

WHILE WE TRY TO TEACH OUR CHILDREN ALL ABOUT LIFE, OUR CHILDREN TEACH US WHAT LIFE IS ALL ABOUT – ANGELA SCHWINDT



AUGUST  
2019

# ON *this* MONTH

## WATERFORD WEST EDUCATION AND CARE CENTRE

Jeans for Genes Day	2
Dental Week	5-9
Red Nose Disco	9
National Science Week	12-16
Children's Book Week	19-23
Daffodile Day	23
Father's day BBQ	30

## AROUND THE COUNTRY

National Aboriginal & Torres Strait	
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International Youth Day	12
Keep Australia Beautiful Week	19-25
RSPCA Cupcake Week	19

## Letter from the Director

Welcome to the August edition of our centre newsletter for 2019. We have some exciting events happening this month, including extending children's learning and development through planned activities throughout the upcoming Dental, Science and Book weeks. We start the month off with a bang raising money for SIDS with our very own "Red Nose Disco", and end the month the same way with our "Father's day BBQ"

Reminder to all parents, as the first month of the new financial year has now officially past, we are asking all of our parents to ensure that their accounts are in order each week and work towards becoming two weeks in advance. This can be achieved by seeing Miss Peta in the office and organising a one off payment, or we can increase your weekly fees each week so that we can gradually build up to reaching the required two weeks in advance in accordance with our fee policy.

To continue to support our families through this process Waterford West Education and Care Centre will offer all our families an ongoing 10% discount off your out of pocket fees. This will be applied monthly when your account remains two weeks in advance over the month.



# Room News

## Early Learners Room

Following a major interest last month, in the story book “The Hungry Caterpillar”, our Early Learners children, are excited this month to learn about other insects in the garden.

This month, we have already started to explore our outside environment, searching for insects in their natural habitat. The children were full of excitement when they found snails and a lady bug. We then extended onto this by making our very own lady bugs out of our hand prints and used natural resources such as sticks, dirt, leaves and more to recreate the insect’s home. These activities are not only fun but they are great ways to develop the children’s sensory fine motor and language skills, and we are all looking forward to what we find in the garden next?

This month, will also see us engage in centre events focusing on dental, science and book week. The Early Learners children love celebrating centre events, especially after last month, which saw them all engaged in ‘Pyjama day’, and enjoying their morning with a massage, meditation music, and foot spas. This was something so simple that can be done easily at home to help calm your child’s mood.

## Junior Early Years Room

During July, our Junior Early Years children enjoyed NAIDOC WEEK, engaged in learning different painting techniques that our Indigenous people have used for hundreds of years. These techniques helped to strengthen their fine motor skills and hand eye coordination. Dot prints, using natural materials and hand prints also gave the children an opportunity to enhance their sensory skills. All of these experiences made connections to the stories that we read, which were based on the Indigenous Dreamtime and told how the Earth and Colours were formed.

We continue our learning journey throughout this month, discovering unique Australian Animals. Children have already begun to enjoy experiences such as listening to the sounds our animals make, especially the Emu, Platypus and Kookaburra. Watching The Echidnas finding ants to eat on you-tube and making their own Echidna with clay and match sticks.

Everyone looked nice and cosy recently, for Pyjamas Day and we discussed why trees are important on International School Tree Day. International Friendship Day activities help develop social skills of sharing, turn taking and participation in group activities. All of our special celebrations were full of art activities, games and fun. Make sure you like our Facebook page too see children engaged in this month’s centre events!

## Early Learners Room



## Junior Early Years Room



# Room News

## Early Years Room

Talofa and welcome to our Early Years August News Letter.

Last month, saw our Early Years children engaged in a lot of Sensory play activities. Sensory play supports language development, cognitive growth, motor skills, problem solving skills, and social interaction as well as aids in developing and enhancing memory functioning. Activities such as making slime and playdough are great way of calming an anxious or frustrated child. If you haven't already, please check out our Facebook video containing these activities from last month, and feel free to engage your children in them at home.

The children had fun celebrating National Pyjama Day wearing their pyjamas to kindy and treated with a manicure. We have been talking about centre events that are coming up this month, including dental week, science week and book week. The children are most excited about "Book Week", planning what story book they are going to bring into the classroom to share with friends, and which character they are going to dress up as. We can't wait to share with you the month ahead!

