



NEWSLETTER

PANUI

TERM 4 2021



From Gaylene Brownlie

Tēnā koutou

I hope you are all managing and coping with this extended lockdown. It has been challenging for many people so please reach out to your family and friends if you need support. At least we can now spend time outdoors with other people. I know Pete and I have been enjoying catching up with some of our friends. Fortunately we have had some nice weather to be able to do this comfortably!

The teachers are all back at Kindergarten with a bubble of 10 children. It is great being back at Kindergarten although we are missing seeing the rest of your lovely faces. Unfortunately we are only allowed to have 10 children for now, but we hope at some stage we will be able to increase our bubble size...fingers crossed! Unfortunately we may not be able to have our Annual Christmas Concert in the Church this year. If things change we will try and give you as much notice as possible to put it in your diaries and let friends and family know. We have also had to cancel other activities such as Super Sports and excursions. We look forward to resuming these in 2022.

We would like to acknowledge your support and engagement on Storypark over the past few weeks. We really appreciate your comments, feedback and photos/videos from home. Please let us know if there is anything in particular you would like to see and we will do our best to include it.

A huge thank you to those of you who have been able to support us financially. We are so grateful! It really has made a difference!

This coming weekend is a three day weekend with Labour Day on Monday. I hope you all take some time out on Monday to enjoy some rest and relaxation. Labour Day is quite a big deal in relation to wellbeing. In Aotearoa in 1840, carpenter Samuel Parnell refused to work for more than eight hours a day. He told prospective employers...

"There are twenty-four hours per day given to us; eight of these should be for work, eight for sleep, and the remaining eight for recreation..."

The result was being able to dedicate a whole eight hours to doing the things we love, resting and connecting with others (aka nurturing our wellbeing!) Enjoy your three day weekend!

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COMMITTEE 2022

If you are interested in joining our Committee for 2021 please let Gaylene Brownlie know. There are a variety of roles available, big or small. As a Community Kindergarten, our Committee is an integral part of our structure. The new Committee will be elected at our AGM in February. If you would like more information please just ask. It is a great way to meet new people and get involved in the Kindergarten.

After such a tricky year, the teachers will be focusing on supporting the children's social and emotional competence when they return to Kindergarten.

Our strategies include:

- ⇒ supporting children to understand, express and regulate their emotions.
- ⇒ helping children build resilience and a sense of self worth
- ⇒ providing positive guidance during heightened emotions.
- ⇒ fostering peer friendships and interactions
- ⇒ supporting children to care for and empathise with others
- ⇒ helping children support others in their learning
- ⇒ helping children solve social problems during peer conflict

These skills will enable the children to relate to others in ways that enrich and extend their learning. Social competence supports learning dispositions such as resilience, perseverance and showing empathy for others. Having the skills to solve their own conflicts and problems leads to children having heightened self-esteem and feeling empowered.

I'm sure this term will fly by and it will be Christmas before we know it!

Take care everyone and I hope to see you all soon.

Gaylene

Ka whāngaia, ka tupu, ka puāwai. *That what is nurtured blossoms and grows.*

A FEW REMINDERS FOR THOSE OF YOU WHO HAVE RETURNED TO KINDERGARTEN

- > don't forget to pack a drink bottle filled with water only,
- > they need a sunhat and spare clothes in case your child gets wet
- > send your child in suitable walking shoes as we hope to walk to Cornwall Park this term
- > keep your child home if they are unwell as we have zero tolerance for illness

Connor Darlington, Archie Hill,
Isabel Hagemeister, Walt Sayes,
Jenny Luo, & Luis Torres Connor



We wish these children all the best for their next step in their life journey. We know they will do very well at school. Please contact Ms Brownlie if you would like to have a parent discussion prior to your child leaving. This would have to take place as a phone discussion during level 3.

Important Dates

TERM DATES for 2021

Term 4 Mon 18 Oct—Fri 17 Dec

TERM DATES for 2022

Term 1 Tues 1 Feb—Thr 14 Apr

Term 2 Mon 2 May—Fri 8 Jul

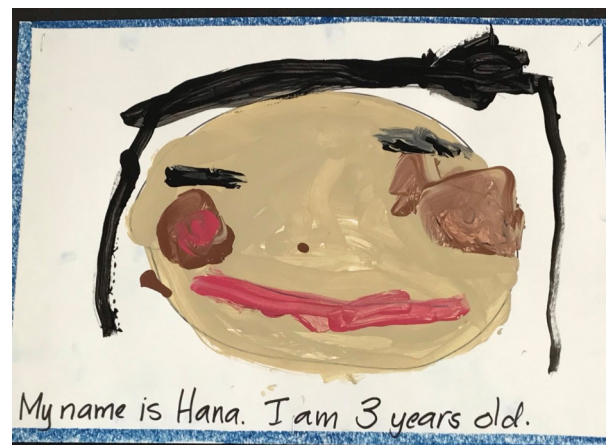
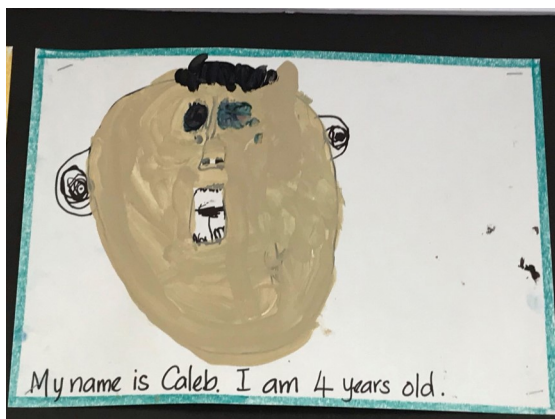
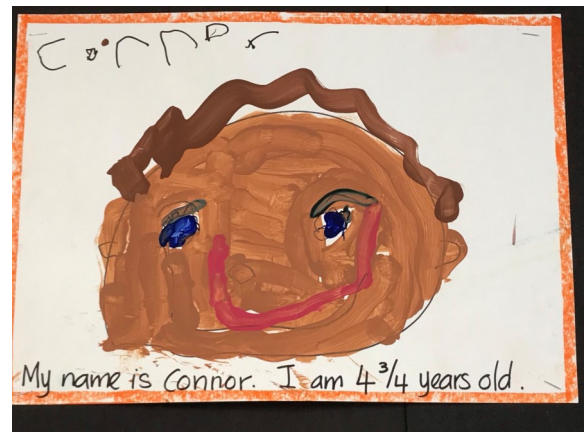
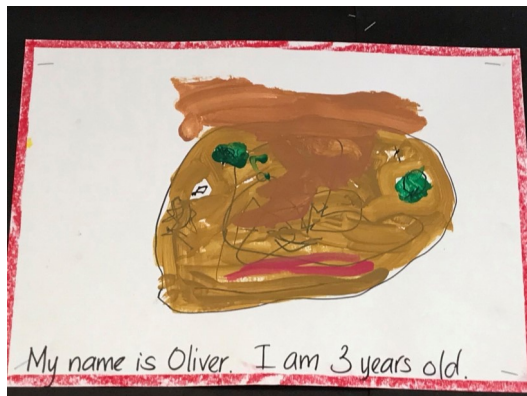
Term 3 Mon 25 Jul—Fri 30 Sep

