

# Bermagui Preschool Newsletter – 27<sup>th</sup> October 2023



## 2023/2024 Important Dates:

**End of Term 4:** Wed 13th Dec

**Staff Development & CHRISTMAS CLOSURE:** Thu 14th Dec to Mon 1st Jan 2024

**Summer Vacation Care Program:** Tue 2nd Jan 2024 to Thu 25th Jan 2024

**Australia Day Public Holiday (Preschool CLOSED):** Fri 26th Jan 2024

**Staff Development Day (Preschool CLOSED):** Mon 29th Jan 2024

**Preschool Orientation Day:** Tue 30th Jan 2024

(Children and families invited for  $\frac{1}{2}$  hour orientation & re-enrolment session)

**Start of Term 1 - 2024:** Wed 31st Jan 2024

**Please note these dates may be subject to change.**

## Preschool Program Update

The children transitioning to school in 2024 have commenced their transition to school program, including visits to their proposed school. At Preschool we are supporting the program with lots of stories, activities and conversations to help make the journey to school as smooth as possible. For those children staying at Preschool in 2024 we are supporting them with changes that they may experience as well, including taking on leadership roles as they become the older children in the Bidhu Room, as well as transitions from the Bungaree Room to the Bidhu Room.

Here are some ideas to support your child with transitions.

### 1. Speak positively about the change

Kids tend to pick up on their parents' attitude towards a situation, so if your child senses that you're feeling anxious about the school transition, they may begin to mirror those emotions. So even if you don't think your child is listening, you should always try to discuss the changes in a positive way.

When you talk about the school transition, whether it's with your child directly or with friends and family, try to speak enthusiastically and focus on the positives, such as the interesting things they will learn, the new friends they will make and the new routines they'll establish.

### 2. Acknowledge and discuss your child's concerns

If your child has questions or concerns, rather than casually brushing them off with a "Don't worry, it'll be fine," it's important to acknowledge their concerns. Once you know what your child is feeling most anxious about, you can spend some time going over the details, whether that means discussing how they'll get to and from school or explaining what their new schedule will be like.

You can also look for storybooks that deal with the topic of starting preschool or changing schools, as reading together can be a great way to encourage your child to open up about his or her concerns. Some examples of books that deal with school and change include *Ming Goes To School* by Deirdre Sullivan, *Second Grade Holdout* by Audrey Vernick, *The Kissing Hand* by Audrey Penn and these great [Australian books](#)[External link](#).

### 3. Involve your child as much as possible

Actively involving your child in the preparations for starting or changing schools will help them feel as though they have some say in the matter, and it can also help build anticipation. For example, if you need to choose between a few different schools, you could narrow down the best ones and then discuss the options with your child to see whether they have any preference.

Other ways to involve them in the transition process include shopping for new school supplies or clothes together, planning out their new route to school and having them make a list of the things they are looking forward to - as well as any questions or concerns they may have.

#### 4. Pay a visit to the new school beforehand

We tend to fear what we don't know, which is why visiting the new school in advance is a great way to help your child feel calmer about the transition.

Research from UCL also shows that a [successful school transition](#)<sup>External link</sup> involves being behaviourally and academically involved in school, and feeling a sense of belonging. Visiting the school in advance is one way to pave the way for this, as your child will have a chance to get to know school's layout, see what extracurricular activities they might like to participate in and meet some of their teachers.

#### 5. Help your child stay in touch with old friends

Losing friendships is a valid concern for children who are moving from one school to another. Research shows that preschool friendships are important for the development of social and emotional skills, and that they can increase feelings of belonging while decreasing stress.

So if your child had a close friend or group of friends in their last school, think of some ways to help them keep in touch after they move on. For example, you could organise play dates or even look for after-school activities, such as sports or dance, which they could join together.

You can also discuss the fact that they will make new friends, but that this doesn't mean they will have to choose between their old friends and their new friends. Of course, it's natural for some friendships to fizzle out over time, but in the early stages of a school transition, it's important to reassure your child that changing schools doesn't have to mean losing a good friend.

For more information about transition to school visit: <https://education.nsw.gov.au/early-childhood-education/working-in-early-childhood-education/transition-to-school>



### Preschool Educator Update

Shelley, a qualified and experienced Early Childhood Educator, has joined our team as a casual educator. If you see her filling in for the day, please make her feel welcome.

