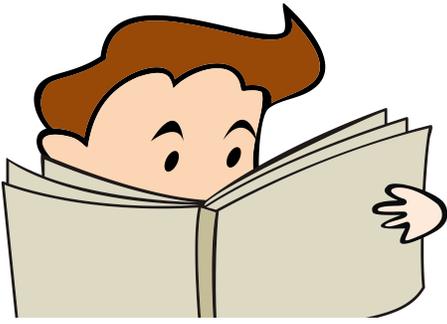


# Bridgewater Kindergarten

May 29, 2018



## Timed lunch, what does this mean?

Your child might have told you that we have a timer at lunch time. We are not stopping the children from eating, just adding a pause.

We eat our lunch at the tables under the umbrella in the kindy room, giving the children a calm, settled place to eat. Many of the children are fast eaters and finish within 5 or 10 minutes whilst others can take 30 minutes or more. With such disparity with finishing times we were finding that we were unable to move to the next part of the day calmly and with minimal interruptions.

We now give the children 20 minutes. An iPad timer is set so that the children can watch as the time moves on. At 20 minutes all children take a pause from eating. Those who have finished put their lunch boxes away, those who still have food and still want to eat leave them on the table and come back to them as we move into free choice activities in the afternoon. This has led to calmer afternoons and has helped some children to get a wriggle on. A number of parents have commented that this is good training for when they are at school where they usually only get 10 minutes to eat.

Thank you for making healthy choices for your children's kindy food. The kindy educators often want to adopt one of the children's parents to make our lunches when we see the lunch and snack boxes!



A suggestion. Carrot is an excellent choice nutritionally; however, they take a long time to eat. We often find children sitting down eating carrots while their friends have gone off playing. Cucumber and capsicum are great alternate options, healthy and quick to eat.



## Upcoming dates

### **Pupil Free Day.**

**Tuesday 19<sup>th</sup> June** will be a **Pupil Free Day**, no kindy for children on that day. Staff will be joining other preschool and school staff at Uraidla working with an Occupational Therapist learning strategies and tools to support children with sensory needs, self-regulation and concentration.

### **School Visit**

Thursday 21<sup>st</sup> will be our visit at Bridgewater Primary School. Drop off a little before 9:00 and pick up at 12:00.

There will be no **Occasional Care** on this day as staff are unable to transport children back to kindy.

A reminder that will **not be occasional care** on the last Thursday of term-6<sup>th</sup> July either.

## Governing Council

Put **Friday August 10th** in your diaries for a soup and children's movie night at kindy. This is always a great social night at kindy.

Fun times ahead. Governing Council are planning a children's Colour Run, Family afternoon and Campfire **October 27th**. This will be one of our main fundraisers this year.

Lizzie Szemis has organized a fantastic fundraiser, where we can purchase Udder Delights cheeses. Yum!

## Parent meetings

Thanks to the families who have arranged times to come and chat about your children.

It is always interesting to compare the way we respond to the children.

If you would like to have a chat, see Deb or Glenda to arrange a time. Email is also a good way to communicate about your child.

## Keeping Warm and Dry

Even as the weather becomes colder we spend a large part of every day outside. Please dress your children in warm clothes and ensure that they have a waterproof jacket. If they come in rubber boots, consider leaving a pair of slippers (named) at kindy for when they are inside.

## Special Persons Afternoon tea

Thankyou to Governing Council for organizing yesterday's highly successful afternoon tea. It was wonderful to chat with parents, grandparents, neighbours, sisters and brothers.

We all work together to support your children as they learn about their world.



## Executive Functioning

We have recently started to work with your children using the language of

Executive Functioning. Executive Functions enable people to plan, organize and complete tasks. They also support children and adults to make positive choices.

Children. (and adults) with poor executive functioning skills,

- Have trouble starting or finishing tasks.
- Forget what they have just heard or read.
- Have trouble following a sequence of events.
- Panic when routines change.
- Get frustrated easily and give up instead of asking for help.
- Have frequent tantrums over minor things
- Insist on doing things a certain way.
- Act impulsively without considering consequences.

We are focusing on impulse control, building working memory and thinking flexibly.

We shared these videos with the children.

Have a look at them, they are funny and informative. I am sure that your child would love to watch them with you.

**'The Adventures of You' executive function guide – Parts 1, 2 and 3.** You will find them on You Tube starring the "gherkin man" at least that's what staff call him!

**people's choice**

**COMMUNITY LOTTERY**

Raffle books are due back now. If you are unable to sell the tickets, please return the books anyway. All books must be returned.