, Grandparents and extended family and friends) to demonstrate an interest in your child's world as this helps reinforce to your child that he/she is important. This sense that a child "matters" helps lay a solid foundation for future learning and development. Having a strong sense of belonging, feeling connected with people and the world – feeling positive about his/her place in the world helps prepare children for new experiences and new learning.

### Vision Screening at Preschool

We have now completed our vision screening programme for 2017. We participate each year – so if your child missed out this year due to age requirements or if he/she was absent on the day – we will also run the screen next year. Of course, if you have concerns about your child's eyesight – talk with your family Doctor about this.

### Preschool Family, Culture and Community afternoon – Sunday 3<sup>rd</sup> September

Remember that this weekend on Sunday 10<sup>th</sup> September, we will be holding our very first "GCP Family, Culture and Community Afternoon". It begins at 2.00 and runs until 4.30. We have some wonderful parent volunteers who have arranged some fun activities for the children.

***Come along and join in the fun.***

Let us know what you think of our preschool – the programme – management – the environment – communication – we'd love to hear from you! We have a communication/feedback sheet attached to our newsletter this time.

***Kind Regards  
Felicity Barclay***

### Words of wisdom...

*"No-one can make you feel inferior without your consent".*

Eleanor Roosevelt 1884-1962



## Afternoons at GCP Preschool Pick up time – 3.30 finish time



### A reminder...

Our preschool closes at 3.30PM. We have a number of parents and grandparents remaining in the playground after this time and we respectfully request that families leave the preschool promptly in the afternoon.

We appreciate that many of our preschool families – (particularly on Thursdays and Fridays) like to catch up with each other and have a chat. We love seeing families connect, however there are associated problems with children not being adequately supervised in the playground during these afternoons.

Our teachers spend their time with the children during the day reinforcing particular rules and guidelines around safety, caring for our playground, being kind to our friends, using walking feet (not running) in certain spaces – however, without proper supervision all these guidelines seem to be forgotten and it becomes a bit chaotic in the afternoons.

Our teachers attend meetings in the afternoon, they prepare for the next day, they have families of their own to get home to. It impacts upon their time when families are still at preschool after 3.30PM. We need our children to leave the classroom with their parent or carer and then exit the playground. **Please do not stay for a play.**

**If you are one of those people who would like to catch up with other parents or grandparents – we ask that you arrive at around 2.30PM, have a catch up with the other families and *then* collect your child or grandchild from the classroom.**

**I'll even make you a cup of tea if you'd like it! However, once you collect your child – please leave.**

Please help us to ensure that the playground is clear of all families before 3.30PM.  
Parents – please pass this message on to Grandparents, nannies and carers.

Thanks  
Felicity Barclay



### Words of wisdom

**BE STRONG ENOUGH  
TO STAND ALONE,  
SMART ENOUGH TO  
KNOW WHEN YOU  
NEED HELP, AND  
BRAVE ENOUGH TO  
ASK FOR IT.**



## READY FOR SCHOOL

Written by Felicity Barclay

A number of families in our two day group have already been talking with their child's teachers about whether or not to send their child to school next year. For children born February – July it can often be a difficult decision... to go to school or not? Families from our three day group are also considering how they might best help their child to make the transition to school next year.

The preschool teachers and I liaise closely with local schools around this issue. Having consulted with schools, and from our own experience in early childhood education we have put together the following list to help as you consider whether or not your child is ready for school:

### Can your child....

- Listen to stories, recall facts and information from a story and learn rhymes?
- Play, share, take turns and adapt to doing things differently?
- Cope with change and deal with challenges – cope with frustrations positively?
- Dress him/herself, pull down and up his/her pants, wipe his/her own bottom and wash his/her hands?
- Stay on task and maintain concentration?
- Participate willingly in an activity not of his/her own choosing?
- Engage in meaningful and constructive play with other children – rather than being on the edge of play?
- Converse socially and express her needs?
- Move from one activity to another independently?

