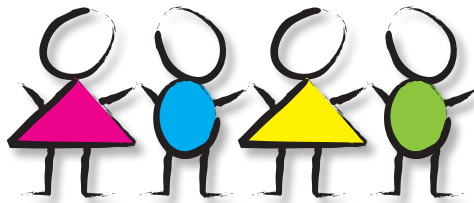


NOVEMBER
2019



Issue 4

www.silverdalechildcare.com.au

Silverdale Child Care Newsletter

www.silverdalechildcare.com.au



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BOOK REVIEW

Tricky's Bad Day

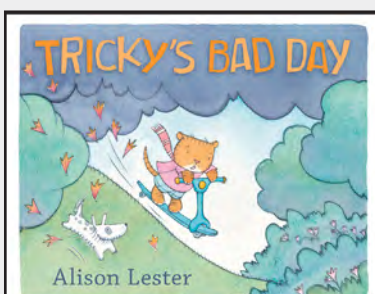
Winner of the Book of the Year for
Early Childhood at the 2019 CBCA
Awards

By: Alison Lester

Poor Tricky! Nothing is going right for him. Milk spills, pyjama buttons won't work, his little sister wrecks their game, and when he tries to help out, everything gets worse. Tricky's having a very bad day!

Then Dad has an idea. Outside it's wild, but there's a lot to explore...

From Australia's favourite picture-book creator comes a warm and funny story about the very recognisable mess, muddle and love that is the life of a young family - and the freedom of an outside adventure.



Important
DATE!

**CHRISTMAS
CONCERT
GRADUATION
FRI 6th DEC
5.30pm to 8.00pm**

**CENTRE CLOSED
21st Dec - 3rd Jan
CENTRE RE-OPENS
Mon 6th Jan 2020**

Keep an eye out on the
Kangaroo's door for notices
about the fun days
during the last week
16th - 20th Dec



Welcome families to
our final newsletter for 2019.



We acknowledge the traditional
owners of this land the
Gundungurra people.

THE DROUGHT IS UNRELENTING
As we head into the festive season
where we purchase gifts for
ourselves and others, it is timely
to remember our fellow human
beings that are doing it tough.
While there are many people
doing it tough, I am specifically
talking about our farmers. Many
farmers and their families have
had to deal with failed crops,
dying animals, and minimal income
for seven long years now. Many
people have taken their own
lives because the pressure is
so much with no relief in sight.
I urge you to donate to Rural
Aid to help these people in dire
situations. Donations can be made
to <https://www.ruralaid.org.au/>
If donating is not something
you can manage, there is a card
template on the last page of this
newsletter where you and/or
your children can send a heart
felt message to these families for
Christmas. They need our help.
Thank you.

TRANSITION TIME

It is that time of year where
unfortunately we have to say
goodbye to many children and
their families, as they make
their transition to primary
school. The children have been
enjoying their orientation days
at big school and meeting their
big brothers or big sisters. We
love building relationships with
families in the community and
it has been wonderful being a



STAFFING STRUCTURE 2020

	Monday	Tuesday	Wednesday	Thursday	Friday
Kangaroos	Rebecca	Rebecca	Amy	Amy	Amy
	Ashton	Ashton	Ashton	Tim	Ashton
	Tim	Hannah	Hannah	Hannah	Hannah
Joeys	Joanne	Joanne	Joanne	Joanne	Joanne
	Tarleigha	Tarleigha	Tarleigha	Katherine	Tarleigha
	Katherine	Tim	Katherine	Michelle	Michelle
	Aleisha	Aleisha	Aleisha	Aleisha	Aleisha
Extra Floater	Aleisha	Aleisha	Aleisha	Aleisha	Aleisha
Kitchen/Schoolies	Lynda	Lynda	Michelle	Lynda	Lynda

part of children's lives, in that most special time where so much development occurs. Best wishes to all our children who are leaving us this year. We will be thinking of you. These children will receive a 'Transition to School' document which our educators have completed. The idea of the document is to forward it to your child's primary school teacher, to help with a smooth transition from pre-school to primary school. If you have not already received this document. Please see your child's educator.

