

WINNING DOESN'T ALWAYS MEAN BEING FIRST.  
WINNING MEANS YOU'RE DOING BETTER THAN YOU'VE  
DONE BEFORE – BONNIE BLAIR

NOVEMBER  
2019

# ON *this* MONTH

AT WATERFORD WEST EDUCATION  
AND CARE CENTRE

Kindergarten Information Night ----- 7

## AROUND THE COUNTRY

Melbourne Cup----- 5  
Outdoor Classroom Day ----- 7  
Australian Food Safety Week ----- 9 – 16  
Orangutan Caring Week ----- 10 - 16  
National Recycling Week ----- 11 - 17  
Remembrance Day ----- 11  
World Kindness Day ----- 13  
Universal Children's Day ----- 20

## Letter from the Director

Welcome to the November edition of our centre newsletter for 2019. We have some exciting events happening this month, focusing on developing children's self-identity and connecting with the environment, including National Recycling Week and Universal Children's Day. Please don't forget to "LIKE" us on Facebook to receive daily reminders about upcoming centre events this month.

This month, will also see us send home lots of notices about end of year celebrations; including Kindergarten Information Evening, this Thursday, 7<sup>th</sup> November from 5-6pm, Pre-Prep Graduation on 3<sup>rd</sup> December 2019 and Children's Christmas Concert on 13<sup>th</sup> December 2019. Please ensure you return your permission slips ASAP so that we can start to make catering arrangements for the event. We have also issued our Re-Enrolments form this month, please complete and return ASAP, as this will help us to plan staff over the Christmas and New Year school holidays period, as well as provides the opportunity for parents and carers to change their child/ren scheduled days for next year. Please be advised that all children not returning in 2020 will be required to give two weeks written notice to end care, as per our enrolment agreement, signed in the enrolment form when you first started at our centre.

Reminder: Please ensure that you are signing your child/ren in and out of the service daily, failure to sign you child/ren in and out of the centre may result in your child care subsidy not being paid, if this is the case your weekly / fortnightly payments will increase.



# Room News

## Early Learners Room

Last month, the Early Learners children left their room and went on a journey under the sea. After learning about farm animals and zoo animals, children were excited this month, to learn more about animals that live in the ocean. Children's learnings and understandings were furthered through activities designed to be more hands on and sensory, including making hand print fish, painting with fishing nets, exploring shaving cream with hidden shells inside. They all engaged in a group project collaging a big cardboard cut out of a whale and had fun exploring water and sand.

Last month, also saw us introduce water play in our water park into our weekly routine. The children have enjoyed running through the mists of water that sprays onto their body and sliding down the big slippery slide.

This month, will see us focus on our Christmas celebrations. Reminder to all parents, please let Miss Teagan know ASAP if you are not wanting your child to participate in Christmas celebrations so we can make the necessary adjustments to be inclusive in the room throughout the month.

## Junior Early Years Room

The Very Hungry Caterpillar was the theme for October. Children chose this story at Group time and became engaged in many activities that strengthened their developmental skills in emerging mathematical concepts and language. Children helped make a book so they could recall what happens to the Caterpillar. We also made a story tin, where the children could retell the story by placing the pictures in sequence into the tin.

Last month, also saw our Junior Early Years children engage in cooking experiences, using non-bake recipes. The experiences helped to extend children's social skills by turn taking, mathematical concepts introducing measurement, sensory skills through smell, taste, touch and sight, as well as teaching healthy choices. Halloween was a big event last month, with children excited to dress up and have FUN! We made pumpkins and monsters with the playdough, scary spiders and spooky ghosts with our hand and foot prints, and we ended the day with a lolly hunt.

Next month we will continue to practise our songs for the upcoming Christmas concert, talk about Healthy foods and importance of drinking lots of water as the weather heats up and we engage in more physical "waterplay" activities outdoors.

## Early Learners Room



## Junior Early Years Room



# Room News

## Early Years Room

October has been busy month in the Early Years room and it flew by very fast! Last month, we focused on Healthy Bodies & Healthy Minds. The children also learnt more about eating healthy, what foods are healthy and unhealthy. We did some drawings, collages and also paintings all designed to reflect on our new learnings and understandings about healthy eating. The children developed their communication skills as well as self-confidence as they shared their thoughts on what is healthy and unhealthy. We also exercised our bodies, through activities such as yoga, Zumba and completing obstacle courses which was great fun!

Next month, we will be focusing on Christmas and as such learning our room songs for the upcoming Christmas concert, decorating our classroom and doing Christmas activities. We are all very much looking forward to an exciting month that is full of lots of fun!

