

DON'T LET WHAT YOU CAN'T DO, STOP YOU FROM DOING WHAT YOU CAN DO. - JOHN WOODEN



ON *this* MONTH

WATERFORD WEST EDUCATION AND CARE CENTRE

Dental Visit -----	4
Bravehearts Incursion -----	10
Crazy Hair Day -----	26
Prep Transition Days -----	9, 16, 23

AROUND THE COUNTRY

Father's Day -----	1
Wattle Day -----	1
National Child Protection Week -----	1-7
Sea Week -----	2-8
National Flag Day -----	3
Early Childhood Educators Day -----	4
Indigenous Literacy Day -----	4
Sustainable House Day -----	15
Talk Like a Pirate Day -----	19
World Rivers Day -----	22
World Maritime Day -----	26
Save the Koala Day -----	28

Letter from the Director

Welcome to the September edition of our centre newsletter for 2019.

I have included a fantastic article in this month's edition, "Child Subsidy Balancing is Underway". Now that we are well into the new financial year, this article provides families with an understanding about how CCS entitlements are balanced at the end of the year to ensure that you have received the correct amount of subsidy towards helping pay your childcare fees. If you would like further information about how this works, please feel free to pop into the office and see me.

Please be sure to write our centre events this month on your calendar, these events are developed to provide unique and exciting opportunities for the children to learn and discover. It is an enriching experience when our families are involved. Please feel free to come along and join the fun on any of our upcoming events!



Room News

Early Learners Room

The Early Learners children have had a very exciting month with many different events happening.

Last month, the children engaged in science week, and enjoyed getting their hands dirty in multiple experiments, such as; a sandpit volcano, changing the colours of flowers, seeing what sinks and what floats and what dissolves in vinegar VS water. These activities were great for their sensory, experimental, fine motor and social skills.

Book week was a huge success, theming our room accordingly after reading the story book the 'The wizard of OZ'. The children engaged in making 'Wicked witch melting slime', decorated "ruby slippers" by the end the week they all made their own tin men using cups, tin foils, silver glitter and googly eyes. By far the children enjoyed the extended reading times during this week, as we furthered our communication skills learning new sounds and words.

This month will see us explore more sensory activities through opportunities that extend our social and emotional development.

Junior Early Years Room

August was a very busy month with the children involved in many learning experiences that helped with all their developmental needs. We also welcomed new friends into our classroom and have enjoyed watching all of the children interacting and making new friendships.

Book Week was fun with dressing up as story characters. Junior Early Years chose Three Little Pigs, learning different literacy concepts throughout the week, from play acting, storytelling in different ways and watching the story on Youtube. We also engaged in the Premiers Reading Challenge reading as many books as we could each day. At the end of this month your child will receive a special certificate for you to keep for their participation in this event.

Dental week helped children to learn the importance of our teeth and how to care for them. It was great to see so many children showing us how they clean their teeth at home. This was then followed up this month with a visit from the dentist at our school. Our Junior Early Years children were all very excited to see the dentist and received a special tooth brush and toothpaste, and sticker for their braveness.

His month we will continue to extend children's developmental by focusing new learning concepts around things that are of interest to them. As we head into the last quarter of the year, we will also be focusing on extending children's self help skills, getting ready for them to transition into our Early Years room next year.

Early Learners Room



Junior Early Years Room



Room News

Early Years Room

Last month was full of many centre events which provided opportunities to extend children's learning and development across all areas of our Early Years Framework.

We started off August with dental week, talking to the children about keeping our teeth clean and having healthy teeth. The children were excited to get a visit earlier this month from our school dentist and we would like to encourage parents to continue with discussions with children at home about the importance of keeping their teeth healthy.

Science week saw us engage children in many different experiments and extended children's mathematical skills as they learnt to make predictions about outcomes.

Book week saw a visit to the local library. Children were excited to travel on our centre bus and has stimulated conversations about how the children are all growing up very fast and will be in Pre-prep next year.

This month we will be updating children's goals sheets and working with parents to ensure that the last term of the year is focused on ensuring that children are ready for Kindy next year.

Pre-Prep Room

Pre-Prep children have been busy over last month engaging with centre events and our own learning focus. We had a successful week of raising awareness of dental health through discussions and activities. The Science Week fit perfectly into our Solar System learning journey. The children enjoyed with hands-on experiments and investigations by making predictions, experimenting, or drawing conclusion. Children's interest and love in science were supported through the learning experiences. We were able to observe that children had been developing their communication skills by freely expressing their opinions and sharing their ideas. Then our highlight of August must be the Book Week. Everyone had fun on the Dress-Up day becoming characters from *Alice in Wonderland* and enjoyed the activities. Educators read many books with the children and children were encouraged to bring books to share with their friends.

