

CHILDREN. TEACH THEM TO BE KIND TO ANIMALS AND THEY WILL GROW UP TO BE KIND TO PEOPLE TOO – UNKNOWN.

A NEW HEALTHY RECIPE THAT IS QUICK AND NUTRITIOUS

JOBS OF THE FUTURE. WHAT WILL YOUR PRESCHOOLER'S CAREER BE?



# 1 what's on

NEWSLETTER | THIS MONTH

- World Teachers Day -----5<sup>th</sup>
- World Smile Day -----7<sup>th</sup>
- Fire Prevention Week -----9-15<sup>th</sup>
- Global Hand Washing Day -----15<sup>th</sup>
- National Water Week -----16-21<sup>st</sup>
- National Nutrition Week -----16-22<sup>nd</sup>
- World Food Day-----16<sup>th</sup>
- Children's Week -----22-30<sup>th</sup>

## DATE CLAIMER

Christmas party and graduation morning  
November 26<sup>th</sup>

## Parents ... we love to have you involved!



Parents and family are always welcome at the centre any time. If you would like to come in and do an activity with the children, or spent time helping in your child's group please speak to the staff in your room.

You may like to participate in activities including: reading a story to the children – perhaps one from home?

- doing some gardening
- doing some culturally significant cooking
- teaching them a new song
- bringing in photos or souvenirs from a trip or a visit (zoo or aquarium) with your kids.

Finally.... we love to hear your feedback here at the centre – the good, the bad and even the ugly. Often there are things that come up for families – questions, concerns, annoying little things, that aren't shared at the time but may build up and cause you to have a poor opinion of the centre, or our team.

In order for us to make this a fantastic centre for you and your children, it's important that you tell us what's on your mind. You can call, email, speak with your teacher, make an appointment, write a communication note, drop an anonymous note into our letterbox/ communication box or speak with our centre director Andrea.



## WORLD TEACHERS DAY – 5<sup>TH</sup>

Every day, teachers are making a difference educating and inspiring young people across Australia. World Teachers' Day is an opportunity to acknowledge our teachers and say thanks for the significant contributions they make in our classrooms and communities.

Celebrated in more than 100 countries worldwide, World Teachers Day was established by the United Nations Educational, Scientific and Cultural Organisation (UNESCO) in 1994 to recognise the role of teachers in society.

## WORLD SMILE DAY – 7<sup>TH</sup>

Do an act of kindness. Help one person SMILE!

Celebrated on the first Friday in the month of October every year. The idea of World Smile Day was coined and initiated by Harvey Ball, a commercial artist from Worcester, Massachusetts. Harvey Ball is known to have created the Smiley Face in 1963. The World's first World Smile Day was held in the year 1999 and has been held annually since.



## Rosemary Chicken with Warm Bean Salad

PREP 10min | COOK 20 min | SERVE 4

### Ingredients

- 500g Chicken Breast
- 1 tbsp. Finely chopped fresh rosemary
- 1/4 Cup balsamic vinegar
- 1 Small red onion (thinly sliced)
- 400g Can cannellini beans (rinsed, drained)
- 2 cups Sliced green beans
- 250g Cherry tomatoes
- 400g Steamed new potatoes (to serve)
- Lemon wedges (to serve)

### Method

1. Spray a large frying pan with oil and place over high heat. Cook chicken for 2–3 minutes each side, or until golden and just cooked through. Add rosemary and vinegar and cook, stirring, for 1 minute. Transfer to a plate and cover to keep warm.
2. Re-spray pan with a little more oil. Add onion and cook for 3–4 minutes, or until soft.
3. Add cannellini beans, green beans, cherry tomatoes and 2 tablespoons water. Heat for 3–4 minutes, or until vegies are hot and tomatoes begin to split.
4. Serve chicken and vegies with steamed new potatoes and lemon wedges.

<http://www.nutritionaustralia.org/national/recipe/rosemary-chicken-warm-bean-salad/>

## App Reviews



### *A Parcel of Courage* FREE | Mariya Stavinskaya

"A Parcel of Courage" is a highly interactive graphic book app for preschoolers, filled with robust learning activities and unique educational games based on two proven teaching methods: Montessori method and Shichida method. Many interactive activities within the heartwarming story are paired to reinforce the storyline, so that your kiddo can better comprehend the content and improve: spatial awareness, working memory, hand eye coordination, sequencing and listening skills as well as enhance his/her problem solving skills.



