



PRESCHOOL NEWSLETTER

28 Syringa Avenue
Broadacres, Gauteng
South Africa, 2021

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

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Dear Preschool Parents

WELCOME BACK

Welcome back after a much-needed long break. I hope that you all managed to sneak some down time in and got to spend some special quality time with your families. It is so important to connect with your kids and holidays are the perfect time to do just that.

It has been so wonderful to be back with the children again, as usual, they brighten up my day! We are into our third and final term of 2019 and it certainly is going to be a busy one. I am quite sure many of you experienced the holidays similarly to me. Loads of quality time, lots of fun and.....the tantrums. I think boredom kicks in and *voilà!* - the tantrums start. For me, school started just in time.

TANTRUMS ARE REAL!

I find myself writing about Tantrums quite frequently because they are real. We all experience them; and as we have many new parents with whom I would like to share some valuable information. I love reading articles and came across this one just after I had dealt with a rather large meltdown from my littlest. I was literally peeling her off the floor at Fourways Mall whilst everybody walked past me smiling sweetly (probably feeling sorry for either me or Chloe) . This article has some extremely valuable points and I think everyone will be able to take something from this one.



WHERE CHILDREN LEARN, NATURALLY

This article was written by Madeline Hoskin:

Kids throw a lot of tantrums for a lot of different reasons. Unfortunately, a lot of these reasons seem to get lost in translation and simply leave parents feeling lost and defeated.

We often interpret our children's screams, death threats and wails as a direct attack at our parenting. And indeed, with all that melodrama, you'd be forgiven for thinking that the world was legitimately ending. And that you really are the worst parent, you are mean, and that they do hate you. *But they don't.* Far from it. We saw a good meme (of all things!) the other day that helped put all our toddler tantrum internal conflict into perspective:

What Tantrums DON'T mean

- I hate you
- You are mean
- You are a bad parent
- I am a bad child
- I'm manipulating you
- I need you to meet every demand that I am yelling
- I need you to punish me

What tantrums DO mean

- I am overwhelmed
- I am trying to tell you about a need that I have
- I am possibly hungry, tired, lonely or angry and I don't know how to handle that yet
- I need to find a new way to ask you for this need, when I am calm
- I am new at figuring out big feelings
- I don't want to be acting this way
- I'm watching how you respond to my big feelings, so I know how to respond next time
- **I LOVE YOU AND I FEEL SAFE WITH YOU**

We need to change our thinking. If you think about it, it's all true. When are the main times your toddler goes absolutely ballistic? Is it after a long day at school, or as their little legs have become exhausted after a long walk through Fourways Mall? Or after they didn't get their way and they can feel their blood boiling, but they don't know how to let it go.

Our kids aren't trying to manipulate us through their outbursts. They aren't trying to be bad. They just need help expressing what they're actually feeling – because they're trying to tell us something, they haven't learnt the words for yet.

The sooner we tap into this way of thinking about tantrums, the more likely we'll find ways to help our kids navigate them in the future (and the less awful we'll feel).

WORKING THROUGH COMPLEX FEELINGS

Our kids aren't trying to drive us mad, and they need us to remain calm so that they have time to work through some complex feelings. During a tantrum, they're looking to us for guidance, for reassurance, and for help – even if that's not what it sounds like – and how we react will impact how they act the next time these feelings arise.

Above all, we need to remember that they show us their worst behaviour because we are their safe space. The person they can show all their emotions to. The person they love most. This hit home for me, and I truly hope it has helped most of you in some way.

Wishing you all a great *"tantrum free"* weekend and we look forward to seeing you all on Monday.

THANK YOU

Once again, thank you for your continued patience and support through the building phase. I think its safe to say we can see the light at the end of the tunnel, and we are so excited for the completion of the beautiful new Preschool.

Much love,
Karen

INFORMATION FROM THE OFFICE

- Please ensure you have read the **Construction and Security** update sent out via the class WhatsApp groups.
- Please fill in the **"Update of Particulars"** hard copy sent home and send it back to your child's class teacher ASAP.
- **Parking & Drop Off:** Please ensure you park in one of the dedicated parking spots when dropping and collecting your children. Please do not drop them off by the front entrance, we have a dedicated "Drop off Zone" a bit further along the hoarding fence. Please drive slowly and be aware of children crossing the parking area.
- **School closed:** Tuesday 24th September (Public Holiday)



BIRTHDAYS FOR THE NEXT 3 WEEKS

PRESCHOOL BIRTHDAYS			
BIRTHDAY DATE	NAME	SURNAME	CLASS
SEPTEMBER			
13 September 2017	KIAH	OLAGUNJU	BUTTERFLIES
16 September 2016	THATO	SEGAOLE	BUNNIES
16 September 2016	TAEYEN	GOVINDASAMY	LADYBIRDS
20 September 2017	LIZWI	MTAKAZA	BUTTERFLIES
21 September 2016	CHELSEA	LAWRENCE	BUNNIES
21 September 2016	OLIVER	LAWRENCE	BUNNIES
22 September 2014	GALIANA	MARUCCHI	HONEYBEARS
22 September 2017	AMANTLE	MODISE	BEES
25 September 2015	UNATHI	MHLANGA	DUCKLINGS
27 September 2017	LETHO	ZONDO	BEES
OCTOBER			
01 October 2015	MARLU	SCHNUIR	DUCKLINGS
02 October 2015	RAIDYN	INDURJITH	DUCKLINGS
02 October 2016	HUNTER	MC KINLEY	LADYBIRDS

IMPORTANT DATES FOR THE next 3 weeks

17 September	Puppet Show 2's and 3's
20 September	Playball Watching Day HONEYBEARS 8-8:30am
20 September	Playball Watching Day ZEBRAS 8:30-9:00am
23 September	Birthday Book Assembly
24 September	Heritage Day. Public Holiday-SCHOOL CLOSED
27 September	Heritage Day Celebration- whole School
4 October	Playball Watching Day DUCKLINGS CLASS 8-8:30am
4 October	Playball Watching Day LADYBIRDS and BUNNIES 8:30-9:00am

THEMES FOR THE WEEK 16-20 September

JUNIORS	
2-year olds – Bees and Butterflies	Spring and Water fun
3-year olds – Bunnies, Ducklings, Ladybirds	Birds
SENIORS	
4-year olds – Zebras, Honeybears, Hedgehogs	Summer
5-year olds – Lions, Leopards, Giraffes	Summer



THEMES FOR THE WEEK 23-27 September

JUNIORS	
2-year olds – Bees and Butterflies	Music and Dance
3-year olds – Bunnies, Ducklings, Ladybirds	Proudly South African
SENIORS	
4-year olds – Zebras, Honeybears, Hedgehogs	Proudly South African
5-year olds – Lions, Leopards, Giraffes	Proudly South African

THEMES FOR THE WEEK 30 September- 4 October

JUNIORS	
2-year olds – Bees and Butterflies	People who help us
3-year olds – Bunnies, Ducklings, Ladybirds	Fruits and Veg
SENIORS	
4-year olds – Zebras, Honeybears, Hedgehogs	Environment, Recycling and pollution
5-year olds – Lions, Leopards, Giraffes	Environment, Recycling and pollution

KIDDIE TALK:

Giraffe's Class

Teacher Mel says to Leo *"Please take your Jersey off. Leo you are going to boil my boy"* Leo's classic response was *"No, I never get boiled!"*