## Pre-Prep Room

Can you believe that we are almost half way through the last term? It feels like that Term one was only yesterday but now our Pre-Prep children are preparing to finish up at Kindy and move onto Big School!

This month, we have been doing some Halloween-inspired cooking activities and having contact with a variety of food. Getting involved in cooking helps Pre-Prep children learn and practice some basic math concepts and build language skills. It also provides practical experience with many essential skills such as following directions, measuring, and using their fine motor skills and eye hand coordination. We have also noticed that it has been a good way to promote healthy eating and get children to try different types of food when they have hands-on experiences with the ingredients.

In order to prepare the children for big school, we have been making changes to our daily routine such as packing a lunch box and eating from it on some days, cutting down rest time, and having no rest time on Fridays. We continue to have group discussions about school to develop children's understanding and provide real expectations about new routines.

The clock is ticking and our graduation night is not far away. Therefore, our Pre-Prep children will spend more time practicing their graduation play and graduation song. If you have not already, please return your child's permission slip to attend graduation ASAP. This month will also see us finish learning the last few letters of the alphabets and start our Christmas planning for December.

## Early Years Room



## Pre-Prep Room





**AUSTRALIAN FOOD SAFETY WEEK – NOVEMBER 9 - 16**

The theme for Australian Food Safety Week 2019, will be 'Excellent Eggs – Handle them safely'. Eggs are a simple, cost effective and

nutritious part of our diet. Protect you and your family by following a few simple guidelines such as: Don't buy or use eggs that are cracked or visibly dirty. **Go to [foodsafety.asn.au](http://foodsafety.asn.au) to find out more.**

**NATIONAL RECYCLING WEEK – NOVEMBER 11-17**

In November 1996, Planet Ark founded National Recycling Week to bring a national focus to the environmental benefits of recycling. Now in its 24th year, this established and highly regarded annual campaign continues to educate and stimulate behaviour change. **Find out more at [recyclingnearyou.com.au](http://recyclingnearyou.com.au).**

**ONE BOWL BLUEBERRY LEMON POPPY SEED MUFFINS**



PREP 15 min | COOK 15 min | MAKES 12

**INGREDIENTS**

- |   |   |
|---|---|
| 2 eggs                                  | 1 cup (100 grams) fresh or frozen blueberries, PLUS extra to decorate |
| 3/4 cup (180 ml) light olive oil        | zest and juice of 2 lemons  |
| 1 cup (250 ml) sour cream               | 1/3 cup (40 grams) poppy seeds, PLUS extra to decorate                |
| 1/2 cup (85 grams) brown sugar          | Lemon drizzle (optional):   |
| 1 teaspoon vanilla bean paste           | 1 cup (130 grams) icing (confectioners' sugar)                        |
| 1 cup (125 grams) buckwheat flour       | juice of half a lemon   |
| 1 cup (150 grams) plain wholemeal flour |   |
| 2 teaspoons baking powder               |   |
| pinch of salt                           |   |

**METHOD:**

- Preheat oven to 180 C, line a 12-hole muffin tin with papers.
  - Place the eggs, oil, sour cream, sugar and vanilla into a large bowl and whisk to combine. Add the buckwheat flour, plain flour, baking powder and salt and using a wooden spoon gently stir to combine. Do not over mix.
  - Gently fold through the blueberries, lemon zest and juice and poppy seeds.
  - Evenly divide the mixture between the prepared tin. Top each muffin with extra blueberries.
  - Bake for 10-12 minutes or until a skewer inserted removes cleanly. Allow the muffins to cool for 5-10 minutes before placing on a wire rack to cool completely.
- To make the lemon drizzle,** place the icing sugar and lemon juice into a small bowl and stir to combine. Drizzle over the cooled muffins and top with extra poppy seeds to decorate. Serve immediately.

Recipe and Image from 'mylovelylittlelunchbox.com'

**App reviews**

We are in the pointy crazy part of the year. Use these apps to relax and take control of your time.



**SANTA'S BAG**

**CREATE & SHARE CHRISTMAS LIST**

*Revolutionise your Christmas shopping experience!*

Santa's Bag is a fun and easy-to-use app to help you manage your Christmas gift recipients, planning, shopping, and budgets. Each detail of the app is carefully designed to make sure you don't forget anyone or anything. Christmas shopping has never been easier or more fun!

**HEADSPACE: MEDITATION & SLEEP**

**MINDFULNESS & STRESS RELIEF**

*Headspace is a cutely designed guided meditation app and so much more.* With targeted meditations led by a former monk on sleep, happiness, productivity, mindful use of technology, and dozens of other topics, Headspace can help bring balance and peace across all aspects of daily life. A consistent mindfulness practice with Headspace can help you develop better focus, decrease your stress, and become less reactive to your anxiety triggers. Use the app to track your time in mindfulness training and invite friends to join in with you.