### *Little Big Foot* \$5.99 | Mothership Publishing

Read and play along with Little Big Foot as he leaves home for the first time and explores the wonders of the Big City. Packed with beautiful animations and an original music score, it's the perfect entertainment experience for you and your children. Full of intuitive and fun interactions and a deeply immersive story, there's lots to keep you and your children entertained.



### *Peekaboo Wild* \$2.99 | Night & Day Studios, Inc.

Get ready to discover adorable animal friends from all around the world. Explore the waving grasses of the African savannah or the drifting Arctic ice; scout the Australian outback before dashing off to Asia's bamboo forests. Wherever you go, you'll find friendly animals and their babies waiting to pop out and delight your little one. Tap the habitat to see who is hiding there! Younger children will love playing peekaboo with animals, as they learn about cause-and-effect, and familiarize themselves with the names and sounds of animals.





## Focus Article: The Future Job Market

When you ask your child “what do you want to be when you grow up?” how do they answer, is it what you expected or something completely different. Child Magazine’s Natalie Ritchie presents what jobs of the future will look like for your preschoolers.

**What does the workplace future hold for today’s preschoolers?** Our kids will have 14 jobs in six careers, and 60 percent of the tasks they’ll do in 2020 have not been invented yet, according to Melbourne-based futurist Morris Miselowski, [businessfuturist.com](http://businessfuturist.com). Where will those jobs be, and what will they be like?

**Game It!** When Morris told parents years ago their children would be gaming for a job, they were horrified. Gamification is going to be where a lot of the jobs are, with \$80,000 starting salaries. Virtual realities can be used to trial new habits, teach people to do things or for online learning, and doctors and psychologists use Gamification to learn about how the mind works. “It’s not just about designing games,” says Morris.

**Gig It** Will our kids be worse or better off?

It won’t necessarily be either, just different, says Morris. Rather than the nine to five, our kids will have a portfolio of tasks. Their central income avenue will be less certain, and likely supplemented by casualised activities such as selling on Etsy or renting out a room on AirBnB. “They’ll work until they’re 90, live until they’re 120 or beyond,” says Morris. The ‘gig economy’ will grow through online talent platforms like [upwork.com](http://upwork.com) and [Freelancer.com](http://freelancer.com), which already connect workers with hirers around the world. The downside is these sites are pushing pay-rates down, as freelancers outbid one another in a race to the bottom.

While incomes might fall, our kids will focus on experiences rather than ownership. “They’ll drive the car for a weekend rather than own the car,” says Morris. On-demand 3D printing is about to transform our ability to produce our own stuff at next to no cost and will open up as yet undreamt of jobs. “You’ll buy a template for a pair of Size 9 shoes and tailor their look to suit you. I believe tomorrow’s billionaire sits inside that industry.”

Frank advises kids to train for what they’d like to do, but with much more of an eye to the end product and the use of technology. An example is architectural technology replacing the need for draughtsmen. “We still need the architects, but the way they do their job has changed.”

**Code It** To prepare for a digital world, girls at Sydney’s Roseville College are learning to ‘code with purpose’. This skill is much more than learning to write in ‘computer language’, says the school’s Teaching and Learning Innovation Executive, Abi Woldhuis. Rather, it develops skills the future demands, such as advanced problem solving and the ability to identify and break problems into manageable chunks. “It also requires communication and collaboration, creativity and critical thinking.”



Image: [childmags.com.au](http://childmags.com.au)

“Future employees will need to know more than how to use a computer,” said Abi. They’ll need to understand how computers work, what makes software and apps operate, how to troubleshoot and how technology integrates with business operations. This will no longer be the sole domain of dedicated programmers.

Our kids will have a lifelong education, and not necessarily a formal one, says Morris. ‘Nano-degrees’ will break down learning into relevant and bite-sized certifications for workers.

The future is not all high-tech, though. Handmade items will go head to head with mass-produced brands on sites like [notonthehighstreet.com](http://notonthehighstreet.com) “Our kids will have the opportunity to be an artisan, to truly be a craftsman,” Morris said.

