

Glen Dhu

# CHILDREN'S SERVICES



## 9 weeks until Christmas...

Wow what a statement, things are really moving fast towards the end of 2022. This news sheet is a quick update for families just to touch base and communicate our upcoming events and dates of interest..

2023 Enrolments have now closed for current families and we are now starting the rigorous process of finalizing peoples bookings and any changes that we are able to accommodate, Kinder children are still waiting their days and we appreciate that this is out of your hands, and we have allowed until late November for these spots to be finalized. We will be sending out confirmation of care by the end of next week. Thank you to all the families who have responded quickly to lock in their re enrolments..

# Childrens Week..

## October 24th



**What:** Invitation for families to join in our Children's Week family picnics.

**When:** From Monday the 24<sup>th</sup> October- Friday 28<sup>th</sup> October

**Where:** join us in a Teddy Bears Picnic each day at the centre 3-330pm

**Bring:** Each child can bring in a teddy bear, families bring in your own snack (nut free)

Children's Week is a national celebration of children's rights, talents and citizenship.

The theme for 2022 is: You have the right to food, clothing, a safe place to live and to have your basic needs met.

We would like to invite our families to join in our celebrations over Children's week, by inviting families to come in and share a whole service picnic each afternoon. Families are welcome to bring in their own snacks to enjoy alongside the children (nut free) and a friendly reminder that we still need to adhere to our covid safe policies by limiting visitors to one adult per family please.

The children in the Waratah room are taking pride in the planning and implementing of our picnics and will create and send the other rooms personalized invitations to the picnics each day.

Our intention for having these picnics is to follow on the community tradition of the 'Teddy Bear's Picnic', which is normally held at the city park each year, and to share our celebrations with our families through engaging in enjoyable interactions together.

We also invite your child to bring in a special teddy each day, so we can create a real 'Teddy Bear's Picnic'.



## SWEET POTATO & FETA FRITTATA



PREP 35 min | COOK 20-25 min | SERVES 4-6

### INGREDIENTS

- 1 large sweet potato, peeled and chopped
- 1 tablespoon olive oil
- Sea salt and freshly ground pepper
- 8 eggs
- 1 cup milk
- 120 grams ham or pancetta, chopped
- 1 tablespoon fresh parsley, chopped
- ½ cup cheddar, grated
- ½ cup parmesan, grated
- 80 grams feta, crumbled

### METHOD:

**Preheat** oven to 180°C (350°F). **Place** the sweet potato on a baking tray lined with baking paper, drizzle with olive oil and season with sea salt and pepper. **Roast** for 20 minutes or until golden and cooked.

Meanwhile, **place** eggs and milk in a large bowl and whisk to combine. **Add** ham/pancetta, parsley, cheddar, parmesan and feta and gently stir to combine.

**Place** the cooked sweet potato in the bottom of a lined 20cm x 30cm pie/baking dish. **Pour** the egg mixture over the top of the sweet potato and **bake** the frittata for 20-25 minutes or until puffed and golden. **Allow to cool** slightly before cutting into squares to serve.

## Book reviews

The CBCA Children's Book Week shortlisted books are a treasure trove of Australia's best books from the last year.



### WE'RE STUCK

Sue DeGennaro | AGE 3 - 8

*When Turtle races into the lift of Building 24, there is a nod and a blink and a step to the side. A grunt and a sigh and a lean to the right. But what happens when the lift stops moving? Crocodile has a meeting to get to. And Giraffe has a doctor's appointment. And Turtle really, really needs to get to the shop.* This uplifting, relatable story focuses on themes of friendship, community and belonging.

### ONE RUNAWAY RABBIT

David Metzenthen, Mairead Murphy | AGE 2+

*A stylish and satisfying picture book about a curious pet rabbit who accidentally escapes the safety of her backyard, and then must survive in the wilds of suburbia at night. One pet rabbit.*

*One dark night. One hungry fox. A wonderfully entertaining picture book about a clever pet rabbit on the run.* The sparse text combines with the illustrations to weave a tale of curiosity and adventure with a dash of humour and suspense.

# Our Creative Art Program in action

Our September session with Annette was about using our emotions, we created a feelings tree to represent the colours of our feelings.



## HEALTH & SAFETY: Kids can love veggies too!

**Vegetables give your child energy, vitamins, anti-oxidants, fibre and water. They help protect your child against diseases later in life, including heart disease, stroke and some cancers. A healthy diet means eating lots of vegetables, plus a wide variety of foods from the other main food groups.**

**The Australian Dietary Guidelines say that children aged:**

- 1-2 years should have 2-3 serves of vegetables each day
- 2-3 years should have 2½ serves of vegetables each day
- 4-8 years should have 4½ serves of vegetables each day.

