

FORBES CHILDREN'S CENTRE NEWSLETTER TERM 2 2024

Term 2 is here!

Term 2 has arrived, and we are excited to share a jam-packed term with you!

This term, you will have an opportunity to connect with your child's primary caregiver in a parent/educator chat session. Dates and times will be sent out via email for you to book in a time convenient for you! This will be an opportunity to discuss how your child has settled into the room, any goals you wish to set for the term and work towards and any other general discussions to have with your child's primary care giver.

The river room learning journey is planned for the last week of term 2! This is always an exciting opportunity for educators and your child to share the room's curriculum and what they have been learning about with you.

We also have Outdoor Classroom Day, Reconciliation Week, International Mud Day and more special celebrations to look forward to!

Regards, Ros, Amy and the Forbes team.

Diary Dates:

Mother's Day:

Sunday 12th May

National Families Week:

Monday 13th – Friday 19th May

IDAHOBIT Day:

Friday 17th May

Preschool Pupil Free Day:

Monday 20th May

Volunteer Week:

Monday 20th – Friday 24th May

National Simultaneous Storytime:

Wednesday 22nd May

Governing Council Meeting:

Wednesday 22nd May

Outdoor Classroom Day:

Thursday 23rd May

Sorry Day:

Sunday 26th May

Reconciliation Week:

Monday 27th – Friday 31st May

King's Birthday (Public Holiday):

Monday 10th June

Governing Council Meeting:

Wednesday 26th June

International Mud Day:

Saturday 29th June

River Room Learning Journey:

Tuesday 2nd July

Last day of Term 2:

Friday 5th July

Term 3 begins:

Monday 22nd July



NATIONAL FAMILIES WEEK – MAY 13-19

Each year, over a hundred thousand people and hundreds of organisations celebrate National Families Week – Australia's annual celebration of families. The aim of National Families Week is to celebrate the vital role that families play in Australian society.

The theme of the National Families Week 2024 is **Celebrating Family Diversity & Connections**. Celebrating family diversity involves recognising and embracing the unique circumstances, backgrounds, and dynamics that make each family special.

NATIONAL SORRY DAY – MAY 26

National Sorry Day is an Australia-wide observance held on May 26 each year. This day gives people the chance to come together and share the steps towards healing for the Stolen Generations, their families and communities. The first National Sorry Day was held on 26 May 1998 – one year after the tabling of the report *Bringing them Home*.





INVESTIGATIVE PLAY

“The investigative case-based learning approach is a method of learning and teaching that gives students opportunities to direct their own learning as they explore the science underlying realistically complex situations.”

Investigative play stations are set up throughout the environment indoors and out. These may be construction, sensory play, STEM, writing, numeracy or any topic that aligns with our current program.

- **Children have the time, space and resources to become deeply involved in their investigations.** Learning is richer and more effective when it develops over time and when there are opportunities for planning and reflection throughout the experience.
- **The physical environment contains materials and spaces that encourage curiosity, investigation and wonder.** Interesting and engaging materials or resources can provide the stimulus for children's questions and investigations. It is also important to ensure that children can access the materials and resources that they need easily and quickly. When this happens, they are able to resource their own learning and to follow their own investigations in whichever direction they lead.
- **Educators see themselves as co-learners, working with children as they learn.** When this happens, educators feel less focused on transmitting knowledge and are more likely to support and extend children's own attempts at understanding.

Source: Investigative learning- Our journey at BPS [Balmain p-school NSW](#)

Department of Education NSW – [fostering curiosity through STEM and storytelling](#)

National Quality Framework | Quality Area 1:
Element 1.1 – *The educational program enhances each child's learning and development.*

Staffing Update

Georgia has stepped into an Assistant Director position and will be supporting the leadership team in a more consistent way in the office!

New relief educators: Sarah, Summah, Ashle, Ingrid, Rachel, Divya and Yonisa! Welcome!

Reminders

Collection Authority

To be authorised to pick up children in our care, families must inform the front desk and staff if another person (not on the authorised collection list) is coming to collect the child. The person collecting must then bring in identification for staff to take a copy of. If someone is regularly supporting pick ups for your child, it is a good idea to add them to the emergency contact list, so this is not a requirement. The authorised person collecting must also be over 18 years of age.

