

TERM 3, WEEK 5, 2018

PHONE: 8625 2294

### Dates to Remember:

- 20-24/8 - Book Week
- 21/8 - Dress Up  
(Tuesdays group)
- 22/8 - Dress Up  
(Wednesdays group)
- 2/9 - Father's Day

### Occasional Care

Places are available for  
2018:

Monday 9am-12noon  
(6mths—2yrs)

Wednesday 12noon—3pm  
(6mths-4yrs)

Friday 12noon—3pm  
(2yrs-4yrs)

Please book in one session  
at a time and speak to Susie  
if you have any questions.

Health care card: \$1:50  
Or without  
\$5 for 3 hours care.

Newsletters and other  
information will be put in  
children's pockets. Please  
check pockets daily. If your  
child arrives on a bus we will  
put notes in preschool bags.  
Check out our website  
[ngurayadurirncfc.sa.edu.au](http://ngurayadurirncfc.sa.edu.au)  
we will get more information  
on here as we go.

### Howdy Everyone

We have welcomed Nadia Hurr to our team as Aboriginal Family Literacy Teacher. Nadia is a new graduate teacher who has moved to our community from Adelaide. Please make her feel welcome when you see her about.

As a staff team we have had some amazing training by Relationships Australia on "Conversations around the Table". This training was focused on children or carers with big emotions and keeping people in a zone of comfort rather than chaos so you can make a difference for them. This training built on from our Managing Abuse Related Trauma Training presented by Early Childhood Australia when we explored the brain and how when in chaos we are unable to learn or alter behaviours. This highlights the importance of calm predictable people and environments in our children's lives.

Preschool finished Term 2 with a focus on community and safety. Visits from SAPOL, SA Ambulance and Country Fire Service. Term 3 has begun with culture and health and ATSI Children's Day. Culture Day was attended by many community members supporting the celebration of culture in our community. Thank you to all community members who helped out on the day.

The team have worked super hard in the last 4 weeks to be sure every child birth to Year 2 has had the opportunity to be part of our Storytelling Buddies as a celebration of storytelling. We are raising awareness of the importance of every child having a storytelling opportunity everyday.

School holiday playgroup was well attended by many families. We commit to running at least one school holiday activity each break. We hope to see you in the next school holidays. Pop up playgroup in the town hall was well attended with songs and storytelling by Bugi Weaver. Thanks Bugi!

The concrete circle has been laid for our cultural storytelling circle. This amazing artwork that was designed under consultation with our Aboriginal Woman's Yarntime Group will be in our New Cultural Garden area of preschool. We will have an opening when the art work has been installed.

I will be taking Term 4 Long Service Leave. Claire Higgs will be Acting Director, Georgia Turland will be teaching the Land Group for Term 4.

Thanks to those who have returned or completed the Preschool survey online. If you haven't please take the time to complete online or on the paper copy as this guides our further planning. Attached is the centre Parent/Caregiver ideas and feedback form, please fill out and pop in the feedback box in the foyer.

Enrolments are now welcome for 2019. We have exciting plans for 2019 so we look forward to connecting with all families who have a child turning 4 before 1st May 2019.  
Susie.

Please remember we are a nut aware site which means NO nuts including NUTELLA, bars containing nuts, packets of nuts or anything with NUTS in the ingredients. Please send only healthy options for your children to eat. Also please NAME everything that comes to preschool, crèche, occasional care or other groups, we have lots of drink bottles, lunch boxes, clothes etc left with no names.

Please feel free to drop in or make a time to chat with me about any concerns regarding the Centre, preschool or parenting. Chat soon Susie and Team.

## Preschool

Wow Term 3 already. Firstly, a warm welcome to all the new Children and Families that have started Preschool recently. We hope that your time with us is a great, happy time. We are very lucky that our new swing bays went up during the term break. The additional swings enable us to provide a wider range of challenging or relaxing swings to be out all the time. The children have loved this and are getting confident at asking to have out a specific swing. The children who begin school in 2019 have begun their initial transition visits to school, with a getting to know "places and spaces" which will continue fortnightly this term, if you are unsure of anything please ask and we can help. With the huge success of last terms "mentor reading" programme we made the decision to continue it this term. This is allowing Reception to Year 2 children to come and read with all Preschool children. It is such a positive time where everyone is reading or being read to, one on one or in groups of twos or threes. What a wonderful opportunity this is for everyone! We were very privileged to have some of our Elders spend some time in Preschool reading and sharing stories with the children.

Week 4 this term will see us celebrating National Science Week, so keep an eye out for photos and notes at the door on what we discovered, tried or experimented with. We will have a celebration in Week 5 that coincides with Book Week, and Far West Storytelling Buddies.