**Passports at the Ready** Our kids will encounter not just techno-change, but geo-change. It’ll be far more common to move overseas for assignments. Multi-national organisations will move their talent between international offices to their most dynamic and skills-deprived markets. That means today’s pre-schoolers will need language skills, sensitivity as to what works in different geographies, flexibility to lean into the changes of a digital world, and adaptability so they can quickly settle into a new environment, says Peter.

**To the Future – and Beyond!** Don’t fret, Morris Miselowski tells parents. Opportunity looms. Instead of smothering our kids with love and telling them how they should act, we need to allow them space to evolve. “To us, it seems like science fiction, but to our kids, it’s normal. We parents crave linear, but the future will be messy. Our kids will be creating jobs, not getting jobs. Anything is possible.”

To know more, read global management consultancy McKinsey’s report, *A labor market that works: Connecting talent with opportunity in the digital age*, [bit.ly/1HL2rcw](http://bit.ly/1HL2rcw) To teach yourself or your kids coding, Abi recommends ‘Scratch’ ([scratch.mit.edu](http://scratch.mit.edu)) and ‘Hour of Code’ ([hourofcode.com](http://hourofcode.com)), and suggests you Google: [Code.org](http://Code.org), *Start with Code*, *Code Kingdoms*, *Pencilcode* and *Groklearning*. For families with iPads, she says to try an app, like *ScratchJr*, *Hopscotch*, *Daisy the Dinosaur*, *Move the Turtle*, or *Cargo-Bot*. Original article available at: <http://www.childmags.com.au/school/0-4-years/8484-the-future-job-market>

# Health and Safety: Superfoods

## Are 'super foods' really so super? What foods should my children and I mostly eat?

The term 'super food' has no real medical meaning and is a relatively new term. It's been applied to some foods that are rich in particular vitamins and minerals, particularly some of the foods that have recently been introduced into the marketplace. There's no particular reason why these foods should be bought and eaten in preference of others, especially if they're not liked.

The basic principles still apply to the dietary needs of children. They need to be offered a wide variety of fresh, unprocessed or minimally processed food. All these foods have value and it's the balance of these within the child's eating plan that will help determine their relative nutritional value.

Dairy products or a suitable substitute are important for children. Small children need full fat rather than low-fat dairy products, as their nervous system requires fat to 'insulate' developing nerve fibres. This doesn't mean they should have a high-fat diet. The so-called 'super foods' have no unique qualities that cannot be found in a normal, well-balanced eating plan. While fresh juice is good occasionally, it can be loaded with fruit sugar, as often the juices are made of four or five pieces of fruit. It'd be preferable to have whole fruit to eat and water to drink.

Foods that are good to include in a child's eating plan are fish for protein and omega three, berries (strawberries, raspberries,



blueberries, cranberries, acai and goji) for vitamins, fibre and antioxidants, and also oats for protein, fibre and B group vitamins.

The cruciferous vegetables (broccoli, cauliflower, cabbage, brussels sprouts, kale, bok choy, cabbage) are also rich in antioxidants, calcium and some iron. If your child can tolerate nuts, all nuts are full of protein and some have calcium and Vitamin E. Small amounts of good quality red meat three times a week is also a great source of iron and vitamins.

All of these foods are good to include in your child's diet, but not to the exclusion of other foods like bread, pasta, rice, eggs, poultry, cereals, tofu, pulses and the other fresh seasonal vegetables and fruit.

Article and image from: <http://www.childmags.com.au/child/health/8488-superfoods-for-kids>

## SUSTAINABILITY CORNER

## MAKE YOUR OWN NON-TOXIC CLEANERS

GLASS CLEANER | *great for:* Windows and mirrors

- 2 cups water • ½-cup white or cider vinegar
- 1/4 cup rubbing alcohol (70% concentration)
- 1 to 2 drops of orange essential oil, which gives the solution a lovely smell (optional)

*How to use:* Combine ingredients and store in a spray bottle. Spray on a paper towel or soft cloth first, then on the glass. *Hint:* Don't clean windows on a hot, sunny day because the solution will dry too quickly and leave lots of streaks.

ALL-PURPOSE CLEANER AND DEODORIZER | *Great for:* Kitchen counters, appliances, and inside the refrigerator

- 4 tablespoons baking soda
- 1-quart warm water

*How to use:* Pour solution on a clean sponge and wipe.

DISINFECTANT

*Great for:* Bathrooms.

- 2 cups of water
- 3 tablespoons of liquid soap
- 20-30 drops of tea tree oil

*How to use:* Combine all ingredients and use as you would bleach.

