

December/ January Newsletter

Calendar of Events

February

Thursday 9th Crazy Hair Day

Tuesday 14th Valentine Day- Dress in Red – Gold Coin donation for Sweethearts Day- Heart Kids Australia raising money for children with heart disease.

Tuesday 28th Shrove Tuesday- pancake day- Gold coin donation for United Care

March

Friday 3rd Clean Up Australia Day- Walk around the local neighbourhood to clean up.

Monday 13th Labour Day Holiday- CENTRE CLOSED

Friday 17th Holi Festival- Festival of Colours.

Tuesday 21st Harmony Day- Celebrating all the cultures of our service. Come dressed in your Cultural clothes.

Wednesday 22nd World Water Day- Teaching the children about water conservation.

Friday 24th Earth Hour- Preserving our energy for an hour by turning the centre lights off.

Monday 27th Neighbour Day— Visiting our Neighbours at MMM (3SR)

Our Christmas Party

It was wonderful to see so many families attend our First ever centre Christmas Party. It was a beautiful night and we enjoyed a lovely meal together before our special visitor arrived. Santa arrived to much excitement from the children and they loved getting their special present from him. We even had some children want to be Santa to each other.



What a great
night!



Baskets of Joy

What a great response to our first Community Donation Appeal.

Thanks to all those who donated to the Basket of Joy Appeal.

Keep an eye out for our next community appeal.



INTRODUCING OUR CENTRE QUERKS

Hi, Our names are Erasmus, Bogdan, Alvar, Cedric and Drago.



We will be going home with you and your family throughout the year.

We like to have adventures and meet new people and animals.

Can't wait to meet you.



NURSERY 2 NEWS

We had a great start to the year in Nursery 2., with all of the children settling back in after a busy Christmas period.

Micaela has started as the room leader and we have made some small changes within the room, creating some more fun learning experiences for the children. We have welcomed some new faces into the room, with some moving up from Nursery 1 and others that are new to the centre.

We have been focusing on building strong supportive relationships with the children, parents



and family members, ensuring that we get lots of enjoyment from our day.

We have introduced painting and drawing experiences with plenty of ideas to extend on these areas, based on the children's likes and dislikes and focusing on extending their learning and teaching new skills.

Micaela and Kirsty.

JUNIOR ROOM ACCOMPLISHMENTS

We have explored and discovered a lot of new concepts in the Junior room based on the children's questioning and interests. They have traced around each child's body as part of exploring their own identity. The children learned about measurement and recognising their own shape. Other areas of learning have been a project in which the children have built a volcano out of paper-mache and explored cause and effect when bi-carb soda and vinegar are mixed together. Also watching planes flying over head and discussing about where they may have been travelling and who has been on a plane.

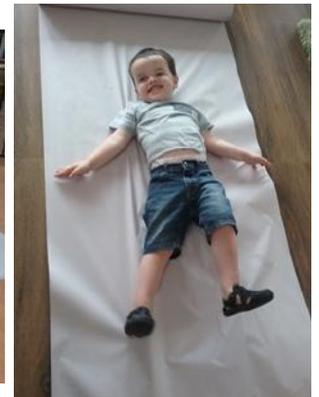
We are continuing to build upon the children's self help skills such as scaping their plates and washing their plates after meals. Followed by washing their own face and hands also. This encourages the children with their independence and responsibility for their own wellbeing. The children demonstrated a willingness to attempt the challenge and experienced the of success of almost clean plates for most of them..

As part of learning about patterns and prediction we have been learning the days of the week, enabling children to be able to what know the day was yesterday, today and tomorrow.

We also had a teddy bears picnic throughout the week with the Toddler room in various spots throughout the centre.

We will be making name tags for the children's bags and this will be a checklist for what children need to bring to the centre each day. We have been enjoying early mornings outside before the day gets too hot.

Karen and Anna.





Physical Development– Tunnel and Climbing



*Tell me and I forget. Teach me and I Remember. Involve me and I learn
– Benjamin Franklin*

NURSERY 1 NEWS

Busy Busy Busy

Nursery 1 is a busy little hub of new babies. Staff are patiently settling all of our newcomers into their individual routines. We have made some wonderful sensory bottles for the children to explore.

You may have noticed a bit of a change in the room with our beautiful soft mat being moved away from the busiest part of the room and we have incorporated the foam blocks into the room for all the babies that have started to crawl.



Soft climbing blocks are a great way to enhance babies physical development– by climbing, crawling over and through and balancing the children gain the skills that are necessary to build the strength in their legs which eventually leads to walking.

TODDLER TALES

Our Toddler room has been getting busier and we are spending time getting to know some new faces, both staff and children.

We have begun exploring our self help skills including washing our hands, putting our drink bottles away and scraping our plates into the enviro caddy when we are finished at meal times. These are everyday tasks that you could also assist your child to do at home.

