

In this month's Newsletter...

- * Five steps of Emotion Coaching.
 - * Is your child too sick?
 - * Learning from Fire experience.
- * Update on Paint The Ridge REaD.
- * 10 benefits of reading aloud to children.
- * A Message from our PTRR Dhinawan.
 - * Dental Visit.
 - * Themes connecting Reconciliation and NAIDOC Weeks.

* Important dates coming up...

July * Monday 1st - NAIDOC Week Assembly Excursion.

* Tuesday 2nd and 3rd - **Step Vision Screening.**

August * Friday 9th - **Red Nose Day.**
Supporting research for SIDS

* Tuesday 20th - **Photo Day.**

*From recent training we discovered that to be grateful you need to have self-regulation and part of this is being able to work through our emotions. Below are some handy tips.

Five Steps of Emotion Coaching

Dr. John Gottman

STEP 1: Be aware of your child's emotions.

STEP 2: Recognize emotion as an opportunity for connection or teaching.

STEP 3: Help your child verbally label emotions.

STEP 4: Communicate empathy and understanding.

STEP 5: Set limits and problem solve.

The Gottman Institute

IS YOUR CHILD TOO SICK FOR PRESCHOOL TODAY?

TRY AGAIN NEXT WEEK

RED LIGHT

- Fever of 39 degrees or higher
- Wheezing or shortness of breath
- Hard cough
- Constant runny nose with yellow/green tint
- Lethargy
- Diarrhoea or vomiting
- Redness or runny eyes
- Sore throat or swollen glands
- Undiagnosed rash
- Persistent itching
- Uncovered sores
- Unusual colour

JOIN US IF PARENTS CAN CHECK

YELLOW LIGHT

- Fever-free for 24hours
- Sporadic cough
- Minimal green/yellow runny nose

OK TO COME AND PLAY

GREEN-LIGHT

- Mild, infrequent cough
- Clear runny nose
- Active, playful, and rested

If in doubt, please stay out And try again next week.

QA2.1.2 Health practices and procedures.



Learning in the outdoors... With the cooler weather we have had some fire experiences...

Thank you to the children and families for contributing to these experiences... Hendrik brought some kindling to start the fire and Levi some marshmallows, as a treat. Extending on cooking play with Thomas, we made damper ... making it real. Karen also brought in some soup for the children to try, adding to this experience and making for a great afternoon tea.

***Update on Paint The Ridge REaD...**

Left - Natalie passing on the “Alpaca with Maracas” to Cindy and the children from the Lightning Ridge Preschool. Below - National Simultaneous Story Time 22nd May Little Diggers children shaking their maracas after reading the story under our magic tree. Later Nate gave his maraca to the PTRR Dhinawan who came for a visit.



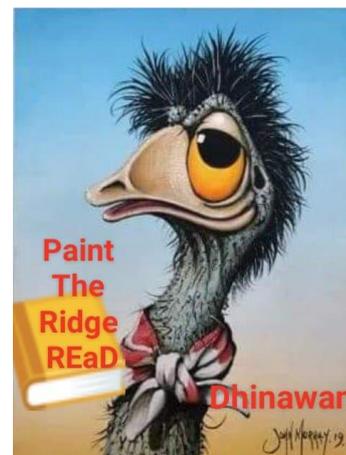
Above - Karnie Walford reading “Alpacas with Maracas” for the National Simultaneous Story Time at the Parenting Program Session combined with Outback Division and PAFT. The LRCS Kinder Class and McKillop Family Services also read the book on the day. **Feedback from the Kinder Class ...** While reading the book two children shook maracas as they turned the page reading. After which Jane Miles (Deputy Principle) read it again playing on the rhyming words of the story with the children, getting them to clap each time they heard rhyming words. We also had props for the children to re-enact the hatching event (Thanks to Lynne Chamberlain). Mia was excited about this. The PTRR Dhinawan gave Izak a basket of books to pass on to the children to read at relax/rest time. Sophie contributed to the program bringing in an emu egg to show us, extending on our interest in the dhinawan-emu. This lead to us reading and learning about Karana the father emu who looked after the eggs and the chick.

