



# Tumut Community Preschool

May 2022 Newsletter

## Miyagan Circle dates

Friday the 19th of May

&

Monday the 19th of June



Please keep an eye out on our OWNA app for an invitation to follow with time and location details. Miyagan Circles are held twice a term with our Educational Leader Kylie Murdoch and alternating room educators.



# Elders



At Tumut Community Preschool, we value the close relationships we have built with our local Elders.

You might hear your child talking about Uncle Pat and Aunty Sue during their time at Preschool.

We enjoy regular visits from both Aunty Sue and Uncle Pat and value their wealth of knowledge they share with us all.

The children enjoy participating in play experiences, listening to stories, singing songs, engaging in group time and learning language with our Elders.

Our Educators deeply value this important partnership we have, on our continual journey of growth and appreciate the guidance and support Aunty Sue and Uncle Pat show.



# RECONCILIATION WEEK

In 2022, Tumut Community Preschool contacted local businesses to invite them to make a 'pledge' for

Reconciliation week. This

years theme is 'Be a voice for Generations.' The theme encourages all Australians to

be a voice for reconciliation in tangible ways in our everyday lives – where we work, live and socialise. This year we will

again be visiting and contacting businesses to gain

further pledges and support for Reconciliation in our community.

Businesses that participated in 2022 may spend this time reflecting on their current pledge while new participants are invited to create a new pledge. Completed pledges will be proudly displayed for the duration of reconciliation week (27th May-3rd June) in the front window of Local at Learmont's.



# Yalmambirra

Yalmambirra (meaning teach) is a Wiradjuri Language program we are proud to implement here at Tumut Community Preschool. This program was developed in 2022 with much research, learning and collaboration with our Elders and members of the Wiradjuri community.

The aim of this program is to support the revitalisation and continued use of Wiradjuri language through the generations for both Indigenous and non-Indigenous Children.

Aboriginal and Torres Strait Islander peoples are the first people of this country and their languages have a unique place in Australia's heritage and in its cultural and educational life. The current state of Indigenous languages in Australia is considered to be critical due to many years of policies and actions which have disrupted language continuation. When a language is no longer spoken it disconnects people from their past, and a wealth of knowledge, tradition and culture becomes harder to express and pass on.





For Indigenous children language is fundamental to strengthening identity and self-esteem and for non-Indigenous children language provides a focus for development of cultural understanding and reconciliation. Engaging both non-Indigenous and Indigenous children in learning first nations language helps to generate pride in and respect for cultural diversity.

Learning a second language has been shown to be best acquired in the early years and research has suggested that childhood bilingualism enhances cognitive ability by promoting classification skills, concept formation, problem solving skills, increased focus and attention, analogical reasoning, visual-spatial skills, social and emotional development and creativity.

Our Wiradjuri language program is an integral part of our intentional teaching matrix. This ensures that Educators have a consistent approach to embedding language learning opportunities for all children within their curriculum plans. Educators are guided and supported by regular and scheduled visits from our Elders and community who will facilitate language learning experiences and participate with children.

If you would like to know more about the program please speak with our Educational Leader Kylie



Did you know Tumut Community Preschool features on our local radio station 'Sounds of the Mountains' **every Friday fortnight at 11.15am?**

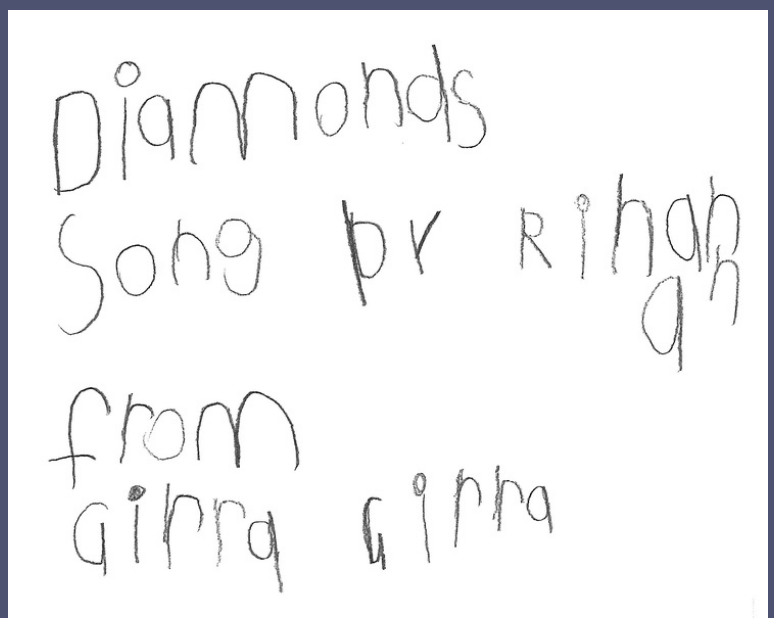
During this valuable air time our Educational Leader Kylie Murdoch is able to share with the wider community all the amazing learning that your children are engaging in, the wonderful projects our very passionate educators are working on, our exciting plans, upcoming events and achievements of our Preschool.

