

CHILDHOOD IS A STATE OF MIND WHICH ENDS THE MOMENT A  
PUDDLE IS FIRST VIEWED AS AN OBSTACLE INSTEAD OF AN  
OPPORTUNITY. – KATHY WILLIAMS



OCTOBER  
2019

# ON *this* MONTH

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## Letter from the Director

Welcome to the October edition of our centre newsletter for 2019. We have some exciting events happening this month, focusing on developing children’s self-identity and connections with the community, including National Homeless Day, Loud Shirt Day, Day for Daniel and Grandparents Day.

In preparation for upcoming events, we have set up collection boxes in our foyer for “Homeless Day” and “Woolworths Seedlings” donations. Don’t forget to “LIKE” us on Facebook to receive daily reminders about upcoming centre events.

Just a reminder that we have noticed recently that a significant number of parents are failing to sign in and out of the centre daily, and that there are increasingly more families going over their allocated hours per fortnight due to late collections of children from the centre.

We would like to take this opportunity to remind parents that it is part of your enrolment agreement that you will sign your child/ren in and out of the centre on their scheduled days, via the tablet located in the foyer, in accordance with the time that you drop them off in the mornings and collect them in the afternoons.

Please be advised that failure to sign you child 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 we had many different events that the children participated in. Starting off September with 'Child Protection Week', the Early Learners children made a feelings stamp painting after talking about what different emotions look like and expressing them on their faces. The Early Learners children then made a 'Child Protection Banner' using all their hand prints along with names of people who keep us safe. We had a special visit from our local fire fighters who showed the different equipment that they use on a daily basis to help keep our community safe.

Pirate Day saw everyone come dressed in their best pirate outfit. The Early Learners children went on a treasure with their Junior Early Year friends, singing "We're going on a treasure hunt" while they explored different areas for rewards. The children had fun playing in water as they sailed ships around and talking about animals that live in the ocean. Next month will see us extend children's interests in the ocean with an 'Under the sea' theme for the month of October.

## Junior Early Years Room

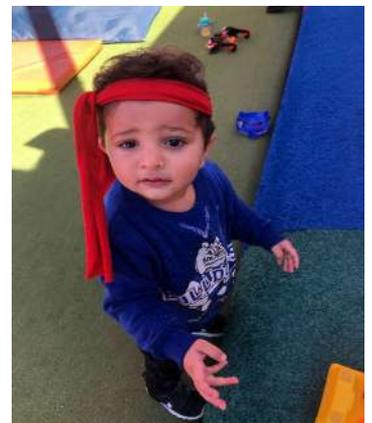
During the month of September children participated in different events including Child Protection Week, Dental Week, a visit from the fire department, Pirate Day and Crazy Hair Day.

During Child Protection Week children engaged in activities that taught them about safe and unsafe strangers. Safe Strangers are those who work in our community that help to protect us including fire fighters, police officers, ambulance officers and doctors. It was great to follow this learning up with a visit from our local fire department. The children were all very excited to meet "safe Strangers" making this month's child protection learnings more meaningful.

Last month, also saw the children engage dressing up and following instructions on the treasure map for "Pirate Day". Children explored their way through many dangerous obstacles that were shown on the map, to find where "X" marked the spot and then used their gross motor skills to dig down to find a treasure chest full of gold coins jewels and gems.

This month, we welcome our new friends Samuel and Oliver to our room, and use sensory play to develop new friendships and social skills such as turn taking

## Early Learners Room



## Junior Early Years Room



## Early Years Room

Last month in the Early Years room, we used Child Protection Week to frame our learning discussions about how to keep ourselves safe, which also ties in nicely with this month's "Day for Daniel Celebrations"

We have been focusing a lot on body parts (private parts) reflecting back and extending this topic from our Ditto visit from the month of August. A visit from our local Fire Department helped to ignite conversations about safe and unsafe people and who to contact or approach when in danger or needing any type of help.

Last month, has provided an opportunity to extend discussions about children's feelings, which in turn will see us this month focusing on learning more about our emotions, what they look like, how they make us feel, and building our self- identity and communication skills through sharing ideas and opinions.

## Pre-Prep Room

Last month, we were busy learning about animals, where they live and fun facts about them. Pre-Prep children really enjoyed this and used their imaginations through dramatic play to recreate what they had learned.

