

A person's a person, no matter how small! – Dr Seuss

TERM 1
FEBRUARY
2025



JINDERA PRESCHOOL AGM
TUESDAY 4TH MARCH, 7:00PM

WELCOME BACK AFTERNOON TEA
TUESDAY 11TH MARCH, 4:30PM

TERM 1 FEES DUE (NON DD)
FRIDAY 28TH MARCH

LAST DAYS FOR TERM 1
KANGAROOS – THU 10TH APRIL
WOMBATS – WED 9TH APRIL
KOOKABURRAS – FRI 11TH APRIL

Welcome to

Jindera Preschool!

Welcome to Jindera Preschool in 2025! We are thrilled to welcome familiar and new faces through our doors this year. Our children are settling into our preschool routine and starting to form important friendships with their peers and educators.

This year sees a new format for how we communicate with families. As always, our Floor Book is available at the entrance to view our program and children in their learning environment but we will be limiting the amount of bulk emails that go out to families.

We will have one newsletter per term. For additional information, the noticeboard at the entrance is your first port of call. We will post up-to-date information there that can be viewed at any time.

Please enjoy our first Jindera Preschool mini-magazine for 2025!

OH SO BUSY MUM

ohsobusymum.com.au/

Oh so busy mum is full of tasty recipes, family travel tips and mum topics. Cheree Lawrence (AKA Oh So Busy Mum) has been blogging since 2014 and her following continues to grow.

Here you will find a huge selection of lunch box inspiration as well as easy and fun ideas to get your child eating healthily. From budget tips to life as a mum of 4!

The Inspired Treehouse is led by paediatric occupational and physical therapists who are passionate about sharing information, tips, and strategies to help readers conquer the common developmental roadblocks that come up for kids.

They believe that the more parents, teachers, and caregivers know about child development and wellness, the better off kids are! Follow their website or Facebook for easy-to implement activities that are designed to promote all kinds of developmental skills for kids.

WHAT'S COOKING?!



Kids in the kitchen

BANANA CAKE

PREP 20 min | COOK 30 min | SERVES 16



INGREDIENTS

3 overripe bananas , <i>mashed</i> .	2 eggs
3/4 cup olive oil	1 cup Greek yoghurt
1/2 cup brown sugar	1/3 cup pure maple syrup
1 tbs vanilla bean paste	1 cup buckwheat flour
1 cup plain flour	1 1/2 tsp baking powder
1 tsp cinnamon , <i>ground</i>	1/2 tsp nutmeg , <i>ground</i>
1/4 tsp ginger , <i>ground</i>	pinch of salt

Whipped Ricotta Maple & Chocolate Frosting

2 cups fresh ricotta	1/2 cup pure maple syrup
2 tsp vanilla bean paste	1/2 cup cocoa powder

METHOD:

To make the banana cake:

1. **Preheat** oven to 180 C (350 F) and line a 20 cm x 20 cm brownie pan with baking paper. Set aside.
2. **Place** the mashed bananas, eggs, olive oil, yoghurt, sugar, syrup and vanilla and whisk to combine.
3. **Sift** the buckwheat flour, plain flour, baking powder, cinnamon, nutmeg, ginger and salt into the bowl and stir using a wooden spoon until just combined.
4. **Pour** the batter into the prepared tin.
5. **Bake** for 30-40 minutes or until a skewer inserted removes cleanly.
6. **Allow** the cake to cool completely. To speed up the cooling process, feel free to pop the cake into the freezer.

To make the whipped ricotta maple and chocolate frosting:

1. **Place** the ricotta into the bowl of a food processor and blitz for 1-2 minutes or until smooth.
2. **Add** the maple syrup, vanilla and cocoa powder and blitz for 2-3 minutes (scraping down the sides of the bowl) or until the frosting is smooth and luscious.
3. **Smother** the cooled cake with a thick layer of frosting.
4. **Cut** into 9 or 16 squares. Enjoy x

Recipe and image from mylovelylittlelunchbox.com.