Spare Clothes

Winter is fast approaching! With that being said, we will continue to offer outdoor play as part of our 'Outdoor Curriculum Policy'. Packing **at least** one spare set of clothes for wet weather or messy play is also necessary to ensure your child is warm all day. You may also want to consider packing gumboots for splashing in those muddy puddles!

If you have any questions, please speak to the educators in your child's room.

Illness

If your child is unwell and can't make it to the Centre, please let us know. You can use Xap to mark your child as absent or notify us by sending an email to

info.forbeschilddrenscentre854@schools.sa.edu.au.

Alternatively, you can call to speak with one of our friendly administration staff after 9am.

Guinea Pigs

This is just a friendly reminder to families that the Guinea Pigs need to stay in their enclosure in the piazza. There are times where educators will bring Ruby and Snuggles into the rooms and children can pat them, feed them, and interact with them. While they are in the Piazza, we ask that families ensure children are always supervised with the Guinea Pigs, and that their home is not opened, and they are not picked up by children/families. Thank you so much for helping us keep Ruby and Snuggles safe 😊



THIS MONTH LET'S... DO YOGA

You might already do yoga yourself, but have you ever included your children in your yoga session?

Or maybe you have never done yoga before. Jump on google and search simple yoga positions and learn together. Cosmic yoga is a very popular channel kids love. See the link below.

Try: Cosmic Kids

www.youtube.com/watch?v=LhYfcadR9nw

This One Thing is the Answer to a Good Life

From a young age, society tells us we need certain material things to be successful, to lead 'the good life.' To obtain the dream home, the respected career, the luxury vehicles, we need to constantly work harder, push harder, be more.

Truth be told, 'the good life' for many people means being caught in a vicious cycle of crazy-business. The question then becomes, what really keeps us happy and healthy as we go through life?

Empirical data from a longstanding Harvard study shows time and time again, one strong predictor of a happy and healthy life. For 75 years, the Grant and Glueck study has tracked multiple generations of people collecting ongoing data about their work, their home lives, and their overall health through blood samples, brain scans, and more...The study conclusion?

Robert Waldinger, director of the Harvard Study of Adult Development, states, "The clearest message that we get from this 75-year study is this: Good relationships keep us happier and healthier. Period." Not in the square footage of your home. Not the brand of clothes you wear. Not the type of car you drive. Not the different companies you worked for or how much is in your 401K.

The study shows the most influential empirical predictor of health and happiness in life is — connection.

Data from the study demonstrates that having someone trustworthy to rely on when life gets tough helps your brain stay healthy, helps your nervous system relax, and reduces both physical and emotional pain. The research also shows people who are isolated or who feel lonely are more likely to see physical health decline earlier in mid-life, brain function decline, and live shorter lives overall.

Waldinger explains, "It's not just the number of friends you have, and it's not whether or not you're in a committed relationship," but rather, "It's the quality of your close relationships that matters."

In other words, you don't need to be a social butterfly with a big group of friends or even currently be in a romantic relationship; what



matters is connecting with people who light you up. The key to happiness is to practice leaning into healthy relationships.

Let's say you're 25, or you're 40, or you're 60 — what might leaning in look like? Waldinger explains the possibilities are endless regardless of age.

"It might be something as simple as replacing screen time with people time or livening up a stale relationship by doing something new together, long walks or date nights, or reaching out to that family member who you haven't spoken to in years."

In other words, make time for the people who matter most to you. Find a simple way to show 'your people' they are important — send a "remember when" text to a friend, give your partner a hug and don't let go until after they do, make eye contact with your kids at dinner time, try that new yoga class your friend has been mentioning to you, send a good old fashion snail-mail greeting card to someone with a short handwritten note. Small acts of kindness go a long way.

In the end, this 75-year scientific study confirms what you already know deep down — "the good life is built with good relationships."

"When you connect with people who are good for you, you feel it. This is a big deal. Don't forget to acknowledge how great it is to be around someone who lights you up. Tell them, even if you feel a little weird. Your people love your weirdness."

— Author Unknown.



Read the article via the QR code.

Source: Harrington, Zina (2021). This 75-Year Harvard Study Found This One Thing is the Answer to a Good Life. Retrieved from becoming unbusy.

