



NBK Newsletter Term 3 2022

Hello NBK families,

I would like to acknowledge the amazing effort that Natasha, our VP, put into the Trivia Night – what a success! We hope you are all keeping healthy and well. Please get in touch if you have any questions.

- Ivory, Anne, and the Committee of Management

KEY DATES FOR YOUR CALENDAR

Wed 7th Sept – Green Group Cranbourne Gardens

Thurs 8th Sept – Red Group Cranbourne Gardens

Friday 16th Sept – Last day of term

Friday 23rd Sept – Grand Final Day Public Holiday

Monday 3rd October – Term 4 starts

Saturday 22nd October – Sausage Sizzle

Saturday 19th November – Family Portrait Day

NBK EVENTS

Bunnings Sausage Sizzle: 22nd October

Volunteers needed, more details to come....

Family Portrait Fundraiser Day: 19th November

This is a fantastic gift idea to family and friends for Mother's Day, Father's Day, Christmas, Anniversaries, and birthdays, as well as raising funds for the kindergarten. Further details [here](#).

Trivia Night Recap

A huge success with \$5.7k raised! Thanks to everyone that attended, donated items, and bid or donated on the night. The funds will be used to furnish our new room next year and also go towards new play equipment for the children to enjoy. Special thanks to our major sponsors: Elwood Sailing Club & Grill'd Elsternwick.

NBK HOUSEKEEPING

Blue Group Parent Helper Story Sharing

Thank you very much to all the parents who took time to come and visit us during the session to tell us a bit more about yourselves, your families, your culture, heritage, food, and songs! We are learning so much!

Grant Writer Needed!

We need your help to liaise with our teachers; plan, apply and submit grants to establish our exciting community projects for 2023. If you can help, please get in touch.

KEEPING HEALTHY

Sun Smart

Teachers are using the [SunSmart App](#) daily to monitor when children are required to wear a hat and apply sunscreen. The UV index is now above 3 in the middle of the day. Families, check out the Sun Smart [website](#).

Immunisations, Flu Shot & COVID Vaccine

Please read the [Health Department advice](#) about Covid Vaccinations for 5 to 10-year-old children. Flu Shots are recommended; please make sure that you keep up to date with your child's other immunisations: [Bayside Booking Locations and 2022 Calendar](#). Send the updated IHS to: northbrightonkindergarten@gmail.com

LOCAL EVENTS

Elsternwick PS Wellbeing Showcase: 31st August, 7pm – 8.30pm

Hear about the wellbeing program at EPS from students and staff, and why it's more important than ever to focus on supporting our kids to feel safe, valued and respected in the school and community. Book [online](#).

Elwood Community Playgroup – Come Join Us!

We have 2 fantastic playrooms and 2 gated, outdoor playgrounds for children under 5. Find out [more](#).

Hopscotch Occupational Therapy – School Holiday Program: Skills for School

For 4–5-year-old children, this program aims to develop children's skills for school. Please find out [more](#).

Elsternwick Primary School Socialisation & Play Sessions

For children and parents considering joining EPS in 2023, visit their [website](#) for more information and to book.

Term 3 Dates: Thurs 25th August 4-4.30pm; Thurs 15th September 2-2.30pm

Term 4 Dates: Wed 12th October 2.30-3pm; Wed 2nd November 4-4.30pm; Wed 7th December 9.30-10am

St James Primary School Meeting

Brendan Flanagan has offered his availability to meet with NBK parents to provide details about [St James Primary School Brighton](#). Please [email](#) or phone 9596 4766 to arrange a meeting.

PARENTING EVENTS AND PROGRAMS

Positive Parenting online information sessions with child psychologist Deirdre Brandner

Bayside City Council presents four [Positive Parenting](#) sessions, \$12.25 each, covering:

- Worry and anxiety: how to help – 24th August
- Parenting challenges: all the tricks – 26th October
- Building Resilience and managing emotions – 21st Sept
- Setting your child for success – 23rd November

The Fathering Project

Have offered us access to some dad and kid activities: designed to promote father – child bonding and great for early learning. Please find the activity sheet at the end of this newsletter.

Courageous Kids App

Kathryn Hackman, a medical doctor and mother of a child with anxiety has created this app, specifically designed for 2-6 year olds to build confidence and resilience. [Sign up](#) for a 7 day free trial. Not endorsed by NBK.

COMMITTEE OF MANAGEMENT

The committee is here for you. If you want to talk to any of us regarding NBK matters, then please do.

Co-President	Anne Sidebottom & Ivory Shervington	nbpresident@gmail.com
Vice President	Natasha Boyd	nbkvicepresident@gmail.com
Treasurer	Kelly Lever	nbkfinances@gmail.com
Secretary	Danielle Baird	nbksecretary@gmail.com
Enrolments Secretary	Leeann Weir	nbkenrolments@gmail.com

General Member – Green Group Reps
General Member – Red Group Reps
General Member – Blue Group Rep

Sarah Wade & Kate Duncan
Lauren Metcalf & Fiona O'Rourke
Lianne Kelly

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Fun activity ideas for dads and kids



Playing and spending time with Dad is important. Children who play with their fathers or father figures are more confident and better at coping with challenges, setbacks or problems. Activities don't need to be complex, as long as it provides time to bond and spend some quality time together.



Explore the outdoors together

- **Do a scientific mini exploration outside.** Children can use phones to take photographs of the world from the perspective of an ant or a butterfly and create a picture or PowerPoint journal of a day in the life of their mini creature.
- **Go on a scavenger hunt.** Make a list of 10 things in nature to collect and explore the outdoors together.
- **Press flowers.** Take a walk with your child and collect any flowers you find. Take them back home, place them in the middle of a book and wait. Come back to the dried flowers and use them in your craft.

Outcomes

Getting outdoors and spending time in nature is important for a child's development as well their social and emotional wellbeing.



Host a movie marathon

- **Host a movie marathon.** Create your own movie tickets, cook popcorn, and each select a movie of your choice to watch. You could even create your own blanket fort with fairy lights too!

Outcomes

Spending quality time with dad watching movies is a great way to bond with children. Taking turns choosing a movie as a family also teaches children about sharing.

For more information: thefatheringproject.org



Learn about the world

- **Explore the world online together.** Build on your children's knowledge of the world around them. Learn about and locate different countries, name continents, countries, cities, rivers, mountains etc.
- **Get crafty and create a collage** of their favourite country they researched or perhaps a destination they dream of travelling to one day.

Outcomes

Children who have fathers or father figures that support their learning and research are found to have better academic outcomes and development. Researching and learning about other cultures builds a child's curiosity and depth of knowledge too.



Get creative in the kitchen

- **Have a cupcake decorating competition.** Choose your favourite flavour and each create your own uniquely decorated cupcakes.
- **Set up your own home restaurant.** Decide your entree, main and dessert. Design a menu, make signs, set up the table and have someone be the waiter.

Outcomes

Cooking with children is another great way to spend quality time with them. Standing side by side gives you an opportunity to talk and learn more about your child. Cooking teaches them new skills and supports their cognitive development.



Make housework fun

- **Get creative to get the housework done.** Ask your kids to design a makeover of their bedroom by creating homemade pictures, rearranging displays and tidying and cleaning. Get them to draw up plans of their ideas first.

Outcomes

Doing the housework with dad not only teaches children about responsibility, it removes gendered roles within the household around housework.