FOCUS: Co-Regulate or Co-Dysregulate

All children can behave in ways that are ... not very adorable. Big behaviour can be exhausting and maddening for even the calmest of parents. There's a good reason for this. Children create their distress in their important adults as a way to share the emotional load when that load gets too heavy. This is how it's meant to be. In the same way that children weren't meant to carry big physical loads on their own, they also weren't meant to carry big emotional loads. Big feelings and big behaviour are a call to us for support to help them with that emotional load. When you are in front of a child with big feelings, whatever you are feeling is likely to be a reflection of what your child is feeling. If you are frustrated, angry, helpless, scared, it's likely that they are feeling that way too. Every response in you is relevant. Children communicate through behaviour, and behind all big behaviour there will always be a valid need. The need might be for safety, connection, sleep, food, power and influence, space to do their own thing. We all have these needs, but children are still developing the capacity to meet them in ways that aren't as disruptive for them or the people around them. This will take a while. The part of the brain that can calm big feelings, the prefrontal cortex, isn't fully developed until mid to late twenties. Of course, as they grow and develop, they will expand their capacity to calm their big feelings, but in the meantime, they will need lots of co-regulation experiences with us to help them develop strong neural foundations for this.

But how do we help them? The most powerful language for any nervous system is another nervous system. They will catch our distress (as we will catch theirs) but they will also catch our calm. It can be tempting to move them to independence on this too quickly and insist they self-regulate, but it just doesn't work this way. Children can only learn to self-regulate with lots (and lots and lots) of experience co-regulating. Regulation isn't something that can be taught. It's something that has to be experienced through co-regulation over and over. It's like so many things – driving a car, playing the piano – we can talk all we want about 'how' but it's not until we 'do' – over and over – that we get better at it. Emotional regulation works the same way. It's not until children have repeated experiences with an adult bringing them back to calm, that they develop the vital neural pathways to come back to calm on their own.

How exactly do I co-regulate? The first thing to remember is that as much as you might want to fix your young one's feelings, you don't need to. They're safe. They might be struggling, but they're safe. As maddening as those big feelings might be, they're doing an important job – recruiting support (you) to help that young, still-in-development nervous system find its way home. When their feelings are big, it's more about who you are or how you are than what you do. They don't want to be fixed. They want to be seen and heard. They're no different to us like that. Meet them where they are, without needing them to be different for a while. Feel what they feel with a strong, steady heart. They will feel you there with them. They will see it in you and feel it in you that you get them, that you can handle whatever they are feeling, and that you are there. This will help calm them more than anything. We feel safest when we are 'with'. Feel the feeling, breathe, and be with – and you don't need to do more than that. You might not be able to do this every time, and that's okay. Here's how that works. We will catch their distress, as we are meant to. This gives us the opportunity to hold that distress with them, until those feelings start to soften. This can be a great thing when we have the emotional resources to do this, but we are human, and sometimes their fight or flight will raise fight or flight in us. We might get angry or frustrated (sharing their 'fight') or turn away and distract (sharing their 'flight'). Sometimes you'll be able to

give them what they need, and sometimes you won't. Both are responses of loving, beautiful parents, but sometimes as parents we get stretched too far too.

Whenever you can, validate what they are feeling, but let your intentions be clear. This means steering away from neutral voices or neutral faces. It's hard to read the intentions behind a low-monotone, neutral voice or a neutral face. If your intention isn't clear, it can trigger a bigger sense of 'threat' in an already unhappy nervous system. Sometimes, we might think we're speaking calmly when we're actually speaking 'neutrally', or low, slow, and monotone. The point is our calm voice might not always be calming. Whenever you can, try to match the intensity of your child's feelings (through your voice tone, facial expressions, presence) while staying open, warm, and regulated. 'I can see how upset you are my darling. You really wanted [...] and you're so annoyed that it can't happen.'

What if they want space, or less words? If they get annoyed with too many words, just breathe and be with, 'I'm going to stay with you until you feel better.' You actually don't have to say anything at all if talking doesn't feel right. Just stay regulated and feel what they feel. They'll feel it in you that you get them. Similarly, if they want space, it's important to respect that, but stay in emotional proximity. 'Okay, I'm just going to stay over here until you feel better. I'll be right here for you.'

But what if their big feelings are driving BIG behaviour? (Follow the link below to read this paragraph)

Your own state matters. An important part of co-regulation is making sure we are guiding that nervous system with tender, gentle hands and a steady heart. This is where our own self-regulation becomes important. Our nervous systems speak to each other every moment of every day. When our children are distressed, we will start to feel that distress. It becomes a loop. We feel what they feel, they feel what we feel. Our capacity to self-regulate is the circuit breaker. This can be so tough, but it can happen in microbreaks. A few strong steady breaths can calm our own nervous system, which we can then use to calm theirs. Breathe and be with. It's that simple, but so tough to do some days. But we must be radically kind with ourselves too. It takes a steady heart to soothe the heart of another and being that steady heart can be tough some days. Parenting is hard, and days will be hard, and on many of those days we'll feel the rawness and realness of it all. We'll say things we shouldn't say and do things we shouldn't do. We're human. Let's not put pressure on our children to be perfect by pretending that we are. Instead, let's repair the ruptures as soon as we can, and bathe them abundantly in love and the warmth of us. It's not about perfection, it's about consistency, and honesty, and the way we respond to them the most.