September was also a very busy month on our events calendar, seeing us celebrate events such as "Talk like a Pirate" day, promoting awareness on children's cancer; as well "Child Protection" week, where we encouraged children to recognise signs of unsecure feelings. We also had a very fun day supporting "Cystic Fibrosis" by sporting many different 'crazy hair" styles.

Currently, the children are experimenting with different objects in room to compare, measure or estimate different qualities, we cannot wait to explore this topic more this month, and see where it is going to take us.

Remember summer is approaching fast and safety comes first, please remember to pack in your children's bags sun safety clothes with their names on them as well as labelled drink bottles.

As we enter into the last term of the year, and prepare to say goodbye to our pre prep children, to ensure the smoothest transition to "big school" we will reducing sleeping/rest time by providing quiet activities for the next month.

## Early Years Room



## Pre-Prep Room





### DAY FOR DANIEL – OCTOBER 25

Day for Daniel is a National Day of Action hosted by the Daniel Morcombe Foundation (DMF) to raise awareness of child safety, protection and harm prevention.

Held on the last Friday of October each year, it is about educating children and adults about keeping kids safe through child safety and protection initiatives. 'Wear Red and Educate' is the theme for the day. Find out more and get involved at [www.danielmorcombefoundation.com.au](http://www.danielmorcombefoundation.com.au)

### WORLD TEACHERS' DAY – OCTOBER 5

World Teachers' Day is an opportunity to acknowledge our teachers and say thanks for the significant contributions they make in our classrooms and communities. Find out more at <https://en.unesco.org/commemorations/worldteachersday>

## RASPBERRY & LEMON YOGHURT LOAF



PREP 10 min | COOK 25 -30 min | FEEDS 8

#### INGREDIENTS

- 2 cups plain flour
- ½ cup brown sugar
- 2 teaspoons baking powder
- ¾ cup (180ml) vegetable oil
- 2 eggs
- 1 cup thick natural yoghurt
- 1 teaspoon vanilla essence
- 1 ½ cups of raspberries (fresh or frozen)
- 1 tablespoon finely grated lemon rind

#### METHOD:

Preheat oven to 180°C (350°F). In a large mixing bowl sift flour, sugar and baking powder and make a well in the centre.

Place the oil, eggs, yoghurt and vanilla in a jug and whisk to combine. Pour wet ingredients into dry and mix to combine.

Add raspberries and lemon zest and gently fold to combine.

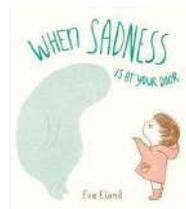
Pour the mixture into a loaf tin lined with baking paper and bake for 25-30 minutes or until cooked when tested with a skewer.

Enjoy! x

Recipe and Image from 'mylovelylittlelunchbox.com'

## Book reviews

Books to support the development of emotional literacy.



### WHEN SADNESS IS AT YOUR DOOR

EVA ELAND

*Sadness can be scary and confusing at any age! When we feel sad, especially for long periods of time, it can seem as if the sadness is a part of who we are—an overwhelming, invisible, and scary sensation.* In *When Sadness Is at Your Door*, Eva Eland brilliantly approaches this feeling as if it is a visitor. She gives it a shape and a face, and encourages the reader to give it a name, all of which helps to demystify it and distinguish it from ourselves.

### YOU CAN NEVER RUN OUT OF LOVE

HELEN DOCHERTY

*A heart-warming and funny tale about the different kinds of love, and how no matter how much love you give you can never run out.* You can't measure love in a bucket or cup. You don't have to worry you'll use it all up.

Because love's not a game where you have to keep score.

Whenever you give some, you'll always have more.

When you've run out of everything else you'll still find . . .

You can never run out of love.

### BIG BOYS CRY

JONTY HOWLEY

*Let boys cry! This picture book imagines a world in which boys are encouraged to express their full range of emotions.*

Jonty Howley's gorgeous debut paints the world we wish existed for our boys, and offers a path there! This story is the truest interpretation of the notion that we should "let boys be boys": let them express the full range of their emotions, vulnerable parts and all!



## FOCUS: Play-based Learning can set your child up for success...



Preschools and schools offer various approaches to early education, all promoting the benefits of their particular programs. One approach gaining momentum in the early years of primary school curriculum is play-based learning. Research shows play-based learning enhances children's academic and developmental learning outcomes. It can also set your child up for success in the 21st century by teaching them relevant skills.