## Pre-Prep Room

There has been so much learning happening in Pre-Prep throughout the last month. Our Bush Kindy Program is back running each week and the children are continuing to explore Karawatha Forest Park during this term. It has been wonderful to observe the children take the lead and let their imaginations run wild. Each week, we observe growth; we see children become more mindful of their surroundings, become more resilient and confident in risky play and see calmer, happier beings explore their natural playground independently and/or with their peers.

You might have noticed the snail house we built a few weeks ago. It is good to see children taking responsibility to water the snail house to keep it moist and check on it each day. We learnt about snails' habitat and then extended our learning on the human natural environment and the earth. The children were very interested in the planet earth, so we decided to take our learning journey on the solar system. We are sure that you will hear your children talking about interesting facts about different planets every day.

We have done a few science experiments such as colour mixing and colour changing using milk experiment, and we will be trying different experiments while we are exploring our solar system. This month, we will stimulate children's curiosity and learning and help them develop their language skills, asking questions and expressing ideas.

## Early Years Room



## Pre-Prep Room





**NATIONAL ABORIGINAL & TORRES STRAIT ISLANDER CHILDREN'S DAY – AUG 4**

Children's Day is a time for Aboriginal and Torres Strait Islander families to celebrate the strengths and culture of their children.

This year's theme is **We Play, We Learn, We Belong** 'We play on our land. We learn from our ancestors. We belong with our communities.' Find out more at: [aboriginalchildrensday.com.au](http://aboriginalchildrensday.com.au)

**KEEP AUSTRALIA BEAUTIFUL WEEK – AUG 19-25**

Keep Australia Beautiful Week raises awareness about the simple things we can all do in our daily lives to reduce our impact on the environment and encourage action. 'Respect our Roadsides' is the theme for 2019. Roadside litter is something we can all help reduce and eliminate. Simply recycle or dispose of your rubbish respectfully! If there is nowhere to dispose of your rubbish take it with you. Find out more at [kab.org.au](http://kab.org.au)

**NO-BAKE BROWNIES**



PREP 10 min | SET 60 min | MAKES 12-16

**INGREDIENTS**

- |                                   |                          |
|-----------------------------------|--------------------------|
| 1 cup rolled traditional oats     | 1 cup desiccated coconut |
| 1 cup pecans (walnuts or cashews) | 1 cup cacao powder       |
| pinch of sea salt                 | 10 medjool dates, pitted |
| ¼ cup pure maple syrup            | 1 tsp vanilla bean paste |

**Frosting:**

- |                          |                              |
|--------------------------|------------------------------|
| 100 grams dark chocolate | ¼ cup (60 ml) milk           |
| 1 tablespoon coconut oil | 1 Tsp vanilla bean paste     |
| pinch of sea salt        | Dried rose petals (optional) |

**METHOD:**

Line a 20cm x 20cm square tray with baking paper. Set aside. Place the oats, coconut, pecans, cacao powder and sea salt into the large bowl of a food processor. Blitz for 2-3 minutes or until very finely chopped. Add the dates, maple syrup and vanilla and blitz again for 2-3 minutes, or until lusciously combined and smooth. Place mixture into prepared tray and spread evenly. Place in the fridge for an hour or to 'set'.

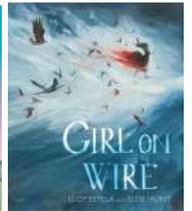
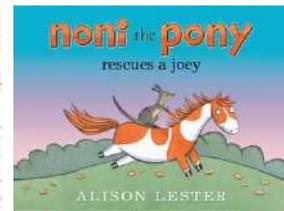
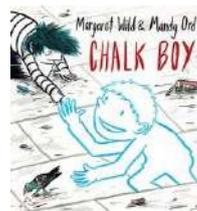
To make the frosting: Place the dark chocolate, milk, coconut oil, vanilla and salt into a small saucepan. Place over low heat, whisking continuously until melted. Pour the mixture into a bowl and pop into the fridge. Every 5 minutes or so remove the bowl from the fridge and give it a good whisk (this whisking creates a gloriously smooth frosting). Once cool, spread the frosting over the brownies. Cut into 12 or 16 bars and serve. Store no-bake brownies in fridge or freezer.