Read the article via the QR code.

Source: Young, Karen. (2021). To Co-Regulate or Co-Dysregulate. What to do when their feelings or behaviour get big. Retrieved from www.heysigmund.com

Meet our Staff!

OLIVIA PHEGAN – NOMINATED SUPERVISOR,
EDUCATIONAL LEADER, TEACHER KOOKABURRA GROUP



CHLOE ROBERTS – TEACHER KANGAROO GROUP



JESSICA PARASCOS – TEACHER WOMBAT GROUP



CHERYL INGREY – EDUCATOR



DONNA HOLMAN – EDUCATOR



KYLEE MELLIS – EDUCATOR



LUCY KIMPTON – EDUCATOR



EMMA CHAMBERS – TRAINEE



BETHANY CAREY – ADMIN



This is our passionate and dedicated team of Teachers and Educators. They engage, work with and teach your children every day they are at preschool.

If you have any concerns about your child, please don't hesitate to reach out. We are happy to book a time that suits your family.

Have you seen our notice board?

This year we will reduce the number of emails we send out to families. Emails will be used for fee info and sending out floor books.

For important dates and information, please see the notice board!

Make it part of your drop off/pick up routine to check it!

Merchandise for Sale!

See the list on the noticeboard for prices. Hats, t-shirts, wet bags, hoodies and embroidered hand towels are available all year.



Welcome back Morning Tea!

We love this event in our calendar!
Tuesday 11th March, 4:30pm – 5:30pm.
Graduates from Jindera Preschool in 2024 are invited to join us for an afternoon tea in their school uniform. It is a wonderful opportunity to regroup as a community, see preschool friends and staff and hear all about transitions to school. Please bring a plate of preschool-friendly goodies to share.

Fee Information

Fees for Term One will go out on Wednesday 26th February. Direct debits will commence on this date also. We appreciate your patience and understanding as we navigate the new system. Fees will be invoiced on a term-by-term basis. If you have any questions, please contact the office.

Have you joined our Jindera Preschool Facebook Page?

Jindera Preschool Families is a private group for parents or carers of current preschool children. You will see your children playing and learning in the preschool environment. We will also post important dates and updates here.

Toilet Paper & Tissues

A huge big thank you to all our families that have already donated toilet paper and tissues! If you can spare a roll or two and a box of tissues, it will help keep our consumables costs down so we can spend more on resources for our preschool.

Lost Property

We have a few items of lost property on the trolley at the entrance. Please have a look if anything belongs to you. Remember to label all your child's belongings so they can find their way back to you!

Mother's Day Raffle

This year will see us running a Mother's Day Raffle with products donated by the Odewahn family! If you have any goods or services you would like to donate, we would like to know about it! Please get in touch with Olivia or the office. More on this to come!

Drop off / Pick up

A reminder for families that drop off is after 8:00am and pick-up is no later than 4:30pm. When you are here at preschool you are responsible for your own children, please supervise them. We ask that you don't allow siblings to play in the room or playground when you are collecting or dropping off.

Handtowels, Hats & Drink Bottles

Don't forget to pack a hat and a handtowel for your child every day that they come to preschool! We have no single-use handtowel available for children to use. Preschool handtowels are available to purchase for \$15. Drink bottles at preschool should be filled with water only!

Gate & Door Safety

There have been a few incidences with the gate and door entrances. Just a reminder that entry into the preschool is through the main carpark entrance. When you come through the gate into the garden area, please make sure the gate is latched. When using the preschool door, please check that you close it behind you. These simple checks ensure the safety of children!

Coming Soon: Jindera Playgroup!

Jindera Playgroup in association with Playgroup NSW is coming soon. Please keep your eyes out in the community for more information regarding get-togethers. Volunteers and toy donations are required for this amazing service to run.

Floor books

Throughout the course of the year, you will be emailed our daily Floor book entries. This is a great way for us to show families our program, and how your children are interacting and connecting with their learning environment. Please keep an eye out for these emails and feel free to email us with any questions or feedback. The floor book lives at the entrance to our preschool and it is for everyone to contribute to so don't be shy to add a comment!