We also encourage families to consider that a second year of preschool is preferable to potentially repeating during school years. Another year of maturity as they head off to kindergarten can establish a firm foundation and help minimise struggles and challenges throughout the school years. Children who are a year or so younger than their peers may potentially find it more challenging to negotiate peer groups, to keep up with sporting activities, may feel left out in high school years when many of their friends are driving or able to go to the pub (at 18) when they are not. Such issues are quite significant in the teenage years – and so getting this right in the early childhood years may well be worth your while!

### But will my child be bored if they have a second year at preschool?

In over 29 years of working in Early Childhood Education – I have heard this question many times and I am yet to meet a preschool child who is “bored”. The notion of “boredom” is probably more of an adult construction or notion of the way young children are behaving, rather than a reflection of the way preschool children are thinking and feeling. If we think of what boredom actually is – I guess we might say that boredom is a feeling that there is nothing to interest me, nothing fun to do, that there is a “sameness” to everything. Mostly, we find that children who have a second year of preschool engage constructively, positively and happily with our preschool experiences. The way in which the teachers are extending children's thinking & problem solving and providing opportunities for more challenging learning and thinking really shifts a gear with second year of preschool. **Continued next page....**

### *Ready for school continued...*

The first year of preschool is usually more about the routine, the way things work, getting to know other children, exploring a range of experiences. In the second year – all this is under their belt and we move forward into some higher level thinking – it is also the time in which we see greater interest and confidence in the areas of early literacy and numeracy. Mostly, the “change” comes from within the children themselves.

We see that having had a year of preschool that the children begin to think and engage with experiences in a different way. To the outside eye – things may “look” a bit the same. There will still be painting, playdough, puzzles etc – however it is the ways in which the teachers facilitate learning and thinking and the confidence we see in the children that generates “difference”.

In addition to this we have a “buddies programme” for our 3 day group in 4th term – where we plan some specific experiences for those children heading off to school.

So if we think about “boredom” in terms of “sameness”, repetition, lack of engagement, nothing of interest, not fun – this is certainly not the case! Interestingly, the children I have met whose parents have described them as being “bored” are often those children who actually struggle with cognitive tasks or higher level thinking – their “boredom” is probably more about difficulties in attending or staying on task. I will concede, that by the middle – the end of fourth term – we can well see that children are more than ready to go to school. Behaviours can become a little more rambunctious as children become over confident and self assured. This, however is not “boredom” – this is natural, normal development at its best – here we see children who are indeed ready to “celebrate” the occasion of attending school.

**Please don't hesitate to speak with me or your child's teachers if you would like to discuss the issue of school or our preschool programme any further.**

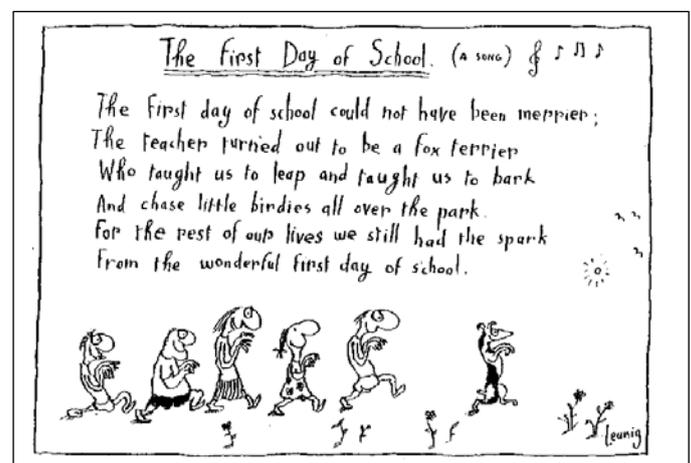
### *Felicity Barclay*

*"Your decision to start your child at school or to spend another year at preschool should take into account your child's social and emotional development over your child's academic ability"*

Source - *Ready for Big School - "families nsw" - NSW Dept Education & Communities*

### Fast facts....

- ☑ Your child can start Kindergarten at the beginning of the school year if they turn five on or before 31 July in that year. (Not before) By law, all children must be enrolled in school by their sixth birthday.
- ☑ "Kindergarten" is the term used in New South Wales for the first year of school.
- ☑ Most schools have orientation days towards the end of the previous year to welcome children to Kindergarten. Many schools also have transition to Kindergarten programs over several weeks in the second part of the year. Contact your local school for details.
- ☑ If your child has additional needs or support needs – It is important to advise your local school who will initiate a “transition to school” process. We strongly recommend talking with the school honestly and openly about your child and sharing copies of any diagnoses, medical or developmental assessments. It is important to advise the school as early as possible so they can apply for support where appropriate.



