

# Preschool Field Officer Service Newsletter Term Four 2018

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## AREA LEADER UPDATE

*Hello Educators,*

As we approach the end of the year it's not surprising to anyone that our personal and professional lives move at an unprecedented pace. It is therefore very important to reflect - take stock of the past year and plan for the year ahead.

As educators of young children, we continually engage in reflection throughout the year and as we well know, reflection is a form of ongoing learning that informs and enriches our decision making and practice.

Wholistic reflection of the past year also plays an important role in our professional learning. Think about the highlights and celebrate. Think about the challenges and learn and look forward to what lies ahead.



To help guide your reflection of the past year, consider the following:

What  
went  
well?

- When we are caught up in the thick of everything we tend to forget about the positives and focus on the current challenges.
- Look at what went well this year and celebrate – even the small gains.

What  
surprised  
you?

- What surprises came your way and how did you respond?
- How did you adapt to the unexpected?

What did  
this year  
teach  
you?

- Everything we experience can teach us something.
- Did you acquire new skills, knowledge or insights?

What  
needs to  
be left  
behind?

- Old ideas.
- Poor habits.
- What no longer works?

Wrap up your year with a name that fits

Consider stand-out experiences to complete this phrase:

"2018 was the year of \_\_\_\_\_"



## THE YEAR AHEAD

Where do you need to go to next?

- Consider this personally and professionally.
- Think about the changes showing up.
- If you don't have the answers yet, try to stay in the question.

How will you evolve in the year ahead?

- Become intentional in your development.
- Picture yourself at the end of 2019.
- What will this look like?

What are your top goals?

- Get specific.
- Make your goals meaningful and relevant.
- Have a plan.
- Create a sense of purpose.

Who will you connect with?

- Invest in relationships.
- Expand your networks and the team around you both personally and professionally.

How will you navigate uncertainty?

- How will you thrive in change?
- Can you be flexible, and approach change with an open mind?

### What's your mantra for 2019?

Create a mantra for the year ahead:

"2019 will be the year of \_\_\_\_\_"

### Reflecting on Service Delivery

The PSFO team have recently come together for a planning day to reflect on 2018 and plan for the year ahead. A significant part of our reflection is always based around service delivery. We have focused on our two referral forms (individual and group) with a customer service experience lens to assist with access in to the service. We asked ourselves:

- ❖ Request for support – is this a better term to use than 'referral'?
- ❖ What specific information do we need to collect on the forms and for what purpose, i.e. DET data collection?
- ❖ Can we or do we obtain any of the information during any other stage of service delivery, i.e. screening calls, service visits?
- ❖ Are the questions we ask understood by all?
- ❖ How do we establish if the service has been effective – Have we built capacity? Have we changed practice?

Included with our request for support in 2019 will be a checklist to assist us with measuring the effectiveness of our service. The forms are now in draft format and we will be approaching some educators to 'test' them using hypothetical children and groups.



The final edition of our newsletter for 2018 includes information on anxiety, calmer classrooms, raising concerns with families and early start kindergarten. We hope you find the information valuable and useful.

On behalf of the PSFO Team, I would like to wish you all a Merry Christmas and relaxing break. We look forward to working with you in 2019

*Narelle Keleher, PSFO Area Leader*

New Referrals to PSFO Service	3 Year Old	4 Year Old	Group	Total
2018	63	99	17	179

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**Instead of saying**  
**“Use your words”**  
nancykopman.com  
**help children develop language**  
**to describe their feelings:**

“I can help you think of how to say that”

**“Is there a sound you can make  
to help us think of a word for  
what’s inside of you right now?”**

“You’re frustrated. I can see it. Let’s figure out why.”

**“Let’s think of a word that  
matches what you’re feeling.”**

**Kids can’t “use their words” until  
we teach them helpful words to use.**

## New Anxiety Program Available Online – For children and parents

The 'Brave Program' is an online, interactive program to support children and parents with Anxiety from Beyond Blue. The PSFO Service recommends this as a useful tool for families who are unable to access other supports, e.g. due to financial reasons.