The Jindera Preschool Annual General Meeting will be held on **Tuesday 4th March 2025**.

Where: Jindera Preschool

Time: 7:00pm – 8:30pm

Why? To support **YOUR** preschool! Make new friends and help make decisions about how the preschool runs.

Jindera Preschool Committee is a wonderful opportunity to feel connected and support our preschool moving forward.

You can contribute! We NEED your participation.

Without a committee, the preschool cannot operate.

All parents new and existing are welcome to attend the AGM and/or join the Jindera Preschool Committee!

JINDERA CHILD AND FAMILY HEALTH CLINIC

Jindera Community Hub
83 Urana Street
Jindera NSW 2642



3-year-old Health and Development Checks

RUNNING ON THE 2ND TUESDAY OF EVERY MONTH

11 TH FEB	11 TH MAR	8 TH APR
13 TH MAY	10 TH JUN	8 TH JUL
12 TH AUG	9 TH SEP	14 TH OCT
11 TH NOV	9 TH DEC	

To make an appointment or for more information please call
Ross Circuit Child and Family Health
on 6025 4822



Jindera Playgroup

Coming early 2025 at the Jindera Community Hub
Currently seeking quality toy donations & Volunteers
For more information join our Facebook group or
email playgroupjindera@hotmail.com



WELCOME BACK! A SHARED AFTERNOON TEA

Tuesday 11th March 2025
4:30pm - 5:30pm

We would love to see our old preschool friends!
Our 2024 graduates are invited to join us for an afternoon tea to see our friends and peers after starting at school.

Bring a plate to share, wear your school uniform with pride and catch up with past preschool friends and teachers.

This is a wonderful opportunity to regroup as a community and learn all about each other's transition to Primary School.

Children and families can reconnect, chat, play and laugh.
We are excited to see you all return to visit us at preschool, and to learn about your new learning adventures!

Kangaroos

Our Kangaroos have been honing their gross motor skills on a fantastic new resource we purchased at the end of last year. The 'wobble walk' has been a big hit!

We've also been reading Panda Bear, Panda Bear, what do you see? and creating our own animals with collage.

What animals do you see? The children are renewing their friendships with kids from last year and new friendships are being formed with our new children.



Wombats

Our Wombats have had great start to the year! It is a big step for our little Wombats to go from one day with us at preschool to two days, and our group is also much bigger. We have been working on self-portraits as an exercise in self-recognition. The children will complete this task towards the end of the year so they can see how they have grown and changed over time, and how their drawing skills have developed.



Our Kookaburra group has been learning about colour, in particular the colour yellow!

We have been reading books, doing fun activities and learning the Auslan sign for yellow. We are learning our preschool routine and getting to know our new friends.

Kookaburras



HEALTH and SAFETY: Summer Heat Safety

Summers in Australia can be very hot and long. We've put together some tips to keep you and your kids safe and cool over the summer.

How can I stay well during hot weather?

The best ways to avoid heat-related illness is to: Drink water, even if you don't feel thirsty, because this can prevent you from becoming dehydrated. Avoid alcoholic, hot, or sugary drinks (including tea and coffee) because these can make dehydration worse. If you go outside, carry a bottle of water with you. Keeping as cool as possible can also help you prevent heat-related illness. Some ways to do this include.

A few tips for staying cool

- Stay out of the sun.
- Drink cold drinks and eat cold meals, such as salads and fruit.
- Wear light-coloured and loose-fitting clothes made from natural fibres such as cotton.
- Take cool showers or baths.
- Apply sunscreen and wear a hat, if you must go outside.
- Plan your day around the heat — avoid being outdoors between 11am and 5pm.
- Minimise physical activity.

Babies and children are more prone to dehydration due to their smaller bodies and fluid volume. They also sweat less, generate more heat while moving around and may not be able to express effectively when they feel hot and distressed. These factors can make it difficult for them to regulate their body temperature, which can lead to heat related illness like heat exhaustion or heatstroke.

Heat exhaustion and heatstroke can have negative impacts on a child's health. Heat exhaustion can reduce their cognitive abilities, affect their mood and impact their social engagement. Heatstroke results in a child's body not being able to regulate temperature. It is a medical emergency and can be life-threatening.

Signs and symptoms of dehydration or heat-illness

Mild symptoms include:

- darker urine and fewer wet nappies
- dry mouth and skin
- headaches and nausea in older children

Severe symptoms include:

- more irritable
- less alert, confused or increased drowsiness
- pale skin or skin that feels cold
- body is floppy or limp
- no tears when crying
- refuses to drink or is extremely thirsty

Kids in hot cars

Always check for your baby in the back.