**What is play-based learning?** Children are naturally motivated to play. A play-based program builds on this motivation, using play as a context for learning. In this context, children can explore, experiment, discover and solve problems in imaginative and playful ways. A play-based approach involves both child-initiated and teacher-supported learning. The teacher encourages children's learning and inquiry through interactions that aim to stretch their thinking to higher levels. For example, while children are playing with blocks, a teacher can pose questions that encourage problem solving, prediction and hypothesising. The teacher can also bring the child's awareness towards mathematics, science and literacy concepts, allowing them to engage with such concepts through hands-on learning. While further evidence is needed on cause and effect relationships between play and learning, research findings generally support the value of good quality play-based early years programs.

### How does it compare to direct instruction?

Play-based learning has traditionally been the educational approach implemented by teachers in Australian preschool programs. It underpins state and national government early learning frameworks.

Research has shown the long-term benefits of high-quality play-based kindergarten programs, where children are exposed to learning and problem solving through self-initiated activities and teacher guidance.

In contrast to play-based learning are teacher-centred approaches focused on instructing young children in basic academic skills. Although this more structured teaching and learning style is the traditional approach to primary school programs, research is emerging that play-based learning is more effective in primary school programs. In these recent studies, children's learning outcomes are shown to be higher in a play-based program compared to children's learning outcomes in direct-instruction approaches.

Research has also identified young children in direct-instruction programs can experience negative effects. These include stress, decreased motivation for learning, and behaviour problems. This is particularly so for children who are not yet ready for more formal academic instruction.

### What can be gained through play-based programs?

Teacher-led learning and direct instruction methods have their place in educational contexts. But the evidence also points to the benefits of quality play-based programs for our youngest learners. In play-based programs, time spent in play is seen as important for learning, not as a reward for good behaviour. In such classrooms, children have greater, more active input into what and how they learn.

Research shows play-based programs for young children can provide a strong basis for later success at school. They support the development of socially competent learners, able to face challenges and create solutions.

Read the article as a whole at the link below. Source: Martinko, Katherine (2019, April 8). Play-based learning can set your child up for success at *Retrieved from* <https://theconversation.com/play-based-learning-can-set-your-child-up-for-success-at-school-and-beyond-91393>

## LET'S MAKE A SHOPPING LIST

**We all have to shop for food and making a shopping list is a fantastic literacy activity for pre-schoolers.**

Give your child their own notepad and pen and have them make a shopping list. The spelling doesn't have to be correct- the words don't even have to make sense. That's ok.

This is the beginning of writing and understanding the purpose of writing. Have your child bring their list with them, get their own little trolley or basket and shop with you.



Source: Bilingual Kidspot (2019, October 10). 20 Literacy Activities for Preschoolers *Retrieved from* <https://bilingualkidspot.com/2019/05/20/literacy-activities-for-preschoolers-kindergarten-toddler/>



## HEALTH & SAFETY: Eat a rainbow

Fruit and vegetables fall into five different colour categories: red, purple/blue, orange, green and white/brown. Each colour carries its own set of unique disease fighting chemicals called phytochemicals. It is these phytochemicals that give fruits and vegetables their vibrant colour and of course some of their healthy properties.

### What's in a colour?

**Red** - Red fruits and vegetables are coloured by a natural plant pigment called lycopene. Lycopene is a powerful antioxidant that can help reduce the risk of cancer and keep our heart healthy.

**PURPLE /BLUE** - The plant pigment anthocyanin is what gives blue/purple fruits and vegetables their distinctive colour. Anthocyanin also has antioxidant properties that protect cells from damage and can help reduce the risk of cancer, stroke and heart disease.

**ORANGE/YELLOW** - Carotenoids give this group their vibrant colour. A well-known carotenoid called Betacarotene is found in sweet potatoes, pumpkins and carrots. It is converted to vitamin A, which helps maintain healthy mucous membranes and healthy eyes. Another carotenoid called lutein is stored in the eye and has been found to prevent cataracts and age-related macular degeneration, which can lead to blindness.

**GREEN** - Green vegetables contain a range of phytochemicals including carotenoids, indoles and saponins, all of which have anti-cancer properties. Leafy greens such as spinach and broccoli are also excellent sources of folate.

**BROWN/WHITE** - White fruits and vegetables contain a range of health-promoting phytochemicals such as allicin (found in garlic) which is known for its antiviral and antibacterial properties. Some members of the white group, such as bananas and potatoes, are also a good source of potassium.

