



# Newsletter

## Sept - Oct - Nov 2014

Issue 13

Thursday 11th September, 2014

### Dates to Remember:-

#### September:

**Friday 12<sup>th</sup> September** – Photo Day (from 8am)

**Monday 22<sup>nd</sup> September – Friday 26<sup>th</sup> September** – Dress Up Week (no scary masks, swords or guns)

#### October:

**Friday 3<sup>rd</sup> October** – Toy Catalogues and Payment Due

**Monday 6<sup>th</sup> October** – Public Holiday (Centre Closed)

**Monday 13<sup>th</sup> – Friday 17<sup>th</sup> October** – National Nutrition Week

**Thursday 16<sup>th</sup> October** – Graduation Photo Day - 10am sharp

**Friday 17<sup>th</sup> October** – STEPS program – FREE Eye Testing for children 4+ years (from 9.30am)

**Monday 18<sup>th</sup> – Friday 24<sup>th</sup> October** – National Children's Week

**Monday 28<sup>th</sup> October – Friday 8<sup>th</sup> November** – Wise Owls – Lunch Box practice

#### November:

**Tuesday 4<sup>th</sup> November** – Fancy Hat Day (to celebrate 'The Race That Stops The Nation') – Melbourne Cup

**Monday 10<sup>th</sup> – Friday 14<sup>th</sup> November** – Planet Ark National Recycling Week

**Wednesday 12<sup>th</sup> November** – Teddy Bear's Picnic

**Tuesday 18<sup>th</sup> November** - Grandparents day Afternoon tea (from 3.30 – 4.30pm)

#### December:

**Friday 5<sup>th</sup> December** - Graduation & Christmas Party

**Monday 22<sup>nd</sup> December, 2014** - Centre Closed for 3 weeks

**Monday 12<sup>th</sup> January 2015** - Centre re opens today for 2015

### Welcome & Happy Birthday!



Welcome to our September, October, November Newsletter and a very warm welcome to all of our new children and families that have joined us recently. We have a few very busy months ahead of us as we lead up to Christmas....yes Christmas!!

We would like to wish our children a very Happy Birthday for those that have and will be celebrating their Birthdays during September, October and November – Luca B, Gi, Sophia, Violet, Thomas, Kelcee, Jessica, Lachlan, Zaidyn, Mason F, Jake, and Tyler!

### Thank you!

We would like to thank the following people;

Gi's Mum – Fruit

Fareeha's Mum – Cultural Dress Ups and Food

Thomas' Mum – Eggs, Dishwashing Tablets

Ezekiel's Mum – Handbag for home corner & Vegetables

Zaiden S's Mum – Toys

Mason B's Mum – Play-dough

We really do appreciate your donations and help.

## **Staff / Welcome**

As per the letter you received last week in your child's pockets, we are working hard to employ the best Early Childhood Teacher candidate.

We also support Nirimba TAFE and will sometimes have a person that is completing their studies and doing their prac work with us. We like to have a few casual employees that we can call upon when our permanent staff are absent due to illness or unexpected leave.

Please know that our number one priority is the care of all children at Country Life Child Care Centre and we make all attempts for a seamless transition when a new staff member commences with us. We thank you for your understanding during these times.

## **Change of Details**

It is vital that we hold the most current contact information details for your child. If ever your details change, eg. phone number, address, emergency contacts and their numbers, you must advise us in writing immediately. You can email us at [admin@countrylifeccc.com.au](mailto:admin@countrylifeccc.com.au) or we have a form that you can fill out. Please see your child's Educator for a form if required.

## **Toy Fundraising Catalogues**

The catalogues have been handed out in time for you to place orders for Christmas! They are a wonderful aid to help those of you begin your Christmas shopping or if you are very organised....finalise your shopping! Orders with full payment are due by Friday 3<sup>rd</sup> October and we expect to receive the products 3-4 weeks later. Toys will be delivered to our Centre unless you have chosen to have them delivered directly to your door at an extra cost by the company. If you have not received a catalogue or require more, they are located in the office, please help yourself, and happy shopping!

## **A Word From The Kitchen!**

The Spring Menu is about to be introduced for the year! Families are encouraged to bring in your children's favourite recipe's from home so that we can try them out and perhaps introduce them in to the menu planning! We continually review our menus and always with our garden produce in mind. As Spring has Sprung, the children are excited to be planting for some new vegetables – cucumber, tomatoes, carrots, and watermelon!

One of the children's current favourites is:-

### **Chicken Quesadillas!**

Ingredients:

Chicken Mince (seasoned with Taco seasoning)  
Sour Cream  
Mexican 3 Blend Cheese  
Flour Tortillas

Method:

Spread sour cream over a tortilla  
Add the cooked chicken mince  
Sprinkle the grated cheese  
Fold over in half and place on to a heated sandwich press – heat until cheese melted  
Cut in to triangles and E N J O Y!!





### **Promoting Sustainability Throughout the Centre**

The environment in which the children of tomorrow will grow up in is very much dependant on how we manage the environment today.

Ms Rochelle cleared some trees from around her home for safety reasons and has recycled some logs for us to add to our outdoor play space.

