



Term 1 2019 Newsletter

From Fleur

Hello Families and thank you for a wonderful start to the year! There has been lots happening around Sunrise, in particular on my days we have been exploring some messy/sensory colour mixing exploration. There has also been lots of interest in dress ups and Superheros, we are extending this interest by beginning to look at real life superheroes in our community- and are very excited to head to the Eastern Hill Fire Station on the last day of Term. If the children are still following this interest we will continue to explore further next Term.

It has been great to see many families are keen to catch up with Enza and myself for parent teacher interviews, if you did miss out on a time please let me know and we can catch up at the start of next Term. Penny and I will be working alongside each other in May before I start maternity leave. We have lots of time to handover and for children and families to build a relationship with Penny. With drop-offs for my daughter at Co-op twice a week and a love for all your children I will never be far from Sunrise!

This Term the children have been LOVING Julia Donaldson books, her stories are favourite amongst the children and I know they are loved in your homes as well. So to finish I will end with a favourite Julia Donaldson poem of mine.

I Opened a Book

*"I opened a **book** and in I strode.
Now nobody can find me.
I've left my chair, my house, my road,
My town and my world behind me.
I'm wearing the cloak, I've slipped on the ring,
I've swallowed the magic potion.
I've fought with a dragon, dined with a king
And dived in a bottomless ocean.
I opened a book and made some friends.
I shared their tears and laughter
And followed their road with its bumps and bends
To the happily ever after.
I finished my book and out I came.
The cloak can no longer hide me.
My chair and my house are just the same,
But I have a **book** inside me."*

— Julia Donaldson



Before we ever put a pencil in a child's hands, those hands should dig, climb, press, pull, squish, twist, and pinch in a wide array of environments and with a variety of materials.
Amanda Morgan

What a wonderful start to the year. The room has been buzzing with children playing joyfully and fingers busy creating and exploring at each session.



It has been lovely to observe children help one another by sharing skills they are good at (tying shoe laces, opening lunch boxes for one another, finding a friend's hat and turning a frown upside down). Taking the time to get to know one another and understand and celebrate the differences has been an important one for everyone. Term 1 is focused on getting to know the routine and rules, establishing friendships and having a sense of belonging. We really feel we have had a solid start to the year assisting the children to feel safe, secure and supported in these areas.



There have been many moments I would love to share with you but I feel these photos will better describe the learning that has taken place:



Crazy hair day



Baking a cake for our afternoon tea to share with everyone



50-piece puzzle construction



Designing with pebbles



Clock construction



Fish construction



Dream catcher construction



Cuddles with Wendy



Numeracy- 1-60



Motions: rolling



Our day is super busy and the best place to see all this GREAT learning is in our **FLOW DIARY**. (it lives near the children's sign in/out computer) This journal is already busting at the seams with all the exploring, creating, laughing and memories we have created and its only term 1. Each child has their own 'portfolio' which will move into the classroom in term 2. The folio is full of art pieces, your child's voice, individual and group stories and much more. The exciting part is, that once your child ventures off to their next learning environment (primary school) this portfolio goes with them. You will be able to sit on the couch, all cuddled up and together you both will share the beautiful memories that made up your child's time at Sunrise. We encourage you to take the time throughout the year to sit in the library area and flick through your child's portfolio. We ask that they stay at Sunrise for the time being and we will give the children an opportunity to take them home for the weekend throughout the year.

There are so many ways to become involved at kinder and I encourage you all to do so. The first is by putting your name down for a morning baking activity (recipe and ingredients supplied by us) If you are interested please email me on staffatsunrise@gmail.com or if this does not tickle your fancy we would love for a parent to sit at the art table and explore the odds and ends provided with the children or sit in book corner and read some stories for half an hour. Our door is always open and we would love for you to be part of your child's kinder year.