**If your child finds it hard to eat enough vegetables, it's important to keep working on it. If you help your child develop healthy eating habits now, it sets up healthy habits for life. You can help your child enjoy veggies too.**

**Lead by example:** Kids love to watch us and food choices are often learnt from parents and carers behaviours. Eating vegetables at family mealtimes is a great way to encourage your child to eat veggies too.

**Keep trying with vegetables:** Some kids may need to be exposed to a certain vegetable 10 times before they decide to try it, and another 10 times before they like it! If at first your child says no, keep offering that vegetable at different mealtimes – eventually your child may change their mind.

**Use praise when your child tries vegetables:** Praising your child when they try a vegetable is a great form of encouragement. Praise works best if you are specific with what they did well, such as “Peri, I love the way you tasted your pumpkin and broccoli.” Just be careful not to say things like “If you eat your broccoli, you can have dessert.” Praising and rewarding kids for eating can change the motivation to try veggies. Instead, try to praise them when they enjoy a certain new veggie.

**Get your child involved in cooking vegetables:** Kids who help prepare their veggies are more likely to eat them. Try to include your child in the cooking process. Perhaps let them choose the veggies for a stir fry, put chopped veggies in the steamer, or wash salad leaves.

**Offer vegetables as snacks:** Keep some veggie snacks on hand for when your kids are hungry. The more meals that include veggies, the more your child will try them. Try veggie sticks with dip or a bowl of cherry tomatoes on the bench.



**Go for vegetable variety, taste and fun:** Try to cover a range of veggies – the more variety the better than chances of your child finding veggies they like. Go for veggie-topped pizzas, stir fry or a platter of colourful veggies as a snack.

**Get vegetables into meals in other ways:** Making the veggie the hero is important for your child to become familiar with the shapes and textures of veggies. However, if your child is especially fussy, try incorporating vegetables into dishes they already like, such as grating carrot and zucchini into pasta sauce, or pureeing veg into soup.

Adding new veggie filled recipes to your weekly menu or even making some additions to tried and true favourites can be a great way to begin to increase your whole households veggie intake. **Here are some links to delicious recipes chock full of vegetables:**

- **tryfor5** has a huge library of recipes divided into categories for the entire day [www.tryfor5.org.au/kids](http://www.tryfor5.org.au/kids)
- **Yummy Toddler Food** has compiled a master list of vegetable recipes for kids [www.yummytoddlerfood.com/advice/nutrition/vegetable-recipes-for-kids/](http://www.yummytoddlerfood.com/advice/nutrition/vegetable-recipes-for-kids/)
- **Jo Kate Nutrition** has created 3 different meal prep guides that feature delicious veggie heavy dishes. [www.jokatenutrition.com/freedownloads](http://www.jokatenutrition.com/freedownloads)

Nutrition Australia (2020). Encouraging kids to enjoy veg. Retrieved from <https://www.tryfor5.org.au/encouraging-children-to-enjoy-veg>

## ASSESSMENT & RATING VISIT 2023

Finally, we are having our long overdue assessment, our Regulatory Authority will be coming during November to conduct our visit. We are very excited to finally be able to show them our service and our practices. We won't know the exact date yet, but will update you when we know this.

## AUSSIE BACKYARD BIRDCOUNT

Most children have a fascination with the environment and the things they find living in it. Giving children opportunities to explore and interact with their local environment develops respect and appreciation for the natural spaces and animals.

This October take part in the Aussie Backyard Bird count, discover the huge range of birds living right above you.

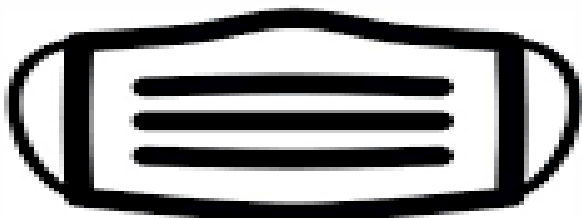
To complete the Aussie Backyard Bird Count, spend 20 minutes standing or sitting in one spot and noting down the birds that you see. You will need to count the number of each



species you spot within the 20-minute period. For example, you might see 4 Australian Magpies, 2 Rainbow Lorikeets and a Sulphur-Crested Cockatoo. You can record your results online or simply download the app. The app can also be used as a field guide/ bird finder. [aussiebirdcount.org.au](http://aussiebirdcount.org.au)

Effective Monday 24<sup>th</sup> October

# NOTICE



## FACE MASK NOT REQUIRED

- ✓ Please do not come into the service if you are unwell, we are still able to bring your child out to the door if needed.
- ✓ Any person who is at home with a positive covid case still is not permitted to attend care unless a negative test (age appropriate) per day whilst the person positive has symptoms
- ✓ Positive person with no symptoms – not permitted to come in the service.

We thank you for your understanding of our procedures and ensuring our vulnerable children are protected as best we can.