

"Children are human beings to whom respect is due, superior to us by reason of their innocence and of the greater possibilities of their future."
– MARIA MONTESSORI

APRIL
2021

ON *this* MONTH

- ❖ Educator Updates
- ❖ Book Review
- ❖ Service Building Updates
- ❖ Family Health article
- ❖ Anzac Day
- ❖ Sand Play

Easter Break

Welcome to our Easter News Sheet.

To all of our children, families and Educators,

What unprecedented times we have experienced!

We understand that each person involved in our community has had to undergo an array of changes, both inside workplaces and our home life and we are still surviving!.

During this health crisis we have followed the Government guidelines by implementing and establishing a higher level of hygiene practices & procedures at our service and practices to ensure we are safe. Our team is appreciative of the ongoing support we have received from our families with all these changes that have had to be implemented.

The recently issued Dept of Health advice and warning for illness has also been supported by families and we hope to see this reduced soon.

We are connected with and have an understanding of our children, families, community, environment, and each other. Combined this creates a strong foundation and provides us with a focus for our service.(gdss our story)

A message for all families.. "keep smiling and never give up hope for a brighter future". The challenges in the previous and present year have been the hardest in my professional life, so I thank you for your ongoing loyalty and support.

We hope you enjoy your Easter Holidays.

Kind Regards
Mel,
Service Manager



Educator Updates:

Barsha started her Maternity leave with 2 weeks till her due date & on Monday 22nd they welcomed a daughter Shrenika to their family. We are looking forward to meeting her and welcoming her to our 'family' Barsha will return to work in Late August 2021 part time.

Allira joined our team in March and has settled in well, She will commence her traineeship with our RTO alongside Ruby, Gemma, Georgia & Jules.



Elly joined us briefly in January when she returned to Tas for a short time, sadly she will head off again soon once its safe again to travel, it has been lovely reconnecting with her again after 10 + years over seas. We will miss her when she sets off again.



Kids in the kitchen

EASY PEASY PASTA SALAD



PREP 15 min | COOK 10 min | SERVES 6-8 SERVINGS

INGREDIENTS

- 500 grams short pasta
- 250 grams cherry tomatoes, halved
- 1/2 cup (125ml) store bought basil pesto
- 100 grams parmesan, shaved
- 2 cups (250 grams) baby spinach and rocket leaves
- 1 cup (100 grams) basil, leaves picked

METHOD:

Bring a large pot of salted water to the boil, add pasta and cook according to packet instructions.

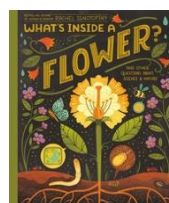
Drain and rinse under cold water.

Place pasta into a large bowl, add cherry tomatoes, pesto, parmesan, baby spinach and rocket, basil and toss to combine. Enjoy x

Recipe and Image from My Lovely Little Lunchbox

Book reviews

Celebrate Earth Day with these beautiful picture books.



WHAT'S INSIDE A FLOWER

RACHEL IGNOTOFSKY | 4 - 7

Nurture their curiosity about the natural world—starting with what's inside a flower. Budding backyard scientists can start exploring their world with this stunning introduction to these flowery show-stoppers—from seeds to roots to blooms. Learning how flowers grow gives kids beautiful building blocks of science and inquiry.

THE TREE IN ME

CORINNA LUYKEN | 4 - 8

A stunning and sensitive portrait of the strength within each of us and the nourishment we receive from the natural world.

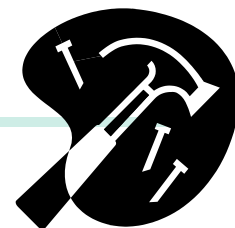
Through poetic text and exquisite illustrations of children revelling in nature, this picture book explores the various ways we as human beings are strong, creative, and connected to others.

MY FRIEND EARTH

PATRICIA MACLACHLAN | 3 - 6

Our friend Earth does so many wonderful things! She tends to animals large and small. She pours down summer rain and autumn leaves. She sprinkles whisper-white snow and protects the tiny seeds waiting for spring. Readers of all ages will pore over the pages of this spectacular book.

March/April Building Updates:



After 25 years we are starting to finally do a large service make over!, This process started with the introduction of our new service logo, this has been designed in collaboration with educators and childrens ideas and our end result we love.

#connection, #wounder #community #nature #sustainability was the breif amd a huge thank you to our long time logo designer Jason @ Cleaver Creative studios.



Our next step is some much needed building upgrades.

We started with painting some of the rooms & reception, the rest will follow once the wet weather sets in & Tom is ready to do some inside jobs!

Our Cubs room is getting an allweather undercover area and this work has commenced this week. Steve (Jade's Father in Law) is our builder, we hope to conduct this process with as less a interruption to arrival and collection times as possible over the next 2 weeks while he completes the work outside.

Next is upgrading the front entrance of the service, we are putting up a full veranda across the front with and entry & exit. We have put in some risk assessment processes to assist us along this short journey. Steve will be doing some of this front work during non busy times this week & next.

