



Dear families,

What a term it's been so far— so much illness! We've had many children absent along with, as you would be aware, the majority of staff except for Ryan and I. The children coped incredibly well with the changes and the different staff each day. We were amazed by their resilience! Thankfully all preschool staff are now well and have returned to the centre this week. Lauren is still on sick leave and Di is sadly on bereavement leave, returning next week.

As we continue to deal with covid and other illnesses such as flu and other respiratory illness, it is timely to remind families that if your child is at all unwell, no matter how mild the symptoms, please keep them at home until they have recovered. We also ask that if your child or you develop covid, that you let the centre know so we can inform the community if required.

Unfortunately due to teacher illness, we had to postpone the **parent-teacher chats** last week. These appointments are now taking place this week. We are hoping to speak with **every family** about their child so we can share information with you about their learning and development at kindergarten, but also most importantly hear your perspectives about your child and what your hopes are for their kindergarten year. If you are unable to attend your appointment or the times offered do not suit, please speak with Karen or Sarah to make an alternative time. I have back filled the teachers so we'd like to make full use of these times!

Once the meetings are complete, Karen and Sarah will be writing up the goals and these will be sent home to families as a record of what we will be focussing on in the coming weeks and months.

As you will note in the diary dates, we will be having a pupil free day on Wednesday June 28. This day was originally scheduled for Thursday June 15 but with so much illness we have not been able to do the preparation required for the day. The Department for Education provides preschools/kindergartens/ children's centres and schools with the possibility of having pupil free days to enable the whole staff team to be involved in professional learning and discussion. Days in term 1 and in term 3 support our focus on self-regulation along with colleagues from our local preschools/kindergartens. The pupil free day on June 28 will allow us to continue this learning and how to embed it at Lockleys.

As we head deeper into winter, we wish everyone good health—stay well!

Nadia on behalf of the education team



## TERM 2 DIARY DATES

**Monday 1 May -**

**Friday 7 July 2023**

### Week 6

**\*\*Parent- teacher chats this week on Monday, Tuesday and Thursday (June 5, 6 and 8)**

**Relief teacher each day  
James Golin**

**Tuesday 6 June**

Visit from Underdale High School students at 11am

**Wednesday 7 June**

Nadia and Karen at full day meeting—relief teacher James Golin

### Week 7

**Monday 12 June**

King's birthday public holiday - **CENTRE CLOSED**

### Week 8

**Wednesday 21 June**

Governing Council meeting, 6.30pm in the community room.

All

**PUPIL FREE DAY**

**WEDNESDAY 28**

**JUNE— NO PRE-SCHOOL SESSION**

# Learning at Lockleys Children's Centre

## Quality improvement goal 2:

Increase children's ability to understand and manage their emotions (self-regulation)

### What is self-regulation?

Self regulation can go by many names such as 'self-control', 'self-management', 'anger control', and 'impulse control'.

These terms describe people's ability to adjust their level of alertness and how they display their emotions through their behaviour to attain goals in adaptive ways

(Bronson 2001 in the Zones of Regulation, L Kuypers, pg 3)

Self regulation is one of the most important skills for children's learning. Without this ability, children find it difficult to share, turn take, listen to the perspectives of others, be flexible, plan, make sense of the information being received by all of their senses and control impulses. It's a skill that doesn't naturally develop with age but needs to be modelled, encouraged and supported. Parents do this naturally when you soothe and cradle a crying baby for example.

As reported previously, this year we are involved in an occupational therapy project along with our local preschools/kindergartens. We are fortunate to have the support and coaching of a highly experienced Department for Education occupational therapist, Belinda, who visits the centre every 3 weeks and also schedules time to meet with the staff team to further build on the learning from the pupil free days.

Our current learning has centred on how to support children's emotional regulation and the importance of the environment. Alongside helping children to tune into their emotions and how their bodies are feeling, we can also provide strategies and tools to help them be ready to learn. This can look different for different children but providing calming spaces and experiences can assist.

We have two areas now that the children can retreat to if they are feeling tired, sad, angry or just want to be quiet. These calming spaces are designed for one or two children. It has been amazing to see how quickly children have embraced these spaces and use them appropriately.

In the coming weeks we will begin to implement an approach called the Zones of Regulation. We will be sharing further information and useful strategies for kindergarten and home.



HELP!....We have lots of books that need covering!

This can be done at home or the centre

See Wendi or Nadia