



ON *this* MONTH

WATERFORD WEST EDUCATION AND CARE
CENTRE

New Year's Day Public Holiday Centre Closed -1st
Australia Day Public Holiday Centre Closed---28th

AROUND THE COUNTRY

National Bird Day ----- 5th
Kid Inventors Day----- 17th
Aboriginal Showcase -----18 - 27th TBC
Australia Day ----- 26th

Letter from the Director

We would like to welcome everyone to the first edition of our centre newsletter for 2019. We hope that you all had a wonderful Christmas and new year and are ready for a great year ahead.

Throughout this month, children at the service, will begin to transition into their new classrooms. We are happy to welcome back all of our previous Lead and Assistant Educators, with only one change this year, Mrs Manpreet will be moving back into the Early Learners room and Miss Renee will be moving into our Junior Early Years room.

We all look forward to working with our amazing parents and families this year, to ensure the best outcomes for children in 2019.



Room News

Early Learners Room

The children have really enjoyed engaging in many different activities over the past month to celebrate the holiday season, in particular developing their creativity through various art activities such as; painting, collage, cooking experiences, sensory playdough provocations and making some beautiful Christmas gifts for their families.

We have really enjoyed these festive activities, whilst also having conversations about our own family's beliefs and Christmas traditions, which has been such a wonderful way to incorporate family input into our curriculum to further the children's sense of identity and belonging. Over the upcoming month, we will continue to follow up and extend on the children's interests and developing their colour identification knowledge and creativity.

We are happy to announce that Miss Teagan and I will be transitioning with our Early Learners children this year to the Junior Early Years, room we are both looking forward to working with all our wonderful children and families again in 2019.

Miss Renee and Miss Teagan

Junior Early Years

Last month, the children enjoyed Christmas celebrations, setting up our Christmas tree, making our own ornaments and decorating our classroom with the children's Christmas artwork.

We performed at our recent Christmas concert, not only sounding amazing but also looking incredible in the shirts that we made ourselves. A big thank you to the parents for bringing in the white shirts and allowing the children to stand out in their own unique way!

This month, many of our Junior Early Years children have begun transitioning to the next classroom, as Mrs Manpreet and myself prepare to move into Early Learners this year with a new group of friends.

We would like to take this opportunity to say thank-you to our room parents for their continued support this year and wish you all the best of luck in Early Years next year.

Miss Kaila and Mrs Manpreet

Early Learners



Junior Early Years



Early Years Room

Last month, we celebrated the festive season with lots of hands on activities designed to extend our fine motor skills, creativity and as always social skills with opportunities for lots of turn taking.

This month, we have been preparing our Early Years children for their transition into the Pre-Prep room, talking about expectations and providing children with opportunities to spend time in the room with the educators to ensure a smooth transition. Miss Christine and I will surely miss our Early Years children as they start their year at the end of this month, but we know that they are all ready to learn, develop and grow with the Kindergarten program, and wish them all the best of luck for 2019.

Mrs Lusia and Miss Christine

Pre-Prep Room

Last month, our Pre-Prep children shone at their Graduation Ceremony, not only making family and friends proud, but also our entire team. They have all become confident independent learners and are now ready for their next learning adventure.

This month as the children start to finish up we will continue on revisiting alphabet and number recognition, practicing our self-help skills and preparing children to start school at the end of month

Our Pre-Prep educators would like to take this opportunity to say thank you to all our families in 2018 for supporting children's learning and giving us feedback throughout the year. It is sad to say goodbye to our lovely children. We wish them all the best at big school.

Miss Yuxi, Mrs Sarah and Miss Maila

Schoolies Room

Wow what a busy end of the year it was for us all, even the Schoolies, who had many opportunities to engage in different Christmas experiences, including featuring in our children's Christmas concert singing and dancing in front of parents, families and friends.

Over the next six weeks the schoolies will be in and out of our centre on their vacation care excursions, which include events such as movies, mini golf, pools, water parks and much more. Please keep an eye out on Facebook for all the photos from the activities over holiday period, and see Miss Peta should you know of anyone who would like to know more about our 2019 vacation care programs.

