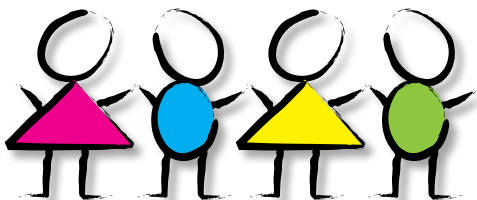


MAY
2020



Issue 2

www.silverdalechildcare.com.au

Silverdale Child Care

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Newsletter



INSIDE THIS ISSUE:

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Important
DATE!

JUNE

15-19: Dental Week

JULY

5-12: Naidoc Week

20-24: Pyjama Week

31: Schools Tree Day

AUGUST

10: Henny Penny Hatchling

17-21: Science Week

20: Spot talks Inclusion \$

24-28: Book Week

28: Daffodil (Yellow) Day

COVID-19



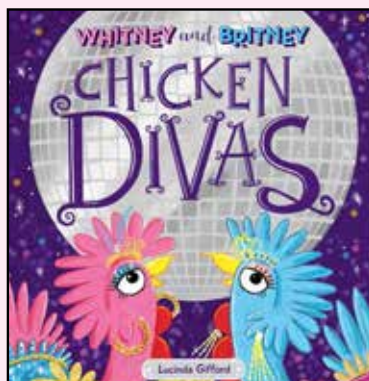
We can officially say we have lived through a time that will be written in history. None of us have ever seen anything like this pandemic and hopefully never will again. For us as Australians, first we had the devastating fires, then the floods and now the COVID-19 pandemic. Maybe mother nature is trying to tell us something - not to take things for granted.

Thank you to everyone for working with us regarding our new procedures and policies. We appreciate the support. We have been in contact with the Department of Education who support our strict procedures and policies during this time. It is vital that we continue with our temperature taking and refusal of any sick children because COVID-19 is not going away any time soon. While the governments are starting to loosen the restrictions, the virus is still around and we must be diligent. We know being telephoned for what might seem like something little is frustrating, but our blanket approach is in a bid to keep everyone safe. These protocols will continue as this pandemic is not going away any time soon. Thank you again for your cooperation.

BOOK REVIEW

Whitney & Britney Chicken Divas

By Lucinda Gifford



The official story chosen for ALIA NATIONAL SIMULTANEOUS STORYTIME 2020, TO BE CELEBRATED ALL ACROSS AUSTRALIA.

Whitney and Britney are two gorgeous chooks, Fluffy and silky with stunning good looks. Dora is perplexed about where her chooks go each night. Little does she know, they are Whitney and Britney, Chicken Divas!

#1millionkidsreading

PANDEMIC STRESS

With everything we have had to deal with in Australia as mentioned above, we now also have the stress of our economy getting back on its feet. This can be an overwhelming time for everyone, and many children will not understand

why there is so much turmoil. The web address below has some resources that can help parents with talking to their children about everything that is going on:

<https://emergingminds.com.au/resources/supporting-children-during-the-coronavirus-COVID-19-outbreak/>

FREE CHILD CARE PERIOD

There has not been any official reports of when the free child care period will end. But many unofficial reports are suggesting it will be the end of the financial year. Please note that at the start of the new financial year we will have our annual fee increase. We also do not know if the Child Care Subsidy will return as it was, or whether they will change it to another model. Only time will tell.

ADDITIONAL CHILD CARE SUBSIDY

We are presuming that the Additional Child Care Subsidy will still be available when the free childcare period ends. We have flagged this subsidy with you before when the pandemic first broke out in Australia and started impacting the economy. If families are experiencing financial hardship when the free childcare period ceases, the Additional Child Care Subsidy pays all the child care fees up to 100 hours per fortnight. Parents would need to apply through Centrelink.

WORLD ENVIRONMENT DAY

World Environment Day is the 5th June. The premise behind this years theme is "To care for ourselves we must care

for nature. It's time to wake up. To take notice. To raise our voice. It's time to build back better for People and Planet. This World Environment Day, it's Time for Nature."

