



Cuppa N Chat in Garden

Join a staff member Mondays between 9 and 10:30 for a cuppa in the garden. Pull a weed or just sit and natter.

Learning Together Playgroup

An opportunity for you and your children birth – 5 to come and explore and learn through play.
Tuesdays 9am – 10:30am

My Time

My time provides support for mothers, fathers and carers of children with a disability or chronic medical condition. A place to unwind and talk about your experiences.

Crèche provided.

Call Jarah if you need a ride.

Monday 12:30-2:30

Nunga Yarntime



Come for a yarn, crafts, relaxation or cooking and have a say about what happens at the centre.

Creche provided.

Call for a lift.

Tuesday 12:30-2:30

Minya Bubs



A place to meet for parents under 22 years of age with Nunga bubs (pre-walkers).

Crèche available for older children.

Call if you need a lift

Wednesday 12:30-2:30

Jump N Jive Playgroup

Starting week 3 (18th Feb)

Our Thursday playgroup is for children 2 – 4 years of age who want to climb, jump, crawl, balance and have fun while building their confidence and skill development.

Thursdays 10-11am

Welcome back to all our children and families and a really huge welcome to our new families to the centre in 2016. I hope preschool families enjoyed their week 1 Learning Story and the children had as wonderful week as our staff. It is such a privilege to spend our days with your children building their learning journeys.

We would also like to extend a warm welcome to our new staff; Mavis, Simone, Alysha, Vicki, Emma and Lu have joined our team. We now have 21 staff members!

Some information has gone home in week 1 regarding centre curriculum for term 1. This information was in the pockets in preschool. If you haven't received this please see preschool staff. Please remember to check your pockets daily for information on curriculum and learning.

The Governing Council AGM will be held Wednesday 17th - next week at 5:30 followed by family night. A crèche will be available for the AGM. We would love you to be part of our team as a Governing Council member, the commitment is minimal possibly 2 meeting x 2 hours per term. Please fill in the attached nomination form and return to the centre.

Thanks Susie and team

Student Free Day

No preschool on this day

Friday 26th February

All staff will be attending a training day in Streaky Bay on this day. The whole centre will be closed on this day.

Sun smart centre

Please remember that Ngura Yadurirn is a Sun smart centre and you and your child are required to wear a broad brimmed hat when outside at all times. Please remember to bring a hat with you to groups.

Nut Aware

A reminder that we are a NUT AWARE site. This means no nuts, nutella or food including nuts for snacks or lunch at anytime as we have children who could have an anaphylactic reaction to nuts.

Chillin Together

A safe, welcoming space to chat with other mums while we explore parenting and caring for yourself.

Crèche bookings essential

Thursday 12:30 – 2:30

Creepers N Crawlers

A playgroup for babies who are not walking only. A safe place for babies to explore their world and have some uninterrupted tummy time.

Fridays 9am-10:30am crèche for older children

Occasional Care

Sessions for Term 1:

Monday 9-12

Wednesday 9-12

Thursday 12-3

Bookings can be made for the next session after your child attends a session or by phoning 86252294.

This system will allow for equal access to occasional care.

Permanent booking arrangements can be made at the 2 amazing childcare centres we have in town.

In keeping with the priority of access in Term 4 children who already access preschool will be unable to utilise Occasional Care unless a vacancy exists the day before.

We need you:

If you would like to spend some time in the centre at anytime please see Susie or any staff member to chat.

Everyone has skills we can share.

PLAY

Sit and chat

Story tell read

Cook

CLEAN

Do some art

Curriculum

Curriculum is everything we do from us saying hi to your child in the street, greeting your child in the morning, planning our week and writing reports.

The national [Early Years Learning framework](#) guides the learning of children from birth to 5 years of age. It is a guide to the programs in a range of early childhood settings. There is more information available on the [early years curriculum on the sa.gov.au website](#).

Our curriculum is always available in the center and if you need help to understand it please ask a staff member.

To start the term we are exploring - Who am I?

Our goals:

Buildings a sense of identity, belonging and a strong preschool team.

To build a sense of belonging children need to develop their abilities to:

Work together and with others

Play cooperatively

Help others and themselves

Have a sense of empathy

Be part of a team

Be a friend and build friendships

Develop their self help skills

Linking to EYLF outcome: Children have a strong sense of Identity



The centre chooks are amazing. Check out our rooster! If you have any food scraps at home please bring them in and pop out the back with your children to feed the chooks. Please put scraps inside house in the containers for easy clean up.