(NUT FREE VERSION: replace pecans with an extra ½ cup oats and ½ cup coconut)

Recipe and Image from 'mylovelylittlelunchbox.com'

**Book reviews**

Children's Book Council of Australia's shortlisted books for 2019



**CHALK BOY**

Margaret Wild

**A soulful and heart-warming story about what happens when a pavement artist's drawing comes to life.**

Barnaby is a pavement artist. This morning he started drawing me. I have a head that can think, eyes that can see, ears that can hear and legs that can run. Best of all, I have a heart that can feel. Thank you, Barnaby. Award-winning writer Margaret Wild compresses epic themes into a poetic, poignant story, vividly brought to life by Mandy Ord's distinctive, dynamic art.

**NONI THE PONY RESCUES A JOEY**

Alison Lester

**Noni the Pony heads out for the day, to roam the green hills behind Waratah Bay.** As she and her friends wander down a green trail, they meet someone small with a very long tail. Can they help the lost baby wallaby find the way home?

**GIRL ON A WIRE**

Lucy Estela & Elise Hurst

**Girl on Wire is a simple yet brilliantly uplifting allegory of a young girl struggling to build her self-esteem and overcome the anxiety that many children feel as they grow** – she walks the tightrope, afraid she will fall, but with the support of those she loves, her toes grip the wire and she walks forward, on her own, with a new confidence.



## FOCUS: Less is more when it comes to kid's toys



A recent trip to the movie theatre had me brimming with excitement to reunite with Woody, Buzz, and the crew of Andy's (er, Bonnie's?) toys in the *Toy Story* franchise's new instalment. Sure enough, my family laughed at the adventures of the cast, but it was a newcomer to the gang that really stole the show: a plastic spork named Forky.

While his reluctance to accept his place was charming and sweet, Bonnie's creation of Forky, and her subsequent attachment to him as her new favourite toy, points at a bigger picture—what constitutes a toy? Likewise, what does a child really need to be entertained?

The film's inclusion of such a common, utilitarian object as a chosen plaything serves as a reminder that children's imaginations are a powerful thing, and—when left to their own devices—kids are quite capable of having fun with far less than our society typically deems necessary. Forky is a throwback to a time when less was more, and when families' homes weren't miniature toy stores.

I remember recently being spellbound as I watched my daughter engrossed in play with a handful of rocks. Each pebble had its role—mummy rock, daddy rock, baby rock, etc—and she carried on with a captivating scene encompassing equal parts comedy and tragedy. It was a rock family saga, and frankly, I was mesmerized.

Despite a house full of flashy, modern, (and sometimes expensive) toys, I've found that some of the most creative play comes from the most unexpected "things" that most adults would consider non-toys.

Kids have a unique way of looking at things, and often the items they gravitate toward as their preferred toy may leave parents not only scratching their heads, but also howling in laughter.

Kitchen accessories seem to be a favourite for many little ones, as I remember my own niece insisting on carrying a serving spoon everywhere with her. These inanimate objects function as the perfect plaything for children, as their minds are free to create whatever story or fantasy they desire. The make-believe is endless.

Other favourites for my kiddos include shoelaces, ropes, or yarn, which have infinite aliases—stuffed animal leashes and zip-lines being their 'go-tos'. And who can forget the magic of cardboard boxes and of course bubble wrap. We're talking *hours* of fun and play.

After watching the film, I looked around my house at the abundant number of toys that my own children possess. Then I turned around and watched as they chose to stack Tupperware containers and throw foam koozies (stubby holders) at them in a competitive game of kitchen bowling.

So yeah, we're all probably a little guilty of overindulgence when it comes to our kids. To be honest, it's fun to watch their eyes light up upon receiving a new toy on their birthday or other holiday. And I'm not arguing that those practices need to change completely. Rather, let's not forget the power of minimalism and its place in our lives. Let's encourage resourcefulness and creativity.

Behind the fun and nostalgia of the *Toy Story* series are important lessons and messages. In today's culture where more is more, Forky is a reminder that parents don't necessarily have to break the bank in purchasing toys for the little ones in our lives. In many cases, a "spork" will do.

