



Welcome to the Dharma School Playgroup!

'Learning' is the understanding which is developed through experience. By developing and exposing children to experiences rich in purposefully constructed content attuned to social and emotional needs, we create the fertile ground in which they can learn and flourish through a play-based approach.

Details:

When: Wednesday, Weekly, 9:00AM-11:00AM (during the Dharma School term)

Where: 90 Daylesford-Trentham Rd, Daylesford VIC 3460

Contact: Gabrielle Magree gmagree@gmail.com or The Dharma School on 03 5348 3112

2019

Term 4 (Begins October 9th Ends December 11th) – 10 weeks

Our Intention:

- To create a kind, nurturing, responsive, creative and attentive environment for children
- To provide meaningful activities and play experiences to provoke children's imagination
- To establish a routine and rhythm, providing a sense of security and familiarity for children
- To encourage friendship, support and a sense of connectedness for families
- To raise awareness of the Daylesford Dharma School in the wider community

Our Approach:

We use rhythm and effective routines to help make predicted transitions smoothly. We begin with preparing food which can be shared and then indoor playtime, followed by packing up of our belongings before circle time songs and a story. Singing songs and storybooks have the potential to communicate powerful messages. Purposefully chosen story books and songs are selected with your child's emotional and social development in mind. We are guided by the children's interests and enjoy outdoor playtime which includes gardening and connecting to the earth.

Open-ended natural and recycled resources for play allow children (and their families) to be creative, use their imagination and direct their learning.

We eat together and cultivate gratitude for our food by acknowledge where it comes from. We encourage the children to be involved in practical tasks, such as preparing food and cleaning up.

We are family focused and encourage parents/carers to participate in all experiences. Young children learn best when there is balance in their environment. It is therefore important for us as parents and carers to work alongside the children with focus and enthusiasm and to hold the space, with awareness and understanding that our energy influences the energy of the playgroup. Sometimes students from the school will join us to assist with the sessions.

The playgroup reflects the school's commitment to kindness, compassion, sustainability and community. We have chosen to begin with a "Motivation" and complete with a "Dedication" to set an intention, focus energy and give thanks.



Values of the Dharma School Playgroup

The playgroup practices five precepts: Deep Listening & Loving Speech / Generosity & Honesty / Body Responsibility / Mindful Consumption / and Reverence for all Life.

The playgroup values the practice of non-harm, the path of wisdom and compassion, community in sustainable co-existence, interdependence and mindful action.

The playgroup is guided by the Victorian Early Years Learning and Development Framework, advocating for a holistic play-based learning journey for children from birth to eight years old. Play, environment, relationships and community, all which attribute to a child sense of identity and well-being, are areas of focus:

Play

Play based learning focuses on the process not the product and honours the Rights of the Child.

We provide a variety of play-based experiences that are focused on engaging children's interests and curiosity, allowing children to discover and explore at their own pace, whilst in the company of attentive and responsive adults.

Environment

Loving kindness and universal responsibility underpins care for our environment

The playgroup provides an environment that is supportive, stimulating, calm, nurturing, respectful and responsive. We believe all children learn best in an environment they can connect to and which has relevance. We promote sustainable practices and encourage the use of natural and recycled materials in the children's play experiences. Children and their families are encouraged to take personal and collective responsibility for their environment by modelling care for the world around them.

Relationships

Developing awareness in thought, speech and action

An emphasis is directed toward positive, honest and inclusive relationships between children, families and the community, attuning to the school's focus on the development of qualities which are attributed to well-being. We believe that families take on the most important role in a child's life. Each family is valued for their contribution to a diverse and ever-changing societal landscape, for their role as the primary caregiver and as the first educator in their children's lives. We value and encourage the involvement of families in participating in the playgroup experiences.

Community

A community of caring, support and shared values - we support the principle of non-harm and the development of wisdom and compassion

The playgroup moves beyond a 'sense' of community, we recognise we exist because of it. Children and their family's connectedness with, and contributions to their world are highly revered. Active participation in community strengthens children's (and their family's) sense of identity and wellbeing. We embrace the diverse cultural input that our families and the wider community provide. We are actively involved in nurturing our immediate environment as well as our broader community. Through working collaboratively and adopting holistic approaches and partnerships, we sustain and provide nutriment to our flourishing community of learners that is, the Daylesford Dharma School Playgroup.



What we request of you:

We believe there is no such thing as 'bad' weather just inappropriate clothing. Bring sun hats and sunscreen for outside play when appropriate and warm hats and jackets for cooler weather (please note that wide-brim hats are required during terms 1 and 4). We ask for mindfulness around footwear - indoors in the classrooms we ask that you do not wear shoes and when outdoors to consider suitable footwear.

Each family is asked to bring their own water bottle. The playgroup has a focus on celebrating the making and sharing of food and of nature during each session. We invite you to bring a piece of fruit for your child/ren to enjoy if you believe they will need it during this time.

All help is appreciated during the session and will assist the playgroup to continue to keep fees accessible.

Photography Videos and Social Media

Please respect the rights of other children and families by checking with the Playgroup Coordinator before taking any photographs or videos of children. Some families may have requested that their child not be photographed. We wish to honour families' right to their personal privacy, we request parents/carers to be mindful of maintaining confidentiality when engaging with social media. We do not believe it is appropriate for parents/carers to place photographs or comments that include children other than their own onto any social media website and ask them kindly to refrain from doing otherwise.

Thank you.

Dharma School Playgroup

Live to be kind, Learn to be wise

"The emphasis of the Daylesford Dharma School is to teach the noble qualities of loving kindness and universal responsibility. We are not trying to change these children, but to awaken and nurture their own deepest qualities. Their innate sense of loving kindness and compassion and their own natural tendency towards positive behaviour"

Geshe Konchok Tsering, School Founder