

News

Early Learning Centre News Term 1 Week 5, 2016

Dear Parents,

On Tuesday 8 March at 7pm in the Resource Centre, Dr Jane Foster (a teacher for over 30 years) will be holding a free information session on MYTERN, for any interested Shelford parents. MYTERN is our social and emotional resilience program. During the session, Jane will be explaining what MYTERN is and how you can apply the simple language every day, helping to positively impact you and your family.

Bookings can be made via TryBooking or by clicking on the link. Once you have entered your details into TryBooking once, creating your user account your details should be saved so that future school events can be quickly booked.

<http://www.trybooking.com/Booking/BookingEventSummary.aspx?eid=185549>

Self-Help Skills

We talk a lot about self-help skills at kindergarten and children who are reasonably independent at self-help skills logically have more time to focus their attention on other learning. Learning to dress yourself, undo lunchboxes and do up buttons creates hand strength and coordination. Realistically children should not be encouraged to write their names before they have the ability to do these things – it is placing the horse in front of the cart. In classrooms where children help clean up and manage much of their own care requirements the staff have more time to focus their attention and the program on more exciting and interesting topics to learn about. Self-help skills help to create a habit of being systematic and organised and this turns into organised thought processes.

AT Shelford ELC we see the development of these self-help skills as a joint obligation. Parents and staff need to set aside time to teach and encourage their children with these skills. We need to make a big deal and celebrate with hugs and kisses when a child learns each new skill, placing a value on independence and being a responsible member of their group or community. We try to have a child 'accidentally' overhear us bragging about their new skills to another person so that they place a value upon their growing independence and can feel the self-pride that only comes from true competence and mastery. Competence is what gives a child confidence – no amount of praise can replace the true internal motivation and self-respect that comes from competence

There is a very good list available at the link below that I would encourage all families to read through – it lists self-help skills for various age groups. Pop a copy on your fridge and choose times when your child is happy and not tired to have some one on one focus time on these skills. We need to encourage children to push through the frustration that comes with learning so that they will eventually savour the struggle and become resilient and persistent because it is really only when we are challenged that our brains are developing new connections.

<http://www.positiveparentingconnection.net/giant-list-of-self-care-skills-for-babiestoddlers-and-preschoolers/>

Shelford Girls' Grammar - ELC to Year 12 3 Hood Crescent, Caulfield Tel: 9524 7333
www.shelford.vic.edu.au

Shelford



News

We need....

- Natural materials for our playground, pinecones, gum nuts, interesting rocks, even pavers
- Towels for wiping down wet equipment and your old pots and pans for our sandpit kitchens.
- Small interesting boxes and bottle tops etc. for our pasting areas.
- Thank you too to all the families for bringing in such a wide variety of food for morning tea and aftercare – it provides fodder for many interesting conversations and incidental learning and so many children who may not try new things at home will try when they see their friends sampling!

Paulette Maskell
Head of Early Learning