Life isn't about waiting for the storm to pass. It's about learning to dance in the rain. — *Vivian Greene*

Term 4, Newsletter 2025

Camberwell Junction ELC



special dates

AT CJELC

Kindergarten Graduation Week
& Christmas Concert------17 November to 21 November
Melbourne Cup Day----------4 Nov (Centre closed)
Christmas Holidays----------25 December to 7 January (Centre closed)

AROUND THE COUNTRY

National Recycling Week----------10-16 November
Remembrance Day----------11 November
World Kindness Day----------13 November
World Children's Day----------20 November
Int'l Day of people with disabilities----------3 December
Human Rights Day----------10 December
Hanukkah----------14-22 December

Christmas Concert and Graduation Ceremony for Kindergarten in the week of 17th November to 21st November. Stay tuned for more information!





From ***25th December to 7th January***, we will be closed for the **year end break**. As of ***January 8th, 2026***, our services and fees will resume.

Allied Health Information Sessions

The Inner East Early Childhood Improvement Branch, in partnership with Health Ability, Link, and Access Health, is offering free online sessions for parents and educators. No registrations required—just join using the details below.

Looking After Ourselves as Parents – Wednesday, 26 November, 7:00–8:00 pm
Meeting ID: 425 925 848 123 | Passcode: ii65UJ3n

Supporting Young Children with Anxiety – Friday, 21 November, 4:00–5:00 pm
Meeting ID: 458 174 259 785 5 | Passcode: yH9MX9Lr

Key information:

- If your child's booking or attendance days for next year have changed, please confirm these details by completing the 2026 Booking Confirmation Form. Please find it attached.
- The centre will be closed on Tuesday, 4 November for Melbourne Cup Day.
- Kindergarten Graduation for children transitioning to school in 2026 will be held from 17 to 21 November. This will be a closed event, and videos or photos will be shared individually with families on their child's first day of attendance during that week.

Community Events



FAIRY BREAD DAY – NOVEMBER 24

Each year, National Fairy Bread Day brings Australians together to celebrate the magic of childhood- bright sprinkles, big smiles, and simple joy shared across generations. In 2023, Fairy Bread Day proudly launched a partnership with The Pyjama Foundation, a remarkable organisation that's been empowering children in foster care since 2004. **Find out how you can support this fantastic cause here.**

REMEMBRANCE DAY – NOVEMBER 11

At 11 am on 11 November 1918 the guns on the Western Front fell silent after more than four years of continuous warfare. 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.

There are many ways to commemorate from wherever you are, at home, school or work, observe a minute's silence at 11 am. You can also explore the origins of 'Remembrance Day', wear a poppy or make a wreath. **Find out more here.**

BEST BLOGS

MINI MAD THINGS

www.minimadthings.com

Mini Mad Things is a vibrant blog and creative space dedicated to inspiring families to make, create, and play together. Founded by a self-described "maker," it celebrates the joy of hands-on creativity and resourcefulness.

Growing up in a home filled with sewing, building, baking, and gardening, the founder developed a deep love for craft and sustainable living values that now shape Mini Mad Things. Through thoughtful tutorials, eco-friendly projects, and imaginative ideas, the blog encourages children and parents to explore their creativity, repurpose everyday materials, and rediscover the magic of making things by hand.

ART BAR BLOG

www.artbarblog.com

Art Bar Blog is a rich, heart-centered creative space dedicated to raising creative thinkers through art, play, and everyday materials. Run by Barbara Rucci, the blog encourages parents, teachers, and caregivers to offer children simple, open-ended art invitations using things already on hand, no fancy supplies needed.

Rooted in a belief that creativity is innate but often diminished by schooling, Art Bar strives to give children space and confidence to explore, experiment, and make mistakes as part of their creative growth. Through essays, project ideas, and her personal story as an art teacher and designer, Barbara shares both inspiration and practical support for making art an everyday part of family life.

