

‘Play is often talked about as if it were a relief from serious learning. But for children play is serious learning. Play is really the work of childhood.’

Fred Rogers

For those of you joining our kinder for the first year, we warmly welcome you to our community. I am sure that we will get to know you as the year rolls on, as there will be many opportunities to do so. For those of you returning with your child or children in 2020, I also extend our welcome and thanks for making our kinder what it is.

The team of staff that bring so much to our kinder are Didi Ananda Ashesa, Fleur Squires, Roseanne Spinelli, Sigrid Meier, Rachel Shannos, Karlene MacDonald, Cathy Muraca, myself Enza Guerresi and Siva Nadarajan.

Catherine & Rita(See Rita’s profile below) will continue as part of our relief staff.

I would like to take the opportunity to thank Katherine, who stepped in at the start of year so I could take a small part of my long service leave. This allowed me to spend some time with my daughter Frankie who started her first year of primary school.

I stepped backed into the incredible role roughly 3 weeks ago and I can tell you, Sunrise has been buzzing with children laughing, smiling, exploring and playing. It was a lovely space to re-join and I observed that the sense of ‘belonging’ and ‘community’ for new and returning children is well under way.

My aim was to build secure attachment with the children (identity), encourage the children to communicate their needs for comfort and assistance (identity) and for the children to share humour, happiness and satisfaction (wellbeing) These outcomes will pour over into our term 2 program which will be a full of intentional teaching such as independent skills (finding their hat, opening/closing their lunch containers, putting shoes on/off and following a simple 1-2 instruction), child’s voice (‘I would like to bake more’ and ‘I like when you challenge us with hard numbers.’, parent input (‘I can come and do some reading with the children!’ and children’s development through observations (number recognition 10-20, letter recognition, creating books and novels, trial and error activities such as carpentry and science explosions (yes, you read correctly, it was a request from a child.. We promise to make it safe LOL 😊)

Here are some activities that got the children thinking outside of the box:



Marble tunnel construction



Block construction – creating mountains, building, animals and much more all out of blocks



dramatic corner- 'Making sure all the jobs are done' Lola's voice



Box construction- teamwork, persistence and determination



Art table- Making a present for someone I love !

As you start to become familiar with our wall program, you will notice how it presents to you like a road map. Each day is guided by many factors and no two days are the same. It's rich, colourful and our philosophy is bursting at the seams and the Victorian Early years learning and development framework is fostered daily. Next to our program is a space for daily photos and comments about the day. It's a beautiful space and it will give you the visual documentation a lot of you have been asking for. (Parent's voice) We take pride in our program so please make the time to stop and have a read. We are in the process of making the children's learning more accessible to them on a daily basis, so you will notice some small changes occurring. This will be a great opportunity for you to take some time at drop off or pick up to find these special spaces and encourage your child to share their learning and program.



We acknowledge that some parents have requested STORY PARK back and this will not be occurring in 2020. If you feel like this is an issue and you would like to discuss further please make a time with Fleur or myself, in our non-contact time. We have many ways to demonstrate your child's learning and development.

Here is my personal email enzaguerresi@gmail.com, if there is any way that I can help while I am on term 1 break please email.

Please take care and I will see you after the term 1 break **xoxoox Enza**

Dear Families,

We had a wonderful start to Term 1 welcoming back children and families from last year and getting to know our new friends.

We welcomed Catherine, who was with us for 6 weeks and contributed to supporting our new children with their transitions.

Inspired by some photos from Catherine's holidays we have been exploring different habitats, including rain forests and sea creatures. Roseanne used the projector to create an inspiring rainforest play scene.



We have been learning about composting and our worm farm, and the children have been helping empty our food scraps into the compost bin daily.



This learning has lead onto recycling. Our craft table has been exploding with creativity as our recycled materials take on new life as superheroes, dragons and even members of our Sunrise community. We will continue to explore this theme into next term and we welcome any ideas from families on how we can reduce, re-use and recycle!



We have been exploring how we are the same, and how we are all different. This has been done through Group Time stories as well as materials around the room. We recently purchased some diverse duplo characters which inspired conversations about wearing what makes you happy. This is also a topic we will continue onto next term, reflecting on more on what we love about ourselves.



Through the childrens interests we have been developing fine motor skills. Wida made sharks with the children following on from the interest in sea creatures, and we have been doing dinosaur drawings, painting and sketching.





Puzzles and board games have been popular as we work on completing tasks, encouraging persistence and following instructions.



Last of all, hand washing has been a big recent focus! We have been watching a video called 'Soapy Heroes' (a Vic gov video that can be found on Youtube) and supporting children 1:1 to correctly wash their hands. Owen is the star of a new poster created and displayed in the bathroom to remind children to scrub their hands with soap for 30 seconds, or as long as it takes to sing happy birthday twice!