NATIONAL SIMULTANEOUS STORY TIME WED 22nd MAY
National Simultaneous Story time is an important annual campaign that aims to encourage more young Australians to read and enjoy books. The idea is that all children across the nation read the same book at the same time. This year the book title was "Whitney and Britney: Chicken Divas by Lucinda Gifford which was read to all the children by Miss Amy, and all the educators dressed up as chicken divas! The children then enjoyed related art experiences with the chicken diva theme!
#feathersandsequins
#1millionkidsreading

RECONCILIATION WEEK 27May- 3 Jun

2020 marks the twentieth anniversary of the reconciliation walks of 2000, when people came together to walk on bridges and roads across the nation and show their support for a more reconciled Australia. Normally at SCCC we would participate in Wollondilly Council's Together now art exhibition, but due to the pandemic the exhibition did not go ahead. However, our service has a Reconciliation Action Plan. This plan sees us move through different actions to move closer to an environment whereby children and educators (and hopefully families) know, understand

acknowledge the original landholders of this area the Gundungurra people and embed this acknowledgement and respect within our service culture. #inthistgether

WEEKEND/CHILD INTEREST SHEETS

On page 9 you will find a copy of our weekend/child interest template. Please complete this at ANY TIME you wish. Please put it in the fees box or hand it to one of our educators. This information you provide is invaluable when making curriculum decisions for your child.

CAN YOU HELP WITH OUR EMERGENCY POLICY?

We are in the process of creating a new INCIDENT RESPONSE PLAN. This is done in conjunction with our risk assessments. It is a Department of Education requirement that we do these in consultation with relevant authorities, Fire and Rescue, Police, NSW Rural Fire and Ambulance NSW. If any of our families who work in the afore mentioned industries would like to assist with this, please let us know. We would appreciate your help. Please see the last two pages of this newsletter.

THANK YOU

During the middle stages of the pandemic when people were panic buying, hoarding food and with limit restrictions, we were finding it very difficult finding enough food for the centre. We drove to various shops every day for weeks just trying to secure the food we would normally get with our fortnightly food order. We would like to thank Mrs Neich who donated pasta and rice to us. This was the hardest product to find and we were very appreciative of her support and generosity. Also thanks so much to Mrs Vines for the donation of toys. We hope we have not forgotten anyone.



KINDI FARM

NATIONAL
SIMULTANEOUS
READING TIME
27TH MAY



MOTHER'S DAY IN ISO



ANZAC DAY



EASTER IN ISO

1 COVID-19 PARENTING One-on-One Time

Can't go to work? Schools closed? Worried about money? It is normal to feel stressed and overwhelmed.

School shutdown is also a chance to make better relationships with our children and teenagers.
One-on-One time is free and fun. It makes children feel loved and secure, and shows them that they are important.

Set aside time to spend with each child



It can be for just 20 minutes, or longer – it's up to us. It can be at the same time each day so children or teenagers can look forward to it.



Ask your child what they would like to do



Choosing builds their self confidence. If they want to do something that isn't OK with physical distancing, then this is a chance to talk with them about this. (see next leaflet)



Ideas with your baby/toddler



- Copy their facial expression and sounds
- Sing songs, make music with pots and spoons
- Stack cups or blocks
- Tell a story, read a book, or share pictures



Switch off the TV and phone. This is virus-free time

Ideas with your teenager

- Talk about something they like: sports, music, celebrities, friends
- Cook a favorite meal together
- Exercise together to their favorite music

Ideas with your young child

- Read a book or look at pictures
- Make drawings with crayons or pencils
- Dance to music or sing songs
- Do a chore together – make cleaning and cooking a game
- Help with school work

**Listen to them, look at them.
Give them your full attention.
Have fun!**

For more information click below links:

Parenting tips
from WHO

Parenting tips
from UNICEF

In worldwide
languages

EVIDENCE-BASE



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2 COVID-19 PARENTING

Keeping It Positive

It's hard to feel positive when our kids or teenagers are driving us crazy. We often end up saying "Stop doing that!" But children are much more likely to do what we ask if we give them positive instructions and lots of praise for what they do right.

Say the behaviour you want to see

- Use positive words when telling your child what to do; like 'Please put your clothes away' (instead of 'Don't make a mess')

It's all in the delivery

- Shouting at your child will just make you and them more stressed and angrier. Get your child's attention by using their name. Speak in a calm voice.

Praise your child when they are behaving well

- Try praising your child or teenager for something they have done well. They may not show it, but you'll see them doing that good thing again. It will also reassure them that you notice and care.



