



ST ANNE'S LONG DAY CARE CENTRE
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Dear Families,

NEXT Wednesday and Thursday (7 & 8 November) we will have in our midst a Department of Education (Early Childhood Education Directorate) Assessment Officer who will be observing our practice and checking on our documentations, procedures, policies and a number of other facets of our work in relation to the Education and Care Services National Regulations and the National Quality Standards.

We are very excited (albeit a little nervous). We trust if you come across the Assessment Officer next week when you come in and out of St Anne's that you will help us welcome her. You will also find a copy of our current Quality Improvement Plan on the shelf to your left as you enter the Foyer. You are most welcome to take a look.

And...it is never too late to give us some feedback ... ALL feedback is useful in our aim for continuous improvement!

MANY thanks to those of you who have already responded to the email sent out yesterday asking you for feedback!

*Yours as we care for and educate children together,
 Narelle Dewhurst.
 CENTRE DIRECTOR*



REMEMBRANCE DAY – 11TH NOVEMBER

This year marks the 100th anniversary of the Armistice, which ended the First World War (1914–18). Each year on this day Australians observe one minute's silence at 11 am, in memory of those who died or suffered in all wars and armed conflicts.

END-OF-YEAR FAMILY GATHERING Monday 3 December—5.30pm-7pm

Please keep an eye out for a special Newsletter mid November with more information and asking you about your presence and RSVP for catering.



FAMILY INFORMATION-ORIENTATION SESSIONS - November

These sessions have been scheduled to give you support as your child prepares to move into their "new" room next year.

Transitions can be a little unsettling for both children and parents. Familiarity and predictability are often more comfortable than facing something new!

Please come along to gain some information, ask some questions, and have an orientation into your child's new room for 2019.

Monday 12 November—6.15-7pm

For families of children moving from the Pebbles Room to the Pippies Room.

Tuesday 13 November—6.15-7pm

For families of children moving from the Pebbles Room and the Pippies Room to the Shells Room.

Wednesday 14 November—6.15-7pm

For families of children moving from the Shells to the Rockpools Room.

Monday 19 November—6.15-7pm

For families of children moving from the Rockpools to the Seabirds Room.



FORWARD NOTICE
St Anne's End of Year
Family Christmas Gathering
will be Monday 3 December 5.30-7pm.

HEALTH & SAFETY: Powerful phrases to tell your child instead of “good job”.



Good Job...You are SO smart, what a pretty little girl you are!"

Sounds good, right? Familiar, perhaps, as you praise your child all through the day? Of course, you are doing this from a loving and well-intentioned place. However, praise of this kind can sometimes displace just what our children need the most.

Yes, displace. Stay with me here. I know praise for all they do seems like the way to grow those strong-from-the-inside-out kids. But as we give what feels like encouragement to our children in just the above way, we can undermine their ability to be intrinsically motivated—firing from inside themselves as they tap into their strengths and abilities to, on their own, pursue all things in life. We can undermine their growth as a strong inner-directed person.

Think about this: If we tell a child "Good job!" when they willingly get dressed in the morning, what does this communicate when they have a hard time getting dressed the next morning? That they are doing a 'bad job?' This is what a child 'hears,' and it does little to help them decide, on their own, to want to get dressed in the morning.

If we tell a child "You are so smart!" when they bring home an assignment they got 100% on, how do they feel when they come home with one marked with 75%? Or when they find themselves struggling with homework? If we've told them they are so smart, then they may feel like they are failing when they struggle. "I'm supposed to be so smart. Why can't I DO this??"

If we tell our daughter how pretty she looks as she prances out in her frilly red dress, what are we communicating is important? How she looks? How could this influence her over the years...as a teen...if how she looks becomes the go-to response she gets from us?

What CAN we do? Oh so much.

Describing what you see rather than praising is essential for our children to grow intrinsically motivated and to feel authentically affirmed. Here's how that can look:

"You chose the red frilly dress! And you buttoned all those buttons by yourself. That took a lot of work."

"Wow. That took a lot of brainwork to come home with 100% on your assignment. I bet you feel really good about how your hard work paid off."

"Math can be hard! Look at all the problems you've accomplished. You've concentrated on this for a long time."

"Your friend is happy you shared your toy! What a kind thing to do."

"It takes a lot of courage to climb up so high. When you are ready, you can give it a go."

What is different? Now you are focusing on their abilities, strengths, qualities—things you want to encourage as they help our children become more confident, feel more capable, able to take risks, to rally from mistakes, to move through struggle.

To know "I can really use my brain" sets a child up to work through a tough homework problem in an empowering way. Hearing "You are so smart!" can leave a child at a loss when they don't do well on a test, or when they can't figure out a problem. Using "You CAN be" instead of "You ARE..." gives a child the chance to be something else.

Use struggles as a time to name and affirm their feelings, rather than find something to praise in order to 'make them feel better.' Use struggles as a time to identify the inner strengths they are trying to tap into to succeed.

For example:

"That puzzle is really difficult. It is frustrating for you! I can see you are working really hard to figure it out."

"When your friend says those things it hurts your feelings and I can tell you feel sad. What might help you right now?"

This is important. Growing children who feel empowered, authentically affirmed and intrinsically motivated is key for living well all through life. It makes your job as a parent easier as your child can now move through struggles more successfully, can call upon their own selves to solve something, can make healthier choices with peers, and feel truly competent and capable.

Source: Motherly (2018, October 19). Retrieved from <https://www.mother.ly/10-thoughtful-phrases-to-praise-your-child-instead-of-good-job>