**REMEMBER THE MILK**

**SMART TO-DO APP**

*Remember the Milk is the smart to-do app for busy people. You'll never forget the milk (or anything else) again.*

- Get to-dos out of your head, and let the app remember for you
- Get reminded via email, text, IM, Twitter, and mobile notifications
  - Share your lists and give tasks to others to get things done faster
  - Stay magically in sync on all of your devices
- "Remember the Milk is a veritable Swiss Army knife of to-do list management." - Lifehacker*



## FOCUS: Kids Who Do Chores Are More Successful Adults



Want your kids to grow up to be successful? Make them do chores. When they balk (and trust me: they will probably balk), you can tell them that scientific research supports you.

It sounds great, and it's true--but there is a catch. (We'll get to that in a minute.) For now, the science. In the Harvard Grant Study, the longest running longitudinal study in history, (spanning 75 years and counting--from 1938 to the present), researchers identified two things that people need in order to be happy and successful: The first? *Love*. The second? *Work ethic*. And what's the best way to develop work ethic in young people? Based on the experiences of the 724 high-achievers who were part of the study (including people like future-President Kennedy and Ben Bradlee, the Watergate-era editor of *The Washington Post*) there's a consensus.

### A "pitch-in" mindset

"[The study] found that professional success in life, which is what we want for our kids ... comes from having done chores as a kid," says Julie Lythcott-Haims, in her 2015 TED talk. (Lythcott-Haims is the author of *How to Raise an Adult*, and the former dean of freshman at Stanford University. You can read more about her advice in my free-ebook, *How to Raise Successful Kids*.)

"The earlier you started, the better," Lythcott-Haims continued. (You can see her whole TED talk [here](#).) "[A] roll-up-your-sleeves- and-pitch-in mindset, a mindset that says, there's some unpleasant work, someone's got to do it, it might as well be me ... that that's what gets you ahead in the workplace."

## ALL SORTS OF SHAPES

**Between the ages of two and four years, children typically begin to learn the names of simple 2D shapes incidentally; generally learning about circles, squares and triangles to begin with. We see them in picture books, on TV shows and in everyday life (does anyone else's toddler insist on their sandwiches being cut into a certain shape?)**

Build on your child's knowledge by making shapes using items you can find around the house. You could use spoons, paddle pop sticks, paint brushes, pipe cleaners, play dough, strips of paper...

### The catch

Okay, here's the drawback. It's that having your kids do chores doesn't necessarily wind up being less work for you as a parent. My colleague Valerie Williams at *Scary Mommy* recently put it succinctly and memorably:

*"That's cool, research lady. It really does make sense. But do you have any idea how much [stuff] we already have to beg our kids to do any given day?"*

*I called today a victory because both of my kids brushed their teeth the first time I asked and haven't killed each other yet on this, the fifth day of their week off from school. If I asked them to do chores, they'd listen, but they'd whine. And they'd do a shoddy job. Ain't no mamma got time for that noise. ... Have you seen the results when a child sweeps the floor?"*

Yes, it's tougher than it seems at first glance. But--and here's an analogy I'll probably never get to make again--it reminds me of my days writing about military counterinsurgency and the U.S. occupation of Iraq.

Sometimes, even if you could do a job perfectly, you have to let someone else do it *just-barely-passably*, if you want the other person to learn from the experience. It's the same principle whether we're talking about U.S. soldiers training the Iraqi Army, or parents letting their kids empty the dishwasher.

Because, as Lythcott-Haims told *Tech Insider*: "By making them do chores -- taking out the garbage, doing their own laundry -- they realise I have to do the work of life in order to be part of life. It's not just about me and what I need in this moment."

Source: INC, Murphy, Bill (2019, October 17). Kids who do chores are more successful adults. Retrieved from [https://www.inc.com/bill-murphy-jr/kids-who-do-chores-are-more-successful-adults-according-to-science.html?fbclid=IwAR0eOvnNKaiWInUivCZgaPBsGtMDwgoFsNI5o6Cp1\\_3E1rHOLobmh-vwimg](https://www.inc.com/bill-murphy-jr/kids-who-do-chores-are-more-successful-adults-according-to-science.html?fbclid=IwAR0eOvnNKaiWInUivCZgaPBsGtMDwgoFsNI5o6Cp1_3E1rHOLobmh-vwimg)



You can support your child in different ways depending on their shape knowledge.

For example: If they are new to shapes you can make them first yourself, or draw them on a sheet of paper for them to trace with objects. If your child's understanding is sound you could teach them new shapes.