The community garden is in need of some volunteers. Please consider popping in on Monday mornings to lend a hand or supervise.



Please like us on Facebook to keep up to date with info re curriculum and events.



Are you the parent or carer of a 0-5 year old?

We would like to invite you to Ngura Yadurirn to view the Parenting SA webinar...

Toddlers and touch screens: What should I do?



Learn about...

- the pros and cons of the digital age for children 0-5 years
- how and when to introduce phones, tablets, apps, e-games
- how to manage electronic media use

When: Thursday 7th April

Time: 12.30pm – 2.30pm

Where: Ngura Yadurirn Children and Family Centre

Crèche provided – bookings essential

To register your interest please phone 8625 2294



Are you an important bloke in a child's life?

Join us for...

COS AT THE PUB

*Circle of Security Parenting for blokes
Dads, step-dads, uncles, grandads, any important
blokes welcome!*

A Relationship Based Parenting Program



6 week course

Dates: Tuesday 16th February

- Tuesday 22nd March

Time: 6pm - 7.30pm

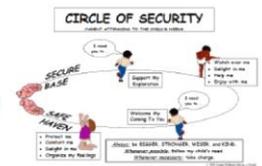
Ceduna Foreshore Hotel

Function Room

Cost: Free!

This program supports blokes as they learn to be "bigger, stronger, wiser and kind" with their children.

Come and get some easy to understand information about the importance and benefits of secure attachment for children.



Grab a beer and come to chat with other blokes!

Facilitated by Susie Bowden and Sam Tonkin
Ngura Yadurirn Children and Family Centre, Ceduna

To register your interest please contact Sam Ph: 8625 2294

AGM and Family night Wednesday 17th 5:30 Nomination for Governing Council

Our centre cannot run without the support of Governing Council.

I _____ would like to nominate to be a member of
Ngura Yadurirn Children and Family Centre Governing Council.

I will be at the AGM on Wednesday the 17th February. (Please see Susie if you can't make meeting) Everyone has an important voice.

Please return by Monday 15th February to Susie.

Signature: _____ Phone: _____

Please be aware that Ngura Yadurirn is a space to enjoy with your children or some time for you. Below are five reasons to put those phones away so you don't miss an amazing moment that may never happen again:

1. Providing positive attention when children are doing positive things builds a strong value system and positive self-esteem. Responding with enthusiasm to their attempts to master new things ensures that your children will keep trying. The "look at me's" you hear on the playground and in your kitchen are your children asking for your approval and encouragement. When you do look, really look, and smile and wave, the kids soak it up. They try again. They push themselves to the next level.

2. Giving children positive attention also puts a big deposit in their emotional bank. When children know that their family think they have what it takes to handle life's problems, they develop confidence in their ability to take on life's challenges. When parents put their phones down (or turn off the TV or shut down their computer) and talk to them seriously about what they are doing, their skills grow and their self-confidence blossoms. Later, when those same children hit the inevitable troubles of life, they will have what it takes to cope.

3. Babies light up when bigger people make eye contact and talk directly to them. They are taking in the rhythm and sounds of our voices. They are learning the words for the things and people of their world. They are learning how those words get strung together. Television doesn't help children learn language. It's too passive. They need to experience the give and take that comes with interacting with another warm, caring human being. Parking them in front of even the best children's TV is no substitute for the give and take that goes on between babies and their parents. Many parents are amazed when their little one suddenly moves from saying one and two words at a time to a full sentence. "Where did that come from?" they ask. It came from listening to adults who talked to them, not around them because they're on the phone.

4. Conversation builds brain power. Children's brains are sponges. The more we talk to them, the more their brains absorb. Even children who are far too young to carry on a real conversation are taking in far more than adults may realise. Parents who talk to their children with complicated sentences are setting them up for success in school and in life. One and two word answers don't do it. Commands don't do it. A momentary break in your phone conversation to acknowledge them doesn't do it either. Children need to hear language used to describe and explain their world. That's one of the many good reasons to read to children. It's not just for the entertainment of the stories. It's also an important way for them to hear and take in the richness of language.

5. Our children need our first priority to be our relationships with them, not with our phones. Children learn how to be with other people and how to love by being with people who love them, teach them, encourage and comfort them. Contrary to conventional wisdom, quality time is not a substitute for regular moments of interest, talk, and participation in their lives. Yes, quality time has a certain special quality. We all remember big celebrations, vacations, or trips to the zoo. But those days are special because they are rare. For kids to grow, they need us to be curious about their experiences and to comment on what is going on around us in an ongoing way.