Kids in the kitchen

SPINACH AND RICOTTA FRITTERS

TOTAL TIME 20 min | SERVES 4



INGREDIENTS

500 grams **fresh ricotta**
250 grams **frozen spinach,** thawed and squeezed of excess water (or 500 grams baby spinach, steamed)
1 cup **parmesan**
2 **eggs**
6 tbs **plain flour**
zest of 1 **lemon**
olive oil, to fry in

METHOD:

1. Preheat oven to 180 degrees Celsius.
2. Place the ricotta, spinach, parmesan, eggs, plain flour and lemon zest into a large bowl and mix thoroughly to combine.
3. Heat a nonstick frypan to medium heat and drizzle in a little olive oil. Use two tablespoons to ladle the batter into the frypan, cook for 2-3 minutes each side or until golden.
4. Place the fritters onto an oven tray lined with baking paper and bake for 5-10 minutes or until cooked through.
5. Allow to cool slightly before serving alongside a simple salad of chopped cherry tomatoes and ribbons of zucchini.

Enjoy x

Recipe and image from mylovelylittlelunchbox.com.

Ready for Big School: Supporting Wellbeing Through the Transition

Starting school is one of the biggest milestones in early childhood. It's a moment filled with excitement, pride and sometimes a few nerves — for both children and parents. While we often focus on reading skills or lunchbox independence, a child's emotional readiness and sense of wellbeing are just as important to a successful start.

Why the transition matters

The move to "big school" brings a whole new rhythm: new teachers, bigger playgrounds, unfamiliar routines and social expectations. For a preschooler, that's a lot to take in. Some children will leap into it with confidence, while others may need more time and reassurance. The goal isn't to remove every worry, it's to help children feel secure, capable and supported as they take this next step.

Children who begin school feeling emotionally safe and confident are more likely to engage positively in learning and form healthy relationships with teachers and peers. A smooth transition sets the tone for the months ahead.

1. Build emotional confidence

Talk often about the change in ways that are calm and reassuring. Read books about starting school, walk past the new classroom, or share stories from your own first-day memories. Keep your tone positive but honest, it's okay to say that sometimes it feels strange at first.

Help your child name and recognise feelings. When they can say, "I feel nervous," they can also learn what to do next, take deep breaths, ask for help, or find a familiar face. These are simple self-regulation skills that build emotional resilience.

2. Practice independence — little by little

Being able to manage daily routines helps children feel capable. Let them practise opening their lunchbox, packing their bag, dressing themselves, and following multi-step instructions. Praise effort over perfection: "You're getting so good at doing this yourself!" Small moments of success build self-esteem and reduce first-day stress.

3. Create calm around routines

Big changes can be overwhelming when everything else is changing too. Over the coming months, gradually shape your home routines to reflect the school rhythm — earlier bedtimes, calmer mornings, and regular breakfast routines. Predictability builds security, and a well-rested child copes better with new experiences.

4. Nurture connection and belonging

If your child's new school offers transition sessions or meet-the-teacher days, make the most of them. Seeing classrooms, meeting staff, and spotting familiar faces helps school feel less mysterious. Even small connections: spotting the same logo on another child's hat or seeing their own name on a peg can boost confidence.

5. Model calm and confidence

Children take emotional cues from the adults around them. If you speak about school with optimism and excitement, they'll mirror your tone. It's normal to feel emotional about your child taking this next step but try to express reassurance rather than worry. Let them see you trust that they're ready to learn and grow.

6. Keep conversations open

In the lead-up to school, keep communication simple and regular. Talk about what they're looking forward to, who might be there, or what new things they might learn. Listening closely helps you pick up on any anxieties early and reassures your child that it's safe to talk about their feelings.

A gentle reminder for families

November and December are full of excitement and farewells. Amongst the busy end-of-year events, try to build in quiet time to talk about the year ahead. Celebrate how much your child has grown, their friendships, their new skills, their growing independence. Acknowledge their feelings about leaving preschool and moving on; endings can feel bittersweet for everyone.

Over the holidays, keep things light and playful. Encourage curiosity, reading together, outdoor adventures and plenty of rest. The best preparation for school isn't about ticking academic boxes it's about nurturing confidence, connection and calm. When children start the year feeling supported and secure, they're not just ready for school, they're ready to thrive.

