

Dear Parents ,

Welcome back to term 3. Over the school holidays many of the staff from Kenmore Park Kindy attended the ECTA conference (Early Childhood Teachers Association). The guest speaker was Maggie Dent - an amazing woman with a wealth of experience in knowing children of all ages. She stressed during her talk about how CALM is what the children of today now desperately need. Gone are the days from our own childhoods where we came home after school and just "played" - riding our bike around the neighbourhood, playing with the children from across the road, climbing trees and playing barefooted in the gutters of the street after a thunderstorm on a summer's afternoon. Now life seems to be so super busy - there is after school activities (dancing, soccer, tutoring, etc...), both parents mostly now work and are home late - tired and ready to just crash, there are endless t.v. shows for children to be "glued" to for hours, computer screens to watch, iPads to play, etc..., Maggie Dent said CALM is needed for developing a child's brain (otherwise children are always in the "flight or fight" mode of thinking). When they are in "flight or fight" children are unable to learn new concepts and develop stress and other health related issues. So the message we came away with that day at the conference, was to relax, spend quality time with our own children, and the children we teach, and acknowledge that for some children - kindergarten is their place of calm and just "being". Making those quality interactions with children is what we thrive on as teachers, - learning those "ins and outs" of your child, and making true connections through play, conversations and laughter. We look forward to this every day we come to work!!

Following on from this thought, the teachers of KPPK have read to their groups, the most loveliest story - THE GIVING TREE. The story tells the tale from the trees' perspective - always giving and showing kindness to the little boy who played in her branches and grew up wanting things from the tree.

The tree always gave until there really was no more to give. The little boy was now an old man, and came back to the tree realising he could give back to the tree by just being there and sharing a moment, sitting on the trunk of the tree and being together. From this we talked to our groups about being kind, being fair and giving something of ourselves to someone else. We are practicing this ethos in our daily play. Think of others, help others, be kind to others.

Hope you get a chance to look at this you tube clip from Maggie Dent - we think it is really wonderful! It is all about being kind and being fair.

<http://www.youtube.com/watch?v=d6FSV3B4O0A>

With thanks,
The teaching teams of Kenmore Park Kindergarten.



In March 2011, Planet Ark commissioned an independent study, sponsored by Toyota Australia, to investigate childhood interaction with nature and how this interaction is changing. The full findings are discussed in our report, *Climbing Trees: Getting Aussie Kids Back Outside*. Check out the full report at www.treeday.planetark.org/research/. Here's a snippet of the findings

The Benefits of Outdoor play:-

Physical

- Children who play outside every day have better motor coordination and increased ability to concentrate.
- Greenery in a child's everyday environment specifically reduces attention deficit symptoms. While outdoor activities in general help, settings with trees and grass are the most beneficial.

Cognitive

- While outdoors, a child is more likely to encounter opportunities for decision making that stimulate problem solving and creative thinking because outdoor spaces are often more varied and less structured than indoor spaces.
- Children are more likely to develop responsible attitudes toward risk if they have experience dealing with risky situations.

Wellbeing

- Free play has the ability to improve many aspects of emotional wellbeing, including minimising anxiety, repression, aggression and sleep problems.

Mood may be positively affected not only by the physical activity itself but also by exposure to sunlight if the activity occurs outdoors.

Not allowing children to play freely and explore their outdoor environment results in a single benefit - safety. But this benefit can be outweighed by multiple risks – including compromised development, decreased physical exercise, increased obesity and limited spontaneous play opportunities.

An alternative perspective to removing all risk from play spaces is that minor injuries like grazes, sprains and bruises are a universal part of growing up. But taking moderated risks, which sometime yield minor injuries, is essential to healthy development.

If we're sure that kids love to play, and we know that active outdoor play produces healthier, happier and more resilient kids, then the issue we face is simply the finding opportunities for regular, safe and easy outdoor activities for children. We need to make outdoors, not indoors, the habit.