### 2019 Preschool enrolment

Children are entitled to access 15 hours per week for four terms of preschool in the year before they start school. There is one intake at the beginning of each year for children who turn four years of age **before 1<sup>st</sup> May**.

If your child turns 4 **before 1<sup>st</sup> May 2019** please call Ngura Yadurirn Children and Family Centre and talk to Susie to enrol your child on 8625 2294.

Aboriginal children can start when they are 3 years of age for 12 hours a week.





### Playgroup

Learning Together Playgroup was excited to come back after the school holidays as we now have SWINGS near our Chook house and a new outdoor kitchen! Oh the learning and engagement we have seen has been invaluable! Children have been developing early literacy and numeracy! We always finish playgroup with snacks, stories and songs! We welcome any new families whether that be Nannas, Poppas, Mums and Dads to join us!



### Fund Raising

Governing Council's fundraising this year is "Tea Towels". Join us in the foyer to complete your drawing or handprint for the special tea towel! Please see attached order form for more information.



### Creepers N Crawlers

Creepers N Crawlers is a fantastic opportunity for our minya ones to come together, play, explore, sing and socialise in a calm, safe space. We know caregivers are children's first and most important educators! We welcome any new families to join us!



### Baby Massage

Our Term 3 Baby Massage group has started on Friday mornings and is well attended. To infants and children, touch is a basic physical and emotional need, as vital as food! Massage provides quality time between caregivers and bub, enhancing the bonding process, while offering other physical and emotional benefits.

We have run a creche alongside the group so siblings can have a play while Mum and Bub come to massage.

Call the centre if you or anyone you know is interested for our next Baby Massage group starting!

### Cooking Together

Making sure that the food you cook at home is nourishing is super important, for all the family. It can be super easy too! Load up your freezer with bags of frozen veg and throw a handful into whatever your making, making a simple tomato sauce is easy, fry up an onion and some garlic, add some tinned tomatoes, some dried herbs and season, you've got a yummy sauce to put on anything! Throw in some extra veg and cook until it's all soft-even better, and fussy eaters might not even notice. Happy cooking.



### Jump N Jive





## **Connected Beginnings**

The Connected Beginnings Team have been busy supporting Storytelling Buddies in Ceduna & surrounding communities. The Storytelling Buddies concept is designed to raise the profile of reading in the early years and to encourage families to read and tell stories with their children at home with a focus on children from birth to 8 years of age.

Recent research shows that children's experiences in their early years significantly affect their brain development, ability to learn, social skills and self-esteem. Children who have an early exposure to books, stories, reading and libraries learn to read more successfully, and do better at school and in later life. In the first three years of life, some children will hear thirty million more words than others. Within every parent and caregiver lies the power to shape his or her child's learning capacities from day one.

Special community readers have visited Koonibba Preschool and school, Penong Preschool, school and playgroup, Ceduna Area School, Crossways Lutheran School and other early years groups in Ceduna including Save the Children, Story time at the library and our own NYCFC groups to read stories to groups of children.

All children got to take home a book to keep thanks to a donation from the District Council of Ceduna and will receive a special Storytelling Buddies T-shirt for participating!

The Storytelling Buddies will celebrate with an afternoon tea in Book Week (Wednesday August 22nd, Week 5), all welcome.

A special thankyou to Claire Higgs, Emma Warmington, Nadia Hurr, Jacqui Tanke, Alysha Parsons, Joy Reid, Mavis Miller, Margo Walker, Vicki Coleman, Bugi Weaver and Ceduna Area School Year 10 students who all read stories around the community.



## **Circle of Security Parenting Group**


The Circle of Security parenting group has been going now for 3 weeks. The group has been attended by a grandmother and a mother who are both working hard to provide the children in their lives with lots of love and nurturing. We share lunch and family stories as well as attachment parenting information.

If you would like to participate in one of the parenting groups for Term 4 please contact Annie here at Ngura Yadurirn 86252294.