Our outdoor area has been a work in progress with our new sandpit, next is a shade cover over this, replacing the grass under the umbrellas and updating softfall.



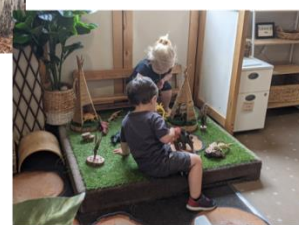
Filming our promo video We had a super few days filming in the service and also on our excursion. A huge thank you to our team for their work at short

notice, we had been given an opportunity to use a professional videographer whilst on holidays so jumped at the chance to have this done of our service.

Our children were a great part of the process and we can't wait to show everyone the final product after the break.

Handyperson – WANTED

We are still looking for a person with handy skills to help us with odd jobs as they come up! Please let our team know if you know anyone who is very handy with tools & minor maintenance jobs -



HEALTH & SAFETY: Family Meals: Why do they matter?

Getting the whole family to sit down for dinner can be next to impossible – with young children, sport practice, working late and homework taking up the evening hours, many family members eat at whatever time best suits them – and that’s OK from time to time. But research shows that families who eat together regularly (that’s more than three times a week), have shown to have more positive outcomes when it comes to health, family relationships and social development.

The family dinner table, after all, is where children learn manners, converse and interact with grownups, share what’s happening in their lives and experience new foods. The preparation of food and the table setting process are all part of the roles in a family and shape thoughts and feelings around food and family.

Schedule Time to Eat Together

- Eating together can happen at breakfast, lunch or dinner. Choose the meal that gives you the most time to talk and connect.
- If you don’t usually eat together, start by scheduling one meal per week and increase the number as you are able.
- Circle your friends and family around healthy foods as often as you can. The more you eat together, the more you benefit.
- Try to schedule activities so that they don’t interfere with mealtimes. If that’s not possible, create a meal together around a picnic table in a park on the way to piano lessons or soccer.

Tip: Once you decide what meal you are going to eat together, mark it on your calendar like you would any other event. If you have a plan, it is more likely to happen.

Everyone Can Help Plan & Prepare Meals

- Eating together is more likely to happen when everyone helps.
- Involve kids of all ages in planning, shopping for and preparing meals. These are important life skills that can help us eat well.
- Children are more likely to eat the foods they help you to prepare.
- Cooking together is a great way to connect with each other and have fun!

- Use a combination of fresh ingredients and ready-made foods to make fast, easy meals. Over time, make more from scratch. Remember, the meal doesn’t have to be perfect. It’s the time together that’s important.

- Cooking is a great time to teach about kitchen and food safety. Remind children to wash their hands before and after preparing food, to wash vegetables and fruit before eating, and not to mix ready-to-eat foods with foods that need to be cooked. Always supervise their activities. Getting burned or cut puts an end to the fun fast!

Tip: If you aren’t confident in the kitchen, choose simple and familiar recipes. This will help you enjoy your time together instead of trying to figure out the next step in the recipe.

Make Mealtimes about Being Together - Eating together provides a time to be connected. This helps children feel loved, safe and secure. Focus on enjoying each other’s company, not on what or how much each child is eating. Keep mealtime conversations positive and encourage children to talk about their day. This helps to develop more communication between family members.

Tip: Turn off distractions like the TV, computer, tablets and phones during mealtimes. Keep toys and books off the table.

Model Positive Eating Behaviour - You are an important role model for good table manners, trying new foods, and enjoying mealtimes. Children and youth are more likely to eat foods their parents and family also enjoy eating. Make offering new foods part of your regular mealtime routine. Children often need to see, smell, and touch a food many times before trying it, so offer new foods with familiar foods and include foods your child has refused in the past. Not everyone likes every food, and that’s okay. Encourage kids to say “no, thank you,” or teach them what you would like them to do or say if they don’t want to eat something. Trust children to show or tell you how much they want to eat and when they are finished eating. An important part of healthy eating is learning to stop when they are full. Being forced or pressured to finish food can make your child ignore their internal hunger and fullness cues. Try not to rush children through a meal. Children often take longer to eat than adults. Remind children to eat slowly, chew their food well and enjoy what they are eating.

Read more via the source link: Health Link BC (2017). *The Benefits of Eating Together for Children and Families* retrieved from www.healthlinkbc.ca/healthy-eating/eating-together

Sustainability CORNER

CELEBRATE EARTH DAY AS A FAMILY

Earth Day was established on April 22, 1970, to educate people about recycling, reducing, reusing, and other ways to protect our planet and keep it clean.

5 THINGS YOU CAN DO AS A FAMILY TO CELEBRATE:

1. Spend a day together in the garden.
2. Plan a meal together that uses fresh, organic, locally grown foods that are in season.
3. Go on a family hike.
4. Switch to reusable water bottles.
5. Have each family member write a pledge about how they will continue saving the Earth all year long, and hang the pledges on the fridge or somewhere else in plain sight.