10 Benefits of Reading Aloud to Children

- builds vocabulary
- improves reading comprehension
- promotes empathy
- reduces stress
- boosts brain development
- exposes children to different experiences
- increases chances of later success
- helps develop communication skills
- builds self-esteem
- deepens family connections

A Message from our Paint The Ridge REaD Dhinawan - supporting Relationships, Literacy and Learning.

Remember our motto...
“Talk, Read, Sing and Rhyme with your child all the time.”



*** Dental Visit** ... QA2 Children's Health and Safety.

QA2.1.2 Health practices and procedures

- Effective hygiene practices are promoted and implemented.

We were very lucky to have the **Royal Flying Doctors Dental Screening Van** visit us with **Rachel Herbert** providing an education session followed by dental screening for all the children.



Lauren Wilbow was also with the team interviewing and filming for Dental Marketing, promoting the great work that the Royal Flying Doctors Dental Service does.

Others that assisted over the two days were **Tellulah Mahoney, Jessica Tilden** and **Katie Kelly**. Along with their enthusiastic driver **Tony Fiedler**, who shared his entertaining skills in learning about dental hygiene and his love of dancing.



We gathered for a photo all together in front of the van and then **we showed how good we are at flossing (the dance) and that we all know now about flossing our teeth too.** 😊

Before leaving Tony just wanted to have one more dance and he taught us a song about brushing our teeth... round and round in circles, and up and down much to the delight of the children.

All the children received a pack with goodies inside information, toothbrush, timer and pencil to take home and share with their families.

Thank you to the Royal Far West Flying Doctors Dental Service for being with us here in Lightning Ridge, **we greatly appreciate your visit.**

LO1 Children have a strong sense of identity... They LO1.3 developing knowledgeable and confident self-identities and... they LO1.4 learn to interact in relation to others with care, empathy and respect.

National Reconciliation Week Grounded in Truth Walk Together with Courage

From <https://www.reconciliation.org.au/national-reconciliation-week/>

At the heart of reconciliation is the relationship between the broader Australian community and Aboriginal and Torres Strait Islander peoples. To foster positive race relations, our relationship must be grounded in a foundation of truth.

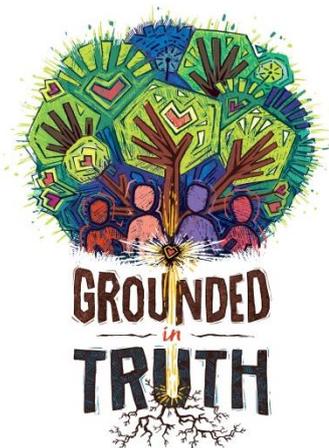
Australians are ready to come to terms with our history as a crucial step towards a unified future, in which we understand, value and respect each other.

Whether you're engaging in challenging conversations or unlearning and relearning what you know, this journey requires all of us to walk together with courage. This National Reconciliation Week, we invite Australians from all backgrounds to contribute to our national movement towards a unified future.

Visit Reconciliation Australia's website.

For more stories and to see how life looks from an Aboriginal and Torres Strait Islander perspective visit <http://www.shareourpride.org.au>

Thanks to Karnie from Outback Division for dropping
in a **beautiful fruit platter** from the **Reconciliation**
Morning tea to share with the children at Little Diggers.
Thank you, we appreciate you including us.



**NATIONAL
RECONCILIATION
WEEK 2019**
27 MAY - 3 JUNE
WALK TOGETHER WITH COURAGE


RECONCILIATION
AUSTRALIA
Learn more at reconciliation.org.au
#NRW2019 #GroundedInTruth

To foster positive race relations, the relationship between Aboriginal and Torres Strait Islander people and the broader community must be grounded in a foundation of truth. Whether you're engaging in challenging conversations or unlearning and relearning what you know, this journey requires all of us to walk together with courage.

This years Reconciliation theme **Grounded in Truth**
leads us into this years NAIDOC theme
Voice, Treaty, Truth.

We are going to the Lighting Ridge Central School
to be a part of their
Community NAIDOC Week Assembly
on Monday 1st of July.

