



Quote of the week

Curiosity is the wick in the candle of learning

-William Arthur Ward



my story

EXPERIENTIAL EARLY LEARNING

Wednesday
25th July

Fortnightly Newsletter. Vol. 4

Important Dates

**Visit from the Dentist -
Dental Health (2yo+)**

14th
Aug

**Bubble Incursion
(Nursery & Toddler)**

17th
Aug

Book Week

20th
Aug

**Father's Day
Celebration
(details TBA)**

31st
Aug

Administrative News...

• Re-enrolments

August will bring the start of the re-enrolment process! We will always try to accommodate change at short notice, but now might be a good time to start having some chats with your workplace/partner if you anticipate changes to your family routine next year.

• Exclusion Period Email

If you didn't receive an email regarding exclusion periods for common illnesses, please let us know – perhaps you aren't receiving important information! Please read that email carefully so that we can keep all the children and educators healthy ☺

• Evening Pickups

For those families who pickup their child after about 5:30pm, you may notice that the children are occasionally all together in the Nursery instead of the Dining Room – sometimes it's just a little more fun for the kids.

• Dummies

Please make sure any dummies brought to the Centre are named clearly to avoid confusion.

A Gesture of 'Thanks' to our full-time families...

It has come to our attention through the family feedback survey that while we offer Make-Up Days for public holidays and swap days to our part-time families, there is currently no facility to thank our full-time families. We are pleased to announce that...

All full-time families will be eligible to choose a week during the year to pay \$0 in fees...

I will email policy details to our current full-time families soon. If you would like a copy of the policy, please request one via email. Don't forget that all families are eligible for the Holiday Discount under current policy!

Cots

Our Library has been taken over by huge boxes! We have purchased brand new cots to make life more comfortable for both educator and baby. Anna and I are procrastinating over the inevitable hours of Allen Key joy around the corner. We promise that our Library will be back in shape by next week!

Preschool Program

You may have noticed our beautiful yellow door and photo frames lining the foyer near the Preschool 2 room.

(*The trauma Anna and I experienced trying to apply that yellow paint to that surface almost broke us – there are sweat and tears embedded in that paintjob! *).

As we have previously mentioned, we are thinking of creative ways to ensure that new and existing families can easily see how an official Preschool Program sits within a long daycare service. If you get a chance – especially as a Preschool parent – please stop to have a look at the ways our Preschool Program delivers on school readiness and transition to school goals.

From the Directors

Anna Tran
Chloe Chant

Family Feedback

Wow! Thank you to all the families at My Story. We have received such an overwhelming abundance of positive feedback showing your love and pride in your Centre.

We really appreciate your suggestions for improvements. These are all taken on board and considered in forward planning.

Some of the ways we have previously responded to survey suggestions are:

- Digital Sign In
- Uniforms
- Daily Storypark Feedback
- Renovation of Nursery/Toddler outdoor area
- Holiday Discounts
- Focus on sustainable practices
- Visible Curriculums displayed in each room

...and many more.

Keep in touch! Thank you!

About our Educators...

We might add a little information about our educators each fortnight, sometimes it's nice to have a little insight into the lives of your children's teachers to stimulate a chat and encourage communication...

Miss Tasha has a new baby...!

After a lot of hard work, Tasha picks up her new car today! Congrats and enjoy!

Miss Paris will have every second Monday off work to assist in her University study. We are very proud of her commitment to further learning.

Miss Chloe is very excited about having her Mum visit in a few weeks. She (and RICK!) is looking forward to squeezing in date nights while Nanny has some quality time with Sophie and Alex!

Miss Jade returns from her leave tomorrow after a fun week with friends at a festival.

Sustainability

Bottle Donation

Our wonderful Nursery educator Jessi has come up with the idea to collect bottles from families to deposit, with all proceeds going to a local charity. Please keep your eyes peeled for an area to donate in the foyer from the beginning of August. This will run for a 1-month trial. If there is enough interest then we will extend it.

Bringing in a bottle to donate is an excellent provocation for discussions with your little one!



While we certainly borrow and cherry-pick various early childhood development principles and theories to create our own unique brand of Education and Care, core to the My Story pedagogy is the 'Circle of Security' approach. Below is a Blog Post from the Circle of Security International webpage...

The Balance of 'Being-With'

Being-With is, in many ways, at the heartbeat of our Circle of Security approach. It's such a simple concept: the need every child has for caregivers (parents, teachers, etc.) to recognize and honour feelings by staying with core feelings rather than denying their importance.

At the centre of this Being-With approach is decades of research that make it clear that we learn to manage feelings (ex. - anger, sadness, fear, joy, shame, and curiosity) by experiencing the sponsorship of an adult who is with us in the feeling rather than staying outside the feeling and focusing only on our behaviour. Surprising to many is the research that shows how 2 year olds who've been raised in a context of Being-With are actually less demanding, throw fewer tantrums, and are more responsive to their parents requests than children who've been raised without this approach.

In science speak: Co-regulation leads to self-regulation. The shared management of feelings allows emotions to become safe and thus supports the ability to manage them on our own in the future.

"When I know that you care about my feelings and are willing to join me in how they feel to me, I no longer feel alone or overwhelmed by what seems so difficult in this moment. When you help me organize what currently feels chaotic, I can calm down and make sense of what previously felt so difficult. This helps me build a new capacity to deal with these feelings on my own."

And yet, the plot thickens.

There's an opposite problem that can show up precisely as some of us are learning about the importance of Being-With...

The Balance of 'Being-With' Continued...

Feelings are very important. The danger is that some of us might begin to believe that feelings need to become all-important and attempt to stop the world every time our child has a feeling. Such a child would then begin to think his or her feelings deserve focus 24/7. That would be a sad and unintended consequence of what we're trying to say.

Being-With is always about balance, one in which a child learns that feelings are profound and essential and deserve full availability . . . some of the time. Knowing that we have someone who genuinely cares about all of our feelings and that each feeling can be shared is at the core of our approach to secure attachment. But if a child has a caregiver who suddenly stops everything and commits fully to being 100% available every time her or his child starts to feel, emotions would begin to rule the relationship in a very unhealthy way.

"I know you feel really sad right now, but we need to get in the car so I can get you to school and get me to work. I know you feel really terrible and we'll return to how this feels soon, but not right now."

Said simply: We live in a shared world. All children need to know that their feelings are central to someone some of the time and they also need to know that other people have feelings and priorities that are just as central to them. Feelings can be shared which includes sharing our world with others who also have feelings.

The goal is building a capacity to focus directly on feelings with children but not to over-focus on every feeling at the expense of the bigger picture that other's have feelings too. "You matter to me. I also matter to me. And so do those we live with."

<https://www.circleofsecurityinternational.com/p/parenting-blog/the-balance-of-being-with->