Similarly, December is time for many of our Joeys to start visiting the Kangaroo's room as part of their transition to the new room next year. This is a very exciting and sometimes daunting time for them. Which is why we introduce them slowly and with their peers and teachers. The transition forms you complete help us with this process.

CLOSURE PERIOD

Our last day of service is Friday the 20th Dec. We will be closed for two weeks and will reopen on Monday 6th Jan 2020. Fees are not charged during this period.

CHRISTMAS CONCERT & KANGAROOS GRADUATION

Please join us for this special occasion on Friday 6th Dec at 5:30pm. There will be a jumping castle, face painting, animal balloons, sausage sizzle & Santa Claus. We ask if possible that all children are collected by 5:30pm so we can get the party started. All children need to be promptly

delivered to the Joeys room by 5:30pm. Once again we will have a Christmas raffle, so if you are able to donate anything for the hampers, that would be greatly appreciated. Thank you.

2020 ENROLMENT

2020 enrolments have now all been finalised. Our sincerest apologies that we could not accommodate everyone with the schoolies. We are a small service and are not licensed to bring in too many after school children. If you need to make any changes please see staff as soon as possible.

END OF YEAR FEES

Please ensure that your fees are up to date. Two weeks before we close for the end of year, you will receive a statement charging you up to our closing date. Please ensure all fees are paid in full before we close. If accounts are in arrears, positions will not be held for 2019. Similarly, children's portfolios will not be released unless accounts are up to date. Thank you for your cooperation.

NEW FLOORING

Over our closure period we will be getting new flooring across the service. As you can imagine this is a big operation given the amount of furniture that needs to be moved. We do not anticipate this impacting you in any way. However, if things are a little out of place when we open up again in January, you know why!

THANK YOU

Thank you to the Neich family for their enormous contribution to our Christmas party with the donation

of drinks. Thank you to the Ingham, Clifford and Maksimovic families for their donation of toys, and to everyone who generously donated to our Christmas raffle! We really appreciate it. Thank you.

Also a sincere thank you to everyone who returned their service surveys with their enrolment preference forms. We understand that all feedback provides us with the opportunity to reflect and change. We were so humbled by all the positive feedback - it was delightful to read and appreciated. We are so grateful that families are happy. But please, if at any time you are concerned about anything at all, please do let us know. That helps us grow in the right direction.

LOST PROPERTY

Before the end of the year, please check the lost property basket under the sign-in sheets in the foyer. There are a lot of clothes there and we would like to see them returned home. Anything that is uncollected by the 13th December will be donated to charity.

MERRY CHRISTMAS

All of us here at Silverdale Child Care Centre would like to thank you for a wonderful year. We would like to wish you and your family a safe, restful, Merry Christmas and Happy New Year.



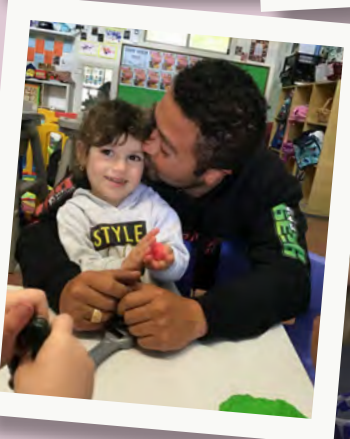
Reduce Reuse Recycle Incursion

Baby Chickens:
We watched them hatch! Now they live with Miss Kasie (she shows us pictures of them growing!)



**Grandparents
Day**

**Father's Day
BBQ arvo**



Buzzy Bee Faura & Fauna Show





Active kids are healthy kids

Get kids moving - play, dance, jump, hop, skip, run, climb and throw balls.

How much activity do kids need?

Babies under 1 year old

Should be active a few times every day.

Start with tummy time from birth (build up to 30 minutes over a day).

Babies like to play on the floor, roll, learn to crawl, balance and stand.

Kids 1 to 5 years old

Should be active for at least 3 hours every day.