Get real

- Can your child actually do what you are asking them? It is very hard for a child to keep quiet inside for a whole day but maybe they can keep quiet for 15 minutes while you are on a call.

Help your teen stay connected

- Teens especially need to be able to communicate with their friends. Help your teen connect through social media and other safe distancing ways. This is something you can do together, too!



For more information click below links:

[Parenting tips from WHO](#)

[Parenting tips from UNICEF](#)

[In worldwide languages](#)

[EVIDENCE-BASE](#)



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3 COVID-19 PARENTING Structure Up

COVID-19 has taken away our daily work, home and school routines. This is hard for children, teenagers and for you. Making new routines can help.

Create a flexible but consistent daily routine

- Make a schedule for you and your children that has time for structured activities as well as free time. This can help children feel more secure and better behaved.
- Children or teenagers can help plan the routine for the day – like making a school timetable. Children will follow this better if they help to make it.
- Include exercise in each day - this helps with stress and kids with lots of energy at home.



You are a model for your child's behavior

- If you practice keeping safe distances and hygiene yourself, and treat others with compassion, especially those who are sick or vulnerable – your children and teenagers will learn from you.

Teach your child about keeping safe distances

- If it is OK in your country, get children outside.
- You can also write letters and draw pictures to share with people. Put them up outside your home for others to see!
- You can reassure your child by talking about how you are keeping safe. Listen to their suggestions and take them seriously.

Make handwashing and hygiene fun

- Make a 20-second song for washing hands. Add actions! Give children points and praise for regular handwashing.
- Make a game to see how few times we can touch our faces with a reward for the least number of touches (you can count for each other).

At the end of each day, take a minute to think about the day. Tell your child about one positive or fun thing they did.

Praise yourself for what you did well today. You are a star!



For more information click below links:

Parenting tips from WHO

Parenting tips from UNICEF

In worldwide languages

EVIDENCE-BASE



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Kangaroo's Newsletter

Thank you

It has been a unique few months for all of us and myself and all of the Kangaroo Educators would like to say thank you for keeping in touch with us and adding to our programming and learning even from home. During this tough time we believe it important to support children in time of change and bridge the gap between the familiar and unfamiliar and we could not have aimed and achieved this goal without your input so thank you.

Betty Bee

We are also getting a great response from our class pet Betty Bee. If your child has not yet had a turn, she is making her way through the list and can't wait to spend time and share adventures with all of you.

Structured Learning

For structured learning during March the children have been exploring with shapes, patterns name recognition and sequencing. This month we have been focusing on language development. Using verbal communication to describe pictures and extend their thinking to create their own stories. We believe this gives the children the opportunities to actively use, engage with and share the enjoyment of language and text in a range of ways. We have also been focusing on gross motor development, using the larger muscles in the body to build core strength and ability. The children have been practicing manoeuvring around obstacle courses, climbing, balancing, hopping, jumping, throwing catching and bouncing balls. The children have been recognising their individual achievements and the achievement of others throughout this learning topic. On Wednesday this week we participated in National Simultaneous Story Time where we read 'Whitney and Britney Chicken Divas' along with many other children across the nation!

PALS

The last few months the Kangaroos have been busy completing our PALS (Playing and Learning to Socialise) program. As an extension from this and also from the children's interest in the recent LEGO Masters TV show, the children underwent their own LEGO challenges such as building the tallest towers, building LEGO from a hanging string, and building using cue cards.

What's Coming UP?

This week we are discussing Reconciliation Week, exploring Aboriginal culture of the Gundungurra peoples, and exploring the concept 'In This Together'.

During June we will completing half yearly developmental checklists.

These will be placed in your child's portfolios at the end of June.

We will also be discussing occupations so any photos of family members at work will be greatly appreciated. This will enable us to further extend this topic and make it more meaningful for the children.

Again thank you for your continued support during this hard time.

Amy, Rebecca, Ashtonn, Tim & Aleisha.

Happy Birthday to!!

James M
Joe B
Atticus K
Flynn K
Oliver C
Ella R



Joey's Newsletter

What Have We Been Doing?

