



1 year into 'Our' Story!
Thank you for our surprise party, team!

Wednesday
17th October



Fortnightly Newsletter. Vol. 9

Important Dates

Last School Photo
Day Opportunity

18th
Oct

School
Uniform/Lunchbox
Week

5th -9th
Nov

Date Night

8th
Nov

STEPS eyesight
screening

22nd
Nov

Administrative News...

- Christmas Holidays

It's less than 10 weeks until Christmas! We wanted to remind families that we are open all days over the Christmas period – 52 weeks/year. We are closed on Public Holidays only.

Of course, some families go away at this time of year and so we can often approve a bit more leave for educators than usual. Over the coming weeks, could you please let us know if you have firm plans to be away over late Dec/early Jan? Please also indicate if you would like us to apply the Holiday discount.

- Re-Enrolments

Re-enrolments have been finalized for 2019. Unless we have spoken to you individually, your requests have been approved and generally these will take effect from the week of 14th January. As always, please feel free to contact us if your circumstances change.

Anniversary...

Thank you for all your messages of support last week as we celebrated one year of 'My Story'. Anna and I were spoiled by the educators who brought in some of our favorite foods for a feast in the Staff Room. It has been such an exciting journey and we are looking forward to continued collaboration with you over the 12 months ahead!

Referral Thankyou...

Anna and I have limited marketing experience, but we have noticed that the families who find a home at My Story are those who hear about us through 'word of mouth'. It's the personal experiences of colleagues, friends and acquaintances that matter most to those who are after the homely, individualised brand of care we offer here. And so, in keeping with our "Families for Families" philosophy, we would like to focus our very modest marketing budget in a way that also benefits our current families. Shortly we will be sending out a letter that details a referral scheme that offers families free care.

From the Directors

Anna Tran
Chloe Chant

New Resources...

Our new resources arrived! We spent last weekend sorting through storerooms, ensuring we properly categorise our old and new resources to support effective planning in our weekly curriculums. In this latest purchase we have focused on resources that support emotional development, cultural competence, environmental responsibility and fine motor skills.

New Project...

We are very proud to announce our next major project in the physical environment! We are hoping to complete a Water Pump and Play area near the large sandpit by the New Year. Can't wait to taste all the mud pies!

About our Educators...

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

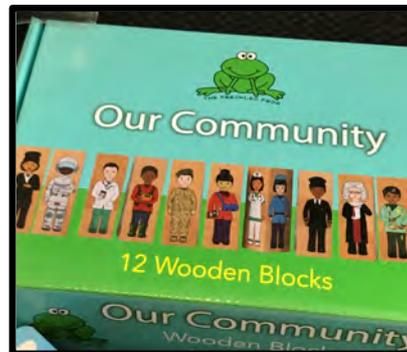
Welcome to My Story Miss Janine and Miss Erin!

Miss Van's older daughter Emily is engaged! This will be the first wedding in Van's family. We're looking forward to hearing all about the 'Tea Ceremony' that Anna and Van's side of the family are planning.

Miss Lisa is embarking on a new business on her days off that focuses on Therapy, Massage and Reiki. All the best Lisa!

We look forward to having Miss Helena back with us next week after her illness and then her overseas trip! We've all missed you!

Sustainability and Reconciliation



We can't wait to introduce some of our new resources to the children!



Sadly, Ian Kiernan (the founder of Clean up Australia Day) passed away today. In this setting we can hope to support his legacy by using our creek and beautiful natural environment setting as the basis for intentional teaching about environmental responsibility.

Self-Regulation...

Self-Regulation is a keyword that you might hear a lot in our documentation. While the wording of the term may have connotations of an 'arms-length' approach to emotional support – it is in fact the complete opposite. Supporting children's development of emotional wellbeing takes consistency, empathy, care and a lot of energy!

What self-regulation is ... and isn't

Self-regulation is not simply self-control. It is the ability to manage our energy states, emotions, behaviour and attention: the ability to return to a balanced, calm and constant state of being.

Lack of sleep, noise, flashing lights, an argument, certain foods, stress and trauma can all throw us off balance. Our energy depletes and managing our feelings, behaviour and attention becomes more difficult.

Self-regulation is vital for children to manage life's normal ups-and-downs: for concentration, social relationships and learning. It is a major task for a young child to regulate their feelings and behaviour consistently.

Learning to self-regulate begins at birth

For babies, the world is an endless series of new experiences of movement, lights, sounds, tastes and textures. Babies are learning to self-regulate and need co-regulation from a safe attentive adult. Babies will regulate to a calm tone of voice, holding, rocking and gently touch as well as predictable routines with familiar adults. Eventually, they use the memory of comfort, created by calm regulating adult contact, to self soothe or regulate themselves.

Key factors assisting children to develop self regulation

- being with calm adults who provide safety and security
- having predictable routines and clear boundaries
- being listened to and acknowledged
- watching the adults in their life manage their own feelings and behaviour
- knowing the names of feelings and being able to identify their feelings by name
- having adult support when they are upset, tired or angry
- having unstructured time to play and learn at their own pace

When self-regulation difficulties occur

Reasons difficulties with self-regulation arise can include lack of adult attachment figures, sensitivities in the child's body, stress and trauma. These difficulties can look like tantrums, fighting with peers, not following adult direction, worry, anxiety, withdrawing from social situations and turning away from parent, carer or educator.

What children need

We can support children finding self-regulation too difficult by:

- showing empathy and care
- being close by until strong emotions pass
- teaching children calming strategies
- increasing 'feel good' hormones through exercise, healthy diet and plenty of rest
- creating environments that support children's developing capacity to self regulate.

<http://thespoke.earlychildhoodaustralia.org.au/every-child-needs-learning-self-regulation/>