



PRESCHOOL NEWSLETTER

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Dear Preschool Parents.

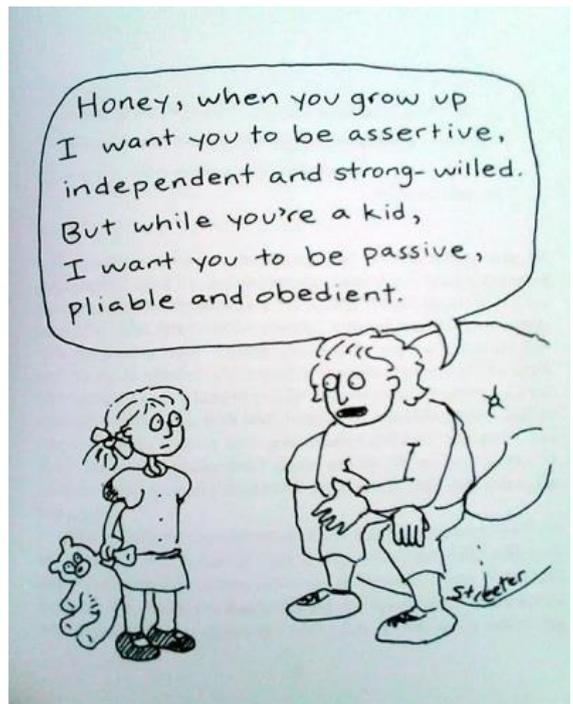
Wow! Can you believe we are at the end of May already; I am not entirely sure where this year has gone?

Does anybody else feel like this lady in the picture? I know I do, so often! How do you deal with your **strong-willed children?**

I am always looking for ideas as we really do try so hard not to squash their strong-willed personalities, but where do we draw the line? We all want our children to go far in life but how do we survive the younger years with them? Whilst doing some research I came across this article (written by Rebecca Eanes) that has some great ideas in assisting us with dealing with these mini 'go getters'

"We say, "Don't do that," and they do it anyway. We say, "Stop" and they continue. We say, "Pick that up" and they do so just to throw it back down again.

It looks a lot like defiance, so parents often feel like this is the time to start punishing their toddler's behaviour.



WHERE CHILDREN LEARN, NATURALLY

However, what's really going on is more about development than defiance, and once we understand a toddler's brain, we can approach these situations in a way that both helps our children behave better and honours where they are developmentally.

The prefrontal cortex of a toddler is very underdeveloped. This is the area of the brain responsible for critical thinking, problem-solving, impulse control, understanding cause and effect, etc. Toddler brains are curious. They are driven to learn by exploring everything! So, our attempts to get them to stop making messes or jumping on the bed are often futile because we are going against their very wiring. To parents, it looks like we are being ignored, but even if the child wants to "be good" and stop jumping, his brain is still going to be wired to jump and his impulse control centre hasn't developed yet.

While it may feel like our toddlers are testing our authority and trying our patience, it's not so. Simply put, her lower and middle brain (basic survival instincts and emotion) is in charge right now, and it doesn't make sense to punish her for being immature. Of course, she's immature! She hasn't been here very long, after all.

Instead of punishment, set limits on behaviour while honouring her curiosity and developmental stage. For example, if she's jumping on the bed or climbing on the back of the couch, remove her from those places but give her a safe place to explore jumping. Take her to a trampoline or put the mattress on the floor. Visit the park and let her climb in the toddler area. So, rather than "you're in trouble for jumping," it becomes "jumping there isn't safe; jump here." You've set a limit that will keep her safe while acknowledging her need to jump and climb.

If your toddler is throwing food or tossing his plate onto the floor, you can take the food away and offer something he can safely throw, like a soft ball. You can say, "You can't throw food, but you can throw this ball! Watch it bounce!" This gives him an acceptable alternative and is a win-win for you both.

Is your toddler heading for the wall with crayons? Tape a giant sheet of drawing paper to the wall. Is she pouring water out of the tub? Head outside with a plastic bin of water and some cups for pouring. Is she refusing to pick up toys? Make it a fun game. In time her upper brain will develop, and she'll learn more self-control. Until then, reduce power struggles and make home happier for both of you by setting the necessary limits while honouring her needs."

I really do hope that this has helped some of you, even if it is ever so slightly.

Wishing you all a great weekend ahead.

Much love, Karen

INFORMATION FROM THE OFFICE

- Please **don't speed** in the carpark. Some children dash into the road, so please drive slowly.
- **Eyetek Dainfern** are coming to school in the 26th June to perform **vision screenings**. If you would like your child's eyes tested, please return the form which was emailed to you this week directly to Eyetek with the R80 proof of payment to secure a booking. Screenings are done from **3-year olds** upwards as some tests rely on a verbal response.
- With **Winter** firmly setting in now, please don't send your child to school if they have a green nose or a fever.
- **Recycling project:** Thank you for the wonderful support thus far for the Witkoppen Primary school recycling initiative. You are still welcome to bring the items listed in the WhatsApp message you received up until the 12th July. Please drop off these items at the office.
- **Reminder:** Father's Day celebration will be taking place on 14th June. (Preschool & Grade 0's only)
- **Please note:** The school will be closed on Monday the 17th June (Youth Day Public Holiday)

ON-SITE THERAPISTS

Our on-site consultation rooms are now fully functional, and we are pleased to be able to have therapists at Broadacres Academy to assist our school and our community with any therapy needs that occur. We have a team of dedicated therapists occupying the rooms:

- Occupational Therapists - Capable Kids and the Jennifer Maud Therapy Group
- Physiotherapist – Sarah Torrao
- Speech Therapist - Jessica Anderson
- Educational Psychologist – Juli Yates

The therapists went through an application process to occupy the spaces available at the school. The main reason we have them on site is for the convenience to our parents.

