

# ST DUNSTAN'S PRE-SCHOOL NEWSLETTER

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## *The Importance of Routine*



Routine plays a vital role in a child's development, especially in the early years. Consistent routines at home and at school give children a sense of security, stability and belonging.

Young children often feel anxious about the unknown, whether it is something small like trying a new food or something bigger like starting school or welcoming a new sibling. While change is part of life, predictable daily patterns help children feel safe. When children know what to expect they relax, and when they feel safe, they thrive.

#### **Daily routines may include:**

- Morning and bedtime routines
- Mealtimes and snack times
- Nap or quiet time
- Play time (indoor and outdoor)
- Pack-up time
- Family activities

A routine does not need to be strict, it simply needs to be consistent.

#### **Here are some key benefits of routine:**

##### **- It supports healthy habits.**

Regular sleep, meals and play help regulate a child's body and improve mood and behaviour.

##### **- It reduces anxiety.**

Knowing what comes next helps children feel calm and secure, especially during transitions.

##### **- It builds independence and confidence.**

When children become familiar with daily tasks like brushing teeth or packing away toys, they begin doing them independently, which boosts self-esteem.

##### **- It strengthens family connection.**

Simple traditions like reading before bed or enjoying a weekly family activity create meaningful moments and lasting memories.

##### **- It provides stability during change.**

During times of stress or adjustment, routine acts as an anchor that helps children feel grounded and safe.



While routine is important, flexibility is equally valuable. Children also need room for creativity and spontaneity. The goal is a healthy balance and structure that supports your child without becoming rigid.

At school, we prioritise consistent daily rhythms to help your child feel secure, confident and ready to learn. When home and school routines support one another, children truly flourish.

*Melissa Hermann & Melissa Filipen*

GRADE 0000 TEACHERS



## Value of the Week

What Does **"Service"** Mean to a Pre-Schooler?

To a Pre-Schooler, service means helping others in simple, kind ways. It can be as small as picking up toys, helping a friend who is feeling sad, sharing a snack or listening when someone else is speaking. At this age, children learn that service is about caring for others and being helpful, even in the little things.

Sometimes, service can also look like bringing an extra sandwich on "Extra Sandwich Tuesday" for Project Feed the Children or donating Easter eggs to share with those who may not have as much. These small acts teach children that they can make a difference in someone else's life.

When children practice serving, they begin to understand that their actions can make others feel happy, safe and included. These everyday moments help build kindness, empathy, and a sense of responsibility. Service shows children that even the smallest helping hands can make a big difference in the world.

*"Be kind and loving to each other."*

*- Ephesians 4:32*



# Upcoming Birthdays!

24 March

**SIBABALWE  
MNUNE**

25 March

**ROMIRO  
PEDREIRO**

26 March

**CHARLI  
BARNARD**

27 March

**NTOKOZO  
ANDERSON**



**WISHING YOU ALL A  
HAPPY BIRTHDAY!**

# Tiny Triumphs: Big Wins from Our Little Stars!

We are so proud of **Suwah Naidoo**, from the Flamingo Class, who participated in the **Durell's Music Festival** this weekend!

Suwah placed **2nd for piano** in the 5 - 8 year old age category.

What a fantastic achievement !  
Well done, Suwah! We are so proud of you!



# What's Happening When?

## MARCH EVENTS

Friday, 27 March

Wednesday, 1 April

Thursday, 2 April

Friday, 3 April

Monday, 6 April

Tuesday, 7 April

Wednesday, 8 April

Thursday, 9 April

Friday, 10 April

Tuesday, 5 May

Coffee, Care & Connect Morning | 08:00 - 09:00

Easter Family Fun Day | 07:00 - 08:30

School Holiday | No school

Good Friday | No School

Easter Monday | No School

Parent/Guardian - Teacher Meetings

Parent/Guardian - Teacher Meetings

Grade 0 Sports Day | 10:30 - 12:00

School Closes for Term 1 at 11:30

School Opens for Term 2



# Waiting Class

23 - 27 March	Butterfly Class
30 March - 1 April	Llama Class
7 - 10 April	Flamingo Class

# SCIENCE WEEK WRAPPED UP WITH MR TAYLOR





# *Easter Egg Collection*



**Our annual Easter collection is just around the corner!**

**If you are able to bring some Easter eggs, we would love to spread the Easter joy with those a little less fortunate.**

**By Monday, 30 March**