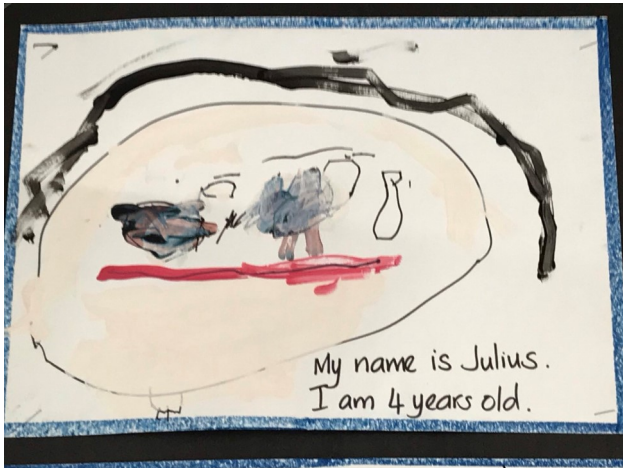
Term 4 Mon 17 Oct—Fri 16 Dec

Government announcement on 29 November about Alert Level changes

Child's Voice & Art

Just before lockdown the children had begun doing their self portraits. Unfortunately only a few got completed and as they are so gorgeous, we wanted to share these with you.





Remember to come in and collect a craft pack for your child if you haven't already. The Teachers put these together for the children over the holidays. They are available to collect from the Kindergarten hall foyer and please scan the QR code when collecting.



Gardner Road Kindergarten sweatshirts, bags and sunhats celebrating 50 years in our community.

Sweatshirts (AC Colour brand): size 4 and 6 in stock now @ \$40 each.

Bags in stock now in red, cream and blue @ \$10 each.

Hats in stock now in Navy blue XS, S, & M @ \$10 each

See Karen for ordering details



Staying grounded and feeling good

10 ways to look after yourself and your whānau, and have some fun along the way! These activities incorporate the principles of positive psychology, and are easy to adapt and reuse.



DANCE:



So easy! Raise the feel goods in your body by having a wee boogie for a song or two.

MAKE TIME FOR FRIENDS:



Connecting with others is a winning way to wellbeing. Make time for your mates and rellies, or plan a playdate with a whānau you haven't seen for a while!



GARDEN:



The combo of being outside, being a lil' bit active and being in the moment are great wellbeing boosts, but there's also evidence that learning how to care for and nurture plants can reduce stress, and help shift our mindset and give us perspective.

LEAVE A CHALK NOTE FOR SOMEONE:



This combines being outside and acting with kindness, or 'giving' – both wonderful ways to wellbeing. Make sure your note is sincere and add a compliment to make the recipient's day.

DO SOMETHING FOR SOMEONE ELSE:



Drop off some baking, give some home-grown flowers, or plan a special surprise. Anything that helps others... do it just coz!

HAVE SOME ALONE TIME:



Make sure you all get to spend time on your own – in separate rooms or places just quietly doing something for yourself. Schedule it in if needed or tag in and out with your partner. Take some time to just relax for a short while.

TRY MEDITATION OR YOGA:



Another winning combo! Being active builds strength and flexibility, and focusing on our breathing can help us become more mindful, focused and relaxed. If you're new to it, be gentle on yourself. Try some kids yoga together!

STAR GAZE:



This is a great way to take some notice and find a moment of 'wonder'. Feeling 'awe' is a powerful positive emotion that can prompt lots of good questions and learning. A great way to help us have meaning and feel good.



GRATITUDE FOR THE TINY THINGS:



The science of gratitude is very compelling. Recalling people we're grateful for helps us feel thankful, and recognise all the cool things others contribute to our lives. Nice huh? This can be a great meal-time game or even card making exercise.

GO FOR A WALK OR BIKE RIDE:



Some time outside and physical activity can give us a boost for sure. You can turn each outing into a new adventure by setting a mission: how many birds can you spot? How many cyclists will you see?



For more fun, family ideas visit Sparklers At Home: www.sparklers.org.nz/parenting

Sparklers
Helping tamariki live brighter

Me mahi tahi tātou mo te oranga o te katoa
We should work together for the wellbeing of everyone