



**Thank you for your messages of support for Educator Appreciation Day!**

Wednesday  
05<sup>th</sup> September



Fortnightly Newsletter. Vol. 7

## Important Dates

**National Early Childhood Educator Appreciation Day**

5<sup>th</sup> Sept

**Healthy Harold Incursion (P1 & P2)**

28<sup>th</sup> Sept

**Public Holiday – Centre Closed**

1<sup>st</sup> Oct

**Rockpool Incursion (P1 & P2)**

5<sup>th</sup> Oct

**School Photo Days**

16<sup>th</sup> & 18<sup>th</sup> Oct

## Administrative News...

- **Re-enrolment**

There are copies of the re-enrolment forms available in each room, please ask your educator if you can't see them. Please try to return these as soon as possible so that we can accommodate your requests for 2019.

- **Sun Safety**

It's Spring!(Although, you can't tell this week!) Please ensure that you are packing a labeled hat in your child's bag each day. We will also resume sunscreen applications throughout the day. Please help us out by ensuring your child has some sunscreen already applied on arrival.

### Educator Appreciation Day...

Thank you for all your wonderful messages of support for our educators. We are so proud of the team here at My Story! We celebrated our team by undertaking a surprise reno of the staff room over the weekend – complete with new furniture, kitchen accessories most importantly a decent coffee machine!!



A relaxing, pleasant space to switch off for an hour during the day is a must for anyone working in this wondrous but challenging sector!



“You can do it.”  
-Coffee



## From the Directors

Anna Tran  
Chloe Chant

### Father's Day

The Father's Day BBQ was a big hit! Thank you for all those who could attend, and a special thank you from me (Chloe) to Anna for hosting solo. We hope that all the Dads in the My Story Community enjoyed their Sunday with family. For all those Mums, grandparents, uncles etc. who play the role of Dad for whatever reason – we hope you were celebrated and acknowledged on this special day also.

### School Photos

We've been receiving a few enquiries about school photos, rest assured they are booked in with an experienced company for the 16<sup>th</sup> and 18<sup>th</sup> of October. More details to come in October

## About our Educators...

...a little insight into the lives of your children's teachers to stimulate a chat and encourage communication...

Miss Jessi is looking forward to moving to a new house soon! She can't wait to be a little closer to work and having a bit more room for little Cooper to run around!

Miss Samiti is taking Friday off so that she and her family can enjoy a long weekend in Kiama! Enjoy Samiti! I hope the weather behaves for you!

'Miss Emma' joins our team as a casual to help cover some leave booked over the next few weeks. We are so delighted to have such an experienced, intuitive educator help us out.

## Sustainability

Increasingly we are trying to swap out plastic toys in favor of using natural materials as resources for play. The benefits of this gradual swap are three-fold.



When children are able to spend more time interacting with natural materials, this assists them in understanding the world around them and provides them with context when engaging in Earth Sciences/STEM related activities.



The learning around sustainability and biodegradability becomes passively embedded for our children. The choices their teachers are making with new resources will trigger purposeful conversations, and also help them in making responsible decisions themselves in the future.



Natural resources are invariably more open-ended than plastic, man-made resources. The picture to the right explains this concept much more succinctly than I could...



## Transitions...

We are very fortunate to have many new children joining our community here at My Story. For all of us – children and parents alike! – change can bring anxiety. Below is an article that has some tips for making your drop off times a happy routine rather than a stressful start to the day.

# What I Learned About Child Care and Dealing with Separation Anxiety

by Deborah Jepsen

Kids are hard work!

They bring us, as parents, so much joy and laughter and so many smiles ... but also an overwhelming sense of responsibility for their welfare. Then there comes that time in their early years when your child starts child care. And so along with the joy of caring for a young toddler, there comes the joy of letting them go (at least for the day)! My son is now in childcare for two days per week at the moment and I HATE drop offs! The first day was the worst. He was so upset...but I put on my brave face and did a quick good bye. I cried myself on the way home.

But it's slowly getting easier...

### Here are some tips to reduce separation anxiety in young preschoolers:

- Explain to your child what will happen during their day. E.g., "Today you are going to have fun with your friends and play in the big sand pit!"
- Keep drop-offs short and sweet. Hand over to a teacher, who will hopefully distract your child and get them engaged in a fun activity. (At my day care centre the main teacher is quick to take my son outside see the guinea pigs. )
- Don't prolong goodbyes! As hard as it is to leave your little one while they are upset, a drawn out goodbye makes it far worse for EVERYONE!
- Have a transition toy for your child. It helps them to settle.
- Project confidence. Try to remain calm and relaxed.
- If you are feeling anxious it is important to not show this to your child.
- Don't sneak away without saying goodbye.
- Have faith in the staff. They deal with kids all day everyday and they know what to do. They will distract and soothe your child if they are initially upset.
- Try and keep to the same routine for the first few weeks.