Kids 3 to 5 years old

1 hour every day should be very active play like running and jumping.

Kids under 5 years old should not be inactive for more than 1 hour at a time.

Playing and being active helps kids to:

- Build strong bones and muscles
- Improve balance
- Sleep well
- Have a healthy weight
- Build confidence
- Improve concentration



Tips to get active every day

- Join a playgroup
- Ride bikes
- Play with balloons and balls
- Build and play with cardboard boxes
- Walk to a local park
- Dance to music

Joey's Newsletter



The Joeys have been busy working with their educators to complete yearly developmental summaries while creating Christmas cards, gifts, art, and working towards our Christmas concert. All the while working towards independence!

Developmental Summaries

Each of the Joeys will have a yearly developmental summary included in their portfolio. This will show you their progress and development towards their age group milestones. Portfolios will start coming home from the 9th December. We hope you enjoy reading through these and keeping these keepsakes for your beautiful children.

Christmas

The Joeys have been busy at work preparing for the fun and festive season! We have been completing creative experiences to take home for families, and to decorate the classroom with. We are so excited that our Christmas concert is just one week away! We are looking forward to seeing each and everyone of you. Don't forget the concert starts at 5:30pm and the Joeys are encouraged to wear Christmas!

We are independent!

The Joeys have been working towards their self help skills! Self care skills are the everyday tasks undertaken so children are ready to participate in life activities. This has included encouragement with putting their shoes and socks on themselves, applying suncream, collecting and looking after their belongings and packing away their sheets and blankets. Children have a drive to be independent and do things on their own. When children practice self-help skills such as feeding and dressing themselves, they practice their large and small motor skills, gain confidence in their ability to try new things and build their self-esteem and pride in their independence.

Transition Time

The Joeys who are starting in the Kangaroos room in 2020 will begin their transition periods into the classroom from Monday 9th December 2019. There will be times throughout the week where each of the Joeys moving up will spend time in the Kangaroos room so they can become more familiar with the routine, environment and educators. Each of the Joeys moving up should have received a transition form during the week in parent pockets, which we require you to return to ensure the transition for your children is as easy and smooth one. To help this process, Miss Ashtonn will be moving to the Kangaroos with them in 2020.

Literacy Skills

Throughout the last month the Joey's have really been enjoying working with felt stories. These felt stories encourage colour recognition as well as encouraging the children to make sounds of the animals in our felt stories. A few of the favourite felt stories include "Brown Bear, Brown Bear what do you See?" and "Old MacDonald had a Farm".

Music

The Joey's have really enjoyed our tapping sticks song, this song encourages the children to tap along with the rhythm as well as build their motor skills with tapping the sticks together.

Sustainability

The Joey's have been planting and looking after our vegetable garden. This encourages the children to talk, think and understand the importance of growing their own vegetables. The children have thoroughly enjoyed a variety of different play areas and experiences which get the children interacting with each other.

Together we would like to thank each and everyone of you and the Joeys for a great year! We wish you and your families a very Merry Christmas and a safe holiday and we look forward to 2020.

Thank you,

Miss Hannah, Miss Ashtonn, Mr Tim, Miss Michelle, Miss Katherine, Miss Tarleigha and Miss Aleisha.



HAPPY BIRTHDAY!

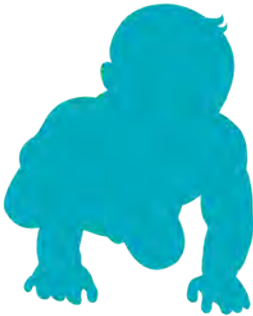
Birthdays in November
Jimmy - 3yrs
Riley P - 3 yrs
Isabelle - 3 yrs



WHY YOUR CHILD'S EARLY YEARS ARE IMPORTANT FOR LEARNING AND DEVELOPMENT

Early education and care shapes a child's future, laying the foundation for healthy development.