Mrs Amy

Early Years



Pre Prep



Schoolies





KID INVENTORS DAY – 17TH

Television. Water skis. Earmuffs. The Popsicle. What do they have in common? All were invented by kids! 500,000 children and teens invent gadgets and games each year. These innovations help make our lives

easier, and more fun! Celebrate the ingenuity and value of young brainstormers on KID INVENTORS' DAY! Recognised annually on January 17th, the birth anniversary of Benjamin Franklin, who invented the first swim flippers almost 300 years ago at age 12! Find out more at kidinventorsday.com

AUSTRALIA DAY – 26TH

Australia Day is a day to reflect on what it means to be Australian, to celebrate contemporary Australia and to acknowledge our history. On Australia Day we celebrate all the things we love about Australia: land, sense of fair go, lifestyle, democracy, the freedoms we enjoy but particularly our people. www.australiaday.org.au



PUMPKIN CHOC PANCAKES

PREP 30 min | COOK 10 min | SERVES 4

INGREDIENTS

- 400 grams pumpkin, peeled and diced
- 2 teaspoons cinnamon, ground
- 2 tablespoons olive oil
- 2 1/2 cups self raising flour
- 1 teaspoons baking powder
- 1 1/2 cups milk
- 1 egg
- 1/3 cup maple syrup
- 1 teaspoon vanilla extract
- 3/4 cup dark chocolate chips
- butter, to grease
- to serve; Greek yoghurt, fresh strawberries and maple syrup

METHOD: Preheat oven to 180.C. Place the pumpkin on a baking tray, sprinkle with cinnamon, drizzle with oil and toss to coat. Bake for 20-25 minutes or until tender and cooked. Place pumpkin into a food processor and blitz until smooth. Set aside 1 cup of the puree and allow to cool. Place the flour and baking powder into a large mixing bowl and whisk to create a well in the centre. Place the milk, egg, maple syrup and vanilla into a jug and whisk to combine. Pour the wet ingredients into the well of the dry and whisk to create a smooth batter. Add the pumpkin puree and whisk to combine. Fold through the choc chips. Heat a nonstick fry pan to medium heat and brush with butter. Use a 1/4 measuring cup to ladle the batter into the pan, cook for 2-3 minutes or until bubbles appear on the surface, turn and cook for another minute. Repeat with remaining batter, brushing pan with butter in between batches. Serve the still warm pancakes alongside a good dollop of Greek yoghurt, fresh strawberries and a drizzle of maple syrup. Enjoy x

Enjoy x Remember to always supervise kids in the kitchen.



Source: Recipe and images belong to mylovelylittlelunchbox.com



ROAD TRIP
BOREDOM BUSTERS
AND PARENT
SAVIOURS



KINDERLING
KINDERLING KIDS RADIO

Kinderling is Australia's most popular kids radio station, playing family-friendly music from Sia to Sesame Street.. Play and download songs and

stories for the kids anytime, and soothe them with sleepy tunes at bed time. Plus there's parenting advice and meditations for grown-ups.

PETTING ZOO BY
C. NIEMANN
FOX & SHEEP GmbH



From acclaimed author and illustrator Christoph Niemann comes this interactive picture book.

Swipe and tap the 21 animals and be surprised at how they react. This app combines the charm of hand made animations and Niemann's wry humour with state of the art technology. What would an elephant in your bathroom do? Can a dog breakdance? A storybook app unlike all others!



RORY'S STORY
CUBES
ASMDEE DIGITAL

9 cubes, 54 images, over 10 million combinations and infinite stories. Shake to roll

the cubes. Create a story using all 9 face-up images. Keep all your Rory's Story Cubes® in one place with the app. The ultimate, mobile storytelling game loved by children, parents and grandparents on the go, creative writers, progressive teachers and games masters.



FOCUS ARTICLE: Handling the highs and lows of toddlers



Nothing compares to the overwhelming frustration and absolute joy, of parenting a toddler, writes Megan Blandford. Independence is the word that describes it all: a toddler is undergoing the change between being a baby who is reliant on their parents, to being a child who can do things on their own. Watching and being a part of this transformation is not just amazing; it's an honour.

Screaming, hitting, feet stomping, tears, tantrums. The tiredness and frustration have hit once again, but this time it's beyond any of my usual tactics. Distraction, ignoring, calming her down... nothing is working. She's not happy and there's no way around that fact. Not tonight.

We'll laugh about these moments some time in the distant future, and tell our children of the meltdowns they once had. My parents love telling me about the time I was dragged out of the shops, screaming in dramatic desperation: "You don't know how to look after little girls!" Or the time a sibling was in the same situation, calling "Help! Help me!" to a bemused bunch of strangers, while being told off. These are the stories that are told again and again over family dinners.

What we don't hear so much of are the wonderful stories. Because, as much as toddlers can be frustrating and hard work, so too can they be an absolute pleasure. Just last night my two-year-old daughter pulled me close as she was falling asleep and whispered, "I love you, Mummy" in my ear. That was a moment I'll tuck away in my memory forever. And there are so many more times as heart-warming as that. Such as when she's having a tea party with her teddy bear and chatting to him; or quietly singing to herself as I watch unnoticed by her; or the time I asked her what she'd like to do on a particular day and she replied, "Ummm... I'd like to eat

baked beans". Those moments are the ones that make me laugh.