Right: Leah Miller and Rosie Edwards participating in Circle of Security





Monday	Tuesday	Wednesday	Thursday	Friday
Pre-School 9am-3pm	Pre-School 9am-3pm	Pre-School 9am-3pm	Pre-School 9am-3pm	Pre-School 9am-11am
<b>OCCASIONAL CARE</b> 8mths - 2yrs 9am - 12noon Occasional care for children whose parents need to attend appointments, meetings, or just to have a break! <b>Bookings essential.</b> \$5 per session or \$1.50 for Health Care Card holders	<b>LEARNING TOGETHER PLAYGROUP</b> 9am - 10.30am A playgroup and sing along for children birth to 5 years of age and their parents/carers. Learning Together Playgroup provides an interactive and fun opportunity for children and parents to play and learn together. Every Tuesday (During School Term) Light snack provided	<b>NUNGA PLAYGROUP</b> 9.30am - 11.30am This playgroup is for mums, dads & carers of Aboriginal children up to 5 years old. Call Save the Children for a ride 86253550. Facilitated by Save the Children <b>CaFHS DROP IN CLINIC</b> 10am-11.30am Do you have questions about your child's health or development? Drop in to weigh your child or have a quick chat. For a longer appointment or a health check, call the Centre on 8625 2294	<b>JUMP 'N' JIVE PLAYGROUP</b> 10am - 11am This playgroup is a very active group with children encouraged to climb, jump, crawl, balance, rock, hop, slide & go over, under & through to build your child's confidence & skill development. Facilitated by our OT Alysha. Suitable for ages 2-4 years. <b>GETTING TO KNOW YOUR BABY</b> 12.30pm-2.30pm A 6 week early parenting group for first time parents to connect and have support in their early parenting journey. Call 86252294, to register.	<b>BABy MASSAGE</b> 9.30am-10.30am <b>*Bookings essential.</b> ...as we keep the group small to ensure individual attention. Call Alysha to find out when the next group is starting. A special time for you & your baby. <b>CREEPERS 'N' CRAWLERS PLAYGROUP</b> 10.30am-11.30am A playgroup for pre-walkers and their parents or caregivers. A great opportunity for little ones to learn, explore and socialise in a calm, safe space. Crèche provided for big brothers & sisters. <b>Bookings essential, please ring 8625 2294.</b>
<b>Young children are born ready to learn!</b> <b>GreatStart</b> Everyday ideas for learning Great Start has plenty of ideas and activities that can help you make the most of everyday learning and events. <a href="http://www.greatstart.sa.edu.au/">http://www.greatstart.sa.edu.au/</a>	<b>ABORIGINAL WOMENS YARN TIME</b> 12.30pm - 2.30pm A safe space for Nunga mums to come and yarn about parenting, and have a say in what happens at the Centre. Crèche provided for the children. Call the Centre on 86252294 if you need a ride and for crèche bookings.	<b>OCCASIONAL CARE</b> 6 months - 4 years 12 noon - 3pm Occasional care for children whose parents need to attend appointment, meetings, or just to have a break! <b>Bookings essential.</b> <b>CIRCLE OF SECURITY PARENTING</b> 12.30pm-2.30pm A relationship-Based Parenting Program, 6 wks. 1st August-12th September 2018 (except 29th August) This program supports parents as they learn to be "bigger, stronger, wiser & kind" with their children. Crèche provided, booking essential. Referral ONLY. Please call the Centre for more information - 8625 2294	<b>Did you know</b> Aboriginal children can attend preschool from 3 years? Please call Susie for more info. <b>MY TIME</b> 1pm - 3pm My Time is a FREE Program for mums, dads, grandparents and anyone caring for a child up to the age of 16, with a disability, chronic medical condition or special needs. Commencing on 6th August to 17th September 2018. <b>Free Crèche available for children 0-5 years</b> For more information, please ring the Centre on 8625 2294, to register.	<b>CaFHS DROP IN CLINIC</b> 10am - 11.30am Do you have questions about your child's health or development? Drop in to weigh your child or have a quick chat. <b>OCCASIONAL CARE</b> 2yrs - 4yrs 12pm - 3pm Occasional care for children whose parents need to attend appointments, meetings, or just to have a break! <b>Bookings essential.</b> \$5 per session or \$1.50 for Health Care Card holders <b>PARENTS in EDUCATION (PIE)</b> 12.30pm-2.30pm Webcast information session for parents and carers. More information to follow. Check our Newsletter.
<b>BRINGING UP GREAT KIDS</b> 12.30pm-2.30pm Bringing Up Great Kids is a resource for all parents with information that can help you to raise happy and confident children. Starting on Thursday 2nd August 2018, for 5 weeks. Please call Annie Lonergan on 8625 2294 to register.	<b>Culture Day, Friday</b> 3rd August 2018, <b>Book Week,</b> 20th-24th August 2018, <b>RANEC Training</b> Monday 24th September 2018	<b>MINYA BUBS</b> 12.30pm-2.30pm For young mothers under 25 of Nunga Bubs. Transport and refreshments. Call the Centre on 86252294 if you need a ride and for Crèche bookings. <b>GOVERNING COUNCIL MEETING DATES</b> 7pm WEDNESDAYS 19th September 14th November Monday 10th December		

Director of Education & Care: Susie Bowden ♦ Occupational Therapist: Alysha Parsons ♦ Family Services Coordinator: Annie Lonergan ♦ Community Development Coordinator: Vicki Coleman

Children and Family Centres have a strong focus on supporting Aboriginal families with young children to provide the best possible start in life



**PARENTS in EDUCATION WEEK**

Free expert sessions for parents

Behaviours for learning and developing skills for life  
Learn how to keep your child's learning behaviours to be their best.

