



Term 1 Issue 1 **Newsletter** Feb 2024

Ninna Marni everyone

Welcome to all our new families and welcome back to our families returning after the summer break. We look forward to getting to know you and your children and working with you over the coming year to support your child's learning and development.

We trust that the orientation/transition process has been a positive one for you and your child. If you have any questions or feedback, please speak to an educator in your child's room.

Staffing Update

Our Director, Joan Gilbert, is currently on 6 months Long Service Leave which is well-deserved after 18 years! While Joan is on leave, we welcome Rowena McAvaney as Acting Director. Rowena has been the Director at Enfield Folland Park Preschool for the past 10 years and is looking forward to getting to know you and your children.

Unfortunately, we say Goodbye to Cayla from the Yitpi Tarnanthi Room, who has made the tough decision to leave our Centre as she looks to move interstate. We will miss Cayla and we wish her luck with her move. We will begin the process of finding a replacement for Cayla.

FEE CHANGES

A letter was sent out to all families on the 12th of January outlining our new fee schedule as well as important changes to our Fees Policy. Two of these changes relate to Public Holidays and booked family holidays. From the 1st of January 2024, families will no longer be charged for public holidays. However, for family holidays, normal fees will now apply. Please read our [Fees Policy](#) for more information

Fee Payments

You will receive your account every Monday via email. As we are a not-for-profit centre it is important that you pay your fees regularly and on time.

There are 2 ways you can pay:

- **bank transfer** (details on your account)
- **credit card** at the office

Important Dates

11 March	Public Holiday, Centre closed
23 March	First Aid for Families
29 Mar-1 Apr	Easter long weekend
4 April	Big Emotions, Little People

POLICIES UNDER REVIEW:

We regularly review our Centre policies and we appreciate input and feedback from parents (as many of the policies directly affect you and your children). We will use the newsletter to notify you when specific policies are being reviewed, and how you can be involved. Our policies are on our [website](#).



Community Development Co-ordinator

Welcome to 2024 and a big 'hello' to our new families here at C.a.F.E Enfield.

One of my roles as Community Development Coordinator is to provide opportunities for families to attend many different parenting groups and sessions offered here at the Centre.

Term 1 Groups

Thursday April 4 6:00-7:30pm

Big Emotions, Little People is a session for **Dads** run by Relationships Australia. The session will include strategies to support emotional co-regulation, identify practical ideas to manage big feelings and understand brain development.

Saturday March 23 9:30am-12:30am

First Aid for Families (free session)

Leeanne is the First Aid facilitator and has been presenting these sessions for many years. The session focuses on 'what to do if...' and is not a certificate course. Please note we will not be providing childcare, but if you have babies in prams or on laps, you're welcome to bring them.

Sing, Shake & Smile (Toddler music sessions)

Mondays from February 12 9:30-10:30 (5 wks)

This is for children aged between 1 and 2 years and there are still some spaces available.

All these sessions will be at C.a.F.e. Enfield Children's Centre.

For more information about what's happening please look in the community noticeboards located at the entrance. You can also access our Centre program via our [website](#).

For further information regarding these programs or to register please contact Jill on either 383423329 or jill.meldrum@sa.gov.au.

PLEASE CONSIDER JOINING THE MANAGEMENT COMMITTEE

Did you know that our Children's Centre (child care & preschool) is managed by a committee of parents and staff?

Being a part of the Committee provides a way for you to participate in the management of the Centre and to have a strong voice in what happens.

The Director and the leadership team are responsible for the day to day running of the Centre, while the Management Committee contribute to the overall governance and management. Good governance is important for providing high quality outcomes for children, families and educators. It involves things like contributing to policies, planning family and community events, setting budgets and fees, and participating in recruiting prospective staff.

As parents and community members you bring a range of unique perspectives, knowledge and skills, so please consider becoming part of the Committee.

Meetings are held once a month from 6-8pm.

We hold our Annual General Meeting in the coming weeks and nomination forms for the Committee will be sent out soon.