Source: gaiam.com/blogs/discover/6-ways-to-celebrate-earth-day-as-a-family



Sand Play

There is no right way to use sand. It invites participation; it permits children to make and test hypotheses; it stretches the imagination; it provides a potentially soothing sensory experience; and it is an excellent avenue for children to learn physical, cognitive, and social skills.

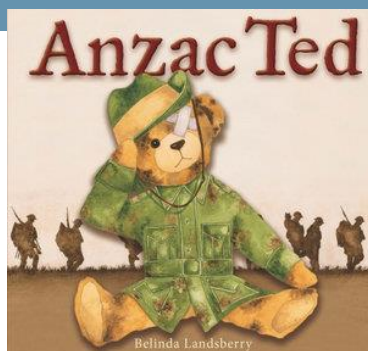
Because sand play is open-ended, the child determines the direction and path of his or her own play. This freedom then clears the way for the child to build developmental concepts.

Sand play promotes physical development. Large muscle skills develop as children dig, pour, sift, scoop, and clean up spills with brush and dustpan. Eye-hand coordination and small muscle control improve as children learn to manipulate sand accessories. Sand play also promotes social skills.

When children work together at the sandpit (or table) they are faced with real problems that require sharing, compromising, and negotiating. A group may engage in dramatic play as they "cook," construct roadways, dig tunnels, or create a zoo for rubber animals. As children take on roles associated with their dramatic play, they learn important social skills such as empathy and perspective taking.

National Quality Framework | Quality Area 3:
Physical Environment Element 3.2 The service environment is inclusive, promotes competence and supports exploration and play-based learning.

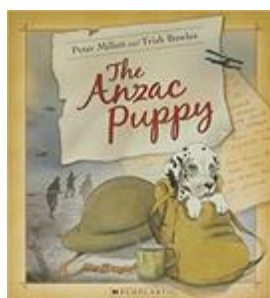
Early Childhood News (2019, October 20). Making the most of sand play. Retrieved from http://www.earlychildhoodnews.com/earlychildhood/article_view.aspx?ArticleID=62



ANZAC DAY
 LEST WE FORGET
 25 APRIL

One of Australia's most important national occasions. It marks the anniversary of the first major military action fought by Australian and New Zealand forces during the first world war. Although this year you cannot attend your usual ANZAC day Commemoration you can still remember those who served and died in war on operational service past and present. You can do this by simply sitting quietly and watching the sun rise, talking with your children about ANZAC day and reading books about men and women who served.

Some of our favourite books we read to our children are:



One night, in the middle of winter, in the middle of a war, a puppy was born. Even though her owner, a little girl called Lucy, loved the puppy dearly, she couldn't keep her as the war meant that food was scarce and her family didn't have enough to feed Freda, as the little dog was called.

So, Lucy had to give Freda away. Fortunately, a young soldier called Sam soon offered her a home. Although he was on his way to fight in the war, he wanted to take Freda with him as a lucky mascot. Which is how Freda found herself at the front, in the trenches with the troops.

As the war dragged on for years and years, many soldiers died and the conditions grew worse and worse. But Freda kept up Sam's spirits and he vowed to stay alive so that he could keep his promise to Lucy and bring Freda back to her when the war was over. Which he did, in one of the happiest endings to a story that you'll ever read!

Anzac Ted is the powerful, poignant story of a little boy's teddy bear that was passed down to him from his grandfather. Battered, torn, missing an eye and an ear, he might look scary but he's got a great story to tell. For Anzac Ted went to war, keeping soldiers company and giving them comfort. And while he never won a medal, and now doesn't even attract a single vote at classroom Toy Shows, if only everyone looked a little deeper: 'They'd see a hero, plain as day Who sits upon my bed.'

A hero, who saved me and you. His name ...is Anzac Ted.' While several children's picture books cover the world wars, none has ever made the conflict so accessible to children by telling the story of a bear who went to war. Belinda's exquisite watercolour illustrations combine with her rhyming text to create a book that, while perfect for parents and teachers to share with children, is also guaranteed to touch the heart of every adult.

Dear Families,
As we head in to the colder months we would like to remind you about packing suitable clothing to ensure that your child is able to participate in all activities and experiences offered.



We ask that all children need to bring clothing that is adaptable for changeable weather conditions.



Please ensure your child brings suitable footwear for outdoor wet weather play ie: gumboots.



A friendly reminder
To clearly label all of your child's clothing
as independence is supported & children are encouraged to care for their own clothes.

Thank You



Parks Week Excursion March 21- Cataract Gorge

Refer a friend and receive a fee credit

If we receive an enrolment booking that is successful and originally came from a referral of a current family we will apply a \$50 credit to your account.

*Our best advertising comes from word of mouth!
Currently in our Pre School Program (3-5 years) we have some vacancies available.*

For more info on our Early Learning Program click on the image to download our brochure



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