They will try new things without fear, declare themselves clever and beautiful with absolute certainty, and trust adults unconditionally. Tell a toddler you love them, and they'll know for sure that you do. Say something in front of them and they'll trust it's worthy of repeating.

Toddlers are fun. My daughter will splash in any puddle she sees and turn the most mundane task into an exciting adventure. A walk to the shops becomes a hunt for stones and other treasures, and folding the washing is her time to be my helper, rushing busily around the house as she puts things in their rightful place. A sad moment will be turned around within minutes, as she tries to make everyone around her cheerful with a little joke and a big laugh.

Independence is the word that describes it all: a toddler is undergoing the change between being a baby who is reliant on their parents, to being a child who can do things on their own. Watching and being a part of this transformation is not just amazing; it's an honour.

From squeal-worthy good times to crashing lows, toddlers live life with everything they have. They feel things from the very bottom of their souls and try so hard to understand the world around them.

When I see older people – especially women – around the streets and at the shops, I can see that they remember it all. When my toddler has a tantrum in the middle of a shopping centre, these women will often catch my eye with a wry, knowing grin. Equally, though, I notice their faces when they see my daughter and me walking hand in hand, chatting. Their eyes fill with joy, and I can see them thinking back to all those good times.

Because they are good times. No, scrap that – they're great times. Toddlers are amazing, beautiful people who bring so much joy and happiness to the world. The carefree fun, the confidence and the excitement for life; these are qualities to admire.

Tonight, through the screaming, I can still hear the "I love you, Mummy" of the night before. Right now, though, it's all too much for her to handle. And she's allowed to have her moment. After all, don't we all feel like stomping our feet sometimes?

Source: Motherly (2018, November 29). Handling the highs... Retrieved from <https://www.childmags.com.au/handling-the-highs-and-lows-of-toddlers/>

DIY FAMILY 2019 CALENDAR

YOU NEED: Month Print outs (you can use Word or Publisher to pre-generate the months for you), 12 pieces of cardboard labelled with each month, markers, crayons, glue, photos, old magazines.

Choose one month to begin with, talk about why this month is special to your family, what season is it apart of or what events happen in this month. You might like to read books about that time of the year. For example for January you may read "Magic Beach" By Alison Lester, and illustrate the January page with activities you do as a family. This could be a painting, a collage of photos or a drawing. It is your family calendar!



Once you have finished decorating all your months compile and bind together.

You don't need to complete every month, straight away. This could be an activity you complete every rainy day until it is finished. At the end of 2019 you will have a beautiful keepsake to look back on.

Image: sturdyforcommonthings.com



HEALTH & SAFETY: The Mental Health Benefits of Exercise



How do you feel after a workout? Even when you're purple faced and desperate for a lie-down, you feel pretty pleased with yourself for giving it a go, right? Once the initial breathlessness subsides after a workout, it's common to feel like you have more energy and those troublesome problems might not seem quite so big as before. While they might seem intangible these benefits are as real as – and arguably more important than – the results you see around your waistline.

"A prescription of exercise can help you have a healthy mind," says GP Dr Paul Stillman, from Media Medics. "Exercise stimulates positive endorphins, clears your head and lifts your mood. I think we'll see more and more people prescribed exercise as a mood-booster."

Healthy body = healthy mind

We're starting to realise just how vital exercise is for our wellbeing, both mental and physical. New research from the Department of Health published in October 2017, reported 12 per cent of cases of depression could be prevented with an hour of exercise each week. Up your workouts to three a week and you could reduce your risk of depression by 30 per cent.

Can exercise help you handle stress?

Sure thing. A team of neurologists at Stanford Medical School, U.S., studied brain scans and found regular exercisers have more grey matter in the prefrontal cortex, which governs stress-management. But when we feel down, everything can feel overwhelming. Time to crawl into a hole? In fact, the more stressed out you feel, the more you need to look after yourself – and a workout can be the happiest medicine. Research has shown that exercise is clinically proven to stimulate serotonin, your natural feel-good neurotransmitter.

Does exercise help anxiety?

"Running gives me the headspace to focus on what I'm feeling when my anxiety gets really bad," says Cardiff student Seren Pritchard-Bland, 21, who ran the London Marathon for the mental health charity Heads Together. "I get panic attacks when I'm stressed out, but I find simply getting out of the house with my trainers on makes me feel like I've achieved something positive. Running is therapeutic – it's so much healthier than being alone at home with thoughts spinning around my head."

Why is exercise such a mood-booster?

"Exercise is fantastic for releasing tension, reducing stress and giving joy," says Hayley Jarvis, programme manager for sport at the mental health charity Mind. "Being active is one of the best things you can do to help yourself bounce back in times of adversity. Getting out of your head and into your body can actually improve your ability to think clearly and break up your racing thoughts."