*To find more great non-toxic cleaning recipes go to [greatist.com/health/27-chemical-free-products-diy-spring-cleaning](http://greatist.com/health/27-chemical-free-products-diy-spring-cleaning)*



**Hopscotch - Materials:** Chalk, beanbag

**Activity:** Hopscotch is a wonderful backyard game that children love. Draw your own game on your driveway or a safe area of asphalt or concrete using chalk. Write numbers very clearly inside the game squares to ensure your child can see them and recognise them easily.

**The focus:** Encourage your child to verbalise the number the beanbag lands on and count each step clearly. Count numbers forwards and backwards. Maybe try and jump just on the ODD numbers or EVEN numbers.



# CENTRE NEWS



## CANARIES NEWS – OCTOBER 2016 Happy spring time ☺

I would like to welcome the new families to our Canaries room, *Jaxon, Jackson, Marley, Romayo, Remy, Forrest, Bonnie, Monty and Nathaniel*. We have been very busy sharing and enjoying this time of getting to know each other. With the extra friends in the room I would also like to welcome Carolyn. Carolyn is working in the Canaries room Monday, Tuesday, Wednesday and Friday each week to make for consistent and familiar educators.

It's very important to share information about your child with the educators, so feel free to "leave a message" in your child's book or speak to Carolyn or myself. Things like routine changes, new interests, things you would like us to focus on etc.

Ongoing observations and extension of learning is important for your child to learn and reach milestones. We also focus a lot on repetition, storytelling, pointing at pictures and action songs. Sensory play is always fun too.

### Reminders:

As the weather is warming up could you make sure to pack spare clothes, hats and if your child is over 15 months please apply sunscreen as we will be playing outside in the garden. We will reapply sunscreen in the afternoon.

Please remember to label every item in your child's basket and put bottles into the fridge. This is to avoid any confusion as to who belongs to what.

A reminder that if your child is sick then day care is not the best place for your child to be.

### Thank you:

To everyone who came in to get their photos taken.

A big thank you to everyone for always providing wipes and nappies and sorting them on the bench for me.... It's a big help ☺

Thank you for your welcoming smiles and great kids ☺

*Peta & Carolyn.*







## LORIKEETS NEWS – OCTOBER 2016

In September the Lorikeets have been learning about shapes, colours and extending learning our fine-motor skills when drawing, threading, using tweezers and stacking the magnet sticks which requires fine motor and hand-eye skills. We will be continuing to learn about colours and shapes during October - using books, puzzles, sorting resources and during art and craft experiences.

In September the Lorikeets (Wednesday group) got to take part in the Pets and people education program educating about how to keep safe around dogs. Thank you to Easley for providing parent input when Easley and her dad found a bird's nest, then making a bird to add to our spring room. Family input is always welcome and provides experiences of learning for the Lorikeets.

In October the Lorikeets we be exploring sensory experiences and focusing on Self-help skills to support our independence and confidence.

### **Birthdays**

**Happy 3<sup>rd</sup> Birthday – Isla and Dahntay**

**Happy 2<sup>nd</sup> Birthday – Jayde-Leigh**

**Toilet Training** With a lot of Lorikeets now training and showing an interest in sitting on the toilet at nappy change time I thought I would include this in the newsletter – toilet training is a big step for a toddler to learn and it is a very important milestone, they need to learn to understand their body's signal and to be able to respond to what their body is telling them. Every child is different with their toileting practices and most children will indicate when they are ready to start to use the toilet and will start to ask.

Toddlers require a lot of support, praise and encouragement as they learn their skill and there will be accidents along the way, training will take time and persistence and the best thing to help your child once you decide to start training continue to offer this as long as your child is showing a willingness to learn and sit on the toilet when offered or when they ask they are provided that opportunity. A lot of parents are unsure of when their child is ready and ask "Is my child ready to train" – I find when they show signs of drier nappies during the day and are happy and confident to sit on the toilet, or asking to use toilet then yes it is time to start offering using the toilet at nappy change time, before their bath...

