



# Narrabundah Early Childhood School

Learn • Develop • Nurture

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Week 4, Term 2, 2022

## Acknowledgement of Country

In the spirit of reconciliation, we acknowledge the Ngunnawal people, the traditional custodians, of the land on which we meet, learn and play.

We pay our respect to Elders past, present and future and acknowledge the Aboriginal and Torres Strait Islander students and their families at our school.

We will work in partnership to create and share our stories.



## Principal's Message

This week NECS has been involved in the formal school review process. We wish to thank the panel for their time and efforts reviewing the work undertaken at NECS since 2018 and we also wish to thank all of the families that took the time to meet with the panel to share their experiences.

I am so proud of the NECS children, families, community and staff. Together we have worked tirelessly to make improvement at NECS over the past few years. The leadership team and staff received a verbal summary report yesterday afternoon from the panel. To say we are all feeling very elated and happy is an understatement!

The panel will spend the next few weeks finishing off the final report. We look forward to sharing the recommendations with you when the report is complete. In semester two we will work with the School Board, interested families and other key

stakeholders to create a new School Improvement Plan for 2023-2027.

## Reconciliation Action Plan update

In the last newsletter we proudly shared with the community the NECS Reconciliation Action Plan (RAP) launch video.

[https://www.dropbox.com/s/et1mwqv5ieg6hjo/RAP-%20Narrabundah%20Early%20Childhood\\_v5\\_final.mp4?dl=0](https://www.dropbox.com/s/et1mwqv5ieg6hjo/RAP-%20Narrabundah%20Early%20Childhood_v5_final.mp4?dl=0)

One of the first actions we undertook this year was to make the three flagpoles at the front of the school the same height. This work began last term but unfortunately once the contractors began the work, they realised that the current poles are irregular heights. The company will return to Canberra in about six weeks time to complete the job. We are looking forward to proudly flying the Aboriginal, Torres Strait Islander and Australian flags at the same height very soon.

## K-2 Bush School

Narrabundah Early Childhood School has been offering Bush School since 2012. Bush School provides unique learning opportunities for children, allowing for hands on experiential learning in an outdoor environment. There is much research to support the value of Bush School in providing a depth of learning that is not possible to attain within the confines of an indoor classroom. Over time, children typically experience an increase in their self-belief, confidence, learning capacity, enthusiasm, communication and collaboration skills. The weather has been kind to us for the first two sessions. In week 3 the children visited Red Hill Nature Reserve and this week Mt Ainslie Nature Reserve.

## Red Hill Nature Reserve





Next week we visit Isaacs Ridge.

### Families onsite

It has been lovely welcoming families back onsite at drop off and pick up time over the past fortnight. It has been wonderful to reconnect with families and for children to have you in the playground. Just a reminder that families are encouraged to remain in the outdoor environment. If you need to enter the front office or an indoor aspect of the school all visitors must bring and wear a mask. School staff are still required to wear masks indoors and all visitors are subject to the same guidelines. Thank you for your support.

Warm Regards

Julie

## Kangaroos

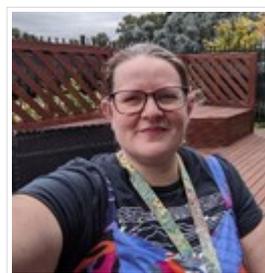
We have had a great time in the preschool Kangaroos class so far this term. Now that the children are comfortable in the preschool setting and familiar with the routines of preschool, we are able to introduce new and exciting learning into the program. This term we have begun learning about letters and sounds, started music lessons with Kimberley, begun independent borrowing at the library, started going to the hall for gross motor rotations with the other preschool class and going to the bike area to ride all kinds of bikes.

It is great to see the children so keen to learn at preschool and we will continue to offer challenging and fun activities to encourage the children to further their learning.



## Music and Dance update

My name is Kimberley. I am the new Music and Dance teacher at NECS! I happily work with children across pre-school to year 2, teaching songs, dance, instruments, games, and working on each child's skills as young musicians and dancers. I look forward to our creative adventures ahead.