Fleur & Roseanne

Ideas for home from Enza and Fleur



As the coronavirus uncertainty continues and home isolation is in the best interest of all of us in controlling the outbreak, here are some ideas to break up your day with young children:

- **Morning Circle at home.** On Spotify you can find our CD (or you can purchase from us in the office). Sing songs, practice yoga and do meditation together. On YouTube and Spotify there are many versions of Baba Nam Kevalam.
- **Gardening-** use children's scissors to cut grass and weeds. Lots of fun and very challenging. It will help co-ordinate their fine motor skills and help with future handwriting.
- **Wall and floor chalk drawing-** find objects from nature (in your backyard) and encourage your child to trace them and you have to guess what it is.
- **Hide and seek numbers-** write the numbers from 1-10 and encourage your child to hide them and vice versa. You can make this an indoor or outdoor game.
- **Baking-** makes the yummy recipes you have had no time to make and now you have lots of time...
- **Art gallery-** choose a part of your house that needs some sparkle and colour and make it your own home gallery. Each day an art piece is added.
- **Home made recordings or video-** make a home video and sing/ dance like no one is watching. Watch them together and giggle at how crazy and great you all look and sound. Have fun and be wild together.
- **Face time** or call a loved one every day- make the time to call or video chat with someone you love. Exchange numbers with other Sunrise families.
- **Mud pies-** Get your hands dirty and make pies. Add crushed up leaves, sticks and flowers to your pies. Bring toys to your pie kitchen and begin a pie market. I know it sounds over the top but trust me, being involved in dramatic play is a lot of fun and the children love it. If Pie making is not your thing, think outside of the box and explore other ideas such as : potion factory, magic spell shop, café or a garden nursery.
- **Daily Treasure hunt.** Find 10 (or 20!) similar objects in your house. Some ideas: red objects, things with numbers on them, items taller than you are, items made of wood.
- **Virtual visit to the Melbourne Zoo** via their live stream.
- **Story time in space** via the NASA website
- **Create a visual schedule** for your day. Include time for child to pick activity for you to do together, time for jobs, quiet time for reading by self/playing in room by self, dance party time, time for tidying and screen time. Create it as a family and reassess as needed.
- **Set up an invitation to play.** For example, say you read a book about polar bears that day your child was interested in, that night prepare some ice (maybe even freeze some toys in it) and put out in the morning next to book. Chat with your child as you play, recalling moments from the book, how the ice feels, what is happening to the ice. There are lots of ideas online, google your key words.
- **Sensory play-** put it in a large baking dish. Use soil, sand, leaves, pebbles. You could use chickpeas or rice or pasta then cook it for dinner. Add animals or kitchen utensils (eg tongs, small cups, spoons, a vase, a funnel, patty cases).
- **Collect your recyclables for crafts.** Cut pictures from newspapers/magazines for pasting.
- Engage your child in **meal preparation.** Give them a choice of two meals (eg we could have fried rice or soup tonight, what shall we cook) and get them to help with cutting and washing up. Maybe give them a large bowl of soapy water on top of a towel to help wash up.
- **Obstacle course.** Make a challenge down your hallway or on an outdoor path/grass. Balance ping pong ball on a spoon, throwing soft toys into washing basket, jumping over pairs of shoes, walking with three hats on their head, tie legs together and hop... Get creative and involve your child in planning obstacles.



It was a pretty exciting start into the new year, to reconnect with our previous friends, to meet our new children and their families. Welcome to everybody!

Our main focus was to familiarize our new friends with the Sunrise family as well as with our daily routines.

“Welcome to the country” is a fairly new addition to our morning routine.

I was just as excited to explore with the children the meaning of our daily recognition of the indigenous people. There were sentences from the children like:

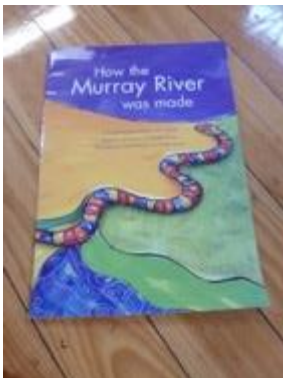
White people did not treat them nicely.

They took their children away.

They share their Dreamtime Stories.

Materials such as stories, puzzles, visual symbols and the hand printing of the flag are just examples of how we have started to explore. This will continue to be an ongoing discussion throughout the year and our displayed program will illustrate in more depth.

We respectfully acknowledge the Wurundjeri people on whose land we play and learn!