As we continued to explore the Solar System in September, there will be interesting science experiments empowering children's learning and understanding on each planet. We will keep working on children's name recognition and writing by starting the sign-in book. You might have noticed our new drawing and writing area near the sliding doors. Pre-Prep children have loved spending time at this table and creating a masterpiece by practicing their pencil grip skills. We have stored a variety of stationery on our art trolley such as sticky tape, glue sticks, tweezers, and sharpeners for children to have free access to them, which will help build their independent working skills and get them ready for school.

Early Years Room



Pre-Prep Room





EARLY CHILDHOOD EDUCATORS DAY – SEPTEMBER 4

Early Childhood Educators Day recognises and celebrates the work of Australia's educators in early learning centres (long day care centre based), kindergarten/preschool services, family day care,

occasional care and Outside School Hours Care (OSHC), for their wonderful contribution to the wellbeing and healthy development of the young children in their care. Find out more at: earlychildhoodeducatorsday.org.au

TALK LIKE A PIRATE DAY – SEPTEMBER 19

Talk Like a Pirate Day™ is nationally recognised as the major fundraiser for Childhood Cancer Support, is an opportunity to polish ye hook and say “AHOY there, me hearties” to all ye mateys, school crew and work mates. Find out more at talklikeapirateday.com.au

SPRING TIME PIZZA



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

PREP 10 min | COOK 10-15 min | FEEDS 4

INGREDIENTS

- 1 cup (250 grams) ricotta
- 2 heaped tablespoons parmesan, grated zest of 1 lemon
- 4 sprigs thyme, leaves picked
- 4 wholemeal pita breads
- 1 zucchini, cut into thin ribbons using a speed peeler
- 6 stalks of asparagus, cut into thin ribbons using a speed peeler
- 1 tablespoon extra-virgin olive oil
- 3/4 cup (75 grams) shredded mozzarella (or tasty cheese)
- 100 grams turkey breast, shaved
- 1/2 cup (125 ml) basil pesto
- tomato wedges and extra pesto, to serve

METHOD:

Preheat oven to 200 degrees Celsius (390 F). Line 2 oven trays with baking paper and set aside. Place the ricotta, parmesan, lemon zest and thyme into a small bowl and mix to combine. Place the pita breads onto the oven trays. Divide the ricotta mix between the pita bread and spread evenly to cover each base. Place the zucchini and asparagus ribbons into a bowl, add the olive oil and toss to combine. Top each pita with the zucchini/asparagus mixture, shredded cheese and turkey. Dot each pizza with pesto and bake for 10-15 minutes or until golden and cooked. Allow to cool slightly before slicing into chunky pieces and serving alongside tomatoes wedges and pesto.

Recipe and Image from 'mylovelylittlelunchbox.com'

App reviews

Apps for learning and challenging fun.



BANDIMAL

\$5.99 | YATATOY

Introduce your kid to the joy of making music!

BANDIMAL is a fun and intuitive music composer that lets kids discover the creative world of making music. Set up a drum loop, swipe through animals to change instruments, compose melodies, change loop speeds and add a quirky effect on top.

SORTING GAME FOR PRESCHOOL KID

MyFirstAPP Ltd. | FREE

Tidying up has never been more fun. Teach your child about sorting and arranging with this fun, sorting application. This application helps develop conceptualisation, visual perception and fine motor skills. With parental assistance it can also develop language skills.

TEACH YOUR MONSTER TO READ

Teach Monster Games LTD.

Teach Your Monster to Read is an award-winning phonics and reading game that's helped millions of children learn to read.

Children create a monster and take it on a magical journey over three extensive games - meeting a host of colourful characters along the way and improving their reading skills as they progress. Covers the first two years of learning to read, from matching letters and sounds to enjoying little books.



FOCUS: Climbing trees is safer than organised sport



So why are parents so scared of it?

There's a big pine tree in our side yard. It's around 50 feet tall and holds a magnetic attraction for my children and their friends. It's not uncommon for me to step outside and hear a small voice from up in the sky, shouting, "I'm up here!" Sure enough, a small body waves enthusiastically from a high branch. Eventually they come down, covered in sap and scratched by branches, but delighted by their conquest. (Then I show them how to rub butter into the sap, and then wash it off with soap and water.)

I never stop them from climbing that pine tree (or the magnolia or the pear) because I believe it's so important for them. On a physical level, climbing trees builds muscular strength and flexibility, develops motor skills and depth perception, teaches them to assess a branch's size and ability to hold them, and forces them to concentrate.

On an emotional level, it's a pure thrill to attain such heights, to be out of reach of parents and safety, to be in control of pushing their own boundaries. It gives them a space for imagination to run wild and to feel connected to nature. It instils confidence and, in a way, makes them safer overall because they become more capable humans.