In music, pre-school musicians have been singing songs, chanting rhymes, moving and learning the fundamentals of instruments. The Green Grass Parrots learnt that the bars of the glockenspiel go from big to small, matching the sounds from low to high. The Kangaroos learnt and practised how to gently hold the mallets to strike the bars of the glockenspiel.



Dancers in kindergarten to year 2 are exploring different ways their bodies can move through space, and how many parts make a whole. We have been learning to put movements into a sequence, or series, of steps. The Emus learnt a set dance called 'Seven Jumps' and then, keeping the structure, changed each step in the sequence. From their own ideas, they created a new dance!



National Reconciliation Week—27 May to 3 June—is a time for all Australians to learn about our shared histories, cultures, and achievements, and to explore how each of us can contribute to achieving reconciliation in Australia.

Find out more about National Reconciliation Week #NRW2022 #BeBraveMakeChange

In alignment with our NECS Reconciliation Action Plan (RAP) *Relationships in the Classroom, Respect in the Classroom and Relationships with the Community*, and to celebrate Reconciliation Week, we are very fortunate to have engaged Duncan Smith from Wiradjuri Echoes who will be working with classroom teachers and students during Reconciliation Week, delivering a cultural program to further develop children’s and staff’s understanding of Aboriginal and Torres Strait Islander histories and cultures.

Duncan will visit each classroom on the following dates and times:

**Tuesday May 31 (Week 6)**

Time	Class
9:30-10:30	1/ 2 Emus
10:30-11:30	3 Yr Old Butterflies
11:30-12:30	Kangaroos & Green Grass parrots



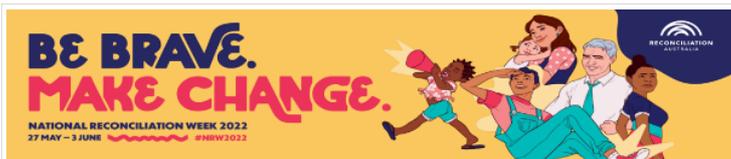
**Thursday June 2 (Week 6)**

Time	Class
9:30-10:30	K/1 Wombats
10:30-11:30	Koori Butterflies
11:30-12:30	Bettongs
12:30-1:30	Red Grass



Building on Duncan’s visit, each class will engage in learning experiences with a focus on the importance of peoples, histories, cultures, storytelling, dance and music.

**Reconciliation Day**



The National Reconciliation Week 2022 theme, “Be Brave. Make Change.” is a challenge to all Australians— individuals, families, communities, organisations and government—to *Be Brave* and tackle the unfinished business of reconciliation so we can *Make Change* for the benefit of all Australians.

This year Reconciliation Australia are asking everyone to make change beginning with brave actions in their daily lives – where they live, work, play and socialise.

**PBL Awards**

Apologies we forgot to include the week 2 award recipients in the previous newsletter. There were no awards in week 1 as it was a short week due to ANZAC day.



			Savannah L
			Luca
			Amelie
			Nicholas
			Kingston
			Jonah
			Madison
			Mia
			Robbie
			Jaidyn D

Week 2 award recipients:

Respect	Inclusion	Safety	Excellence
Teddy Mc	Henry Y	Abigail	Yindi
Phoebe	Jayden P	Vincent M	Lloyd
Willa	Amandla x 2	Isaiah	Caesar
Monty	Matthew	Ashwin A	Jay
Maxim			Sarvit
Evie			Anita
Matilda			Jackson
Oceane			Harlei
Ashton x 2			Alpha
Hudson			Ellie
Eli			Pippin
Pippin			Adela
			Byron
			Cruz

Week 3 award recipients:

Respect	Inclusion	Safety	Excellence
Oumou	Levi	Aaliyah	Inayat
Bianca	Eva	Nakita	River
Leo	Frida	Violette	Savreen
Ashwin B	Frederic M-S	Manaia	Nevaeh
	Florence	Grace	Yindi

