



11<sup>th</sup> January 2021

Dear Parents and families,

Happy New Year!! The Bay Island Early Learning and Care team welcome our children and families back for 2021. We have announced our room teams for the year and it is as follows:

Room	Lead Educator	Assistant Educator/ IS
Ocean - Turtles	Miss Abbey	
Ocean – Joeys	Miss TJ	Miss Rowena
Bush - Koalas	Miss Budi	Miss Toni
Rainforest - Rangers	Miss Lisa	Miss Dee, Miss Jamie Lee
Cove – Curlews	Miss Kirra	Miss Jade

Change is an inevitable part of life. Having a positive outlook and being able to approach and manage change in positive and constructive ways is critical to success in life. Transitions provide one of the best opportunities to develop the skills and dispositions we need to live and do well in a changing world.

Here at Bay Island Early Learning and Care we endeavour for transitions to be smooth and successful as possible utilising experiences that provide opportunity for ongoing learning on change. We aim to support the children in building resilience, developing skills to manage stress and cope with new and challenging situations, regulate emotions, communicate feelings and problem solve. These are not only important to your child at the time, but set the foundation for their future health, learning and wellbeing.

If you have any questions or concerns please see your child's Lead Educator and/or our Educational Leader Miss Lisa and/or our Service Director Miss Michelle.

**\*\*Please note Kindergarten families**

Due to the disruption of Australia Day public holiday the kindergarten programme will begin on the 2<sup>nd</sup> Tuesday of February so the children will remain in Bush transitioning with visits to Rainforest over the coming weeks.

Yours in partnership  
The Management Team.

## How To Raise Confident Happy, Resilient Kids

1. Be aware of your child's varied and layered emotions.
2. Help your child to label their emotions with words.
3. Listen with empathy and validate your child's feelings.
3. Recognize that your child's expression of emotion is a perfect moment for intimacy and teaching.