Throughout the past three months the Joey's have celebrated many different days including Harmony Day, St Patricks Day, Easter and Anzac Day by using creativity and arts and crafts. The children have continued to grow and build relationships with peers and educators during this different time. We use a child centred approach to this care and learning. Where the children make choices about what, how and with whom they want to play. A child centred approach promotes a structured child centred curriculum that includes teaching-learning methods appropriate to the child's developmental level, abilities and learning style; and considers the needs of the children. It encourages participation, creativity, self-esteem, and psychosocial wellbeing. For example, the 0-2 year olds have thoroughly enjoyed a variety of different play areas and experiences which invite the children to interact with each other. Also this month the Joey's have thoroughly enjoyed the book 'The Very Cranky Bear'. From there the Joey's have been creating artworks corresponding to the book. During the month of April, the 2-3 year old Joey's were counting and identifying numbers through fun games like hopscotch and snap. During this month the Joey's will be working through their development checklists.

Sustainability

Over the last couple of months, the Joey's have been looking after our vegetable garden which has cherry tomatoes growing in it. The Joey's have been going out to the garden and watering it as well as picking the tomatoes. The centre is also working towards making the gardens more inviting. You may have seen the pallet gardens that hang on the fence have been painted in bright colours. This is to bring more colour into the children's play area. The children have been working together to plant and look after our vegetable garden. This encourages the children to talk, think and understand the importance of growing their own vegetables.

Our Communication

Each day we communicate with parents about what has happened in our room. We share the highlights of each day by making notes on our weekly program as well as posting daily to our private Facebook page. Writing these daily comments on the Pic Collages allows Educators to communicate with families about some of the meaningful activities and interactions of the day. These comments will be aligned with the government's Early Years Learning Framework as well as theorists. Photos of the children illustrating their interaction with the curriculum will also be shared. On the Joey's entry door, you will find our daily pic collages as well as our family input sheets. On the storeroom door you will locate our program, please feel free to look around in the Joey's room at any time. This whole centre newsletter is produced once a Term and shared with parents via email. Additionally, a hard copy room newsletter will be shared via parent pockets. We welcome parent input in many ways. So please feel free to communicate with us about your child, our program, our room, or our centre any time. It is important to us that you feel comfortable coming to us to ask questions about your child and their day and how they are feeling. The pockets are also used when sending home notes, newsletters, accounts, and receipts.

Family input

We are really appreciating our family input with our weekend and holiday feedback forms. We strongly encourage family input whether it is through the weekend forms, Facebook or face to face communication.

Reminders

As it is becoming a bit cooler, the Joey's do still enjoy outdoors time, so they require warm clothing packed in your child's bag. Each day a fitted and flat sheet or a blanket is required for your child, at least three nappies, a water bottle, and a wide brimmed hat.

Thank you, Hannah, Tim, Jo, Tarleigha, Michelle, Katherine & Aleisha

Happy Birthday to you!

Reef - 3
Katie - 3
Phoebe - 1
Alyssa - 1
June
Audrey - 3
Ariella - 1





Family Input – What did you do on the weekend?

NQS	QA6
Early Years Learning Framework	Principle 2 Partnership
Child's Name:	

Extending Children's Interests and getting to know them more.

Please tell us what your child did on the weekend. No matter how big or small, exciting or not so exciting.

Everything parents and families do interest children and these events, no matter how big or small are the best educational resources you can provide for the centre. We use these events in our curriculum/program and the ideas explored from your weekend can last for weeks. This allows you to see firsthand what we do and your child sees that there is a connection between home and the centre. This strengthens the learning link.

Family Input – What does your child enjoy doing?

Extending our curriculum and experiences with children.

Please tell us what your child is enjoying at home at the moment. What do you currently consider your child's strengths and what are your goals for your child at this point in time?

SCHOOLIES NEWS

Welcome everyone to our Term 2 newsletter. It's great to be back to normal with our regular daily routine.

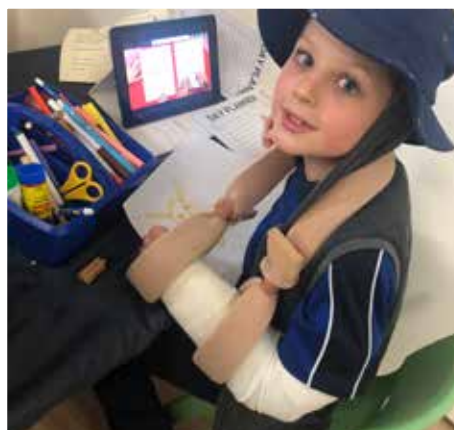
All the kids are back at school finally and getting to socialise with their school friends. There were a couple of weeks where our numbers were really low due to the COVID fear, and I'm sure the children couldn't wait for school to resume. They have all coped well with being some of the only children going to school daily and I'm very proud of the way they adapted to such a confusing time.

