



PRESCHOOL NEWSLETTER

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Dear parents.

I can't actually believe I am sitting here writing my final newsletter of 2019. I blinked and the year is over.

What a year it has been. Thank you to every single one of you for your continued support throughout this year of major growth. It has been so exciting, and we are so lucky to have you as a major part of our Broadacres family.

As we head into the long December holidays, I thought it quite fitting to talk about "being Present." Our children will remember Presence over presents one day! I am sure most of us are guilty for brushing our kids off while we are on our phones, laptop or watching TV. I know I am certainly guilty of doing this. Work, technology and social media often gets the better of us but there comes a time where we have to STOP and give our children our undivided attention.

"You will never have this day with your children again. Tomorrow they'll be a little older than they were today. This day is a gift."

Jen Hatmaker

I found the below article written by *Kim Christenson* hit home for me, so I am hoping it makes a difference to you too.



WHERE CHILDREN LEARN, NATURALLY

“Have you ever noticed a mom brushing off her children while staring at her phone? Or who seemed constantly overwhelmed and exhausted by the demands of her kids?

It was probably me.

One day, I realized how bad it had gotten.

I was going through the motions of motherhood, and it felt like I was on an exhausting, dizzying carousel of meeting little people’s big needs. The role that once gave me joy and fulfilment started to feel like an overwhelming chore I couldn’t keep up with.

But for me, there was more to it than the natural demands of motherhood.

I realized I was distracted and disengaged. Distracted by social media, by expectations outside of my family that didn’t really matter and by all the things I had piled onto my plate to stay busy and “relevant.” I was engaged in other people and things instead of my own little babies. I thought of them, older, and much more interested in their phones, their friends and their obligations outside of our family than in spending time with and connecting with me—which is exactly what I was doing.

I decided to take control of my time and invest it where it mattered.

Now, instead of feeling disconnected and racked with guilt at the end of the day, I focus on filling their cups and mine in meaningful ways.

At the end of the day, although there’s always room for improvement, I feel peace. Here are some things that help me be present with my children

Wake up before your kids.

Or at least, if you can get away with it, stay in bed for a few minutes to read, think or meditate before you’re launched into the madness. That quiet time to centre yourself before the day begins works wonders.

I know first-hand that this is not always possible depending on your stage in motherhood. If it’s not, plan a time during the day, even if it’s 15 minutes, when you can be alone. Maybe during a nap time, quiet time, while your kids are at school, or when your husband is home.



Instead of using that time to frantically get something done, choose something slow, relaxing and that you enjoy. For me, it's yoga, reading or writing.

Exercise as often as you can.

I'm especially a fan of yoga because of how effectively it can bring about peace and mindfulness. However, you choose to move—that time on your own is invaluable and the endorphins will give you a happy start to your day.

Put the kids to bed early.

Establish an early bedtime, or at least lights-out time. Creating a peaceful end to your days will help break them up instead of feeling like you're in a never-ending cycle of need-meeting.

Also, take advantage of bedtime time to talk to your children and ask them about their day. Every night before bed, my kids tell me one thing about the day that they liked, one thing they didn't like and something they feel grateful for. This little ritual creates an easy opportunity for my children to open up about what's on their mind.

Put your phone away.

Technology (especially social media) has an uncanny ability to suck us into its world and detach us from the people who are actually around us.

This is a huge one for me. I've noticed when my kids or I are interrupted in the middle of using technology, our reactions are more volatile and grumpier than they would be if we were not having to jolt ourselves out of the technology zone. Log less minutes on your devices and more moments with the people you love.

Remember how fleeting childhood is.

You won't always be this needed or wanted by your children. When you look back on how you spent these years, you will never regret spending more time with your children. Time spent with family is always a positive investment.

Have daily one-on-one time.

When I had my first child, we had a lot of mommy-daughter time together. But when our second and third children came, that changed. I made a goal early on to spend five minutes of uninterrupted one-on-one time with each child every day. It's amazing how much this simple commitment does for my children's happiness, behaviour and our relationships.

Adjust your agenda.

When I'm most overwhelmed by motherhood, it's often when I'm falling short of my agenda for that day. When I'm constantly interrupted from completing the things, I expected to that day, I get frustrated.

I'm learning to change my expectations of what I consider a productive day. One day, when I ripped myself away from my to-do list and spent some time playing with my son in the backyard, I heard his sweet laugh. It was so joyful and pure. It hit me that I didn't hear it nearly often enough.

It may sound cheesy, but in that moment, I decided that making him laugh was at the top of my daily to-do list. It's really changed my (and his) life.