But what about injury? This is the niggling doubt at the back of every parent's mind.

Falling out of a tree is always a possibility (I did it as a kid and broke my arm, which I later perceived as a badge of honour in the kid world), but compared to other injuries, tree-climbing is a non-issue. Rain or Shine Mamma cites a 2016 study from the University of Phoenix:

"Researchers surveyed 1,600 parents who let their children climb trees and found that the most common injury by far was scraped skin. Only 2 percent of the parents responded that their child had broken a bone and even fewer had suffered from a concussion. Meanwhile, more than 3.5 million American children under the age of 14 receive medical treatment for injuries from organised sports every year." This shows that if a parent were truly serious about injury prevention, they'd never sign their kid up for organised sports. But that's a ludicrous thought. Most parents wouldn't for a second doubt that the benefits of sport outweigh the risks. So why don't we do that with tree-climbing and other free play activities in nature?

It's time to let go and "let grow" (as Lenore Skenazy's free-range play organisation is called). Don't get hung up on statistically negligible injuries and let your kids climb trees to their hearts' content. Maybe even join them once in a while. I have yet to scale the pine, but you never know...

Source: Martinko, Katherine (2019, April 8). Climbing trees is safer than organized sport, Treehugger.com
Retrieved from <https://www.treehugger.com/family/climbing-trees-safer-organized-sports.html?fbclid=IwAR2-B6dtnx1cruk2toX8ax-3iCp6SK55oEAZR-yeBWwMfoCBCzjDCmU78b>

SIMPLE MATH ACTIVITIES USING MANIPULATIVES

Counting bears or counting animals are a wonderful tool to have in your home for use now but also as your children enter Primary School. You can use them to sort, count or use them with patterns. These multicoloured manipulatives can be purchased cheaply online or in most toy stores. You could also use the houses from monopoly or Lego blocks.

Patterns with bears: In word create some simple pattern cards to help get your child started, like the ones in this picture, or simply download these ones via the link. The first page is an AB pattern, meaning two colours alternate in the pattern. The second page is an ABC pattern, meaning three are three colours in the pattern. For this activity, your pre-schooler will set the coloured bear on top of the matching colour to create a pattern. On the ABC pattern cards, the last circle is left empty. That is for your child to tell you what colour it should be.



Sorting colours with bears: Another way to use these tools is for sorting activities. Sorting is a key mathematics skill and these activities provide the foundation for early numeracy learning. Children can sort the bears into colours, if you have different animals, they could sort them into types of animals too.

You can download and print both activity cards via the link below.

Source: Teaching Mamma (2019, August 10). 15 Hands-On Math Activities for Preschoolers Retrieved from <https://teachingmama.org/15-hands-on-math-activities-preschoolers/>



HEALTH & SAFETY: Water Safety

Whether at home, visiting family and friends or on holiday, it is always important to keep safety in mind when children are in or near water. Drowning is the number one cause of death for children under five. Drowning can occur quickly and quietly, without any warning noises. Sadly, on average, one child dies each week in Australia as a result of preventable drowning.

Toddlers are most at risk near water

Toddlers aged between one and three years are most at risk, because they are mobile and curious, but don't understand the danger of water. You can considerably reduce the risks by supervising your child around water at all times and by teaching them to swim.

Taking precautions to reduce the risk of drowning around your home is also very important. A toddler or child can drown in five centimetres of water. Every exposed water source, no matter how shallow, poses a significant danger.

It is important to provide barriers to prevent access to water sources. You should also learn resuscitation techniques so that you know what to do if you are faced with an emergency.

Supervise your children around water - the most important preventive tactic is to supervise your child around water at all times. This means actively watching them, keeping them within arm's reach and not just glancing up every now and then. Don't assume they will splash and yell for help if they get into trouble. **Twenty seconds is all it takes for a toddler to drown.**

Learn first aid Emergency medical treatment for young children or babies isn't always the same as for adults, which is why all parents should take an infant or child first aid course that includes cardio-pulmonary resuscitation (CPR).

Water safety around the house

Suggestions for reducing the risks of your child drowning in and around the home include:

- Never leave an older child to supervise the younger child in the bath.



- Always supervise your child in the bath.
- Take your child with you if your telephone or doorbell rings while supervising your child in the bath.
- Empty the bath immediately after use.
- Always keep the doors to the bathroom and laundry securely closed.
- Use a nappy bucket with a tight-fitting lid, and keep the bucket closed at all times and out of your child's reach.
- Cover ponds, birdbaths and similar water sources with mesh.
- Keep pet water bowls, aquariums and fish bowls well out of little children's reach.