They have been kept busy here at SCCC of a morning and afternoon engaging in lots of activities and playing with not only each other, but the Kangaroos and Joey's. The simple game of Bottle Tossing is always a go to for the boys, it usually brings lots of competition and cheering each other on when they are landing it. Cameron suggested we try a little experiment whereby we wrapped elastic bands around the bottles, which was said to increase the chance of a higher success rate in landing correct way up each time. Cameron also told the group that he'd heard that adding salt and vinegar should have the same outcome. It's safe to say, there was, and still continues to be lots of bottle tossing.

The children all love to draw, and Tomas has introduced them to follow along drawing tutorials. This is a great way for those who find free drawing a little hard, to achieve and produce a drawing that's really good. These tutorials can be found on You-tube as well as art for kids hub. Using the iPads for drawing has really sparked the children's interest in the use of technology, as I'm sure they play with iPads or iPods or home laptops and PC's when at home.

I have been gathering a small collection of games that are suitable as well as educational for the children to play. If you have suggestions of suitable games that I could add, please pop in and see me. The children have been playing board games, ball games, doing word search puzzles, find the difference puzzles, colour by numbers, spontaneous free play throughout the centre and some yoga. We have also started an ongoing project whereby the children will be building a miniature replica of The Mariana Trench. The frame is currently undergoing some minor repairs then we'll start up again. They have been researching fun facts and searching for information on the iPads to gather up as much helpful information as possible to build our project. I look forward to sharing pictures with you all as it comes along. Thank you everyone, stay safe.

Miss Lynda



News from the Kitchen

Hello Parents, Grandparents and Carers, Term 2 edition of our kitchen newsletter is here.

What a crazy term it's been. It's great to be back to next to normal operations where our numbers are concerned, as there was a period there where some of our families were home isolating for obvious reasons. Your friendly faces were missed passing by mine and Miss Michelle's kitchen door.

We had to make some slight adjustments to the ongoing weekly menu, but none that affected the nutritional value for the children. Our Tomato bush out the back has come to the end of its fruit, which did in fact supply an awful lot of cherry tomatoes for everyone, some liked them more than others.

Did you know that tomatoes are a major dietary source of the antioxidant, lycopene? This has been linked to many health benefits. They are also a great source of vitamin C, potassium, folate and vitamin K. Miss Michelle and I use a lot of tomatoes, both fresh and canned in the kitchen, and coming into winter is a great time to be pulling out the slow cooker, soup pot and incorporating one of mother's nature's finest fruits into your daily menu at home. We continue to use fruits and vegetables of all the colours of the rainbow everyday. This is vital in delivering a well rounded nutritionally dense daily meal plan for the children. Their little minds and bodies burn fuel so fast in their learning and physical play it needs to be replenished at every meal time.

We have a couple of local suppliers that deliver us with fresh ingredients on a weekly rotation. If you would like one of your child's favourite meals put on the menu, please pop in and see Miss Michelle or myself. I myself love to see empty plates, dirty faces and full bellies after meal times and you always know it's a winner when, especially at lunch time, the room is very quiet because the children are too busy eating to be chatting.

Stay warm and healthy.
Miss Lynda

Creamy Cherry Tomato and Vegetable Risotto

Prep Time: 15 minutes
Cook Time: 40 minutes
Total Time: 55 minutes
Servings: 4
Calories: 368kcal



Ingredients

1 tbsp oil
10g butter
1 onion - finely chopped
1 Celery Stalk, finely chopped
1 carrot - grated
2 cloves of garlic - crushed
1 zucchini (courgette) grated
50-100g 4 cherry tomatoes chopped
250g (1 1/2 cups) risotto rice
1.5 litres (6 cups) Vege Stock
55g (1/2 cup) peas - or swap out for another grated vegetable
55g parmesan cheese - *optional*

Method

*Heat the oil and butter in a pan, add the onions, and garlic, and fry on a low heat for about 5 mins.
*Add the and grated veges and cherry tomatoes and fry for a further 5 mins.
*When the vegetables have softened, add

the rice and turn up the heat.