Source: Craven, Jennifer (2019, July 10). Watching 'Toy Story 4' reminded me that less is more when it comes to my kid's toys  
Retrieved from <https://www.mother.ly/life/watching-toy-story-4-reminded-me-that-less-is-more-when-it-comes-to-my-kids-toys>

### FIND A STORY



**Give your child a small bucket, basket or bag and ask them to wander around the house and/or yard and collect a few items. At first the items will be random however, they will likely become more organised as your child becomes familiar with the activity.**

Go through the collected items, ask your child to tell you what they have found. At first you are going to have to use 'your' imagination and guide and structure the story. Your child will take over once they become comfortable and familiar with the activity.

For example: Set the scene "It was a sunny morning and" ...select an item continue the story, ask your child what happened next...They will see the items they have selected as so much more than what they actually are. A Lego block is a mountain, a water trough, a trophy. Enjoy their incredible imagination.

*Our story: My daughter collected the items above. We began with a Giraffe who ate a lot of cheese (Lego block), she needed to lay down in her bed (Lego block). Our Giraffe went for a drive, and saw many things along the way until she met another giraffe who wore a yellow bow. The story is simple however, almost entirely created by a 3yr old.*



# HEALTH & SAFETY: Sleep, Move, Play

The Australian 24-Hour Movement Guidelines for the Early Years (Birth to 5 years) show there is an important relationship between how much sleep, sedentary behaviour and physical activity young children get in a 24-hour period.

Following these guidelines during a child's early years is associated with better growth; stronger muscles and bones; better learning and thinking; better mental, emotional and social well-being; better motor skills; healthier weight; as well as reduced injuries. As young children grow and develop, they need to work towards more time in active play, less time sitting and sufficient sleep each day to be healthy. No one day will be the same, use this information as a guide to shape a child's daily activities to best support their healthy growth and development.

### General Advice: Have fun! Move and play every day.

Don't be restricted by your environment – you can be safe and active in all seasons, in all weather, indoors, and outdoors. Remember play can involve other children, adults or the child alone. Encourage children to try a range of activities including obstacle courses (for walkers, crawlers or shufflers!), tips, hide and seek, dancing and skipping. Practice activities like catching, kicking or throwing, but remember, slower paced activities such as puzzles, painting, water play, singing or craft are just as important.

**What about sleep?** Sleep is essential for a healthy child: a well-rested child is an active child, and an active child is a well-rested child. Sleep can be assisted through developing healthy hygiene patterns in the early years, including consistent bedtimes and wake up times, as well as calming bedtime routines.

### Babies: (Infants) Under 1 year of age.

**Physical activity:** Being physically active several times a day in a variety of ways, particularly through supervised interactive floor-based play, including crawling; more is better. For those not yet mobile, this includes at least 30 minutes of tummy time, which includes reaching and grasping, pushing and pulling, spread throughout the day while awake;

**Sedentary behaviour:** Not being restrained for more than 1 hour at a time (e.g., in a stroller, car seat or high chair). Screen time is not recommended. When sedentary, engaging in pursuits such as reading, singing, puzzles and storytelling with a caregiver is encouraged; and

**Sleep:** 14 to 17 hours (for those aged 0–3 months) and 12 to 16 hours (for those aged 4–11 months) of good quality sleep, including naps.



### Toddlers: 1-2 years of age

**Physical activity:** At least 180 minutes spent in a variety of physical activities, including energetic play, spread throughout the day; more is better;

**Sedentary behaviour:** Not being restrained for more than 1 hour at a time (e.g., in a stroller, car seat or high chair) or sitting for extended periods. For those younger than 2 years, sedentary screen time is not recommended. For those aged 2 years, sedentary screen time should be no more than 1 hour; less is better. When sedentary, engaging in pursuits such as reading, singing, puzzles and storytelling with a caregiver is encouraged; and

**Sleep:** 11 to 14 hours of good quality sleep, including naps, with consistent sleep and wake-up times.

### Pre-schooler: 3-5 years of age

**Physical activity:** At least 180 minutes spent in a variety of physical activities, of which at least 60 minutes is energetic play, spread throughout the day; more is better;

**Sedentary behaviour:** Not being restrained for more than 1 hour at a time (e.g., in a stroller or car seat) or sitting for extended periods. Sedentary screen time should be no more than 1 hour; less is better. When sedentary, engaging in pursuits such as reading, singing, puzzles and storytelling with a caregiver is encouraged; and

**Sleep:** 10 to 13 hours of good quality sleep, which may include a nap, with consistent sleep and wake-up times.

If you're not sure where to begin, don't worry, you don't have to change everything within a day. Begin to add more movement, engaging quiet play and sleep over time.