Forbes Children's Centre Term 2 (April to July) 2024 Program

Forbes Children's Centre for Early Childhood Development and Parenting. 80 Thomas Street, South Plympton. SA 5038 Ph 8293 9000

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS	SATURDAYS
<p>Long Day Care & Preschool</p> <p>LGBTQIA+ RAINBOW CONNECTION PLAYGROUP 10.30 – 12.30pm</p> <p>Do you identify with, or want to connect with, the LGBTQIA+ community through a term time weekday playgroup? Contact Katherine through "Pink Parents" on Facebook Messenger or on 0438 536 346 to book into this great playgroup or for more information.</p> <p>OCCUPATIONAL THERAPIST & SPEECH PATHOLOGIST</p> <p>Our OT and Speechie offer parent information groups, 1:1 appointments to chat about queries or child concerns & provide professional referral where needed for children. Please call the centre on 8293 9000 for a confidential chat with Huong (OT) or Maria (Speech Pathologist) or for more information</p> <p>CENTRE TOURS</p> <p>Call 8293 9000 to book</p> <p>Tours are 45+ mins long. Please consider when booking.</p> <p>Tours through children's learning & sleep areas is restricted to respect children's wellbeing. Tours view these rooms through glass internal walls unless all children in the room have left for the day (usually after 5.45pm - at the end of our 5pm tours)</p> <p>9am Tues 7 May 5pm Wed 22 May 2pm Mon 3 June 5pm Thurs 20 June 1pm Fri 5 July</p>	<p>Long Day Care & Preschool</p> <p>MY TIME 9.30am-11.30am</p> <p>Group for Mums, Dads and Carers of children up to 16yrs with a chronic illness, disability or developmental delay. Morning tea provided. Cost: Free + Free crèche. Contact Silvana on 0488 151 789 for start date <u>Bookings Essential</u></p> <p>DADS MOVING TOWARDS RESPONSIBILITY 6.30-8.30pm</p> <p>This free 24 week program starts with understanding the many forms of abusive behaviour including physical, sexual, emotional, financial & psychological actions or threats & has a focus on practical ways of helping dads choose to be respectful fathers & partners. Experienced counsellors help dads work on ways to improve relationships with their partner & children & keep them safe. Call Phil on 8196 8900 for more info or a confidential chat.</p> <p>WORDS GROW MINDS!</p> <p>Watch this space! Have you seen the advertising for <u>Words Grow Minds</u>? We're partnering with the City of Marion and other Early Childhood services to bring you some great free opportunities to help grow your child's brain! Want to be involved, or volunteer to help spread the latest research about children's brain development? Call Merridee on 8293 9000 for more information</p>	<p>Long Day Care</p> <p>MUSIC FUN FOR EVERYONE Every Wednesday 10am sharp - 10.30am</p> <p>½ hour of singing, dancing & movement fun for infants & young children. Weekly during Term times Cost - Free. <u>Bookings Essential</u></p> <p>MULTICULTURAL WOMEN & CHILDREN GROUP 10.45am - 11.45am</p> <p>For mums, grandmothers and their young children from diverse cultures to meet, chat, cook, practice English, play & have fun! Weekly during term times Cost: Free.</p> <p>Please bring a piece of fruit for your child to eat! <u>Bookings Essential 8293 9000</u> ALL NATIONALITIES WELCOME</p> <p>CaFHS CLINIC at FORBES</p> <p>By Appointment Free Child & Family Health Service for infants and children 0 to 5 years, with a 0-3yrs focus Please call 1300.733.606 to make an appointment (Enter your postcode then ask to be booked in at Forbes)</p> <p>EARLY PARENTING GROUP</p> <p>For new dads and mums Call CaFHS for the next group starting date</p> <p>Free 4 week CaFHS course for new dads, mums & their baby! Cost: Free - <u>Bookings Essential</u>: Call CaFHS on 1300 733 606 and enter your postcode when prompted for more information Courses start every 4 weeks - call for next start date</p>	<p>Long Day Care & Preschool</p> <p>LEARNING TOGETHER ALL AGES PLAYGROUP 9.30 – 11am</p> <p>Come and join us for this all ages playgroup! Your child will learn through play (and have lots of fun of course!) Weekly