Learn to swim Swimming programs are available for children and babies, the emphasis is on building confidence and encouraging the child to enjoy water in the youngest programs, rather than teaching them to swim. Children can take formal swimming instruction from the age of four years. Water safety skills make up part of the tuition. Swimming is an extremely important life skill. Regardless of your child's ability never leave them unattended in or near water.

Better Health VIC (2019, July 10). *Water safety for children*. Retrieved from <https://www.betterhealth.vic.gov.au/health/healthyliving/water-safety-for-children>

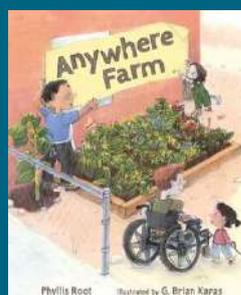
Sustainability CORNER

SPRING PLANTING

Growing your own fruits and veggies is such a rewarding activity, children of all ages can take part. Tending to your garden can become a part of your daily routine, a nice way to get outside each day and spend quality time together.

But what do you plant? Fruit trees, vegetables and herbs. What you can grow depends on the soil conditions and climate where you live. With a climate as diverse as Australia's, it's important to know which plants are best suited to your region so that you get the best results in your garden.

Bunnings has a great list that details which plants grow best in your region, check it out here: <https://www.bunnings.com.au/diy-advice/garden/planting-and-growing/what-to-plant-in-spring>



Anywhere Farm – Phyllis Root

Is a beautiful story to read alongside building your own garden. Enjoy the rhymes and bright pictures.

Be inspired by the creative gardens and maybe even try out an odd pot yourself!





Being Environmentally Responsible

Sustainability is more than gardening, worm farms or composting. As educators, we have to think beyond these green activities. Sustainability has shifted away from being just about environmental education to thinking about it as education for sustainability (Davis, 2010). Although both education threads are separate, they are certainly not isolated. Education for sustainability is about linking the 'about' with the 'doing'. - Yvonne Paujik Curriculum Lead Teacher Campus Kindergarten University of Queensland

Within our service children:

- **Connect with the natural world** Children use their senses to explore their surroundings through free play and guided discovery.
- **Learn to care for the environment through** Play and directed activities. This may be sorting items into their correct bins, caring for 'injured' wildlife, planting gardens, observing wildlife.
- **Observe sustainable practise** through modelling from our educators and daily practise.

Being environmentally responsible is neither a subject nor an 'add on', it is a way of thinking, a way of practice. Education for sustainability is interdisciplinary and involves different members of the community with different expertise and knowledge collaborating together to tackle issues that affect sustainability.

We hope children think of sustainability as being broader than the environment, to thinking about how people and change can influence every living thing. Encourage and support your child and the next generation at home by being environmentally responsible in every possible way.

National Quality Framework | Quality Area 3:
Physical Environment Element 3.2.3 Environmentally responsible

Feedback 
is always welcome

Child Care Subsidy Balancing is Underway

Throughout the year, Centrelink pays your Child Care Subsidy (CCS) based on the details you've given them. At the end of the financial year, they balance your CCS to make sure you received the right amount.

Centrelink is balancing CCS for the 2018-19 financial year. Your CCS won't be balanced straightaway. It can take some time.

Here's how Centrelink gets to your outcome.

1. You confirm your income

You need to confirm your family's income for the 2018-19 financial year before Centrelink can balance your CCS. You and your partner do this by lodging your tax returns with the Australian Taxation Office.

If you don't need to lodge a tax return, you need to tell Centrelink by doing an '**Advise non-lodgement**' with them. You can do that either in your:

- Centrelink online account through myGov; or
- Express Plus Centrelink mobile app.

2. Centrelink works out your CCS entitlement

Once you've confirmed your family income, Centrelink will work out how much subsidy you were entitled to for the financial year. They compare that amount to how much you were paid throughout the year.

Centrelink then makes any necessary adjustments. This includes adding CCS withheld throughout the year. Centrelink withholds 5% of your weekly CCS during the year as a default.

If you were paid too much CCS at any time during the year, Centrelink will also factor that in. This may happen if you had a change in your family's circumstances or if your family income estimate was lower than your actual income.

3. Centrelink tells you your outcome

Once Centrelink has considered all of these factors, they send you a letter with your outcome. The letter will outline how they've worked out your outcome.

There are three possible outcomes:

- A top-up payment – you don't need to do anything else. Centrelink will pay this money to your bank account you've given them.
- No further action – you received the correct amount of CCS during the year.
- An overpayment – you may need to take action to pay back any money you owe. If you don't set up a payment plan or pay the money back in full by the due date, Centrelink may reduce your future CCS to pay off the debt. Centrelink will work with you to set up a repayment plan you can afford.

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