Read more about transition

Transition to school (2025)
See link via QR code
Retrieved *from* Startingblocks.gov.au

COUNTING NATURE TREASURES

Fun with NUMERACY

Take a walk with a bucket and collect **leaves, pebbles, or flowers.** Once you feel you have collected enough find a place to sit down and sort through your treasures. Count and group them by colour, size, or shape.

Activities like this builds number recognition, sorting, and one-to-one correspondence while connecting learning with nature. You can extend the activity by creating simple number cards and matching the collections to each number. Talking about which group has *more* or *less* can helps children develop early comparison and problem-solving skills in a meaningful, hands-on way.

HEALTH & SAFETY: Feeling the End-of-Year Overwhelm? You're Not Alone.



As November rolls in, many families start to feel the pace shift. There are preschool concerts, work deadlines, holiday plans, gift lists, and social gatherings — all while trying to hold on to some sense of calm before the year ends. If you're already feeling that mix of excitement and exhaustion, you're certainly not alone.

Why it hits so hard

For young children, the end of the year can feel like a whirlwind of change. Their routines are often disrupted, energy levels run low, and the anticipation of holidays or "big school" can bring big emotions. For adults, the mental load grows heavier too juggling work, family commitments, social events and the pressure to "wrap up the year well." It's no wonder many of us feel stretched thin by November.

Three ways to lighten the load — for everyone

1. Keep a little routine, even when everything feels extra

While schedules may shift, try to keep some key anchors in your week: regular meals, rest times, and simple family rituals. Predictability helps children feel secure when the world around them gets busier, and it helps adults avoid running on empty. Even a consistent bedtime or quiet weekend morning can make a big difference.

2. Choose what really matters this year

The end of the year tends to fill up quickly, but you don't have to say yes to everything. Think about what your family truly enjoys and let the rest go. A simple picnic might mean more than a packed calendar. Setting realistic expectations for yourself and your children takes the pressure off everyone and allows you to be more present for the things that count.

3. Notice stress signals early

Fatigue, short tempers, and meltdowns — in both children and adults are signs it might be time to pause. For kids, tiredness can show up as tears or big emotions; for adults, it might be irritability or a feeling that there's "too much to do." Try to catch these cues early and build in small moments to recharge — a walk, quiet playtime, or even a few minutes of deep breathing together can help reset the day.

A gentle reminder

This season doesn't have to be perfect to be meaningful. Connection matters more than ticking every box. Whether you're a parent, grandparent, or carer, your calm presence and small acts of care make a big difference to how children experience this busy time of year.

So take a deep breath, let go of the pressure to do it all, and remember — slowing down is one of the best gifts you can give your family this season.

Looking ahead

As the year winds down, take a moment to celebrate how far you've come. It's easy to overlook the small wins, the mornings that went smoothly, the laughter shared at dinner, the bedtime stories squeezed in after a long day. These are the moments that build lasting memories for children. As you move into the festive season, focus on connection, gratitude, and giving yourself permission to rest. You're doing enough! and that's something worth acknowledging.

Read more or need extra support?

Avoiding End of Year Meltdowns: Child Psychologist Tips for Kids Aged 3-10
Link via QR code

Or try

Managing end of year holiday stress.
mylifepsychologists.com.au

Sustainability CORNER

ALWAYS RECYCLING

National Recycling Week is November 10 – 16! It is an initiative dedicated to promoting effective recycling practices across Australia. But it shouldn't stop there. It's not just a week-long activity - it's a daily commitment! Remember to always check products and recycle items correctly.

If you are unsure or your local council doesn't accept certain items that can be recycled, try one of these companies.
The extra effort is worth it for our environment!

recyclesmart.com – Pick up what you are unsure of and get it recycled! No sorting, no landfill no guilt.

curbyit.com – Recycle your soft plastics, plastics are reused and repurposed.

upparel.com.au – Save unwanted clothing and material items from landfill to help close the loop on textile waste.

Bunnings.com.au – Recycle your batteries, keeping harmful substances out of the environment and recovering and reusing valuable natural resources.

