



December Newsletter 2020

Centre News & Reminders

Great News!!! Kinder graduation is back on. Karen will update Kinder families on more details via Facebook and in the Kinder Word in our newsletter. Unfortunately, our centre Christmas party will not be going ahead, we have reflected on it and feel it will be too hard to social distance effectively and we won't be able to have the activities we normally would have. We will be planning a family Welcome BBQ in the new year, details still to come, watch this space!! Thank you for your understanding, looking forward to a wonderful 2021.

With the warm weather here, we need to remember to dress our children in sun smart clothing. We have attached some information from the Sun Smart website.

If anyone has old Christmas cards or decorations, we would be happy to take them off your hands. Please and Thank you 😊

As this is our last issue for 2020 we would like to take this opportunity to wish all our families a very merry Christmas and a happy and safe New Year.

Calendar of Events:

December:

- Mon 7th – Fri 11th -Teddy Bears Picnic Week
- Mon 14th -Kinder Celebration Night
- Wed 16th -Centre Christmas Party (cancelled)
- Thurs 17th -Last day of Kinder
- Fri 25th - Christmas Day Public Holiday
- Mon 28th – Boxing Day Public Holiday

January:

- Fri 1st - New Year's Day Public Holiday
- Mon 25th – Australia Day Celebrations
- Tue 26th – Australia Day Public Holiday

Health & Wellbeing

If you try out our recipes at home, please take a photo and let us know what your family thought.

BANANA BERRY & YOGHURT ICY POLES

INGREDIENTS

- 250gms of frozen mixed berries
- 1 ripe banana
- 175gms of vanilla yoghurt

METHOD

1. Add all ingredients into a blender and blend until smooth.
2. pour mixture into icy pole moulds and freeze overnight.

WATERMELON & KIWI FRUIT ICY POLES

INGREDIENTS

- 250gms fresh watermelon
- 2 kiwi fruit
- 200mls coconut water

METHOD

1. Add all ingredients into a blender and blend until smooth.
2. Pour mixture into icy pole moulds and freeze overnight.



Great for a hot summers day

A word from our rooms....

Nursery One:

We have a new trampoline in our room, which the children have been loving, they are all attempting to jump, some are grasping the concept of bending their knees to jump, but having fun all the same. We have some new faces in the room, so welcome to our new families, we look forward to getting to know you all.

Nursery Two:

We had a busy month celebrating lots of different events. We really enjoyed sleeping outside for Outdoor Classroom Day, the children thought it was great and most slept really soundly, something we will try more often. We had Naidoc Week, looking at different aboriginal symbols and Australian animals. We celebrated Diwali by making Lakshmi footprints and a couple of our educators showed off some Indian dance moves. We had Remembrance Day standing still and quiet for the one minute was tricky, but most followed the educators and listened to the last post.

Toddler:

We have been loving the new wooden blocks in our room building and engineering all types of construction. With the weather warming up we have had lots of water play including bathing the dolls. Next month we will be very busy getting ready for Christmas.

Junior:

We have been quite busy in the Junior Room celebrating birthdays, welcoming new children and their families, getting involved in recent events such as NAIDOC week, National Recycling Week & Diwali celebrations. There has been a lot of sand play recently with the children's creativity coming to life throughout their constructions of mermaid tails to sandcastles and motes. We have been exploring the outdoor environments, looking for more snails in the vegetable garden to rehome into our snail habitat. As the warmer weather is approaching there is some delicious produce in the veggie garden that the children are enjoying which has sparked our discussion on the right time to pick and eat the produce and how to respect these environments.

Pre-Kinder:

This month we have been having conversations about kindness, this has branched off World Kindness Day, we have focused on friendship, identity and what makes each child special, in their own way, this will build confidence and empower them to be confident within themselves.