Australian Government Department of Health (2019, June 10). Guidelines for Healthy Growth and Development for your child. Retrieved from <https://www.health.gov.au/health-topics/exercise-and-physical-activity>



## SAVE THOSE LIDS



Most of us don't think twice about binning our bottle caps, but Sean Teer had a better idea. Saving them from landfill, the innovator began creating a product that will change the lives of children everywhere.

Envision Hands is a not-for-profit community initiative that uses 3D printing to turn plastic waste into mechanical hands and arms for kids, with the products being sent around the world.

Milk bottle tops, soft drink tops and flat water-based tops are the best to utilise and recycle - and the community have helped to collect over one million bottle caps to date.

Save your bottle tops, wash them and drop them off, you can find your nearest drop off point by using the link below. <https://envision.org.au/bottle-top-drop-off-locations/>





## Cultural Diversity

*Cultural diversity surrounds us. Diverse cultures in early learning is a tremendous opportunity. We value and respect our families and staff's cultural background and enjoy participating in the wider community to share authentic cultural activities with children and families.*

### Ways we share cultural diversity

- **Sing and tell stories together.** We read stories from a wide range of authors with diverse characters and storylines. We ask families to share stories that are special to them, support Home Languages, retell oral stories, encourage children to participate in oral storytelling.
- **Invite families to share** Cultural celebrations happen throughout the year. These are opportunities for communicating and interacting across cultures. We encourage families to share important cultural holidays or celebrations in authentic ways. We organise inclusive activities that children share in together.
- **Use a range of media** to share, learn and challenge stereotypes and discrimination.

### IF THE WORLD WERE 100 PEOPLE

50 would be female  
50 would be male

26 would be children. There would be 75 adults, 8 of whom would be 65 and older.

There would be:  
60 Asians  
15 Africans  
14 people from the Americas  
11 Europeans

12 would speak Chinese, 5 Spanish, 5 English, 3 Arabic, 3 Hindi, 3 Bengali, 3 Portuguese, 2 Russian, 2 Japanese, 62 would speak other languages.

83 would be able to read and write. 17 would not.

Source: <https://www.geteduca.com/blog/sharing-diverse-cultures-early-learning/>

**National Quality Framework** | Quality Area 6:  
*Collaborative partnerships with families and communities*

## Three Ways of Beating the Winter Chills

As we approach the heart of winter, and it seems like keeping warm is becoming increasingly harder, especially as the cold night air sets in, we thought we would share with you three ways to beat the winter blues. . .

- 1) **Exercise - Walking** is a great way to circulate heat in your body, once the body starts moving and the blood starts flowing you will soon stop thinking about how cold you are. Not only is it a way to keep warm, but it will also help to clear your mind.
- 2) **Prevent Illness** – Minimise colds and flus, by getting the flu shot at the beginning of the month in addition to taking some good multivitamins will help to keep the coughs and sniffles away. Model good hygienic practices in front of children and encourage them to do the same to minimise the winter germs spreading.
- 3) **Eat Well - Break away** from your traditional winter food like stews and soup, why not try a new type of cuisine. For instance, visiting your nearest Indian restaurant and trying their hottest dish on the menu. Not only will you break out a nice sweat, but you will also get rid of that flu brewing inside of you that won't seem to leave you.

Exercise, Prevent Illness and Eat Well, are just a few of many ways that will help to beat the winter chills. Whatever you decide to do, make sure you take advantage of the season, gather around camp fires, toast marshmallow, and catch up with family and friends.



## KEEPY UPPY

Short simple activities to get some active minutes in the day.

You have seen it on Bluey, and you have probably played your own version of balloon ball before but, did you know actively trying to keep a balloon off the floor counts for some serious active minutes. Simply blow up a balloon and keep it from touching the floor, get as tricky as you like.