Leaving a child in a car, even for a few minutes, can cause life-long effects and can be fatal. The risk of heat exhaustion is higher for babies and children than adults. There is no safe amount of time to leave a baby or child in a car.

A 'quick' errand can be fatal

The body temperature of babies and young children rises three to five times faster than older children or adults, so running a 'quick' errand, a grocery shop, dropping-in to the office or doing school pick-up is too long to leave your little one in the car. Although taking babies and young children with you to run quick errands can take extra time, it can be lifesaving.

It may seem safe enough to leave children in the car for an errand as the engine and the air-conditioning has been on and the car seems cool. Once the engine is turned off, even a cool car rapidly heats up. Cars are not well insulated, and sunlight exposure will quickly heat the car temperature by up to 30 degrees higher than the outside temperature.

Within the first five minutes of closing your car doors, the temperature inside can increase by as much as 75 per cent. Leaving the windows down slightly has little effect on the inside car temperature with large cars heating up just as fast as smaller ones.

Always check the back seat before leaving the car.



More information via the QR code.

Source: [Healthdirect.gov.au](https://www.healthdirect.gov.au). (2024). Retrieved <https://www.healthdirect.gov.au/hot-weather-risks-and-staying-cool>

If your baby or child has mild signs and symptoms of dehydration or heat-illness, or you are worried, visit your local doctor or call Health Direct on 1800 022 222. **If your baby or child has severe signs and symptoms of dehydration or heat-illness, call triple zero (000).**

THE HUMBLE NURSERY RHYME

Nursery rhymes are important for young children because they help develop an ear for our language. Both rhyme and rhythm help kids hear the sounds and syllables in words, which helps kids learn to read!

Nursery rhyme experiences, awareness, and knowledge were found to be positively related to accomplishment in early phonological and print-related skills. So, practise them in the car, on a walk or before bed. Sing them high, sing them low, say them using funny voices. It's fun to rhyme, and so good for your little one's early literacy skills.



KEEP YOUR SOIL HAPPY

The benefits of composting are endless. You can improve the structure, water retention and drainage of the soil in your garden, as well as increasing the retention of nutrients, resulting in happy and healthy plants. The best bit? Once you're all set up, your compost system will mostly look after itself.



Going on a nature walk and deliberately noticing things encourages children to observe with all their senses. Children can learn to focus their attention and take in the details of things around them. It can be a peaceful, reflective experience for you and your children.

All you need is somewhere to walk – You can simply venture out your front door, walk around your local area, a local park or nature reserve. You could also plan a longer excursion and head to a beach or national park.

Remove barriers – A nature walk can happen in all weather, just be prepared! Always wear appropriate shoes for your environment. If it's sunny remember hats, sun smart clothing, sunscreen and bug spray. If it's raining bring raincoats and chuck a towel in the car just in case there is puddle splashing along the way.

Don't over plan – Don't rush. Try to let your children lead you where it is safe to do so. Watch them discover and show you things.

Noticing nature walk - Encourage your child to pay attention to the environment with all their senses. You can do this by asking questions as you go. For example:

- **Seeing questions:** what can you see? Look all around you, up at the sky and down at the ground.
- **Smelling questions:** what can you smell? Can you describe the smell? Leafy? Like mud?
- **Hearing questions:** what can you hear? Birds? The wind? Other people?
- **Feeling and touching questions:** what can you feel? Is the sun warm? Is the ground rough or smooth?

Raisingchildrennetwork.com (2022). *Noticing nature walk: activity for children 3-6 years* Retrieved from <https://raisingchildren.net.au/guides/activity-guides/sensory-play/noticing-nature-walk-activity-for-children-3-6-years>

Preschool Contact

We are open Monday to Friday, 8:00am - 4:30pm, during the NSW School Terms.

Office Administration is available Tuesday, Wednesday and Friday, 9:00am - 3:00pm.

info@jinderapreschool.com.au
02 6026 3468



Timed Scavenger Hunt

Short simple activities to get some active minutes in the day.

Hide five tennis balls around the house and write five different exercises on four different pieces of paper and place it under each tennis ball, such as 20 jumping jacks or 10 push-ups. When the child finds the tennis ball, they must complete the exercise and bring the tennis ball back to "home base", which is wherever you are. They have five minutes to bring all five tennis balls back to the home base.