



PRESCHOOL NEWSLETTER

28 Syringa Avenue
Broadacres, Gauteng
South Africa, 2021

Tel +27 (011) 465 3810
info@broadacres.com
www.broadacres.com

21 June 2019

Issue No 8



Dear Preschool parents.

During the preschool years we will always come across a few children that bite, smack, punch, hit or push and parents often feel so overwhelmed with this behaviour that they don't know how to respond in the correct manner. Once again, been there, done that!! I, myself, am guilty for lashing out with my own children at times as we feel so responsible for the other child that is unfortunately on the receiving end that we don't give ourselves time to calm down and react appropriately. We often wonder why our children behave like this. Family life is peaceful and there is no reason we can see that should be the cause of this

behaviour, so how do we deal it with it and why are they behaving like this?

Once again, I have found an article written by Rebecca Eanes, that I found eye opening and I hope this helps some of you in a small way at least.

When Toddlers Bite, Hit, and Hurt Others

"It is simple logic that treating an aggressive child aggressively is not a good way to model the kindness we want him to learn." – Patty Wipfler, Hand in Hand Parenting

"When toddlers become aggressive and hit, bite, and hurt others, parents quickly become alarmed. Rest assured that although this behaviour is certainly not what we want to see in our kids, it is normal. It doesn't always mean that your child has an anger problem or that your child is bad, it simply means that your child has an **immature brain that cannot process the flood of emotion he or she is experiencing**. It isn't naughtiness that drives aggression – it's frustration or fear. That's an important distinction because when we see a child as being frustrated or afraid instead of mean or bad, we are moved to respond with compassion rather than anger.



WHERE CHILDREN LEARN, NATURALLY

Skip the Punishment

It's clear that smacking makes kids more aggressive, and time-out doesn't always work either. "social isolation and rejection are experienced as shame," says Mary Lamia, PhD. "Shaming experiences lead children (or adults) to believe their entire self is bad rather than just their behaviour...In order for the child to cope with shame, he or she will typically respond by attacking oneself, attacking others, withdrawal, or avoidance." Punishment causes more problems; it doesn't solve any. Discipline is not the same as punishment. Discipline is about teaching a child how to do better.

Addressing the Aggressive Behaviour

The two most important things to remember is 1) do no harm and 2) be mindful of what you are modelling. What do I mean by "do no harm?" Don't respond with your own aggression which will scare or further frustrate your child. Don't isolate, smack, shame, or punish. These actions cause either physical or emotional harm that only make the problem worse. While the behaviour may appear to stop in the short-term, your child will only learn to suppress their feelings and those feelings do not just go away. Bad feelings eventually manifest in one way or another and could lead to anxiety, trouble sleeping, tantrums, etc.

The second important point is to be mindful what you are modelling. Some parents are advised to bite their child back which only models the exact behaviour you're trying to correct! And yes, I've heard parents say "well, it worked" and maybe the child didn't bite after that, but I'm certain that the alarm of being bitten by their parent who is supposed to protect them from harm showed itself in some other way. If we want to raise children who are able to manage their emotions and behaviour and to respond with gentleness to others, then we have to be that first. Children learn by our example far more than they learn by our lectures.

Concrete Steps:

Prevent when possible. Study your child's behaviour. Know the cues that indicate he or she is about to hit or be aggressive in some way. When you see these cues, get close. Gently block the hit and provide safety for everyone. This will likely cause more frustration and may lead to a meltdown, and that's ok. Those feelings of frustration need to come pouring out. The goal is to let your child safely express those feelings. I know you want your child to learn not to have a tantrum when things don't go her way, and she will! Her brain will ***mature***, and she will gain control of executive functions in time, but you cannot punish maturity into her. You can only be there to support her and provide the best conditions in which mother nature can do its job.

Listen with empathy. Remember, this is a child who is hurting in some way, frustrated about something or just using her behaviour as communication, not a naughty child. With that in mind, you can be empathetic to her experience. Listening is a powerful positive discipline tool. I wish we hadn't been fooled into believing that staying close and providing emotional support and unconditional love is somehow going to reinforce bad behaviour. Those are the very things that help a child heal and do better.

Do time-in instead of time-out. During a time-in, you simply get your child out of the situation by bringing them to a designated calming area in your home or even onto your lap or in a chair beside you and help them to calm down.



Discuss better ways to express frustration and anger when your child is calm and receptive. It takes a while for children to be able to manage their emotions. Even adults have difficulty doing it sometimes! But by talking with your child about ways he or she can do better, you're giving them the vocabulary to help them express themselves and giving them real tools, they will eventually be able to use. Trust that she'll get it in time, and ***always tell her how much you believe in her!***

This may not always work for all of you, but it can be a goal you set for yourself. I have definitely set it for myself! We need to continue to strive to be the BEST parents we can be. We are not perfect, and neither are our little ones, but we can always aim for perfection!