I challenge you all to at least try one of these and make every moment count these holidays. Take some down time and show your kids just how much you care, it will make a difference to your whole family, this I am certain of!

Wishing you all a great festive season, to those celebrating Christmas, Merry Christmas! To those travelling, travel safely. We look forward to seeing you all again next year!

Thank you once again for your continued support throughout the year.

Much love

Karen

INFORMATION FROM THE OFFICE

- SCHOOL CLOSURES AT 11AM ON FRIDAY 6TH DECEMBER. Please be considerate to the Teachers as there will be NO AFTERCARE ON THIS DAY. Preschool children will be ready for collection from 10am onwards to ease traffic congestion.
- Reminder that Broadacres Academy is a SMOKE FREE ZONE.
- **Please Drive slowly in the car park at all times.**
- Grade 0 2020 Pupils: Please don't forget to collect your stationery packs from the office. There are credit card facilities for payments. If payment has been made via eft please bring the proof along.



BIRTHDAYS

STAFF BIRTHDAYS		
NAME	SURNAME	DATE
Janine	Schoeman	22-Nov
Anna	Stomberg	03-Dec
Deirdre	Hodgkinson	04-Dec
Carol	Ndlovu	11-Dec
Nina	Zweifel	11-Dec
Emma-Lee	Matthews	20-Dec
Austin	Botha	24-Dec
Anna	Maseko	24-Dec
Daniella	Webster	24-Dec

PRESCHOOL BIRTHDAYS			
BIRTHDAY DATE	NAME	SURNAME	CLASS
NOVEMBER			
22 November 2016	MABOTSE	RATLOU	DUCKLINGS
22 November 2016	TSHIMOLOGO	RAMETSE	LADYBIRDS
26 November 2014	IMANI	OLAGUNJU	LIONS
28 November 2016	KADY	CULLEN	BUNNIES
DECEMBER			
01 December 2016	AURORA	EVA	LADYBIRDS
04 December 2015	HLELO	SIGEDLE	ZEBRAS
05 December 2016	KIGELIA	STREET	BUNNIES
06 December 2014	AMREN	NAIDU	HONEYBEARS
08 December 2016	CARA	SCUTTS	BUTTERFLIES
10 December 2014	KIMBERLEY	STREET	LEOPARDS
10 December 2013	LIAM	PILLAY	LIONS
11 December 2015	NDALO	PAKATI	HEDGEHOGS
12 December 2014	BAILEY	KEMERTGOGLOU	LEOPARDS
13 December 2015	TUMELO	WRIGHT	GIRAFFES
15 December 2017	LESEDI	MAKAU	KITTENS
17 December 2014	ISOLAMI	GUMBI	HONEYBEARS
19 December 2014	DESTINY	NNAJI	LIONS
20 December 2016	QHAWE	SITHOLE	BUNNIES
25 December 2016	BOMI	MZIBOMVU	BUTTERFLIES
29 December 2013	NTHATO	MABILLE	LEOPARDS



IMPORTANT DATES

Friday 29 th November	Preschool Concert 6pm-7pm (children to be at school by 5.30pm)
Thursday 5 th December	Father Christmas will be visiting to collect the presents donated to Hearts of Hope
Friday 6 th December	SCHOOL CLOSSES AT 11am. There will be NO AFTERCARE
2020	
Wednesday 15 th January	School opens for term 1 2020
Friday 17 th January	Playball Demo
Friday 17 th January	Computer Demo

THEMES FOR THE WEEK 2-6 December

JUNIORS	
2-year olds – Bees and Butterflies	Tidy up and Farewell
3-year olds – Bunnies, Ducklings, Ladybirds	Tidy up and Farewell
SENIORS	
4-year olds – Zebras, Honeybears, Hedgehogs	Tidy up and Farewell
5-year olds – Lions, Leopards, Giraffes	Tidy up and Farewell

THEMES FOR THE WEEK 15-17 January

JUNIORS	
2-year olds – Bees and Butterflies	Orientation
3-year olds – Bunnies, Ducklings, Ladybirds	Orientation
SENIORS	
4-year olds – Zebras, Honeybears, Hedgehogs	Orientation and My Holiday
5-year olds – Lions, Leopards, Giraffes	Orientation and My Holiday

KIDDIE TALK

Amantle in the **Bees** class was pointing to Kayde and calling him “cake” convinced his name was cake! (cute 😊)

Gabriella in **Honeybears** went to visit her new teacher so when teacher Lauren asked, “What is your teachers name?” She replies with “I don’t know, I think it’s Miss Texan (Miss Texeira)”