Kinder:

Kinder graduation will be held on Monday 14th of December. It will look a little bit different this year, but we are grateful that we can have a graduation. The restrictions mean we can only have immediate guardians attend the graduation, this is to keep our numbers to the recommended limits. Parents will also need to wear face masks unless eating and to maintain social distancing. The evening will start at 6:00pm till around 7:30pm with a little concert.

As we are not able to share food, it will be a BYO picnic.



December Birthdays Children

4th - Jemma (K)
6th - Eleanor (N2)
6th - Sunny (Jnr)
7th - Molly (K)
7th - Nixon (Jnr)
14th - Alexis (K)
14th - Caleb (Jnr)
21st - Tyler (Jnr)
23rd - Jordi (N1)
24th - George (N2)
27th - Eli (T)
27th - Isaac (Jnr)
27th - Lincoln (Jnr)
29th - Millie (Jnr)
29th - Oliver (K)
30th - Joshua (K)

Staff

10th - Aimee
31st - Tracy

*A big happy birthday,
wishing you all a
fantastic day.*

Sun Smart clothing

Slip on clothing

Clothing absorbs or blocks harmful UV radiation and is one of the simplest ways to protect your skin. However, choosing the right clothing for maximum protection is important.

If you can see skin, UV can reach it. Clothing can be a great barrier between the sun's UV and your skin.

For the best protection when the UV is 3 and above, use all five forms of protection – clothing, sunscreen, a broad-brimmed hat, shade and sunglasses.

How to choose sun protective clothing

- **Coverage:** The more skin you cover with long sleeves, skirts and pants the better your level of protection.
- **Fabric structure:** If you can easily see through the fabric, chances are UV can easily pass through it. The tighter the fabric structure, the better the sun protection.
 - **Tension:** If a fabric is stretched, it will be less protective. This is common in knitted or elasticised fabrics.
- **Layering:** Layering of fabrics and garments is an effective way of increasing protection from UV.
- **Colour:** Darker colours absorb UV rays better than white or pastel colours of the same fabric.
 - **Moisture content:** Fabrics offer less protection from UV radiation when wet as they become more transparent. Choosing a fabric that provides effective protection from UV but dries quickly will help minimise the effect of moisture.
- **Caring for your clothes:** Washing new clothes can provide greater protection by shrinking gaps in the structure. Old, threadbare or faded clothes may offer decreased protection over time.
- **UV absorbers:** Some clothing is treated so it can absorb more UV radiation. Check the clothing label to see if your clothes have been treated and follow the care instructions.

About Ultraviolet Protection Factor (UPF)

UPF tells you how much UV radiation can get through the fabric and reach your skin. UPF refers to both the design of the garment (how much skin it covers) and its fabric (how much UV it blocks).

To claim a UPF rating, clothing should cover the upper body including the torso and 3/4 of the upper arms and / or the lower body. Lower body coverage should extend from the hip line to halfway down the thigh (AS/NZS 4399:2020).

The Australian Standard states that clothing designs incorporating full length sleeves, collars, crew necklines, long skirt or long trouser legs cover more body surface area thereby providing a more extensive physical barrier to UV (4.2.1)

Most fabrics will provide some protection from the sun but if you want to be sure your clothes are SunSmart, look for a UPF of at least 30 for good protection and UPF50+ for excellent protection.

Tips for parents and carers

Try to cover as much skin as possible with cool, loose-fitting clothing made from densely-woven fabric like cotton. If your child is wearing a singlet top or dress with thin straps, don't forget to layer up with a t-shirt or shirt before outdoor play.

Does your child's school uniform or dress code include sun protective clothing items that follow the Australian sun protective clothing standard? Make sure your children are being well protected when they need it most.

Silly Question of the month

What is the funniest sound you have ever heard or seen?

I saw a bird with a mucky sound - Sam

A Joker - Hudson

Fish and a spider - Tyler

ERGHHHH - Oliver

A chocolate statue - Hamish

Halloween - Asher

Dalalalala - Taj

When Mason makes a funny face - Jacxon

When the bunny gets out of the cage - Layla

Someone peed in the pool -