## Goodness from the Garden....

We had a beautiful harvest from our preschool garden last week.

Leeks, Kale, silverbeet, parsley and celery.

Perhaps you'd like to try this healthy recipe inspired by the veggies in our garden?

### KALE, SPINACH + FETA PIE –

the healthy chef – Teresa Cutter

<https://www.thehealthychef.com/2014/06/kale-spinach-feta-pie/>

#### WHAT'S GREAT ABOUT IT?

Kale is part of the cabbage family and this wonderful vegetable is a good source of all three antioxidants: beta-carotene and vitamins C and E. It is also rich in naturally occurring glucosinolates, which help in the fight against cancer.

Eggs are high in protein and contain all the essential amino acids needed for growth and repair. Including quality protein sources into your meals every day supports weight loss + healthy metabolism, maintains a healthy immune system, curbs appetite and helps to sustain lean muscle.



#### INGREDIENTS (MAKES 1 PIE / 4 SERVES)

- 2 leeks, washed finely sliced
- 1 tablespoon extra virgin olive oil
- 1 bunch kale or Cavolo Nero, washed trimmed and finely shredded
- 200 g baby spinach leaves
- Black pepper – a generous pinch
- 80 g quality feta cheese (see notes)
- 6 organic eggs
- 1 lemon
- 1 bunch parsley, chopped
- small handful pine-nuts

#### METHOD

Preheat oven to 180 C / 360 F.

Sauté leeks in a large heavy based pot until softened.

Add shredded kale and cook through for 5 minutes until soft and wilted.

Add baby spinach leaves... you may need to add this in 2 lots and cook through until just wilted.

Season with black pepper and add the zest of 1 lemon and 1 bunch freshly chopped parsley.

Spoon the kale + spinach mixture into a 22 cm pie dish.

Break eggs into a bowl and whisk lightly until combined.

Pour the eggs over the greens and gently incorporate through the mix of green goodness.

Crumble over the feta cheese and sprinkle over with a few pine-nuts.

Bake for 40 – 45 minutes or until firm to touch and golden.

Remove from the oven and rest for 5 minutes before serving. Enjoy.

Use ricotta in place of feta.

Will keep in the fridge up to 3 days.

Serve with roughly chopped tomatoes tossed with finely diced shallots, olive oil and red wine vinegar.

Serve along side lightly tossed leafy greens scented with French Style Dressing or salsa verde.



# facebook

Have you visited and "liked" the Gordon Community Preschool Facebook Page? Take a look - we would also love it if you could share a photo of your family at our culture and community day this Sunday (remember not to include any pictures of other children without consent from their family).

<https://www.facebook.com/GordonCommunityPreschool/?ref=bookmarks>



As National Child protection week draws to a close - some links which may be of help and interest to parents...

- *How can parents play their part in helping protect children?*  
[http://napcan.org.au/wordpress/wp-content/uploads/2013/08/NAPCAN\\_PYP\\_rolebased\\_factsheet\\_parents.dotx.pdf](http://napcan.org.au/wordpress/wp-content/uploads/2013/08/NAPCAN_PYP_rolebased_factsheet_parents.dotx.pdf)

- **Parent line**

Provides a telephone counselling service to parents and carers of children aged from birth to eighteen years.

**New South Wales (NSW)**

**Ph:** 1300 1300 52

- **1800RESPECT**

Are you experiencing sexual assault or domestic and family violence?

Seeking to support someone who is? We can help.

[Visit Website](#)

**That's all for this edition of the Gordonews,  
Kind Regards –  
Felicity Barclay**