Wishing you all a great weekend ahead!

Much love, Karen

INFORMATION FROM THE OFFICE

- Please remember it is the half-term break after the 28 June (School closes normal times and Aftercare is until 17h30 as usual). School re-opens on Monday the 8th July.
- Should you want to have your child's vision checked, please book directly with Eyetek for an eye-screening on the 26th June.
- Reptile Show for the 2 and 3-year-old classes: 9 July
- Reptile Show for the 4 and 5-year-old classes: 15 July
- **Birthday Book Assembly:** Preschool - 24th July
- **Recycling project:** Please note the last day to bring "paper only" recycling will be Friday 28th July. Thank you to everyone who has supported this great cause so far.
- **Please drive slowly through the car park at all times**
- **Reminder that our school is a smoke free zone including the car park.**
- Please may we ask that you don't allow your children to touch our foyer displays as these are property of the teachers and are reused in their classrooms.
- Well Done to Moses for completing his second Comrades marathon in a record time of 7hrs 19mins 47seconds! We are so proud of you Moses!!!!

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.

BIRTHDAYS FOR THE NEXT THREE WEEKS

PRESCHOOL BIRTHDAYS			
BIRTHDAY DATE	NAME	SURNAME	CLASS
JUNE			
23 June 2015	THANDEKA	NKATAZO	ZEBRAS
24 June 2016	RUBY	FOURIE	DUCKLINGS
27 June 2015	WESTON	MCKINLEY	ZEBRAS
27 June 2014	SARAH	DARE	LIONS
28 June 2016	EMILY	KRUGER	BUNNIES
30 June 2016	SIENNA	FERNANDES	DUCKLINGS
30 June 2016	MASEGO	STOMBERG	DUCKLINGS
JULY			
01 July 2015	SEAN	DU TOIT	BUNNIES
04 July 2017	ZINHLE	NKATAZO	BEEES
05 July 2015	SADIE	MENSAH	GIRAFFES
08 July 2015	KAIRO	FORBES	HEDGEHOGS

STAFF BIRTHDAYS		
NAME	SURNAME	DATE
Jane	Bingham	23-Jun
Kay	Edwards	25-Jun
Ruan	Fourie	28-Jun
Leanne	Vlietstra	05-Jul



IMPORTANT DATES FOR THE next 3 weeks

Monday 24 th June	Preschool Birthday Book assembly
Wednesday 26 th June	Eye screening
Thursday 27 th June	Eye screening
Friday 28 th June	School closes at normal time for half term
Monday 8 th July	School re-opens after midterm break
Tuesday 9 th July	Reptile show for 2- and 3-year old's
Monday 15 th July	Reptile show for 4- and 5-year old's
Tuesday 16 th July	Preschool Dental Screening

THEMES FOR THE WEEK 24-28 June

JUNIORS	
2-year olds – Bees and Butterflies	Winter
3-year olds – Bunnies, Ducklings, Ladybirds	Winter
SENIORS	
4-year olds – Zebras, Honeybears, Hedgehogs	Bugs and Under the Ground
5-year olds – Lions, Leopards, Giraffes	Bugs and Under the ground

THEMES FOR THE WEEK 8-12 July

JUNIORS	
2-year olds – Bees and Butterflies	Winter
3-year olds – Bunnies, Ducklings, Ladybirds	Reptiles
SENIORS	
4-year olds – Zebras, Honeybears, Hedgehogs	Bugs and Under the ground
5-year olds – Lions, Leopards, Giraffes	Bugs and Under the ground

THEMES FOR THE WEEK 15-19 July

JUNIORS	
2-year olds – Bees and Butterflies	Wild animals and Birds
3-year olds – Bunnies, Ducklings, Ladybirds	Dinosaurs
SENIORS	
4-year olds – Zebras, Honeybears, Hedgehogs	Reptiles
5-year olds – Lions, Leopards, Giraffes	Reptiles



KIDDIE TALK

On Tuesday **Teacher Emma** asked the Honeybears what their parents do for work as we are leaning about different Occupations.

Zuzu says: "Dad works to buy me toys".

Kayley-Rose says: "My Dad fixes mom's car"

Gabby says: "Daddy rides Camels" 🐪🐪

SCIENCE CLUB

New concept that the children will learn: "Chemical changes."

They were taught that some things change when they are heated up, like cooking an egg in a pan, cupcake mix liquid changes when you bake it. The example that was shown to the children was magic slime. It was purple and changed to pink when warmed up.