Friday 14th September 12.30pm-2.30pm  
**How to live positively in a digital world**  
Discover ways to keep your child safe and healthy in the digital world.

Friday 21st September 12.30pm-2.30pm  
**Behaviours for learning and wellbeing**  
How to help your child develop positive learning behaviours.

Friday 21st September 12.30pm-2.30pm  
**No more bullying**  
Get advice on how to help your child deal with bullying.

Speakers: Linda Fries, Catherine Johnson, Lesley Harrison, Anna Murray, Andrew Faller



### Book Swap

Come in and borrow a book from our shelf in the foyer!! Bring one back and swap it for another! Lots to choose from!

## CONNECTED BEGINNINGS

*"Together we can grow up strong babies & minya kids ready for deadly learning today & tomorrow"*

### Who will Connected Beginnings assist?

- Indigenous children from birth to school commencement age
- Indigenous pregnant women, Indigenous Mothers and Indigenous Families

### How can Connected Beginnings help?

Our Connected Beginnings team aim to increase the number of Aboriginal 3 and 4 year olds accessing preschool and support children and families as first educators.

We can connect you with;

**PRESCHOOL  
SCHOOL  
PARENT GROUPS  
FAMILY SUPPORT  
HEALTH SERVICES**

and other supportive Community Organisations.









## Governing Council are fundraising with Tea Towels!

### Creating Lasting Memories!

Our limited edition tea towel design will be made up of self-portraits drawn by all our children and staff.

The pictures and names will be arranged all together as a commemorative design for the whole Centre then screen printed in **green** onto premium natural colour, 100% cotton tea towels.

Don't forget to order a few extras for family members and your keepsake box. Tea towels can be ordered by completing the form below and returning with payment to the front desk OR by bank transfer.

There is a sample tea towel hanging at reception to view.

**Thank you for your continued support!**

**Contact: Ngura Yadurirn Children and Family Centre – 8625 2294**

### Our Design!



Join us in the foyer to  
complete your drawing  
or handprint for the  
special tea towel!

**Monday 3<sup>rd</sup> September  
Thursday 6<sup>th</sup> September  
Tuesday 11<sup>th</sup> September**

**8:30 -9:30am**

Only **\$15 each!**

Order with payment  
by Friday 19<sup>th</sup>  
October!



### TEA TOWEL ORDER FORM

Childs Name: \_\_\_\_\_

Caregiver Name \_\_\_\_\_ Phone Number: \_\_\_\_\_

Number of Tea Towels Ordered: 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ or more → \_\_\_\_\_

Please enclose payment with your order:

TOTAL enclosed \$ \_\_\_\_\_

☐ Cash

☐ Cheque: (made payable to (NGURA YADURIRN CHILDREN & FAMILY CENTRE)

☐ Direct Deposit: Account Name: Ngura Yadurirn Children & Family Centre

BSB: 015 555 Account. No.: 634029374






Please put child's name as the reference Lodgement receipt No: \_\_\_\_\_

## Parent/caregiver Ideas and Feedback Form

Name (optional) \_\_\_\_\_ Phone(optional) \_\_\_\_\_

### Overall, how satisfied do you feel with the service?

(Please put a tick in one of the boxes below)

 Very unsatisfied	 Unsatisfied	 Neutral	 Satisfied	 Very satisfied

### This service has helped my family

(Please put a tick in one of the boxes below)

 Not at all	 Not much	 Neutral	 A little	 A lot

### How often have you used the activities / ideas / strategies from NYCFC at home?

(Please put a tick in one of the boxes below)

 Never	 Sometimes	 Often

### Please tick 3 things you value most about this service

- ☐ Talking with staff
- ☐ Sharing with other parents
- ☐ Time focused on my child
- ☐ Education my child receives
- ☐ Support for my child
- ☐ Ideas to support me
- ☐ Activity ideas for home
- ☐ What do you love? \_\_\_\_\_

Please tell us your suggestions to help improve this service, things we could do differently or other services/activities you would like to see:

#### Centre Staff use only

Term/Year T3 2018: \_\_\_\_\_ EYS Program Type: \_\_\_\_\_

Discipline/s of staff involved (circle): FSC OT CDC Preschool