



JANUARY-MARCH 2026

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balamara preschool Newsletter

WELCOME

Welcome to Term one, 2026 at Balamara Preschool!

Beginning this year, our newsletters will be issued quarterly to align with the four school terms and provide clearer, more streamlined updates.

We are delighted to welcome **Sandra** as our new Centre Manager and Educational Leader. With qualifications in Arts, teaching, and Early Childhood Education, and experience spanning Brazil, Canada, the USA, Asia, and Australia, she brings a rich understanding of children's social-emotional, physical, language, and cognitive development. Sandra is committed to nurturing authentic self-expression and fostering the positive relationships that build confidence, well-being, and self-esteem.

We also extend a warm welcome to **Hayden, Micah, Kendrick, Olivia, and Jezejun**. We are excited to have you join our community and look forward to being part of your learning journey.

Our program remains grounded in the Early Years Learning Framework (EYLF, Version 2.0), guided by the principles of Belonging, Being, and Becoming. This term, we focused on nurturing each child's social and emotional development. Through a caring and engaging environment, we aim to support children to grow as confident, resilient, curious problem-solvers and thoughtful learners.

We look forward to a wonderful term filled with new friendships, meaningful experiences, and celebrations of every child's unique achievements.

BALAMARA DAYS



The children have been learning about Aboriginal and Torres Strait Islander Australians and their deep connection to Country, culture, and community.

Each morning, we take a moment to acknowledge the Traditional Custodians of the land and show our respect for Elders past and present.

Science Experiences: The Capillary Action



The children engaged in a science experiment exploring capillary action, building on their interest following a recent gardening activity. Through this experience, they developed an understanding of cause and effect, as well as early mathematical concepts such as measurement and quantity.

Ongoing science activities will support the development of problem-solving and critical thinking skills through play-based learning. Children also strengthened their emotional, language, and cognitive skills by interacting with peers, sharing ideas, listening, and reflecting on their learning.

Science Experiences: Volcano Experiment



The children thoroughly enjoyed this hands-on experience using simple kitchen ingredients. Through this experiment, they engaged in rich learning opportunities that supported the development of key skills such as problem-solving, inquiry, experimentation, hypothesising, researching, and investigating.

This activity also nurtured important dispositions for learning, including curiosity, cooperation, confidence, creativity, commitment, enthusiasm, persistence, imagination, and reflexivity.

Munch & Move



Munch & Move activities are designed to help children develop essential physical skills by focusing on body movements.

These activities also promote social interaction and cooperation with peers, supporting children's overall growth and development. Through fun and engaging exercises, children can improve their coordination, balance, strength, and agility while learning to work and play together.

Cooking & Baking



Baking with children supports fine motor development while introducing basic maths and science concepts such as measurement and chemical changes. Through hands-on experience, children learn how ingredients combine and transform when heated. The activity also promotes socio-emotional, language, and cognitive skills as children interact, communicate, and think critically about the process. Additionally, baking encourages independence and practical life skills, allowing children to explore, experiment, and continue learning at home with their families.

Lunar Year

Celebrations are a meaningful way to strengthen connections between children, families, and the wider community. Sharing and participating in these moments brings joy and fosters a strong sense of belonging for children. It also provides valuable opportunities to develop respect and understanding for the diverse values, cultures, and beliefs within our community.

Engaging in cultural celebrations allows children to express who they are, share aspects of their heritage, and deepen their awareness of others.

At Balamara, we recognise that diversity enriches our learning community. By honouring the cultures and traditions of our families, we promote respect for diversity and help create culturally safe and inclusive environments where all children and families feel valued and supported.



Harmony Week

This term, we celebrated the vibrant cultures of Vietnam and Albania. The children explored traditional Albanian costumes, and Aurelia proudly wore a Vietnamese outfit, making the experience both fun and engaging.

Olivia shared a beautiful red pocket from her Chinese culture and explained how her mum gives her money to place inside. Jacob introduced a traditional Korean game called “Jegi,” and the children enjoyed taking turns practising their kicks.

Yeseo wore a traditional Korean **Hanbok**, demonstrated a respectful bow, and taught her friends how to say the word in Korean. Awani contributed a thoughtful drawing of the Nepalese flag, sharing its significance to her family.

Jude brought in the book *If I Could Keep You Little* by Marianne Richmond and shared his family tradition of reading it before birthdays. The children loved listening to this special story.





We celebrated Jude's fifth birthday at preschool, and he was so proud of himself. Jude blew out his five candles on a yummy birthday doughnut, smiling proudly as his friends sang a birthday song and cheered for him.

CONNECTING WITH OUR COMMUNITY

Preparing for Easter Parade at Waitara Public School

We're delighted to share that we have been invited to participate in the Easter Parade at Waitara Public School.

The children are buzzing with excitement about this special event. In preparation, we have also been practising important road-safety skills, focusing on how to cross the road safely and reminding the children to watch carefully for cars.





Artwork from our Art Gallery

We acknowledge the Darug and Guringai People, the traditional custodians of the land on which we play and learn. We pay our respects to Elders past, present and emerging.