### Support for Families and Children

We know it continues to be challenging and unrelenting times for many of our families and community members. Please know that our Preschool is here to support our children and families, even if it is just for a quick chat with one of our preschool team. Please also know that there is support out there for children and families. The following are some contacts you might find helpful.

#### Emotional and Mental Health Services

- **Lifeline** - 13 11 14
- **Beyond Blue** - 1300 22 4636.
- **Mental Health Line** 1800 051 511
- **Mensline** - 1300 789 978
- **Kids Helpline** - 1800 551 800

## **Counselling Services**

- Bermagui Medical Centre Ph: 64 934 903
- Bega Community Health Ph: 1800 999 880
- Triage Mental Health Ph:1800 011 511
- Narooma Katungal Aboriginal Health Service Ph:44 762 155
- Headspace Bega Ph: 1800959844

## **Online Counselling Services and Support**

You can also access lots of useful information on trauma on health websites: <https://www.betterhealth.vic.gov.au/health/conditionsandtreatments/trauma-reaction-and-recovery>

The Australian Red Cross website -<https://www.redcross.org.au/get-help/emergencies> also has some practical advice on looking after yourself in a crisis.

## **Media/Trauma**

When disasters or traumatic events occur in Australia or elsewhere in the world, they're often given constant media coverage. It can seem like every time you turn on the TV, radio or go online there is more news about the event, who has been hurt and what is happening in the immediate aftermath.

Media coverage during times of disaster or traumatic events is important: it can provide those who are affected with news and information about where to go, how to get help and when it's safe to return to their homes. However, many people, including children and families, can become absorbed by the constant news stream about the event and sometimes they can watch or listen for hours. Even conversations about these events within ear shot of children can be problematic.

### **The impacts of too much media exposure**

Adults need to be mindful of how much exposure their children have to coverage of disasters or traumatic events on TV, radio or the internet. The media often focus on the most frightening aspects of an event and this coverage can contain graphic, scary and disturbing images. Seeing this type of media coverage can cause distress or worry for children. Children will also often discuss what they have seen in the media with each other. As a result, even though your children may not watch coverage constantly at home, they are still exposed to it through their friends and chatter on social media.

Media coverage can have an impact on children in the following ways:

- they can feel that they are unsafe and that something bad may happen to them or their family
- they can be led to think this event is happening constantly, rather than one event being replayed
- they can spend a great deal of time thinking about the event, which can affect their sleep and time at school
- they may be anxious that the same sort of event may happen to them or their family.

The more media coverage children see, the more likely they are to become afraid or upset.

### **How to help your child**

It's important that parents, carers and other family members help children to cope with the media coverage that they may see of a disaster or traumatic event. Here are some ideas to help your child to cope with the information about traumatic events they may see in the media or overheard from conversations:

- try to be there with your children when they are watching coverage of the event. This way you can talk to them about their fears and answer any questions they may have
- speak to children about the event in language they will understand, and set limits on the amount of time that they are able to watch TV or internet coverage of the event

- explain to your children why you are doing this, that you don't want them to worry unnecessarily, and that adults are managing things
- provide alternative activities for your children to take them away from the media coverage, such as watching a different TV show or playing a game
- give your children information to help them to understand what's happened, why it's happened, how likely this is to happen to you and your family
- remind your children that while what's happening in the traumatic event is upsetting, there are also lots of good things happening in the world, though these don't always receive the same level of attention
- reassure your children that they're safe and that you're there to answer their questions
- provide support and comfort to them if they're upset or feeling unsafe.

Talking to your children and continuing to follow the normal routines and rhythms of your daily life are important ways to help them feel safe and secure. Keep in mind that if your children begin to show signs of excessive worry or distress at the media coverage they have seen, you may need to speak to your general practitioner (GP) or another health professional. For further information visit <https://emergingminds.com.au/resources/traumatic-events-the-media-and-your-child>

## Old School Uniforms Wanted

We are looking for any old school uniforms from Bermagui, Cobargo and/or Tilba Public School for our Preschools dramatic play centre. If families have any uniforms that their older children have outgrown, donations would be greatly appreciated.

## Facebook

Remember to check out your HubHello/Educate emails and like us on the Bermagui Preschool Facebook page... Great ways to see what we've been up to at Preschool!!!