We have appointed a child from each room as a Sustainability Officer. The Educators take the children around the centre and point out ways in which we can help our environment (eg. turning off light switches, recycling, checking taps are turned off, etc).

We will take part in Planet Ark's National Recycling Week from 10<sup>th</sup> – 14<sup>th</sup> November. Details to follow soon.

### **Sign In/Out Book – Full Signature Required / Absences**

Please ensure that you use your full signature next to your child's Sign In and Out times. This is a legal document and we therefore require a full signature, not initials. Please also ensure that you put your signature against your child's name only.

Also, if your child is absent, please ensure that you mark the day as 'Absent' and then place your signature there to acknowledge your child was absent on that day.

### **Very Important – Payment of Fees**

As per our Fees Policy, fees are to be kept paid 1 week in advance. This means that by the Friday of each week, payment for the following week must be paid (ie. prior to your child's next day of care).

If payment is not received by this time, a weekly late fee of \$10 will be charged to your account.

### **Monthly Policy Review**

Each month, the staff at Country Life Child Care Centre will be reviewing one of our many Policies.

Over the next couple of months, the policies that will be up for review are our 'Child Protection Policy' and our 'Complaints Policy and Grievance Procedure' and our 'Food, Nutrition and Beverage Policy'. The policy that is up for review will be placed in the office in a plastic sleeve located above the Sign In/Out Book. We welcome our parents/guardian's to read, review, and provide your feedback.

### **Multicultural Learning Experience**

We were very fortunate to have Fareeha's Mum come and visit us recently. Some of the children were able to dress up in some traditional Indian dresses and we even tried some beautiful homemade butter chicken! Thank you Fareeha's Mum!

### **Australian Child Care Week**

Having received over 300 applications across eight categories, the judges were extremely impressed by the quality of all the submissions which made their job even more difficult. Unfortunately Country Life Child Care Centre was not nominated as one of the 34 finalists this year ☹ This however, only makes us more determined to register again in 2015!

### **Enrolments for 2015**

We are about to review our enrolments for 2015. Please keep a look out for a note in your child's pockets soon where you can advise us of your requested days for next year. Existing families will have the first choice of days so please make sure you return your requests as soon as possible.

If you know of anyone looking for child care or your child has a sibling that you are thinking of putting in to care next year, please advise us as soon as possible as places are filling up quickly.





### Wise Owls – Lunch Box Practice

As part of our transition to school program, we invite the children in our Wise Owl Room (3-5 room) to bring a lunch box to school for morning tea/recess. This will be occurring for a 2 week period from Monday 28<sup>th</sup> October – Friday 8<sup>th</sup> November, 2013.

Remember to pack healthy, nutritious snacks for your child that **DO NOT** contain **NUT PRODUCTS**.

Eg: Fruit – apple, banana, strawberries, mandarins, Crackers with cheese, Popcorn (plain), fruit or bran muffins, Rice cakes with spreads.

Woolworths Fresh for Kids website has a range of ideas and recipes for lunch boxes. The following link will take you to the lunch box page where 4 PDF booklets are available for free download: [http://www.freshforkids.com.au/lunch\\_box/lunch\\_box.html](http://www.freshforkids.com.au/lunch_box/lunch_box.html)

### School Readiness & Preparation Activities

Some tips to help your child prepare for ‘big school’:-

- Visit your child’s school on orientation days.
- Always be positive when talking about school
- Make sure your child has breakfast – it is an important meal of the day and fuels their mind & body
- A good night’s sleep is paramount (10-13 hours)
- Turn off technology at least 1 hour before bedtime to aid in their relaxation.
- Limit TV, Ipad, Ipod, Computer usage before school as watching these fast pace, high action visuals, make it difficult for young children to then adjust to the classroom setting.
- During January, let your child practice using lunch boxes, opening snack packages and drink bottles and then packing them away.
- Organise families or friends from your school to have play dates in January so they feel that they know someone when they get to school.
- Practice using gender separate toilet’s safely. Boys need to be able to use urinals and know not to pull their pants all the way down.
- Help children learn to manage media time – Don’t let it manage them! 1 hour per day is recommended.
- Visit the library, encourage pretend reading, and read to your child.
- Make a simple calendar to help understand the weekly school routine
- Use car time and dinner time to promote conversations and listening to each other
- When you ask “What did you do at school today?” and you get a response of “Nothing”, try the ‘Plus-Minus-Interesting’ method: “Tell me something fun, sad, and interesting about school today”!

Reference: School Readiness in a Digital Age ‘More than ABCs and 123s’ by Dr Kristy Goodwin 2013 Macquarie University



## Updates From Your Children's Educators:-



### Cheeky Monkeys (Miss Shirley, Miss Ashley)

We have had a busy time in the Cheeky Monkeys Room! We welcome our new babies who have settled in well. We were very lucky to have a visit from the fire brigade which all of the children enjoyed exploring the fire truck! Crazy Hair Week - we loved seeing the children coming in to the Cheeky Monkey Room with their crazy hair. Thank you parents for your efforts.

Pyjama Day was also a great success!