Please speak to the educators in your child's room or someone in the office if you would like more information.

PROFESSIONAL DEVELOPMENT



From Rowena – Acting Director

On the 6th of February, Cobi, Deb, Hetty, Violetta and myself were able to attend the world renowned Marte Meo training, the "Golden Gift." Together we had the privilege to meet and listen to Maria Aarts, the Director of Marte Meo International. She shared her wealth of knowledge on social and emotional development and how this plays a critical part in a persons mindset for life.

At the training, Maria shared strategies for best practice such as being present and using a 'welcoming face', 'giving space' by allowing attentive waiting time and fostering connectedness. One of the big take away was, in order to support connectiveness and develop language, is by simply naming the child's initiative/action which encourages them to stay in the play longer. Maria's example for this was, 'He/She does, you say' and to stay at the child's level. This task sounds easier than you think. If you give it a try, you may find yourself wanting to provide your child with solutions or by asking questions, and this can block an opportunity for the child to grow.

Whilst at the training, we also connected with Italia Parletta, a licensed supervisor for Marte Meo. We have worked with Italia over ten years and she has trained many of our educators in Marte Meo. Next month, Italia will be coming to our site to deliver professional development training, deepening the staff's knowledge, further embedding the Marte Meo practice within our community.

Community Lending Library

Have you noticed the baskets of books on the verandah?

We are fortunate to have a Community Lending Library supported by the Children's Centre and Raising Literacy Australia. Sharing books with your children is an excellent way to support their language and communication development. It also helps build a close relationship between you and your child. It is never too early to share a book with your child. We have board books for younger children to enjoy if you prefer. Early language exposure, particularly interactive talk, is one of the strongest predictors of brain development (Raising Literacy Australia Website Jan 2022).

You can borrow a book for as long as your child would like. Children often learn through repetition. If your child is asking you to read the same book over and over, that is them telling you there is still more to learn and enjoy about that book.

We will clean the books after each use so please return to the "Returns" basket.

Some children choose a book each time they attend for their bedtime story. Is that a routine that might suit your family? Do you have a picture to share of the books being enjoyed at home? We would love to see some photos!

For more information about reading books with children click [here](#)

Educating for Sustainability- Seed Sharing Library



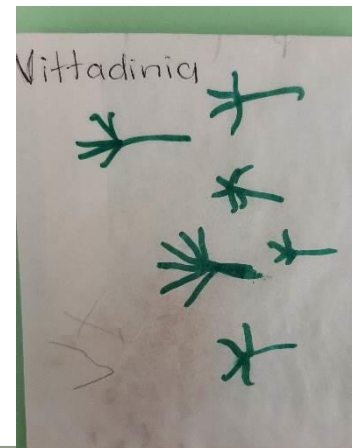
Have you seen our seed sharing library (located in the foyer). Seeds might include herbs, vegetables, native grasses or flowers- often harvested by the children.



What to do:

1. Take a packet of seeds home
2. Plant them
3. Care for them and watch them grow
4. Send us some photos!

This is a rich learning experience for children and is a part of our ongoing connection to the world around us. As we harvest the seeds we talk about how to do this gently, we talk about the differences in the seed heads of the various plants, and the differences in the seeds, extending their vocabulary and descriptive language skills.

Children have also used magnifying glasses to study the seeds and flowers up close and we have encouraged them to draw the seeds on the packets. Some seed packets may also have a comment from some children!



Vittadinia		Vittadinia (New Holland daisy)
	Small Native shrub	
Sow seeds around March in tube pots or direct in soil. Cover with 2mm of damp soil and firm gently. Cover with a layer of fine gravel. Germination 3-6 weeks. Sow in full sun. Butterfly nectar food plant, attracts native bees.		

If you have seeds in your garden that you can share that would be great. Take an empty bag from the basket, put your seeds inside & write the following information on the bag:

Plant name/ seed type

Month they were harvested

How they grow (eg: grows 1-2 m in height, plant late summer in full sun, water daily etc)

Were insect sprays/pesticides used?

HAPPY GROWING!!!!