We are also continuing to explore our senses, exploring textures through different experiences such as sensory boxes— Where

children can touch and feel different things, sand, rice, bark and a variety of other fun filled items

If you any questions or conversations you would like to have about your child, please feel free to speak to Jess, Elle or Bianca.



Toddlers made their own playdough.



PRE- KINDER CHATTER

Welcome to 2017

We have welcomed new faces children and educators alike.

The children have been involved in harvesting produce from our garden with Judy that has been shared between the kitchen and our families.

We have enjoyed having some teddy bear picnics and watching some videos based on our favourite books *The Gruffalo* and *The Gruffalo's child*.

We were very excited about our Australia Day celebrations colouring the Australian Flag and adding our own cultural heritage on the other side. We had a BBQ lunch with some of our parents and families.

Skye and Mel.

KITCHEN CAPERS BY LIARNA

Tuna & Broccoli Frittata

½ tablespoon olive oil	1 small onion, chopped
1 can tuna, drained	1 cup broccoli florets
1 large potato	4 eggs
125gms corn kernels	½ cup grated cheese
Lettuce, shredded	Tomato, diced

Preheat oven to 160 C.

Boil potato, cool and slice.

Heat oil in a pan and cook onion until soft.

Add tuna, broccoli and potato. Stir gently to heat through.

Whisk eggs in a separate bowl.

Place vegetable and tuna mix into an ovenproof dish.

Add corn and sprinkle grated cheese over the top.

Pour egg mixture into the dish, ensuring good coverage over vegetables, tuna and cheese.

Bake in the oven for 30 minutes or until cooked through.

Serve with sliced lettuce and tomato.

Vegetarian, Dairy & Egg Free Alternative

Prepare as above, leaving out the tuna, eggs and cheese. Add the same amount of sweet potato as normal potato, prepared the same way. Add 1 cup silken tofu into the blender and pour over instead of egg mix.



ENVIRONMENT AND SUSTAINABILITY

The salad vegetables that we had planted, have been harvested and eaten by the children and also taken home by our families. We have been getting some large zucchinis and using them in our Zucchini Slice for lunch. Our cherry tomatoes are full of fruit, nearly ready to be picked which the children are looking forward to doing and adding them to our menu. Currently in our garden we have rockmelons and honey dew melons growing and will be ready in a few weeks.

The three pumpkin plants we have growing on the hill are growing well despite the heat but need watering which the children have been great at doing. We have also been planting carrots which have finally sprouted some tops. We will soon begin to grow some beans. The children love helping Judy in the garden, watering the plants and picking the fresh vegetables when they are ready. We are educating the children that we need to wait and let the plants grow and not pulling the plant out of the soil before it's ready. Unfortunately Judy is having to drop down to one day a week with us but we are excited to announce Brittini has joined our team of educators. She is a Qualified Chef and will be helping Judy in organising our environment and Sustainability program. If you are at all interested in Gardening, we would love for you to spend some time with the children and help in the garden.

Judy and Brittini.

*To plant a garden is to believe in tomorrow—
Audrey Hepburn*

HEALTH AND NUTRITION

SWAP IT FOR EXTRA NUTRIENTS

The children have been investigating some healthy food choices. They have participated in making a few healthy snacks, including fresh corn cobs, apricot and oat balls and celery and cream cheese boats. The idea of these snacks is that they are simple foods, nutritious and super quick and easy to make.

Below are some really easy ideas to swap everyday foods that your child might be consuming to include more nutrients in their diet:

Try adding a little bit of hidden vegetable throughout meals to increase the nutritional value.

Think of adding spinach to rice dishes, hide vegetable in pasta sauces, try smoothies with lots of mixed fruit

<u>Usually Consumed</u>	<u>Try This</u>
White Bread	Wholemeal, grain, Rye bread
White Pasta	Wholemeal pasta
Vegemite on toast	Avocado/ cottage cheese on toast
An apple	Apple slices with nut spread
Sweet biscuits	Rice/Corn cakes with healthy toppings
Spread Sandwiches	Healthy filling sandwiches
Cereal with Milk	Homemade Granola with berries
Glass of Milk with flavouring	Try nut or coconut milks

and vegetables. Adding fruit and vegetables to your meals is a great way to ensure your children are getting all their growing bodies need.

Happy Cooking!

Sarah



OUR EDUCATORS

TODDLER



Jess: Lead Educator

Nursery 1



Pina: Lead Educator

Cayla: Assistant Educator

NURSERY 2

Micaela :

Lead Educator



Kirsty:

Assistant Educator



ENVIRONMENT &

SUSTAINABILITY



Bianca: Assistant Educator

PRE-KINDER



Karen: Lead Educator

Junior



Anna: Lead Educator



Judy

HEALTH AND

WELLBEING



Elle: Assistant Educator

KINDERGARTEN



Teacher: Skye



Assistant : Mel



Sarah

COOK: Liarna



Centre Cleaning:
Darlene



Vatsala– Placement Student. Will be all rooms throughout the year.