The program has undergone many clinical trials and is supported by research. It is based on cognitive behavioural therapy.

In the 'young children' section, there are practical strategies such as 'Brave Ladders' and 'Worry Charts'. It also has an option where completed strategies/activities can be sent to a support person. There is information and homework activities to consolidate the skills and what has been presented and taught in each session.

It includes some quick 20 minute trials in order for educators to get a feeling for the program, before recommending it to families at your service.

[https://www.youthbeyondblue.com/do-something-about-it/treatments-for-anxiety-and-depression/the-brave-program?fbclid=IwAR28YWIMePuw00GQSRn7ZYw1HYTZOHnSc2OkS7qho8JqscNS5khNy\\_Ayrc](https://www.youthbeyondblue.com/do-something-about-it/treatments-for-anxiety-and-depression/the-brave-program?fbclid=IwAR28YWIMePuw00GQSRn7ZYw1HYTZOHnSc2OkS7qho8JqscNS5khNy_Ayrc)

### Raising Concerns with Families



Don't forget to think about how you may raise concerns with your families as we begin the New Year!

Here is a useful link from the Raising Children website:

<https://raisingchildren.net.au/for-professionals/working-with-parents/communicating-with-parents/communication-with-parents>



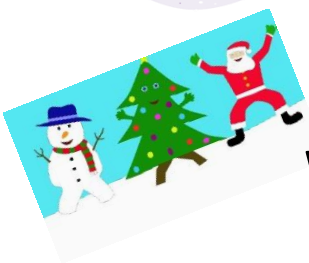
Education  
and Training

## EARLY START KINDERGARTEN

A reminder to look out for any children in your services (or siblings) who may qualify for Early Start Kindergarten. Be on the lookout for any child who is 3 by 30 April in the year that they attend kindergarten and is:

- An Aboriginal and/or Torres Strait Islander person or
- Known to child protection (including children referred from [Child Protection](#) to Child FIRST).

Early Start Kindergarten grant enables eligible 3-year-old children to attend up to 15 hours a week at a funded kindergarten program free of charge or at minimal cost.



## What do we all want for Christmas?

# A Calmer Classroom!



Here is a 'Shopping List' from the PSFO team for your Calmer Classroom

<input type="checkbox"/> Bop bag	<input type="checkbox"/> Oral chew toys
<input type="checkbox"/> Wedge seat	<input type="checkbox"/> Swings
<input type="checkbox"/> Fidget toys	<input type="checkbox"/> Pull/push activities/heavy lifting
<input type="checkbox"/> Calm Corner	<input type="checkbox"/> Tyres
<input type="checkbox"/> Calm box/bag	<input type="checkbox"/> Wheelbarrows/carts
<input type="checkbox"/> Dark tent	<input type="checkbox"/> Medicine balls
<input type="checkbox"/> Theraband	<input type="checkbox"/> Physio balls
<input type="checkbox"/> Visuals	<input type="checkbox"/> Trampolines
<input type="checkbox"/> Theraputty	<input type="checkbox"/> Regulated breathing tools
<input type="checkbox"/> Weighted Blanket	<input type="checkbox"/> Bubbles
<input type="checkbox"/> Lycra body socks	<input type="checkbox"/> Straws
<input type="checkbox"/> Ear defenders (specialised ear muffs)	<input type="checkbox"/> Ping Pong balls
<input type="checkbox"/> Cause and effect toys	<input type="checkbox"/> Visual tracking toys, eg abacus type toys
<input type="checkbox"/> Bean Bags	<input type="checkbox"/> Cushions/blankets – heavy
<input type="checkbox"/> Hammocks	<input type="checkbox"/> Egg chairs
<input type="checkbox"/> Boardmaker	<input type="checkbox"/> Camera/iPad – to take photos of the experiences and children
<input type="checkbox"/> Foam mats to squish	<input type="checkbox"/> Bum bag
<input type="checkbox"/> Timers	<input type="checkbox"/> Massagers
<input type="checkbox"/> Listening post/music station with headphones (can use iPads/iPods etc using specific apps)	