THE EARLY YEARS ARE CRITICAL FOR
ESTABLISHING A CHILD'S



PHYSICAL HEALTH
SOCIAL SKILLS
EMOTIONAL HEALTH
COGNITIVE CAPACITY
LANGUAGE SKILLS



FACT

Scientists have found children's brains go through a period of rapid growth during their first years, as they are learning more than they will at any other time in their life.

FACT

The way brain development occurs in a child's first years is like a game of tennis – children serve and adults return. Back-and-forth interaction is the essence of the brain development game.



FACT

Research shows quality education and care early in life leads to better health outcomes and education and employment opportunities later in life.



Kangaroo's Newsletter

Christmas and Project Based Learning

During the past few months we have been super busy preparing for Christmas. The children have been busy practicing their end of year concert songs as well as creating beautiful presents for their loved ones. As a part of one of our songs we have started to make a large group project- a goanna. Firstly the children helped by sculpting their interpretation of what the lizard would look like, then the construction began. Using chicken wire, wood, hammer and nails, the children assisted the educators to make the shape of the lizard. We are now up to the final stages of covering the wire with concrete strips and then it will be ready for painting and for display during our concert. One of the major advantages of project based learning like this is that it makes pre-school more like real life. It's an in-depth investigation of a real-world topics worthy of children's attention and effort. Children are encouraged to become independent workers, critical thinkers, and lifelong learners.

Structured learning and Literacy

For past few months the children have been busy focusing on the letters P, J, and W where the children are beginning to understand key literacy concepts and processes, such as letter/sound relationships and the concepts of prints. Learning phonics is important because letter-sound knowledge is the foundation needed to build up reading and writing abilities. Phonics plays a key role in helping children comprehend text. Inviting children to become familiar with the sounds of text and the printed text, sets them up for more success in primary school.

End of Year Reports

We have been focusing on revision in preparation for the children's end of year reports which will be placed in your child's portfolio during December. For the children who are attending school next year the "Transition to School Statement" have been handed out during the orientation process.

Transition to school

This is such an exciting time for the children who have started the orientation process which we have heard a lot about. We wish them all the very best in their future learning and they will all be greatly missed. We would like to thank all the parents for choosing us to care for and teach your children during this crucial time of their lives.

Welcome to our new Kangaroos

During the next two weeks we will be inviting the Joey children who are moving into the Kangaroos room next year to begin their transition process.

We wish everyone a very merry and safe Christmas.

From Miss Amy, Miss Rebecca and Miss Jo.

HAPPY BIRTHDAY!

November
Ethan B - 5 yrs
Braxton S - 5 yrs

December
Ben E - 5 yrs
Lara S - 4 yrs
Kalli S - 5 yrs



Transition to school

Starting school is an exciting milestone for your child and family. All of you will be experiencing changes as your child settles into a new learning environment, develops new friendships, and spends time with new teachers.

Preparing your child for their transition to school prepares them for future learning and development.

Is your child ready for school?

Being school ready is not dependent on whether your child can read and write. Being school ready is about the whole child. When deciding on the right time for your child to start school, it's important to consider a range of factors, including your child's age, emotional maturity, language skills, social skills, physical wellbeing and their ability to undertake simple self-help tasks independently.

If your child is attending an early childhood education and care service, speak to the educators about your child's cognitive, physical, social and emotional development and seek their views on how to best support their transition to school. Ask the educators about the transition to school strategy they have at the service.

You can also speak with the principal of the school your child may attend. Most schools support your child as they transition to school, through an orientation program, made up of visits to the school and spending time with the kindy teachers and other children.

How can you help prepare your child for beginning school?

- Talk positively and confidently about starting and attending school
- Speak with your child about the change in their daily routine, how will they get to school, what time they have to get up in the morning and what they will have in their lunch box
- Visit the school with your child before they start so they're familiar with the classrooms, playground equipment, bubblers, toilets, sick bay etc.
- Meet the teachers that may be working with your child and speak about them positively to your child
- Tell your child about support systems that the school offers e.g. if there is a buddy system where an older child supports your child in their first year of school
- Read books together about starting school
- Be involved in your child's school community e.g. participating in playgroups, orientation days or other social gatherings like school fetes and welcome barbecues
- Attend school events such as the book week parade, an assembly or school concert
- Develop good relationships with other parents, especially other parents of your child's friends
- Establish good attendance patterns for your child
- Develop family routines at home to support your child's learning at school e.g. read with your child each night, help them with any homework etc.