Week 4 award recipients:

Respect	Inclusion	Safety	Excellence
Koda	Pippin	Nevaeh	Georgina
Matthew	Hudson	Jackson	Harper
Byron	Laura	The Wombats	Yindi
Kyeson	Duke	Vincent S	Jackson
	Vincent S		River
			Violette
			Angus
			Ellie x 2
			Isaiah
			Nakita
			Eh Ku Soe
			Ashwin A
			Byron
			Nicholas
			Robbie
			Pippin
			Fred
			Payton

## Family workshop - Emotion Coaching

[https://necs.schoolzineplus.com/\\_file/media/2073/flyer\\_for\\_whole\\_school\\_emotion\\_coaching.pdf](https://necs.schoolzineplus.com/_file/media/2073/flyer_for_whole_school_emotion_coaching.pdf)

## Communities at work

Communities at Work- Platypuses Room Update

This term in the preschool we have been focusing on developing our gross motor skills using Kids at Play program. We have been lucky to use the school's equipment in the hall on Thursdays and have been enjoying using this to develop our jumping, hopping and galloping skills. We have also been engaging in daily yoga experiences and utilising our outside space to run obstacle courses, play tennis and practice our catching and throwing.

We have also been developing our mathematic skills focusing on shape recognition, pattern making and number recognition. We enjoyed creating patterns using colourful shapes and learnt that there are lots of patterns in our daily lives.

For international compost awareness month, we learnt about the colour codes on the bins in the room, we were able to identify which bins are recycling and that we put our leftover scraps in the food bucket to give to the worms. This is helping the children to develop their understanding of sustainability and ways they can help the environment.

This week we are celebrating National Families Week, we were lucky enough to be joined by one of our Platypus parents who read a story to the whole service. We would like to thank Jessica Duffey for joining us, the children loved having you. The children engaged in a cooking activity making special cookies for their loved ones and have been helping educators to make a family tree using photos supplied by their parents.

Throughout the rest of the term we will be focusing more on developing our gross motor, mathematics, and literacy skills through having fun in our play based curriculum model.

Kind Regards

Platypuses Team



### Communities at Work Manager Update

A reminder to families that masks are mandatory when entering the service/ school. If you do not have a mask, please utilise the service's side gate for drop off/ pick up, where an educator will help sign in/ sign out your child.

Before school care and After school care will be operating on the pupil free days, if you are seeking a long day care booking for pre-schoolers, please utilise the kindy now app.

Should you need to contact the rooms directly throughout the day when your child is in attendance the numbers are:

Koalas: 61420034

Wombats: 61420031

Platypuses: 61420026

School Holiday Program and OSHC: 0481 462 733

Kind Regards,

Michelle

## Cancer Council Sunsmart



### The End of May is Hats OFF day

Yes, it is that time of the year again! The end of May is when we start to witness UV levels dropping off in Canberra to levels that are considered low (under 3) for part, if not most, of the day. It is also that time of the year when confusion sets in around sun protection recommendations in ACT school settings.

To keep things simple and consistent for ACT primary schools and early childhood services, many years ago Cancer Council ACT coined the phrase *End Of May is Hats Off Day* to assist these busy settings with their 'hats on' (hats off) behaviour.

So, in keeping with the *End of May is Hats Off Day* tune, all Canberra primary school students (and teachers) can leave their hats off for the months of June and July due to low (under 3) daily UV levels each day in the ACT.

The End of May spells Hats Off Day for ACT primary schools, for a few months anyway because the *Beginning of August is Hats On Again For All Of Us* as UV levels start to rise again in Canberra putting sensible sun protection behaviour back on the radar.

Read more about UV exposure and the healthy balance for Vitamin D benefits [here](#).

View your school's unique SunSmart Certificate [here](#).

Cancer Council ACT is a non-government not-for-profit community organisation that aims to promote a healthier community by reducing the incidence and impact of cancer in the ACT region.