*Continually stir the rice for about a minute until the rice starts to look a little transparent.

*Turn down the heat and add a ladle of hot stock and continue to stir. Once absorbed add another ladle of stock and keep stirring. Continue adding the stock, a ladle at a time, until the rice is cooked (soft with a slight bite)

*Add the peas and stir through.

*Remove from the heat and add the parmesan cheese. Cover and allow to sit for a couple of minutes before serving.

Nutrition - Serving: 1 of 4 portions | Calories: 368kcal | Carbohydrates: 40.5g | Protein: 17.4g | Fat: 15.3g | Cholesterol: 25.5mg | Sodium: 764.4mg | Sugar: 20g



FUSS FREE MEAL TIMES

Fussy eating is a challenge for many parents - you are not alone! Be patient and keep trying.



Eat together at meal-times. Role model eating and enjoying the food.



Offer small portions - if they are still hungry, they can go back for more.



Involve them in shopping, cooking, and gardening.

Remember: the adult provides the food, but the child decides if and how much they will eat. Praise the smallest try, but do not give in and provide something else.

www.healthykids.nsw.gov.au



FREE INDOOR ACTIVITY IDEAS

You don't need expensive toys to get children active.



Here are some ways to move at home and indoors, and they don't need any equipment!

- Simon Says
- Hokey Pokey
- Hide & Seek
- Dancing
- Yoga
- Musical statues
- Tag / tip (*hop or jump instead of run to slow it down*)
- Follow the leader
- Move like a... (different animals)

www.healthykids.nsw.gov.au



EDUCATIONAL APPS - YES OR NO?

When deciding if your children should use educational apps, think about how much they can learn from doing the same activity with no screens. Often children can learn more from the traditional activity! For example:

Drawing/painting App, children learn:

- Hand-eye coordination
- Creativity
- Technology skills
- Turn-taking

Traditional drawing/painting, children learn:

- Hand-eye coordination
- Creativity
- Fine motor skills (pencil, eraser, paintbrush)
- Social skills (sharing, talking)
- Develops spatial awareness
- Develops language
- Colours, shades, shapes, textures

www.healthykids.nsw.gov.au



NATIONAL SLEEP RECOMMENDATIONS

0-3 months old: 14-17 hours including naps

4-11 month old: 12-16 hours including naps

1-2 years old: 11-14 hours including naps, with consistent sleep & wake up times

3-5 years old: 10-13 hours with consistent sleep & wake up times - this may include a nap



TIPS:

- An active child is a well-rested child!
- Screens emit 'blue light' which tells the body it's time to wake up - turn screens off 1 hour before bed time
- If your child can't sleep, try other relaxing activities like reading, drawing or yoga

www.healthykids.nsw.gov.au

KEEP OUR COMMUNITIES HEALTHY

Good health and hygiene stop the spread of COVID-19

Coronavirus (COVID-19) is a dangerous illness that can spread from person to person. Practicing good hygiene and staying healthy can help stop the spread in our communities.

Cover a cough with the inside of your elbow instead of your hand.



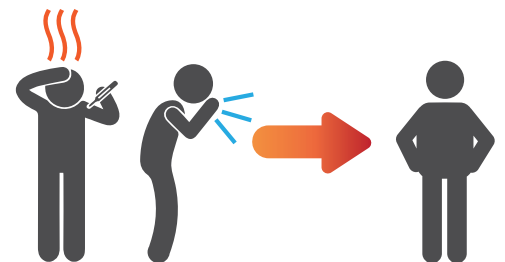
Wash your hands with soap and water for at least 20 seconds after you cough, sneeze, go to the toilet, and before making food or eating.



Put tissues in the bin and wash your hands straight away.



Keep a distance from other people, especially if they are sick.



Clean your home well, especially if someone gets sick.

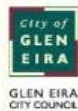


If you or your family get sick call your local health service for advice.
In an emergency, **call 000**

Now's your chance to...

LEARN AT HOME

An online sustainability action series brought to you by:



AMAZING SUSTAINABILITY COURSES ONLINE!