Painting at the easel is a very much loved activity throughout the year. Mixing the three primary colours to create new colours was very exciting for the children. Expanding this interest we created spinners. Children hardly could wait until the paint was dry, to add a marble and a bottle top to be able to spin them. “There are all the rainbow colours!” I often could hear. I enjoyed very much to see, that the children gathered in large groups, spinning together and watching one another’s spinner!
“Who’s spinner spins the longest?”
“Will they fall off the table?”
“I will throw and spin it!”

As you can see, children experimented and they showed curiosity as well.



Children as well created birds. Cutting and pasting fosters a lot of skills like fine motor, hand and eye coordination, persistence and patients to wait for the turn. Fixing these birds onto a skewer invited children into drama play, fostering nice connections. I will offer more of this kind of artwork throughout the year. It helps children to strengthen their fine motor skills for activities such as writing and reading.

Yoga is part of my afternoon program too. Together with the children we explore yoga poses in many different ways. There are yoga fairies- and elves, stories and songs. Recently I added clues to each pose but my kinder friends are very clever and guessed them straight away. Sometimes children like to teach us their very own yoga pose and it is amazing to see, how well they capture the essence of an animal!



Board games are very popular in the afternoons, especially the one called “Orchard”. It is a great activity for the children to share time together while fostering skills like conversation, following rules, learning to throw a



dice and to pass it on, waiting for the turn, setting up the game and pack it away. In the meanwhile, some of the children are able to play this board game self directed. What a great outcome!



Constructions are very popular, specially the magnetic tiles. Often I can see up to ten children on the mat, creating the most amazing buildings in smaller groups. They all communicate, plan, solve problems and very important as well, share the tiles.



To see how the children are becoming connected, learning social skills, gives me great pleasure, especially in this digital world we are living in.

I look forward to your children's' interests that we can follow next. **All the Best, Sigrid**

From the Office:

*We welcome back Catherine & Rita to cover while Fleur and Enza are away on school holidays – we will continue to run a long day care program as long as we are open? Rita delivered the Kindergarten Program at Sunrise with my eldest daughter who's now 23. Stay well and stay safe! **Cathy x***

Dear Families

I wish to introduce myself as I will be doing relief work at Sunrise Kindergarten from Monday 30th March for a few weeks.

My name is Rita Saville and I hold a Bachelor degree of Early Childhood and an AMI Diploma of Montessori studies.

I have had over 20 years of experience in main- stream working in kindergartens and LDC centres as a teacher and manager in various settings including Sunrise Kindergarten and as a Montessori teacher for the last 3 years.

My passion for children has always been the driving force of my career which continues to be strong.

I look forward to work with you and your children.

Kind regards, Rita Saville





Dear Sunrise Family,

I would like to welcome back our families and cocoon our new arrivals in our embracing love at Sunrise!

The Festive season has sped by and we are already working cohesively to surmount the challenges that 2020 is bringing to us.

This is one of the many newsletters that will be emailed to parents on a quarterly basis. The newsletters will contain information on highlights of the quarter and will also be used to assist families in keeping up with the upcoming events throughout the year.

As part of our Neohumanist education philosophy of “whole child development”, I would like to quote from the seminal work of Danah Zohar and Ian Marshall: SQ - Spiritual Intelligence, the ultimate intelligence

“Human beings are essentially spiritual creatures because we are driven by a need to ask ‘fundamental’ or ‘ultimate’ questions... We are driven ... by a specifically human longing to find meaning and value in what we do and experience. We have a longing to see our lives in some larger, meaning-giving ... context.”

Hence at Sunrise with love and care, we develop the innate playful curiosity of our children into the larger development of “being”. Our team at Sunrise are available to help make your experience a happy cohesive family oriented one.

Our morning Shloka - word shloka means 'song', and originates from the root śru or 'hear'. A shloka is generally a couplet of Sanskrit verse, especially one in which each line contains sixteen syllables. Shlokas, which are repeated to aid concentration in meditation, have its origins from the Vedic period. Indians have used the science of sacred sound for centuries as an aid to humans who seek to communicate with the divine spirit, within themselves and the universe. Recent research into the effects of chanting has discovered a variety of benefits including the effect of raising the level of vibration of the individual practicing the chant. This makes the practitioner gain peace, feel calm and become more centered, which in turn allows the person to channelize the positive energy received in a variety of ways.

NITYAM' SHUDHAM' NIRABHASAM'
NIRAKARAM' NIRANJANAM
NITYABODHAM' CIDANANDAM'
GURUR BRAHMA NAMAMYAHAM

The English Translation is:

Eternal, pure, indescribable entity
Formless, without blemish
Omniscient, Blissful consciousness
To guru-Brahman, Supreme Consciousness
I offer my salutations



With much love

Didi

Baba Nam Kevalam Love - is all there is!