during term. Cost free. <u>Bookings Essential</u> 8293 9000 ALL WELCOME</p> <p>CHILDREN'S DISPOSITIONS FOR LEARNING 9 May-13 June 10-11.30 am</p> <p>Learning dispositions are habits of mind we develop. Come along to learn how to help your child become an effective learner through play and everyday experiences. Cost - Free Plus free crèche available (Limited places available) <u>Bookings Essential</u> ALL WELCOME</p> <p>LEARNING TOGETHER BABY PLAYGROUP 1pm – 2.30pm</p> <p>BABY playgroup provides opportunity to learn early socialisation, motor development & open-ended sensory activities for learning through play <u>Bookings Essential 8293 9000</u> Cost - Free ALL WELCOME</p> <p>Are you or your partner Pregnant? Watch this space! We're looking at offering Groups and Information Sessions for Soon-To-Be & New Parents! Some suggested groups include Birthing Options in Australia, Optimal Birthing Positions, Hypnobirthing, Breastfeeding/lactation and more! Contact us for more info!</p>	<p>Long Day Care & Preschool</p> <p>PLAYGROUP @ GLANDORE COMMUNITY CENTRE 9.30 – 11am</p> <p>Come and join us for this joint partnership playgroup! Sessions will include indoor/ outdoor play, craft, reading time and toys, with a fenced & shaded outside area, large sandpit, play equipment & more. Cost - \$4 <u>Bookings Essential 7420 6400</u></p> <p>Helping your child become a "LITTLE CHATTERBOX" Date to Be Advised 10am-12pm</p> <p>An information session for parents of children aged from birth to 3yrs to help turn them into little chatterboxes! Cost: Free + Free crèche, limited places available - please book early! <u>Bookings Essential 8293 9000</u> ALL WELCOME</p> <p>SLEEP AND YOUR CHILD 14 June 10am – 12pm</p> <p>Explore & learn about typical sleep patterns, positive sleep practices, common sleep disorder Cost: free + Free crèche available <u>Bookings Essential 8293 9000</u> ALL WELCOME</p> <p>BABY CONNECTIONS 1.30 – 2.30 (ish) pm facilitated by our OT & Other Staff</p> <p>Come & join this group of new parents/carers, their to connect, wonder, learn & delight in your baby. For parents who want to connect, but whose babies are not yet ready for playgroup. Weekly during term times Cost: Free <u>Bookings Essential 8293 9000</u> ALL WELCOME</p> <p>LEN – Lived Experience Network Meet Every 2nd Friday 10 – 12pm</p> <p>LEN System Advisors meet fortnightly to advise DHS on how to improve the Child and Family Support System. If you have experienced significant family stress, needed support services and want to become an advisor in this meeting - Contact Paula, LEN Coordinator, for more info & how to apply (\$30 per hour time reimbursement M: 0435 366 394 free crèche available</p>	<p>Long Day Care & Preschool</p> <p>FIRST AID WORKSHOP FOR PARENTS, GRANDPARENTS and CARERS Sat 6th July 10am – 1pm</p> <p>3 Hours of practical "what do I do when THIS! happens" Cost: \$30 per person Sorry no crèche available (pre-mobile/non walking babies are welcome to attend with you) Please see flyer about attendance certificates or call the centre <u>Bookings Essential: 8293 9000</u> ALL WELCOME (Sorry, no refunds for non-attendance)</p> <p>WE'RE ON FACEBOOK & ONLINE!</p> <p>www.facebook.com/ForbesChildrensCentre or www.forbescc.sa.edu.au</p> <p>Have you checked out our Facebook page yet? Find this program, last-minute program changes, updates, other community parenting courses, support & information as well as lots of helpful parenting hints, tips and links to parenting resources</p> <p>DADS! Yes... DADS!</p> <p>Calling all local Dads to meet with their kids at the Jervois Street Reserve on a Saturday morning, or want to join a "Dads Only" Group? Text Merridee: 0400 263 567 (or call her on 8293 9000) and leave your contact details</p>

For more information about any program or event listed, or for copies of more detailed individual flyers please see the inside of this program or contact: Merridee Dangerfield, Community Development Coordinator. Phone: 8293 9000 or Mobile: 0400 263 567 Email: merridee.dangerfield@sa.gov.au