However, in the referral process, we ensure parents have a sufficient list of options for therapists both on and off site. The school will not be seen to favour any specific therapist and it is our ethical responsibility to provide parents with a variety of choice as it is ultimately your decision as to which therapist you feel would most benefit your child.

It is important to note that the school does not get any commission for referrals to any of the therapists. If you have any queries regarding the consultation rooms, please feel free to pop in and see us.

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BIRTHDAYS FOR THE NEXT THREE WEEKS

| PRESCHOOL BIRTHDAYS | | | |
|----------------------------|-------------|----------------|--------------|
| BIRTHDAY DATE | NAME | SURNAME | CLASS |
| JUNE | | | |
| 14 June 2016 | AURORA | VAN RENSBURG | BUNNIES |
| 14 June 2016 | CALEB | SUTHERLAND | BUNNIES |
| 18 June 2014 | SKYLA | CILLIERS | LEOPARDS |

| STAFF BIRTHDAYS | | |
|------------------------|----------------|-------------|
| NAME | SURNAME | DATE |
| Dielie | Eksteen | 02-Jun |
| Gillian | Forbes | 04-Jun |
| Bianca | Buys | 06-Jun |
| Stacey | Viegas | 10-Jun |
| Eunice | Mashele | 14-Jun |

IMPORTANT DATES FOR THE next 3 weeks

| | |
|-----------------------|---|
| 14 th June | Father's Day celebration |
| 17 th June | School closed- Public holiday (Youth day) |

THEMES FOR THE WEEK 3-7 June

| | |
|---|------------------------------|
| JUNIORS | |
| 2-year olds – Bees and Butterflies | Insects and Under the Ground |
| 3-year olds – Bunnies, Ducklings, Ladybirds | Perceptual and Fine motor |
| SENIORS | |
| 4-year olds – Zebras, Honeybears, Hedgehogs | Wild Animals |
| 5-year olds – Lions, Leopards, Giraffes | Wild animals |

THEMES FOR THE WEEK 10-14 June

| | |
|---|--------------|
| JUNIORS | |
| 2-year olds – Bees and Butterflies | Dinosaurs |
| 3-year olds – Bunnies, Ducklings, Ladybirds | Father's Day |
| SENIORS | |
| 4-year olds – Zebras, Honeybears, Hedgehogs | Occupations |
| 5-year olds – Lions, Leopards, Giraffes | Occupations |



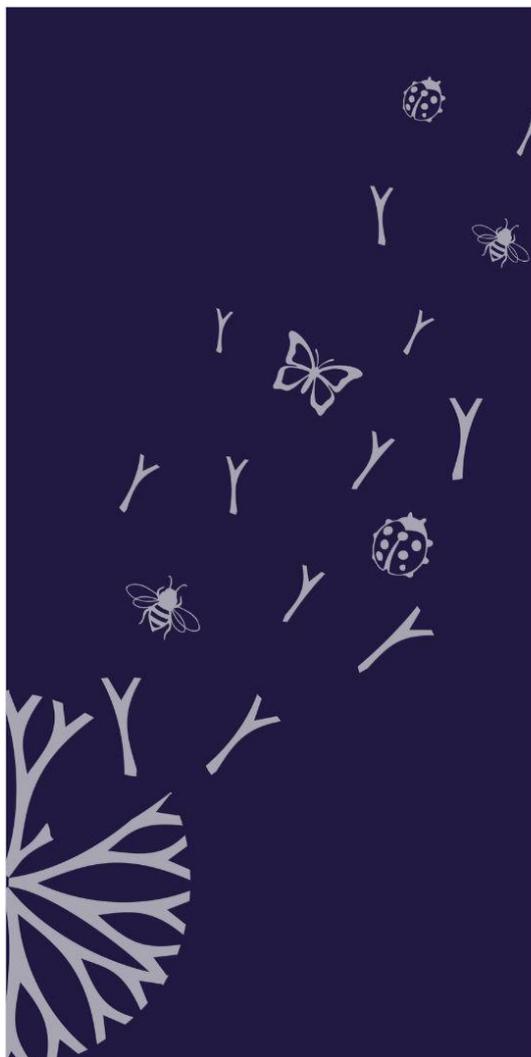
THEMES FOR THE WEEK 18-21 June

| | |
|---|--------------------|
| JUNIORS | |
| 2-year olds – Bees and Butterflies | Dinosaurs |
| 3-year olds – Bunnies, Ducklings, Ladybirds | People who help us |
| SENIORS | |
| 4-year olds – Zebras, Honeybears, Hedgehogs | Occupations |
| 5-year olds – Lions, Leopards, Giraffes | Occupations |

KIDDIE TALK

This morning Teacher Stacey asked **Enhle** what she could buy her Mom for her birthday? Enhle replied with **“SHOES”** (this little girl knows her Mama Well 😊)

Teacher Lauren asked **Nana** in the **Hedgies class** why she has a heart on her cheek? Nanas response was just too cute. **“It’s paint face, Teacher”**



**Hey, lil'
Broadacres Baba!**

When you’ve made your appearance,
be sure to let us know ...
We have something
up our sleeve for you!
Please get mom or dad
to pick up a form at reception.
There are some details we need
to make sure your
welcome surprise is as ...

Special as You!