Ideas for getting outside

- Climb a Tree
- Play street cricket
- Ride a bike
- Go for a bushwalk
- Walk the dog
- Go swimming
- Do some gardening
- Camp in the backyard
- Watch the sunset



MAINTENANCE ROSTER



DATE: September 14th, 2013

TIME: 7-10am at Kindy

September 14 - FRENCH, JASKI, McGANN,
O'CONNOR, O'DONNELL, ROBSON, YAU,
LEONG, JAYASINGE, JONES, LARKHAM, PEEBLES,
ROWE, SARTOR, TORKINGTON, BROWN,
CATIONS, SANDALL, STEPHENS, CRAFT, ABBOTT,
BUDDEN, CHOU, DEARDS, EMBER,
GARDNER, GREGORY, HILL, HUNT,
MORTIMORE, SYMONDS, TIMONEY, TWILLEY, ALCOCK,
BENES, CHANSON, REID, ROBERTS, TASKER

Hi Everyone,

Thanks to everyone who came along to their allocated roster last Saturday, July 29, 2013.

It was a good morning, and we achieved some great general cleaning of the Kindy and playgrounds. .

Just a little prompt for everyone involved this year....

We are now getting down to the last rosters of the year, and in doing so, chances of making up missed rosters are fast running out – did you know there are only 2 rosters are left!

To help everyone out, please look out for how you are tracking at your child's 'sign in' desk in the next few days. If you need to allocate yourself to a roster coming up (and haven't already contacted me) please do so in the coming weeks. KPPK would love every family who has nominated their precious time, to be reimbursed at the end of the year.

See you in September!

Jenni and Tom

Important Dates Yellow Group

Fathers Night 29th August
Ekka Holiday 14th August
Bookweek 19th -23rd August
Rainforest Puppet Theatre- 30th August

WISH LIST – Can you help?

We are developing a rainforest garden down on the bottom level of our gardens and would love it if anyone has any heliconia (tall ginger type plants) or clumping bamboo. These are fairly easy to divide if you have them growing in your garden at home and we can get someone to come and dig them out if you are happy to donate a clump.

Ideally we would like plants that will grow 2-3m tall but if you have some that are smaller they will make a great addition as well.

Also, the Kindy could really do with another laptop, if you have an old laptop at home that you don't use anymore or if you know of any companies that may have unused laptops that could be donated to the Kindy we would be very grateful.

Thank You!


Anstead Acreage

Jamie Andriske
Qualified Horticultural/Landscaper
M 0422 929 714

Mowing • Hedging

Paving • Retaining Walls

Welding • Fencing

General Home Maintenance



ALL YOUR GARDENING NEEDS COVERED

Fundraising

Race day is almost here!

This Sunday (4th August) will see a team of unlikely ladies donning their running shoes in a bid to raise money for our super kindy!

Kitty Kendall, Fiona Billingsly, Agnes Doherty, Shimei Fan, Shona Bailey and Rhianon Dyce have been training for the past 8 weeks and are ready for the challenge of the Brisbane Marathon Festival. Don't let the word Marathon fool you, we are not fit enough (yet) nor crazy enough (ever) to take on a marathon! Thankfully, the festival offers opportunities for runners of all levels! Our group are tackling the 5km, 10km and half-marathon.

We are delighted to report that, to date, we have raised \$1600. Please help us reach our \$2000 target. Our on-line fundraising account is a simple and straight forward way of sponsoring us (you should all have had a brightly coloured slip of paper in your child's docket pocket this week). If you'd rather, there are sponsor forms on a clip-board next to the signing-in forms in both units.

Thank you!



[www.gofundraise.com.au/
beneficiary/kenmoreparkkindergarten](http://www.gofundraise.com.au/beneficiary/kenmoreparkkindergarten)

Dear Parents,

*Joyeux
Anniversaire*

This year is KPPK's 45th Birthday! Plans are afoot for a Spectacular Celebration culminating in a Movie Night on Saturday 14th September.

If it were a wedding anniversary it would be referred to as a 'sapphire' wedding anniversary, so we've decided to turn everything at the kindy a bright shade of blue. It will be fun and we'd love more ideas and input. If you would like to be involved in a sub-committee to help organise this special celebration, please let us know via email. Please contact either Inez at inezforkgen@live.com.au or Belinda at belindatang@live.com.au.

Thanks,

Inez and Belinda

Fundraising Co-ordinators