Find your mood-boosting workout

If the thought of hauling yourself out of bed to jump around feels as impossible as climbing Everest, start slow. You can always stop if you're not feeling it, but all it takes is a few minutes of low-intensity exercise – even just walking – to trigger the release of pain-relieving endorphins. Every stretch releases tension and every movement makes oxygen flow a little faster. Look out for your tipping point, because the more aware you are of the moment your mood warms up, the better it feels.

Which workout will make you happy?

To build friendships... try team sports like football and netball. "Social connectivity is incredibly important," says Hayley. "When we're struggling we tend to isolate ourselves, but being with other people can motivate you to get out there. Playing team sports is great if you feel lonely."

To calm your mind... try yoga, pilates and t'ai chi. Hayley explains: "Exercise that works with your breath is particularly good for improving mindfulness, which can also calm a spinning head and improve your mood."

Source: [thebodycoach.com](https://www.thebodycoach.com/blog/the-mental-health-benefits-of-exercise143.html) (2018, November 29). The Mental Health Benefits of Exercise Retrieved from <https://www.thebodycoach.com/blog/the-mental-health-benefits-of-exercise143.html> ?fbclid=IwAR2BvHmw8NQcUUVZOWtUqIXoR40_Ie8CLo7dKcJNMxebYTawadhOVnKupPO



TAKE 3 FOR THE SEA

Take 3 pieces of rubbish when you leave the beach, waterway or...anywhere! Help us reduce global plastic pollution. Plastic pollution is devastating our oceans and killing innocent wildlife. Unless we act, by 2050 there will be more plastic in the ocean than fish (by weight).

Take 3 is an Australian not-for-profit organisation, founded in 2009 by surfing enthusiast, Amanda Marechal,

marine ecologist, Roberta Dixon-Valk and environmentalist, Tim Silverwood. Take 3 are committed to reducing plastic pollution and promoting the transition to a circular economy through education and participation.

Our message is simple: Take 3 pieces of rubbish with you when you leave the beach, waterway... or anywhere special, and you've made a difference.



MUSIC AND DANCE



If you've ever witnessed pre-schoolers grooving to music, you can't help but smile. They obviously love the feeling of moving to the tunes we play for them. But music and dance are much more than just fun activities for children. In fact, it's very beneficial for pre-schoolers to participate in these "performing arts". Here's why:

Music and dance engages the brain: Children learn new things, like sounds, words and patterns through music. And with dance, they can explore and control their body movements. These activities are great for development and stimulate connections in the growing brain.

It helps cultivate communication skills: Bringing together kids with songs, rhymes and actions lets them discover how to interact and connect with others. They develop listening and social skills that will give them self-confidence and better prepare them for school.

Music and Dance allows kids to express themselves Happy, nervous, tired? Engaging in creative activities lets kids release their emotions and express their feelings. It's a fantastic opportunity for children who aren't yet able to put their thoughts into words.

It helps foster physical skills: Young musicians and dancers learn skills like balance, control and coordination. Singing and movement is also good aerobic exercise- linked to stress reduction, physical fitness and overall good health.

Music and dance contribute to creativity and imagination: With children spending more time in front of screens rather than physically playing, music and dance encourages them to be curious and imaginative. This creative outlet can also give them opportunities to learn about other cultures through the arts.

Source: <https://www.nvrc.ca/notices-events-blog/active-living-blog/5-benefits-music-and-dancing-preschoolers>

National Quality Framework | Quality Area 1:
Element 1.1 – *Program*. The educational program enhances each child's learning and development.

Digital Sign in/out System has arrived at Waterford West Education and Care Centre

As of the 2nd January 2019, our centre will be changing to digital sign in and out. New Government regulations state that the actual time of arrival and departure of children is to be recorded each week starting from 14 January 2019. Parents will now be required to sign their child in and out of the centre via the tablet located in the foyer.

Parents will see a screen where they can put in their phone number and pin code – the first time you use Electronic sign in you will be required to create a pin after your phone number has been confirmed. You will then select sign in and press save (repeat for sign out at the end of the day).

Anyone that is on your child's enrolment form with authority to collect your child can use their phone number to sign in or your child and put in their pin number. Team members will be around to assist you through this process during this transitional period.

We thank you for your patience and understanding during this transitional period.



BALANCE AND FOLLOW THE LEADER

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

EQUIPMENT: Bean bags or folded hand towels

Participants place a beanbag or folded hand towel on their head. Choose a leader to begin. The leader must then challenge their followers balance. Over, under, around, jumps, fast pace ect.

The leader swaps over when they loose their bean bag or all those who are following do.

Feedback 
is always welcome

How can we make our newsletter even better?

What information would you like us to include?

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