Get Crafty



AIR DRY CLAY

Introduce children to the sensory joy of sculpting with air-dry clay! A fun, calming way to build fine motor skills and creative expression.

You will need:

Air dry clay
Natural items (sticks, petals, shells…)

Provide each child with a small ball of clay and invite them to roll, pinch, flatten, and shape it into their own creations such as animals, flowers, or simple bowls.

Encourage the use of natural or recycled items like leaves, shells, or sticks to press patterns and textures into the clay.

Once finished, leave the creations to dry for a day or two, then children can paint or decorate them.

This activity encourages ***imagination, coordination, and an understanding of form and texture****, while giving children a lasting piece of art to proudly display or gift.*

TIP: Christmas Gifts

Gather some cookie cutters and create Christmas tree ornaments using air-dry clay. Your child can cut out their favourite shapes and make marks to decorate their soon-to-be cherished creations. Be sure to poke a hole for the ribbon before letting them dry. If your child can write their name, have them use a pencil to scribe it across the cut-out for an extra special touch.

Ladybird room–

The children have been busy exploring, creating, and celebrating together. This term 3, we enjoyed National Pyjama Day with some adorable themed artwork, and the children loved getting involved in NAIDOC Week through sensory play using natural materials and Australian animal props. During Dental Health Week and National Science Week, we learned in hands-on ways—creating our own colourful sensory bottles was a big hit! We also celebrated Children's Book Week and proudly supported Red Nose Day, helping to promote safety and awareness.
To celebrate Father's Day, the children made beautiful, heartfelt gifts for their dads. Our cooking experience making coconut balls for Diwali was both fun and delicious, and the children expressed their creativity by designing Rangoli patterns with colourful chalk. We also enjoyed painting and craft activities inspired by the AFL Grand Final, Children's Week, and National Nutrition Week.
Looking ahead, we're excited for even more special celebrations in Term 4, including Halloween, Remembrance Day, National Recycling Week, and of course, our much-anticipated Christmas celebrations!
Thank you for another wonderful term of learning, laughter, and love.
Kind regards,
Mayu, Irosha, Sonali, Sharon and Lily

Caterpillar room–

This term, the children enjoyed many learning experiences linked to community and global events, including National Aboriginal and Torres Strait Islander Children's Day, Dental Health Week, National Science Week, Children's Book Week, R U OK? Day, World Car Free Day, and Diwali. These celebrations helped build children's awareness of wellbeing, sustainability, and community values.
We focused on fostering independence, confidence, and a strong sense of belonging as we welcomed new friends. Educators supported children in managing emotions, building social skills, and taking responsibility for their belongings through daily routines and calm corner strategies.
In Term 4, we look forward to celebrating Halloween, and Christmas. We'll continue encouraging independence, emotional regulation, imaginative play, and friendships. With warmer weather, we'll talk about sun safety and enjoy more sensory experiences like water and ice play.
Early literacy, numeracy, and body safety learning will continue to be embedded in our everyday routines through songs, stories, and play.
We can't wait for another term full of fun, learning, and connection!

Kind regards,
Kezia, Alka, Kate, Shreeya, Brooke

Butterfly room–

We've had such a busy and exciting term celebrating International Day of the World's Indigenous People, National Science Week, Children's Book Week, Father's Day, Child Protection Week, World Smile Day, Diwali, Halloween, and Day for Daniel.
We honoured Indigenous peoples by learning their greetings and making Aboriginal flags from play dough. During Science Week, the children enjoyed exploring fun experiments, and Book Week was full of creativity as they dressed up as their favourite characters. For Father's Day, the children shared how much they love and appreciate their dads.
We also discussed body safety during Day for Daniel and Child Protection Week, created colourful Diwali lamps, danced to Bollywood songs, and had great fun with Halloween art and trick-or-treat activities.
Next term, we look forward to preparing for Christmas, graduation, and our Christmas concert. Along the way, we'll continue learning our letters and numbers.
It's been a wonderful term, and we can't wait for more learning and fun ahead!
Kind regards,
Barnali, Tash and Kelsey

Feedback is always welcome

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