



Morisset Early
Education Centre

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Term 1 2023

Welcome to our Centre for 2023!

We would like to welcome back all of our returning families and welcome our new families. We are very excited about the year ahead with you all!

Our current staff are:

Director: Rebecca

Educational Leader/2IC - Kaitlin

Seahorse room: Ashley - Room Leader, Kerry, Taylah, Tori, Kat

Starfish room: Kaitlin - Room Leader, Jenn, Brooke

Other staff: Lisa, Katie

School based trainees: Isabella, Jess, Skye

What to bring to pre-school

We are continuing to provide hats, drink bottles, linen, all meals, sunscreen and insect repellent and a fantastic child-led play-based curriculum. All you need to pack for your child is changes of clothes, nappies (if required) and any milk bottles (if required).

We do ask that all children wear enclosed shoes as this is a requirement for all excursions, it helps the children to get used to wearing these shoes for our upcoming excursions throughout the year.

Drop off routine

Did you know there are many benefits of creating a consistent drop off routine for your child and yourself? Creating a drop off routine that is the same each time helps your child know what to expect and builds a sense of trust. We display a visual drop off routine that helps children to understand the expectations, upon arrival please use the sunscreen provided to apply to your child. Once entering the building ensure you sign your child in using the ipad located in the foyer, seahorse children are encouraged to find their name tag and select an emotion of how they are feeling that morning. Place your bag into the locker with your name tag and emotion, give a kiss and/or cuddle to your caregiver and say goodbye. We understand during the transition of starting preschool or returning some children feel anxious and become upset rest assured we will comfort and attend to your child to ensure they feel safe and secure in their environment. Creating a consistent routine will help your child to understand that you have trust in their educators to attend to their needs, which will help them gain trust also. Often if parents stay to try and settle their child it gives

their child a false sense of security that you will be staying at preschool with them which in turn adds to their anxiety when you leave causing them more upset. Feel free to call and check on your child after drop off if you have any concerns and one of our educators will update you on their morning.

Also note parents can use the car park turning bay when dropping off and collecting your child.

Change to centre operating hours

From Monday 20th February our centre operating hours will be adjusting slightly we will now be open from 7am-5:30pm if this effects you in anyway please contact Rebecca - director@morissetearlyeducationcentre.com.au

Fee reminder

Fee reminder all fees must be paid one week in advance.

Parent-Educator Communication

If you would like to have an in-depth discussion with an educator regarding your child's progress or any concerns we would please encourage you to make a booking via storypark with an educator. Educators give a brief over view of your child's day upon collection but please keep in mind while educators are on the floor their main priority is supervising your children. Thank you for your understanding.

Start Strong Fee Relief

Have you heard about the Start Strong Fee Relief Declaration? This is available for children who are 4 or who will be turning 4 before 31 July 2023, and works out to be an estimated additional \$43 per week that you will save on fees. Please complete the link below to register for your start strong fee relief.

If you have any questions, please don't hesitate to ask Kaitlin or Rebecca.

<https://www.jotform.com/sign/223447783994069/invite/01gm4ctccm44be38cfa0ff8ebc>

Fundraising

We would like to thank you all for contributing towards our end of year raffle, it was great to see so many families get involved!

We will be holding a trivia evening fundraiser during term 1 so get your teams ready and brush up on your general knowledge. We will send out more details via storypark once they are finalised.

Also, a big thank you to all the families who have joined our Box Divvy hub, not only is this a great fundraising opportunity for our preschool but it also educates the children on the importance of a healthy balanced nutritious diet. Box Divvy supports local farmers offering

fresh fruit and vegetables delivered straight to us! There are still some spaces available if you would like to join speak to Kerry or Katie who will happily assist you.

Also, a big thank you to Centennial plumbing for their donation and hard work fixing the plumbing underneath our Centre. We truly appreciate it!

Events/Important dates

- Thursday 9th February (then fortnightly) - Yellow group seahorses to attend Morisset Library for stories and rhymes
- 24th February - Trivia Evening - Fundraising/Bonding event 6-8pm at the Bay hotel (more details to follow)
- 8th March - Co-Operative AGM 5:30pm
- 21st March - Harmony Day - children to wear orange
- April 7 - Good Friday - **Centre is closed (fees will be charged)**
- April 10 - Easter Monday - **Centre is closed (fees will be charged)**
- April 25 - ANZAC Day - **Centre is closed (fees will be charged)**

Managing Preschool Separation Anxiety

Attending an early-learning program such as long day care, pre-school or family day care is an important and exciting stage in a child's development. They will have opportunities to interact with other children and educators, and benefit from a stimulating learning environment. Some children embrace this change with an enthusiasm that can leave parents feeling confident and comfortable, and perhaps even a little left out. Other children may feel afraid, upset or anxious. It may be the first time they have been in the care of adults who are not part of their family, or the environment could be noisy and crowded compared to being at home, making it all feel a bit too much. It is actually quite common for children to show some signs of discomfort when they first start in a new program. From about six months old, most children begin to show distress when they are away from their parents or carers, as they don't yet have a separate sense of self, so can feel a part of them is missing. While this can be worrying for parents and carers, it is normal for children to find the transition to early learning upsetting and it is important to remember the distress is often short-lived.

Handling Preschool Anxiety at Drop-Off Time

The first few days or even weeks of preschool can be a little rocky, even for children who aren't prone to separation anxiety. Focus on these strategies to help you and your child get through the transition.

Stay Upbeat

Children take their cues from us, and when we are stressed, they are more likely to act out. Smile, remind them of what they can expect that day, and talk about how much fun they're going to have- even if you are a little anxious yourself.

At the same time, don't minimize their concerns. Stories of your own childhood anxieties can help you connect with your child while also proving that fears about new things are, eventually, surmountable.

Create a Goodbye Ritual

A goodbye ritual will support your child to feel ease in the morning at drop off time, as they know what to expect. This could be as simple as looking around the room together for an activity, talking about it for a moment, and then saying goodbye. Or maybe putting their bag into their locker, then a hug before goodbye. Let your educators know what you would like to put into place, so they may support you and to make sure they don't interrupt this important ritual.

Make the Break

Say goodbye using the ritual you've practiced, tell your child you'll be back soon, and then walk out the door. It may feel insensitive to leave when your child is crying or begging you to stay, but lingering can backfire. Don't delay or give them "one more minute," as it can give children the misleading impression that you may be able to stay indefinitely or that you are worried about leaving yourself. Rest assured, our educators will comfort your child and help them settle into an activity to play. You are welcome to call throughout the morning to see how your child settled.

Don't Be Late for Pick-Up

It's easy to lose track of time when you have a few hours to yourself, whether you are running errands, working, or simply taking some time to relax. But make sure you or the person assigned to pick your child up is at the service on time—or even early. If you are late, it can cause your child even more anxiety and make dropping them off at preschool the next day that much harder. When your child is first starting at the service, we also recommended shorter days for the first couple of weeks (of course, only if this is possible). This will support your child to settle in and get to know the routine of the day, so that they are confident and prepared for when they need to do longer days.

