

Prep Bulletin



Week 5 - TERM 1



Our enduring understanding this term is *'I am unique and I belong to different communities'*. We encourage the children to bring a **photo** or an **item** that we could display as we unravel the complexities of 'me'. **Examples: Photos of family, pets and celebrations, cultural artefacts and costumes.** We have not received many of these as yet so, please send along items to school for us to share and discuss. Thank you to those who have already brought items in. Photos that can be left in the classroom are preferable.

Drama Toolbox: SEal Program

Today's session *'Overcoming Obstacles'* involved students using visualisation techniques, recognising their emotions and finding out about his/her own strengths and personal achievements. Discuss today's session with your child.

Social & Emotional Learning – Yoga

Using mindfulness and visualisation techniques assists children with managing moods and emotions that they experience from day to day. Here is an example of a simple calming technique that you can use with your child at home:

Take 3 deep, cleansing breaths. Every time you inhale, imagine you are breathing in a calming smell that makes you feel safe. Breathe it in until you feel your whole body relax. Every time you exhale, imagine you are letting go of all your worries. Attach a balloon to the angry/frustrated/sad cloud and let it float away, drifting off into the sky, replaced by your happy world. Breathe out and smile.

Ask: *How did your body feel when you were calm?*



Friends

Making good friends is instrumental in developing a child's sense of belonging. Having friends is a top priority for children and it is one of the main reasons they come to school. The students are learning to play co-operatively, fairly and safely. They are learning to negotiate, take turns and share and, are beginning to develop an awareness of how their actions affect others. When issues arise, we as teachers address them through what we term 'Restorative Practise' during class meetings. We discuss how the students can solve friendship issues in a calm, safe, non-physical and non-threatening way. This allows students to learn strategies that they can use to solve problems. We also encourage you to talk about 'making friends' at home and support the need to be fair, respectful and tolerant.

Assembly

The Prep students will commence attending whole school Assembly next Tuesday at 9:00am. If you would like to attend, please say goodbye to your child near the dots and make your way to the MPC.

New Finishing Time

From Monday 6 March to Friday 31 March, the Prep students will finish school at **2:30pm**.

Communication

As we cannot check emails regularly during the day it is important that you contact the **office** if you need to arrange for your child to be collected by another adult. Email us directly if you need to arrange a time to talk about your child. It is difficult to have a conversation with you at 9:00am when we are organising our students.

Investigations

Every week in our Bulletin, we will include aspects of our learning. In future, this will also include information about how you can support your child's learning at home. This week we have included photos of students interacting in the outside space during Investigations. Through Investigations, students are able to apply their thinking to real life situations.



Construction Site: There was much team work, negotiation and problem solving today! The students interacted enthusiastically to create a structure out of wooden blocks and mud (cement). One student wrote out an order to purchase more "cement" and there were sound effects to mimic the sound of the power tools and trucks. What a wonderful role play! Perhaps the students have been inspired by the amount of construction occurring in our neighbourhood at present!



YOGA: Yoga poses and mindfulness



Thank you!

Thank you to **Shelley (mum of Eliza PE)** for covering some of our books. We have had other offers from parents to cover books also. We have recently purchased additional books and will be in touch with you shortly.

Have a great week!



Prep Team

Angela, Steph and Nikita 😊