## Thank you

Thank you to the following people who helped our Preschool:

- Bermagui, Cobargo and Tilba Public School for their support with our Transition to School program.
- Taj for donating his bike to Preschool.

## Mumbulla School News

Mumbulla School invite parents, carers and professionals working with children to a presentation by our School Psychologist Rachael Driessen:

**Supporting Children with Managing Anxiety**

**Thursday 9 November, 5:00 PM - 6:00 PM**

**Mumbulla School - Susan Haris Hall**

**37 Bega Street, Bega**

**Free but please book on <https://www.trybooking.com/events/landing/1132244>**

*While anxiety is a natural part of the human experience, it can at times interfere with our wellbeing in a manner which infringes on our engagement in life. Children's experience of anxiety is varied and there are times for many children it can feel difficult to manage, leading to distress and interfering with functioning. Parents and carers can provide timely support for children at these times and can help them navigate their feelings in a manner which allows them to continue to move forward. This presentation aims to cover a variety of strategies for managing anxiety, which can be trialled by carers and used to formulate a plan for supporting their young person in times of anxiety.*

Tickets are free, but [please book](#) so that we can prepare the space adequately. For further information contact Vickie Goldsmith, Mumbulla School Office Administrator on 02 6492 3476



# SPRING FAIR

**Friday 3 November** **twilight market**  
**3:15pm - 6:15pm**

- \* Market Stalls
- \* Delicious Hot Food and Drinks
- \* Children's Crafts and Activities
- \* Live Entertainment inc. "Kameruka Bush Orchestra"

**WASTE FREE EVENT:**  
 BYO cup, plate/bowl and cutlery

*Mumbulla School*

## Bermagui Public School OSHC Program





Located at Bermagui Public school hall

Lee-Ann Mitchell  
 Services Manager  
 ASPIRE OSHC Bermagui  
 0498 568 086  
 bermagui@aspire-oshc.com.au

**Before School care**  
**7:00am-9:00am**

Breakfast club  
 puzzles and board games and  
 construction play  
 spontaneous play inside and outside  
 Craft, music and audit books



**After School care**  
**3:15pm-6:00pm**




Cooking and Afternoon tea  
 STEM and Science  
 Art and Craft  
 Music and dance  
 Spontaneous play and sport  
 Building and construction  
 And so much more.....




**Vacation Care Program**

*pending 12 per day to operated*



- Sport
- Music and dance (disco)
- Art and Craft
- Cooking
- Stavanger hunts
- STEM and sciences
- Dressup and talent days
- cubby house building
- Scooter days
- Water play/theme days
- technology days
- Excursion: e.g., beach, park, ice cream shop

Admission / Financial  
 Find us at  
<https://www.aspire-oshc.com.au/bermagui-ps>

Free to enroll at  
<https://parent-portal.kidsoft.com.au/create-account/bermagui/>

**Fees**  
 Before School care  
 Casual \$28  
 Permanent \$25

After school care  
 Casual: \$33  
 Permanent \$30

Vactions care \$85  
 Centrelink CCS approved

contact us:  
 0498568086  
 bermagui@aspire-oshc.com.au

## Bushfire Recovery Centre

Bermagui Surf Club  
 1 Lamont St

Tuesday 31<sup>st</sup> October 12pm to 7pm  
 Wednesday 1<sup>st</sup> November 10am to 4pm



Urban & Indigenous Agriculture Project  
Bermagui Preschool's

**Moodji Farm**

# TOMATO SEEDLING FUNDRAISER

**October 28th**  
HONORBREAD SATURDAY MARKET 9AM-12NOON

**October 29th**  
BERMAGUI RED CROSS MARKET 8AM-12:30

**November**  
MOODJI FARM: Thursdays 9:30am - 1pm

*Proceeds to go towards materials and the ongoing employment of a weekly Indigenous Assistant*



Bea Valley Seed Savers EAT DIRT PERMACULTURE FRRR Foundation for Rural Regional Renewal Australian Government

## JUNIOR DANCE CREATIVES

### DANCE FOR LITTLE ONES & CARERS

Move with your child as they explore dance through props, play and bubbles!

**THURSDAY 9:00-9:40AM**

Bermagui Community Hall next to Bermagui Pre School



**FLING**  
PHYSICAL THEATRE

**WANT MORE INFORMATION?  
CONTACT GABBY 0413 294 554**