**Offering a wide range of colours in children's food not only looks great but also ensures that children are receiving a great variety of nutrients. Here are some healthy ways you can interest children into the marvellous, colourful world of fruit and vegetables:**



### Create your own Fruit and Veg Rainbow

A great way to keep track of the colours children eat each day is to create a fruit and veg rainbow poster. Every time the children eat a colourful fruit and vegetable they can place a corresponding coloured sticker on the rainbow or get them to colour in a small section on the rainbow. This is also a great activity that parents can do with their children at home.

### Create a Rainbow on Your Plate

Make a tropical rainbow fruit salad with fruits of each colour: oranges, strawberries, mango, rockmelon, kiwifruit, bananas, and blueberries. Stir fry your own mix of vegetables using each colour: red onions, carrots, baby corn, broccoli and mushrooms.

### Read a book – I can eat a rainbow by Annabel Karmel

I can eat a rainbow teaches kids how to eat healthily by enjoying a 'rainbow' of food, from purple plums to red apples to greens like spinach and celery. Each two-page spread focuses on food of a different colour.

Go to the link below for more information and a Fruit & Vegetable colour chart.

Nutrition Australia (2019, October 20). Eat a rainbow. Retrieved from <http://www.nutritionaustralia.org/national/resource/eat-rainbow#attachments>



## THE GREAT AUSSIE BIRD COUNT

Given that it is impractical to monitor all groups of organisms on a wide scale, birds provide valuable indicators of the state of the environment. They are usually high in food chains and so particularly susceptible to environmental changes. You can help monitor bird populations by taking a part in the #AussieBirdCount.

No matter where your backyard happens to be — a suburban backyard, a local park, a patch of forest, down by the beach, or the main street of town you can participate. By taking part in the Aussie Backyard Bird Count, you will be helping BirdLife Australia find out about the common species and populations that live where people live. [www.aussiebirdcount.org.au](http://www.aussiebirdcount.org.au)



Get counting from October the 21<sup>st</sup> to the 27<sup>th</sup>. You can either use the online form or Download the app to take part.





## Adventurous Play / Risky play

*Risky play is thrilling and exciting play where children test their boundaries and flirt with uncertainty. Risky play provides opportunities for challenge, testing limits, exploring boundaries, and learning about injury risk.*

### **Risky play is important because:**

- It provides children with the opportunity to assess risk and manage sticky situations
- It gives kids a sense of accomplishment and fun.
- Swinging, climbing, rolling, hanging and sliding are not only fun for children but are also essential for their motor skills, balance, coordination, and body awareness.
- Developing less fear.

What are the benefits of risky play?

Children need and should take risks in order to explore limits, have new experiences, and develop their capacities. A strong motivation to respond to challenges involving a risk of injury helps them learn how to walk, climb stairs, and ride bicycles. As they grow and develop they will have to make choices about what is safe to attempt and what is not.

**Develops self-confidence and well-being.** It becomes a source of pleasure for the child as they foster new learning experiences. Importantly, it aids them to when interacting with children of different age ranges.

**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.*



**Day for Daniel** is about educating children and adults about keeping kids safe through child safety and protection initiatives. It aims to help empower our children to **Recognise, React and Report** if they feel something is not right.

Daniel Morcombe was a 13 year old boy, living with his parents and brothers on the Sunshine Coast in Queensland. While on his way to buy Christmas presents for his family at a local shopping centre, he went missing.

He was last seen wearing a **red t-shirt**, waiting for a bus on Sunday, 7th December 2003, after years of searching and an incredible undercover police investigation Daniel was finally found in 2011 and his deceased body laid to rest.

Daniel's parents, Bruce and Denise started the Daniel Morcombe Foundation to give back to the community who had supported them from the day that Daniel went missing. Today, the **Daniel Morcombe Foundation** is one of the **most well-known not for profit child safety organisations in Australia**. Daniel's story changed child safety in Australia and the determination and dedication of his parents has inspired the entire nation.

The **red t-shirt** Daniel was wearing the day he went missing has become **a symbol of child safety awareness**. Every year, thousands of people dress up in red for an annual National Day of Action for Child Safety, held on **the last Friday in October**: Day for Daniel.



## I'll time you

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

Say to a child "I'll time you" and it evokes a crazy competitive drive to beat that time over and over and over again! Why not join in?

It could be a run around the house. 10 jumps or skipping to a location. It doesn't matter. Choose a movement activity and time one another completing the activity. See if you can beat one another! Of course, the real time doesn't matter, have fun with it.