## UR FaB update

UR FaB Understanding and Responding to Feelings and Behaviours  
Program in Schools  
Child and Adolescent Mental Health Services (CAMHS)



Hello from the UR FaB team,

Your child's school has volunteered to take part in the UR FaB early intervention program for children in primary school. The program focuses on children's emotional and social development, and while we are here at your school, the team will be contributing to the school newsletter and providing information and ideas in regard to supporting children with their social and emotional development.

**Importance of time with your child.** Children from birth to adolescence need time and attention from their parents. There are number of benefits of time with your child.

- Helps children to feel closer to their parent and focus on their emotions and this can be a powerful influence on a child's behaviour.
- Develop a stronger bond as it encourages communication between the child and the parent, and it provides the child with the opportunity to voice their thoughts and feelings.
- The child has an opportunity to model their parent's behaviour, while the parent can observe and learn about their child's strengths and weaknesses, temperament, activity level, and developmental stage, in order to better know them and guide them.

Research suggests that it is the quality of the time spent together not the quantity that is important. As little as 10 – 15 minutes per day is of benefit.

(Myers, 2022. The Importance of Family Time on Kid's Mental Health and Adjustment to Life viewed on May 2022)

**Quality time involves:**

Play that is directed by the child, and a parent having their full attention to their child's world. Use time together, such as mealtimes, to talk and share a laugh. Use descriptive commenting and praise

Avoid competing with your child and use positive communication avoiding criticism. Laugh and have fun, make it enjoyable

Focus on your child's strengths not his/ her weaknesses

Don't focus on the "correct" way or specified rules for a game. Don't use it as a teaching moment.

Model cooperation by doing what your child asks you to do

Engage in pretend and make-believe play with your child

Curb your desire to give too much help—give just enough support to avoid frustration but not so much you take over your child's exploration

'Attention rule' – attend to positive behaviour and ignore negative behaviour (results in increased positive social behaviour in the child). Don't give eye or verbal attention to annoying behaviours

(Raising Children Network. Praise & encouragement for child behaviour | Raising Children Network viewed on May 2022)

(Raising Children Network. Child-led play: stepping back from play | Raising Children Network viewed on May 2022)

More on descriptive commenting and praise next time!  
The UR FaB Team

## Reconciliation Day 2022

Mon 30 May 2022  
**Reconciliation Day**  
10am-3pm • National Arboretum Canberra

PRODUCED BY ACT Government  
Artwork (Detail) Lynette Church (Ngemene, Wiradjuri/Kamberrri)

**Be Brave. Make Change.**

The fifth annual Reconciliation Day in Canberra will be celebrated on Monday 30 May 2022 at the National Arboretum Canberra, with a family friendly program designed to promote conversations and foster a deeper understanding of our national story and Aboriginal and Torres Strait Islander culture.

This year's theme for Reconciliation Day is: Be Brave, Make Change.

Reconciliation Day is a time to learn about our shared histories, cultures, and achievements, and to explore how each of us can contribute to achieving reconciliation in Australia.

Visit [events.canberra.com.au](https://events.canberra.com.au) for more information and for event details.

## National Road Safety Week - 15 to 22 May

This National Road Safety Week, 15 to 22 May, the ACT Government is joining the Safer Australian Roads and Highways (SARAH) Group to encourage the Canberra community to take the pledge to drive so others survive. However, as we know, road safety is everyone's responsibility.

To remind children about staying safe on the road, TCCS is running a colouring-in competition where children can win one of the activity tracker wrist watches. For more Information and colouring-in competition terms and conditions, go to [National Road Safety Week from 15 to 22 May 2022 - City Services](#).

[https://necs.schoolzineplus.com/\\_file/media/2063/20220510\\_sb\\_w3a19\\_national\\_road\\_safety\\_week.pdf](https://necs.schoolzineplus.com/_file/media/2063/20220510_sb_w3a19_national_road_safety_week.pdf)