We are always finding ways to update our skills in the area of early childhood and over the last month Sigrid and I both attended some professional developments. If you are interested in some information on The Koorie Curriculum or Wishing worries away in children (anxiety and strategies) we would love to share it with you. Thank you to all the parents that made a time to catch up with me. I will put out another notice in term 2 for the parents that found it hard to find the right time and date. Please remember if you have any concerns or need some advice on Primary schools etc..., my door is always open for a catch up. I hope you enjoyed reading this reflection piece and I will leave you with this groovy photo of us dancing to HAPPY by Pharell Willimas. It was a wonderful way to end term 1.



Lots of cuddles Enza Guerresi (Tuesday and Thursday kindergarten teacher)

From Sigrid

Very exciting weeks have past, getting familiar with all new children at Sunrise, helping all children to connect with each other and accompany them in their Well-being and Learning. Our days are never boring!

Lots of different activities fostered children's social, physical and cognitive skills: board -and ring games, songs, drama play, cooking and exploring colours, just to mention a few.





Lately Sunrise became a badge factory! Children created not only one badge for their sun hats, they as well made lots and lots of badges for their family members! They just could not stop creating badges! They all look very colourful and children knew exactly for whom each badge was. I was impressed to see how quickly each child picked up the different work processes and all loved to use the badge machine.



Yoga is embedded in our Sunrise Philosophy and it is part of my daily program. There is a big range of benefits children gain by doing Yoga. It works towards physical, emotional, mental and spiritual Well-being:

- it is calming and relaxing
- children are getting physical fit
- it stretches body parts which normally don't get much exercises
- through proper breathing, blood circulation increases. Therefore, all body cells benefit from it as well as more oxygen gets into the brain and muscles.

In this young age, children get familiarised with the idea of yoga. When they get older, they might recollect their experiences.

Children have fun doing all sorts of poses they are connected with like all the animal and plant poses. Very often they create their own animal yoga poses which we all will practise.

I teach yoga in a variety of ways to keep the sessions interesting for the children. There are warm ups, breathing exercises, yoga stories, yoga songs, we even got yoga fairies and elves.



What is happening in term 2:

1. I will continue to develop Children' s fine motor skills such as cutting and folding
2. I will continue to foster their independence through activities such as finding their own hats, putting their shoes on/off unaided, putting on their clothes with minimal assistance etc.... **From Sigrid**



From Roseanne:

With a bit of a late start to the year for me, it was good to be back and see the children from last year and how they have all grown so much. They are much more confident. As well as meeting and getting to know the children who started this year. Mostly on my days we have been exploring their creative side as they gravitate to the art table.

Whether it's the materials provided by families in the magic barrel or providing some paint colors and paper, cardboard boxes, pieces of fabrics or any other tools and supplies the children start to create, discuss, collaborate, ask for assistance and take home their proud creations.

We have also worked on projects together like making bees wax candles and using material scraps to stuff pillows and stuffing to fill soft toys. This has led to group discussions about recycling and re-using. These experiences have also shown how we turn unwanted materials into something else., sparked conversations about how things are made and 1 child especially who comes in and wants to make clothes for her mum.

Some children have expressed they want to make dolls house which will get started on next.

From Didi Ashesa

Neo- Humanist education is about:

- learning to nurture a harmonious balance between our inner development and actively engaging in improving the lives of others, including plants and animals
- expanding the heart and developing empathy through meditation
- freeing the mind through inquiry and exploration
- taking care of the world we live in

Through our work with Wildlife Victoria, the children are learning how they can make a difference in taking care of plants and animals. It is also inspiring to see how the children take care of one another.

From the Office:

- Kinder Photos Mon 29, Tues 30 April, Thurs 2, Mon 6 & Wed 7th May, return completed forms to Cathy
- Good Friday Closed
- Easter Monday Closed
- Anzac Day Closed
- Responsible Pet Education - Thursday 9th May and a second date TBC
- Sigrid away on Long Service Leave from 14th May – 27th June
- Cathy away on Long Service Leave from 22nd May – 12th June
- Fleur Maternity leave last day Friday 17th May

Baba Nam Kevalam Love - is all there is!

