



# Constantiaberg Pre-Primary NEWSLETTER #2

## A note from the Principal's desk...

As adults we always want our children's behaviour to be positive, but unfortunately this isn't always the case. If your child is behaving in an aggressive manner or in a way that is difficult to manage, it might mean that they are tired, hungry, nervous, anxious, upset, coping with change, trying to understand the world, wanting to be with you. They may even be depressed, or it may be as a result of having poor language and communication skills.

Behaviour is a form of communication. We often talk about children having temper tantrums or meltdowns (the thought of them makes parents anxious) but the reality is, these are usually a result of your child feeling out of control and overwhelmed. Children with depression, anxiety, attention deficit disorder, and oppositional defiance disorder, struggle to regulate their emotions, which can lead to angry outbursts. It is important to remember that no matter what is causing your child's anger, children don't always do it on purpose. They just need help building their coping and anger management skills.

### So how can you help?

I am an avid believer in positive discipline (reward positive behaviour by praising the good behaviour, ignore the negative behaviour if you can) and be consistent in your discipline. Children respond better to firm boundaries that are constantly reinforced. Don't give up.

*cont'd on the next page...*

## THOUGHT FOR THE WEEK

No act of kindness,  
no matter how small,  
is ever wasted.

- Aesop







Your children need to know exactly what is expected of them. Set your rules (appropriate for the age of your child) and expectations clearly, and when your child does not conform to them, there needs to be a consequence and accountability and they must take responsibility for their own actions. Children find it easy to say "It wasn't me. He was also doing it" etc. etc., but they must be taught that they cannot put the blame on others because only they are accountable for their own actions.

Talk to your child about anger and how they can manage their emotions. Let them know that anger is a normal emotion everyone experiences at some point. Help them to verbalise their feelings.



Having routines in place is also essential. A child feels safe when he/she knows what is happening next. It gives them a feeling of calmness and control. Transitions between one activity e.g. finishing a game and another activity e.g. getting ready for dinner, can cause behavioural issues. So, give your child a count-down warning e.g. ten minutes, five minutes, two minutes, one minute, to avoid the melt down.

Don't get into a power struggle with your child over things like going for a bath. Give your child a choice, a structured choice e.g. "You need to go for a bath, but you can choose to do it before or after dinner", "Which one is it going to be?" Choice helps a child to feel like he/she is in control and this in turn builds up his/her self-esteem and independence. You need to be your child's boss. Many parents want to be their children's friend. As a parent, you must make judgement calls and be in charge. We all need to accept that our children are going to feel unhappy sometimes, but it cannot always be their way. If your child starts to assert inappropriate behaviour or demands, you do not need to give in to him/her. You can say "NO"-.... He/she will still love you!





You don't need to compromise on your rules to keep your child happy. Stand firm, because if your child acts inappropriately (like in front of people which is embarrassing) and you give in, they will do it every time, because they know they will get their own way. Be strong!

Remember pre-school children love to make others happy. They also love to be praised and need to be loved. So, praise them and maybe reward them e.g. a marble jar, whenever you notice their good behaviour (focus on the positive). Give them boundaries they love them.

### To sum up

1. Be the boss
2. Teach appropriate behaviour
3. Set expectations and limits (boundaries)
4. Be consistent
5. Consequences and accountability

*\*taken from Raising Children Network  
Parents | Parent Circle | Viv Gardener*

## UPCOMING EVENTS

11 March – Work Party

24 March – Sports Day

29 March – Messy Day







## Playful Penguins

Our Penguins have done a wonderful job of adjusting to their new school. Some tears but more fun, laughter, friendship-building, playing and exploring.

We continue to encourage your children to take part in free play as this helps them discover and understand the world in their own way!

Thank you for your continued support and love. We are really looking forward to getting to know you all this year.

## Sociable Starfish

It is wonderful to be back at school, and we are excited to continue our "Love for learning journey", with your children.

Childhood is certainly a time of wonderment, joy, excitement and discovery. All of which can be achieved and witnessed in our classroom. We observe your children while they run, build, play, create, socialise and explore and, in doing so, discover the magical world of childhood and make-believe. Real play is evolution's way of helping children develop minds of their own: curious, problem-solving, adaptable, emotionally resilient, social, empathetic, human minds. Herein lies the value of the Starfish class.

This week our senses have gone on a magical adventure. We have tasted a wide variety of different foods, smelt items from either the kitchen or the garden and listened to the birds chirping in the garden.

We look forward to an amazing year of learning and growing.

In a  
world  
where  
you  
can be  
anything,  
**BE  
KIND**





# Terrific Turtles

Welcome to the Turtles Class of 2023! We've so enjoyed meeting your children and look forward to spending time getting to know them.

Your children are at such a lovely age - keen to learn and play. Spend time with them and enjoy them. This year will go so fast and they will grow and develop so much!

The focus is to learn through play and exploration, making sure they have fun in the process. May it be a wonderful, happy year together.



# Dynamic Dolphins

We are so excited to be teaching the Dolphins class this year. Our aim is to guide the children and motivate them to try new things and to provide a loving, secure place where they can grow and develop into confident, independent children.

We hope that your child can find JOY in learning this year. We believe that this joy can be found in having fun, in understanding the purpose in learning activities and in special relationships.

"Kid you'll move mountains! Today is your day! Your mountain is waiting. So get on your way!"  
- Dr Seuss, "Oh the Places You Will Go!"



# Wise Whales

We are all systems go for a fun and busy first term in the Whales!

We love working with the growing young minds in this age group and are eager to spend the year learning together through play, inquiry and exploration. Some of the skills we will be building this term include: sound recognition through Jolly Phonics, personal storytelling, addition and subtraction, word sums and patterning.

Our themes will grow with us from the inside out - starting with classroom community and encompassing senses, families and pets; before ending off the term with some Easter activities.

Highlights for the term include our All About Me orals, our outing to Intaka Island and Sports Day.

It has been so wonderful getting to know your children so far and we are looking forward to a whale of a term ahead!