*Nicky, Stacey and Carla.*





## KOOKABURRA NEWS – OCTOBER 2016

All of the Kookaburras are making great progress with their language development and communication skills. Throughout your child's day they will have many opportunities for verbal and visual interactions. Clapping, singing, dancing and extending each conversation when playing. Recently we have begun to talk about how we feel using words like upset, angry and sad. Singing "if your happy and you know it clap your hands" adding other feelings like surprise, scared, sleepy, hungry and angry. Children learn to name these feelings while supporting their emotional and social development helping to build friendships with each other.

### SHAPES

We have been making some shape finger puppets, mainly focusing on triangle, square, oval, circle and rectangle. Singing our shape finger song helps us to remember the names, while taking pride in using our own art work for learning.

### RSPCA VISIT

Last Wednesday we had a visit from the RSPCA. This wonderful inclusion taught the Kookaburras, Emus and Lorikeet's about safety around dogs. We will be putting these valuable strategies into practice with our Smarty pants dog Hugo. All the children that attended will have a learning story in their portfolio, if your child did not attend that day and you would like a copy of the important steps don't hesitate to ask Liz or Crystal for a copy to be put in your child's pocket.

**Welcome to Corbyn and his family who have just moved up from the Lorrikeet room.**

Now the weather is warming up please remember each visit to bring

- A hat wide brimmed preferred
- Drink bottle which needs to be taken home daily for washing to avoid build-up of bacteria.

Get involved:

All families and extended families are always welcome to be involved and participate in the program.

**BIRTHDAYS** in September

Happy 4<sup>th</sup> Birthday to Harry, Sammy, Eden and Daisy

*Liz and Crystal*



Welcome to our

**Emus  
Room**



EMU NEWS – OCTOBER 2016



Book Week Dress up

### *Term Overview*

As the saying goes time flies, and it certainly has in the Emu Room. I cannot believe that we are nearly at the end of the year!

Over the next 10 weeks we will be kept busy with a Very Cranky Bear, big school visit, recycling and school readiness.

Our Focus Text "The Very Cranky Bear" by Nick Bland will enable us to explore social and emotional learning. Particularly focusing on emotional and social understandings, how they feel and express emotions as well as recognising and responding to emotions.

To support us in our transition to school we will be visiting Cooroy State School on Thursday the 6<sup>th</sup> of October. This visit is for all children who attend on this day. On the 1<sup>st</sup> of November I have arranged to take the children who will be attending Cooroy next year to a prep open morning. These "Big School" visits are a valuable part of the Prep Transition process.

### *FOCUS AREAS*

#### **Literacy**

This term we will be working very hard on name and letter recognition, letter sounds and corresponding Auslan signs.

#### **Numeracy**

We will continue to engage in numeracy games to help us identify number, name and value for numbers 1-20, as well as exploring shapes and colours, days of the weeks and time.

#### **Handwriting**

It has been fantastic to see all of the children signing in each morning, I would like to thank all parents for assisting with this task. It is also great to see children practicing their writing independently throughout the day.

#### **Independence**

The children are working hard on their independence and self-management. This term there is a high expectation for the children to self-manage and care for their belongings.



Batman and Spiderman  
(AKA Arian and Tyson)  
work on secret plans



**Smartypants**  
Early Learning Centre





### *Show and Tell*

Show and tell is a very important part of our Kindy day. This term I would like to move towards a "teach and tell", moving away from our toys (asking for trouble I know!). Story books, family pictures, an object from a walk or something they made are much better options and provide a perfect platform to encourage speech and conversations.

### **Off to Big School Display**

I have put together a display showing who is going to what Primary school. I thought this may help children (and Parents) in the transition process. Knowing who will be at the same school may help alleviate some of the anxiety associate with this transition.

### *We are Looking For*

Please keep boxes and rolls coming in. In fact, any paper/card off cuts or useful objects that you come across would be great.

### *Please remember:*

- ★ Your child needs to bring their hat **every day**
- ★ Water bottle
- ★ Name all of their belongings



Princess by morning....Batgirl by afternoon



Cat in The Hat and her lovely friends

### **Prep Enrolments**

All schools are now taking prep enrollments. All of the schools in the surrounding area provide pre-prep transition days, I strongly recommend going to these with your child as they provide valuable information and insight into the school, as well as being an essential stage in successful transitioning. It is also important to know that all State Schools now have catchment zones and this may impact on your decision.

I look forward to sharing our new adventures with you.

Jess and Fran

"Play is often talked about as if it were a relief from serious learning. But for children, play is serious learning. Play is really the work of childhood."

- Fred Rogers