Courses include:

- * Grow food at home (Part 1 with Kat Lavers)
- * Nature play, developing your child's brain
- * Citizen science for kids
- * Love your soil (Part 2 with Kat Lavers)

These courses and loads more are available at:

<https://www.gleneira.vic.gov.au/services/sustainable-living/sustainable-living-webinar-series>

UNPLUG ELECTRONICS NOT IN USE



KEEP ROOM TEMP MODERATE



DO FULL LOADS OF LAUNDRY



USE FEWER OR SHARE APPLIANCES



SWITCH TO LED BULBS



eat less meat

Livestock farming produces 14.5% of the world's greenhouse gases. Go meat free on #MeatlessMonday

Source: UN FAO

#CNNGoGreen

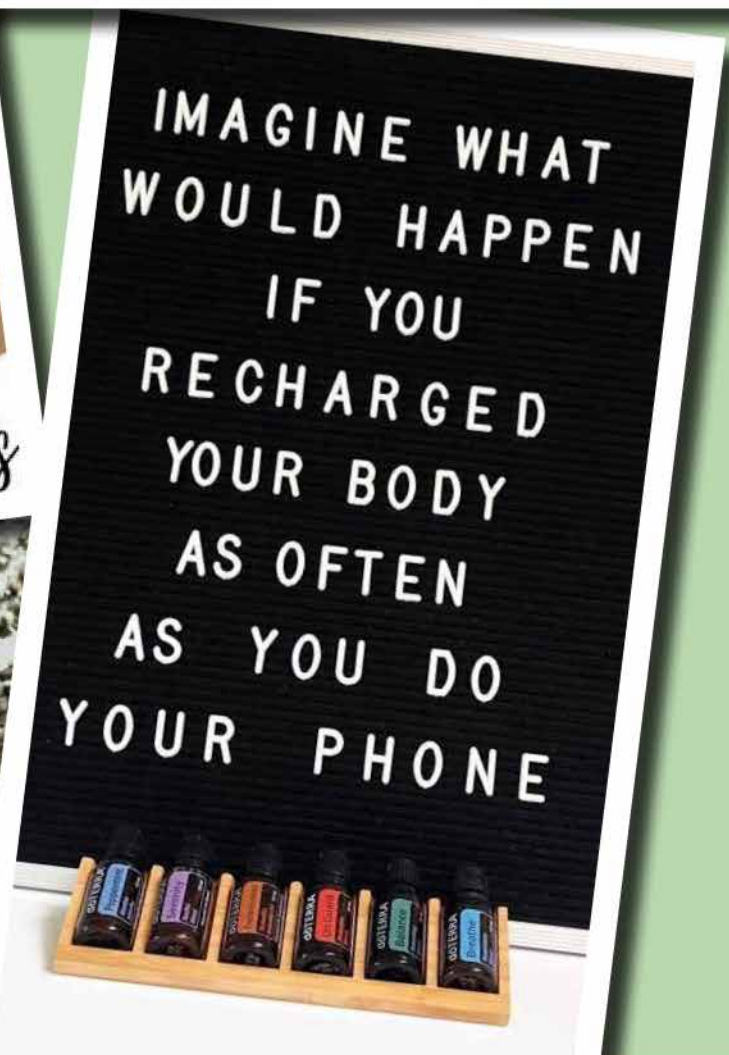


ONLINE ZOOM ESSENTIAL OILS CLASS FOR THE EMOTIONS AND WELLBEING

Tuesday, 2nd June 2020 at 7:30pm AEST.



Stress, Sleep & Emotions



You are invited to join Ashtonn and Kasie for a online Zoom Wellness night on **Tuesday 2nd June at 7.30pm.**

We will chat about the **therapeutic benefits** of essential oils for our **mind and body.**

The ZOOM link will be provided to people who RSVP before Monday 1st June.

INCIDENT RESPONSE PLAN – SILVERDALE CHILD CARE CENTRE

Fire Warden – Joanne Eid: XXXXXXXX

Owner/Director – Kasie: XXXXXXXX

Emergency: 000

Emergency Evacuation Areas – see site plan

INITIAL ASSESSMENT	DECIDE	NOTIFICATION	CONTACT NUMBERS	EVACUATION / INVACUATION
BUSH FIRE	BUILDING FIRE	MEDICAL EMERGENCY	FLOOD	
SEVERE STORM	BOMB THREAT	INTRUDER	HAZMAT / SPILL / POLLUTION	