How can your early childhood education and care service support your child's transition to school?

SCHOOLIES NEWS

This is our last edition of schoolies news for 2019. Four weeks left of term 4, four weeks till Santa comes and 5 weeks till it's 2020!

Everyone's been very busy during term 4 practising for our end of year Christmas concert. Halloween saw us doing some research into how and where it originated from. Everyone was very surprised to find out it originated in Ireland with the ancient Celtic people, and had nothing to do with chocolates or sweets, but was in fact in celebration of their new year on 1st of November. They dressed up to scare away the spirits as it was thought the line between the human and spirit world was thin on 31st of October. It wasn't until the early 1900's that the Halloween as we know now started to evolve.

This then led to some research into Christmas traditions across cultures and how they celebrate it. Again some interesting facts were found. Between board games, bey blades, slime making (what a mess), letters to Santa, cookie decorating, soccer, handball, loom bands, beading and threading and much more. I think what has been the most fun together is our bus rides in the new bus. Our shared love of music and singing has been really great. Many a request has been given to whom ever is playing Mr Music on the day. It's usually an older child, but of late, a couple of the younger children have taken an interest in learning how to use our schoolies Spotify list.

Our new Homework club will be ongoing into the year for those that wish to complete homework before going home for the day. The children can sit after their afternoon tea in groups or by themselves to complete tasks or to do some silent reading. If one on one help is required this will need to be done at home as educators are unable to sit with them, but can offer help where needed. I hope this will benefit those families that need it.

That's it for 2019. I wish you all a very Merry Christmas and Happy New Year. Enjoy your Christmas school holidays, stay safe and I look forward to seeing you all again in 2020.

Miss Lynda.



News from the Kitchen



Welcome to our last newsletter for 2019. Where has the year gone?! Four more weeks and it's Christmas!

Summer is finally here so Miss Michelle and I are going to change up our menu plan. We'll be keeping some of the children's favourites like Tuna Moreau, Beef Lasagne and Chicken and Macaroni Cheese Bake. Again if you have some great recipes please let either Miss Michelle or myself know so we can add it in to the menu for everyone.

As the weather warms up, little bodies (and big adults bodies) need to stay well hydrated. Water is the best way to do this, as apposed to sweet sugary drinks that only make you thirstier. Please ensure your child's drink bottle is taken home and washed out daily and filled with fresh drinking water. Because if left for a few days the drink bottles start to go a bit yucky.

Thank you to all our Joeys who bring in fruit everyday. Now that all the amazingly beautiful summer fruits are here it's great to see them turning up in the fruit basket. Mangoes especially are a hit. Can I please ask for bananas to not be refrigerated as they go brown and mushy as they come to room temperature. Kangaroos afternoon tea lunch boxes are a great time to try new things for your little ones as they are more willing to try them with their peers and educators.

As our educators sit and also eat their afternoon tea, it's a great time for discussions based on everyday foods and sometimes foods. If you're struggling with this at home, maybe chat with the educators and see if they can offer some helpful hints and encouragement with problematic foods. You'll be amazed at what the children eat at school.

Below is a helpful table from Munch n Move about our daily protein requirements. Sometimes a visual is more helpful when preparing meals. They have lots of great information and resources for everybody. You can google search them or you'll find them on Facebook. Stay safe everyone. Merry Christmas, and I look forward to seeing you all again in 2020.....Miss Lynda

How much is a serve of lean meat and poultry, fish, eggs, nuts and seeds, and legumes/beans*?