# HEALTH & SAFETY: Wear Sunscreen

**Australia has one of the highest rates of skin cancer in the world. Two in three Australians will be diagnosed with a skin cancer by the age of 70. Sunscreen use is one of five important ways of reducing the risk of skin cancer.**

Many people apply sunscreen every day, often over large areas of their body. Cancer Council recommends using sunscreen every day on days when the **UV Index is forecast to be 3 or above**. Sunscreen should be incorporated into your daily morning routine on these days.

**When UV levels are below 3** sun protection is not recommended, unless you work outdoors, are near reflective surfaces (like snow), or outside for extended periods.

Sunscreen needs to be applied 20 minutes before going outdoors. When applying sunscreen, you need at least one teaspoon per limb, one for the front of the body, one for the back and one for the head. A full body application for an adult should be at least 35mL or seven teaspoons.

Sunscreen should be reapplied every two hours if you are spending time outdoors and after swimming, sweating or towel drying.

Cancer Council does not recommend the use of sunscreen on babies under six months. The main forms of sun protection for babies should always be protective clothing, hats and shade.

Sunscreen should not be used as the only line of defence against UV. When the UV Index is 3 or above, be sure to protect yourself in five ways by slipping on sun protective clothing, slapping on SPF30 or higher water-resistant sunscreen, slapping on a broad brim hat, seeking shade when possible and sliding on sunglasses.

**Always remember to: SLIP, SLOP, SLAP, SEEK, SLIDE.**



## UV index

The UV Index is a tool you can use to protect yourself from UV radiation. It tells you the time during the day that you need to be SunSmart.

### How can I find out the UV index each day?

The Index is reported in the weather page of all Australian daily newspapers, on the Bureau of Meteorology website, and on some radio and mobile weather forecasts.

For smartphone users, the **free SunSmart app** is a great way to check the UV Index when you are out and about. iPhone users can download it at the iTunes App Store and Android users at the Google Play store.

Cancer.org.au (2019, October 20). Sunscreen. Retrieved from <https://www.cancer.org.au/preventing-cancer/sun-protection/about-sunscreen.html>



## DO YOU RECYCLE RIGHT?

When you recycle, you help save important natural resources like minerals, trees, water and oil. You also save energy, conserve landfill space, decrease greenhouse gas emissions and reduce pollution. Recycling closes the resources loop, ensuring valuable and reusable resources do not go to waste.

Do you know what can and cannot be recycled? These items are often put in recycling bins but they don't belong there. If in doubt leave it out. Putting the wrong thing in the wrong bin can ruin your recycling efforts.

### Don't put these in your recycling bin:

**Plastic Bags:** Plastic bags and other soft plastics should be kept out of the kerbside recycling bin. These items such as bread bags and confectionary bags can be recycled in a REDcycle bin, which are located at participating supermarkets.

**Crockery and glassware:** While broken glasses, plates and ovenware may seem recyclable, they're not. Glassware melts at a different temperature to glass bottles and jars and will contaminate a load.

**Polystyrene:** Cannot be recycled. Sorting facilities aren't equipped to deal with this material. It can contaminate the paper recycling stream. Small polystyrene beads and pellets are too small to process and again contaminate other recycling streams.

**E-Waste:** Batteries, mobile phones and printer cartridges not only contaminate recycling streams, but can actually be a health hazard at sorting facilities. These items can be recycled at special drop off points.

**Nappies:** A surprising number [of nappies] get put into recycling bins. They cannot be processed and are a hazardous material. Anything that is made of composite materials cannot be processed, like Pringle tubes. The technology used cannot break the item down into its component materials.

SBS.com (2019, October 20). Five things that shouldn't be recycled. Retrieved from [www.sbs.com.au/news/five-things-you-shouldn-t-be-recycling](http://www.sbs.com.au/news/five-things-you-shouldn-t-be-recycling)





## 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](http://www.earlychildhoodnews.com/earlychildhood/article_view.aspx?ArticleID=62)

## Transition to School

With the end of the year coming closer, and our Pre-Prep children getting ready to start their primary school journey next year, here are some simple steps to help you prepare with your child for their transition to school

- Visit the school and if possible meet your child's teacher.
- Show your child around the school before starting
- Explain the basic school rules and why rules are important.
- Talk positively and confidently about starting and attending school
- Speak with your child about the change in their daily routine
- Tell your child about support systems that the school offers
- Read books together about starting school.
- Establish good attendance patterns for your child



## 5 Minute MOVES

### Dance time

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

Dancing makes you feel good, it's fun and a great way to get active. Find some free space somewhere inside or head outside and enjoy the fresh air. Pick a song and turn it up.

You can free dance or take turns with your child making up a dance routine. Add moves together and then put on a show for someone else in the house.