



Wednesday  
26<sup>th</sup> June



Monthly Newsletter. Vol. 18

## Transition to School Information Night

Hello Families,

It's at around this time of year we start talking to families about 'transition to school'. For many of you with children in the Preschool 2 room, you are already certain of what 2020 will look like for your family. If you are still undecided about your child's readiness for school, please get in touch and we can start a dialogue.

To support our families in this process, we have enlisted the help of Danielle Mantakoul. Danielle was an early childhood teacher, and now she lectures and consults regarding transition to school.

Danielle will be visiting the Centre on Monday 26<sup>th</sup> August, from 6:30 – 8pm. To assist us with some of the cost, we are asking families for \$5 to attend. The event will be for families with children in the Preschool 1 & 2 rooms.

We will provide more details in the next newsletter. At this time we are thinking of combining the talk with a 'Wine and Cheese' type event where parents can chat with families going off to the same primary schools.

## Administrative News...

Please remember that the fees will change as of the 1<sup>st</sup> July.

If you have previously asked us to set an upper limit to debits from your account you may end up defaulting and falling behind.

We will try to check this in the weeks to come but please get in touch with us if you have any concerns or questions.

## Important Dates

Staff Professional Development day

29<sup>th</sup>  
June

Fee Change

1<sup>st</sup>  
July

Pyjama Day

10<sup>th</sup>  
July

School Readiness Evening

26<sup>th</sup>  
Aug

## From the Directors

We hope that the families who took advantage of our Date Night had a relaxing couple of hours with their partner... or at the shops...or even just napping on the couch with some Netflix! We will get in touch soon with a date for next time. We anticipate it will be some time in September

Anna is back after a nice relaxing break at home. She used the time to hang out with her boys and Emma. Cohen and Ruben missed My Story so much they kept asking when they could come back!

I'm certainly very grateful for her return! My turn next! Rick, the two girls and myself will be having a little tropical break in Vanuatu to escape this weather for a week in early July. Looking forward to lots of (responsibly consumed) cocktails, swimming, reading and general lazing about.

Welcome to Moonira! She is helping us in the Preschool 2 room. Along with her formal qualifications, she is mother to three boys. It's been lovely working the 'close' shift with you and getting to know yourself and your pedagogy.

Thank you for your continued support of our little community here.

## Resources

We are looking at ways to reinvest in the service in the months ahead. With the cold and rainy weather upon us, we have decided to purchase some new science, maths and sensory resources for the indoor spaces. We are also getting together as a team on Saturday the 29<sup>th</sup> to discuss the physical environment as the 'third teacher', and sharing our wish lists.

If you come across a really interesting resource, or there is something your child is fascinated with at home, please feel free to pop a note on storypark and we can keep it in mind during our large quarterly spends.

## Beautiful handmade items in foyer

We are so grateful to receive a donation of brand new, handmade blankets and beanies from a parent at the Centre. The parent has very generously suggested that any proceeds can be used by My Story to replenish the library or buy new resources.

This is an honesty system!

Although they are much more valuable,  
a donation of \$5 - \$10 per item seems an appropriate gesture.

Feel free to get in touch if you would like the name of the Mum who is responsible for these treasures.



## What is the Key Educator Approach?

Occasionally we have families ask us about the 'Key Educator Approach'. At My Story we try our best to divide into smaller, subgroups in rooms to encourage close bonds with consistent educators, reduction in extraneous stimuli and a sense of belonging. It is also important for children to establish a 'go to' educator to help them in times of distress, or to scaffold their learning during times of heightened curiosity and engagement...

Taken from <https://www.careforkids.com.au/child-care-articles/article/100/stress-reduction-strategies-for-children-in-care>

Child care providers are well aware of the fact that the first three years of life are a critical period for children's emotional development and well being.

New research has shown that recognising and helping children deal with stress during these early years will better prepare them for life's hurdles later on.

Associate Professor Dr Margaret Sims, from Perth's Edith Cowan University, has shown that good quality childcare environments can actually reduce stress levels and may prevent children from developing behaviour problems in later life.

By studying levels of the stress hormone known as cortisol in children attending child care Professor Sims has shown that children's stress levels drop when they attend high quality child care centres.

Child care providers can help babies and toddlers overcome stress by:

- (re)establishing a safe and routine-based environment which ensures children know what to expect in their day
- Helping children establish a sense of security and trust in their adult care givers
- (re)introducing laughter, joy, play and exploration into their lives'
- Supporting and comforting children who are upset or distressed

Kay Margetts from the University of Melbourne says it is extremely important for babies and toddlers to develop meaningful relationships with their care givers and that these relationships work to ensure children can sustain good relationships through their life.

She says that strong relationships reduce stress levels and encourage the development of children's language, social, emotional and cognitive skills.

To achieve this in the child care environment Dr Margetts promotes the primary caregiver approach which sees child carers allocated to particular children over an extended period of time rather than a particular age group or room of children.

For example a care giver would be responsible for the same children each week even though the children who make up that group might change on different days of the week and would be responsible for all aspects of care. Including meeting and greeting families, mealtimes, nappy changing, toileting, sleeping, playing, maintaining relationships with parents, record keeping and planning.

'The primary caregiver will know a few children and their families very well, and will know others a little,' says Dr Margetts.

In addition to reducing children's stress levels the primary caregiver approach:

- Helps children and adults form strong bonds and trusting relationships
- Encourages children to explore their environment and their relationships with others
- Assists children and adults to learn each other's rhythms and responses and to anticipate behaviours
- Fosters consistency with home care practices
- Ensures children who are not securely attached to their parents are able to develop an attachment with a compensatory adult
- Improves communication between parents and caregivers through the development of a relationship with a primary caregiver with who they can share information.

Dr Margetts claims it makes sense to limit the number of staff with whom an infant or toddler interacts with each day and says the primary caregiver approach enables this to happen.

'This approach enables staff to develop relationships with individual children, supports relationships with families, empowers staff and should reduce the stress experienced by children and staff and facilitate positive conditions for children's development,' she says.

You can find out more about the key educator approach here...

<https://www.meantoir.ie/the-key-educator-approach/>

<https://www.myece.org.nz/caring/105-primary-caregiving>

<http://www.earlyyearsmatters.co.uk/eyfs/positive-relationships/key-person-attachment/>