A standard serve is (500-600kJ):

- 65g cooked lean red meats such as beef, lamb, veal, pork, goat or kangaroo (about 90-100g raw)
- 80g cooked lean poultry such as chicken or turkey (100g raw)
- 100g cooked fish fillet (about 115g raw) or one small can of fish
- 2 large (120g) eggs
- 1 cup (150g) cooked or canned legumes/beans such as lentils, chick peas or split peas
- 170g tofu
- 30g nuts, seeds, peanut or almond butter or tahini or other nut or seed paste

*Choose those with no added salt

Choose water as a drink

Flavour water naturally with herbs and fruit to reduce your child's sugar intake

Try these fruits and herbs:

- Berries (fresh or frozen are both great!)
- Lemon, lime or orange
- Mint, basil or rosemary

For more recipes, visit www.healthykids.nsw.gov.au

How many serves do kids and teens need?

All of us need to eat a variety of different coloured fruit and veges every day – both raw and cooked. The recommended daily amount for kids and teens depends on their age, appetite and activity levels – see table below.

Age (years)	Fruit (serves/day*)		Veges (serves/day*)	
	girls	boys	girls	boys
2-3	1	1	2½	2½
4-8	1½	1½	4½	4½
9-11	2	2	5	5
12-18	2	2	5	5½

*One serve of fruit is 150 grams (equal to 1 medium-sized apple; 2 smaller pieces (e.g. apricots); 1 cup of canned or chopped fruit; ½ cup (120ml) 90% unsweetened fruit juice; or 1½ tablespoons dried fruit)

*One serve of vegetables is 75 grams (equal to ½ cup cooked vegetables; ½ medium potato; 1 cup of salad vegetables; or ½ cup cooked legumes (chick beans, peas or lentils))



BREAKFAST BOATS

Ingredients

- 1 pack of 12 mini soft taco shells
- 6 eggs
- 1 punnet cherry tomatoes
- ½ cup frozen peas / sugar snap
- 2 tbsp fresh or dried chives
- ¼ cup milk
- 1 slice lean ham

Method

Preheat oven to 180 degrees.
Place boats on a baking tray with baking paper.
Slice cherry tomatoes into quarters, finely chop chives and dice ham and place in bowl.
In medium bowl, whisk eggs, then add milk

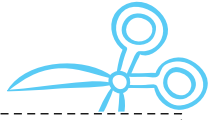
and pepper.

Spoon veg mix into boats – making sure each egg boat gets equal parts ham and veg.
Pour equal amount of egg mix into boats.
Bake for about 25 minutes until egg mixture is puffy.
Cool for 5 minutes, serve fresh on a platter at recess or lunch.

Note: Any leftover veg can be added to these boats. Grated cheese can be added on top.
Bread can be used instead of taco boats – just hollow out dinner rolls.

From: <https://nswlhd.health.nsw.gov.au/health-promotion/portfolio/brekkie-boat/>

#Cards4Drought

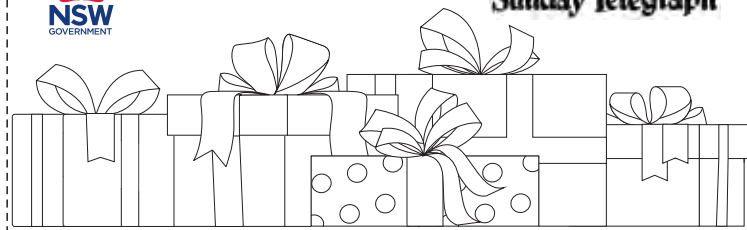


*A Christmas wish
from our family to yours*

My name



THE Sunday Telegraph



Here's what to do

- 1** Colour in and decorate the Christmas tree and the gifts
- 2** Draw a picture of your family and stick it in the frame
- 3** Write your first name next to 'My name'
- 4** Cut along the dotted lines and fold in half
- 5** Write your Christmas message inside the card
- 6** Take a photo of your card and post to Instagram with **#Cards4Drought** and see where your card lands! We'll track them and help your kids make a new penpal in the bush!
- 7** Send your card to: Locked Bag 5002 Royal Exchange NSW 1225