We have started practicing our Christmas songs and are looking forward to performing them for you. Our Father's Day craft is finished and we hope that all the dads love the efforts of the children.



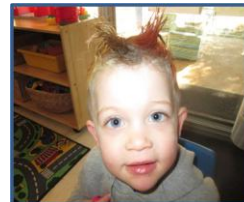
### Busy Bees (Miss Tracy)

How busy are we Busy Bees ? Very !!!!! We have had a few weeks full of activity. At the moment in our room we are showing interest in "Spring", insects, weather and the environment. We have made some beautiful art work, which is to be displayed on our project wall. We would love to see any photographs that you may have of your own garden blossoming in spring time. Please send photographs in or email them to [admin@countrylifeccc.com.au](mailto:admin@countrylifeccc.com.au). Busy Bees would love to see a photo of their garden on a project wall.

Fun days at Country Life ... we all had fun with "National tree Day" - planting a tree. "Crazy hair day" - funny hair designs all week and our biggest and most enjoyable day "Wet weather gumboot time". The rain had stopped for this planned day, the sun was shining beautifully but we all had a fun time in the mud with our boots !

Welcome into our Busy Bees room Lachlan, Zaidyn, Tristan, Thomas and Bradley. All have settled really well into our routine and love being a Bee.

Just a reminder of our no toy policy - we have lots and lots of toys and activities at school. As the warmer weather is approaching please make sure your child has a t-shirt in their bag and all clothing and shoes are named.





## **Wise Owls** (Miss Kylie, Miss Homiara and Miss Ashley)

The Wise Owls have been very busy with lots of fun activities over the last few weeks. We were lucky enough to have Pyjama week, and Crazy hair week recently which all the children took part in. We will be having discussions about what other 'weeks' we would like to have in the next few months and make sure you keep a note in your calendars of the special days/weeks that are coming up.

We have welcomed some new students to our classroom. We look forward to WEDNESDAYS in the Wise Owls room as our friend 'Teriffic Teagan' comes in and spends half an hour with the children. They do dancing and singing and learn about space. The Wise Owls were very welcoming to their new friends and enjoyed showing them all the fun activities we have. We have been working on our name writing, colour recognition, rhyming, numbers, letters and their sounds, and problem solving skills in order to prepare children for next year. We have also started lining up like 'big kids' do at school.

We have also been working on a 'spring' project which includes bees, butterflies, flowers and the life cycle of a plant!

Don't forget to write about your weekend on the weekend sheets that we send home. They help us to program fun activities that your children are showing interest in and extend your child's learning.

Miss Rochelle recently purchased some special pencil grips to help the children hold a pencil properly. The children are really enjoying using them when writing their name in their own sign in book!

We have also started practicing some Christmas songs in preparation for our Christmas Concert.....yes Christmas!!



## Community Corner

Please see below for some useful tips/information and some events that are happening within your local community;

- **Top 10 Tips to Help Curb Bad Language**

This is a U.S site but some parents may find their top 10 tips very helpful!

<http://www.positiveparentingsolutions.com/parenting/10-tips-to-curb-foul-language>

- **Small Steps Parenting Magazine – Online**

[www.smallstepsparenting.com](http://www.smallstepsparenting.com)

Small Steps is a family owned and operated business that is dedicated to uplifting, supporting and serving parents and their families. Our mission is to provide a quality publication to inform and empower parents so they can be actively involved in the lives of their children and gain confidence in their natural skills as parents. In turn we want to use our reach to individually touch the lives of parents and families in need with our “Make a Change” section.

**Small Steps Parenting Magazine is a local, family friendly magazine available free online to families plus in print via subscription.**

- **Raising Children Network – The Australian Parenting Website**

[www.raisingchildren.net.au](http://www.raisingchildren.net.au)

The complete Australian resource for parenting from newborns to teens

- **Early Intervention** – The service includes a early childhood free professional help for parents and carers of children 0-8 years in NSW. Call to speak to a professional counselor for personalized advice.

Please call **1300130052**

Monday – Friday – 9am – 9pm

Saturday – Sunday 4pm – 9pm

The website: [www.parentline.org.au](http://www.parentline.org.au)

- **Coeliac Disease – Information/Fact Sheet**

Coeliac Disease is a condition where the lining of the small bowel is damaged due to a protein in food called Gluten. Gluten is found in wheat, barley, triticale, rye and oats.

Coeliac disease can lead to a number of symptoms, however many children have few symptoms or even no symptoms at all. Some symptoms can include: \* Abdominal pain \* Bloating \* Diarrhoea \* Vomiting \* Constipation \* Irritability

Many common foods need to be replaced with gluten-free alternatives: these include: Breads, Biscuits, Cereals, Pasta.

**For more information:**

**Coeliac Society of Australia on [www.coeliac.org.au](http://www.coeliac.org.au)**

Source: Sydney Children’s Hospital Randwick, Fact Sheet [http://www.sch.edu.au/health/factsheets/joint/?coeliac\\_disease.htm](http://www.sch.edu.au/health/factsheets/joint/?coeliac_disease.htm)

**The staff at Country Life Child Care Centre pride ourselves in taking the utmost care of your child and making your child's day with us a special one.**