It is also an opportunity to advocate for the incredible importance of Early Childhood Education for all children in our community and the many life-long benefits that a child will receive by attending a high-quality Early Learning Service such as ours.

Children tune in to Kylie's radio segment back at Preschool and enjoy the opportunity to request a song they can have a dance to.



A song request Sounds of the Mountains received from Girra Girra children.



THE

# RESILIENCE PROJECT™

Over the next 2 terms, Tumut Community Preschool will be implementing 'The Resilience Project'. This program provides practical, evidence-based, positive

mental health strategies to build resilience and happiness in children. It supports them to form habits now that will increase their capacity to deal with challenges, changes and stressors in the future. The activities are focused on the following four positive mental health strategies:

- ★ GRATITUDE- paying attention to the things we have right now.
- ★ EMPATHY- putting ourselves in the shoes of others to feel and see what they do.
- ★ MINDFULNESS- our ability to be calm and present in any given moment.
- ★ EMOTIONAL LITERACY- our ability to label our emotions as we experience them.

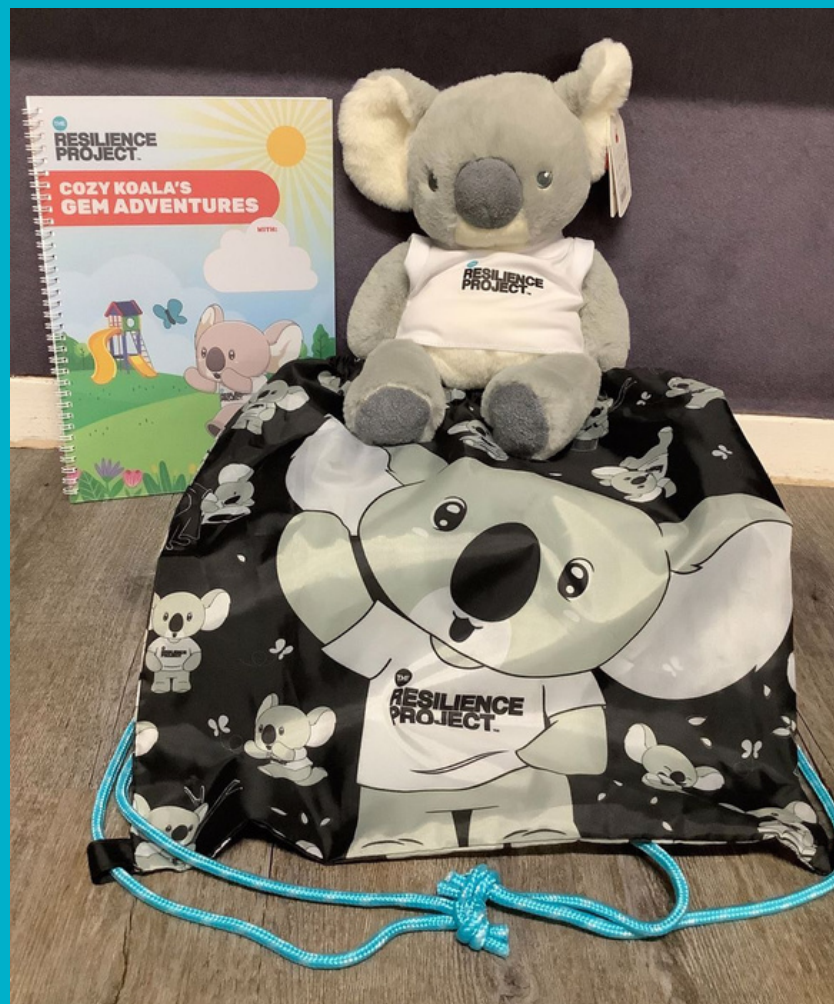
Each child will have their own journal where they complete activities. This year there is also a home component to the project where each child will be provided with the opportunity to take home Cozy Koala and engage with Cozy's GEM journal and activities.

Families can also access the GEM activities via their website:

[www.theresilienceproject.com.au](http://www.theresilienceproject.com.au)

This website is full of practical tips and stories, not only for children but for adults too.

If you have any questions, please speak to your child's educator.





LIVINGWORKS



Where mental wellbeing thrives

# Do you want to learn how to keep mob in community safe from suicide?



## LIVINGWORKS safeYARN

Learn the skills to recognise and engage a person who might be having thoughts of suicide, to confirm if thoughts of suicide are present, and to move quickly to connect the person with helpers who know how to complete the helping process.



**Half day in-person course**



Funded by Flourish Australia and LIVINGWORKS



Flourish Australia  
7A, 123-129 Wynyard Street Tumut



Thursday 22nd June  
9:30am- 1:00pm

To register for safeYARN go to:

<https://www.trybooking.com/CHFDM>

Or call Alex Cutts on 0436 641 434

*Registrations close midday Thursday 15th June*

Food and beverages provided



THE UNIVERSITY OF QUEENSLAND AUSTRALIA

We acknowledge the traditional custodians of the lands on which we live and work, lands where sovereignty was never ceded. We pay our respects to Elders past, present and emerging acknowledging this always was and always will be Aboriginal land.