



ON *this* MONTH

SELC-St Nicholas

Chinese New Year-----5-19th
National Apology Day-----13th

Remember:

If a cake is required for a child's birthday it is recommended that **doughnuts or cupcakes** be provided as this reduces the major cross-contamination allergy risks associated with most other cakes (nuts, eggs). As stated in our Celebration Policy.
Please see Aline if you have any issues.

Our Sponsored Child Joseph Kamau

Our magnificent initiative will continue this year as a result of the children's continued interest and our centre's commitment to this Kenyan orphan 'Joseph'. Last year the children were so excited and were regularly talking and wanting to help Joseph. The donation box is still set up in the front foyer for families & staff. Thanks for ongoing support. ☺

Our Library is now open for borrowing!

Children's Observations will start this month as January was a time for the children to settle

Message from the Director

Hello and welcome to all our new and existing families in 2019. As you know last year was another outstanding year for our children and their families as we created wonderful memories and experienced exciting learning journeys. Please remember that we have an 'open door' policy for families to come in anytime and/or become involved in the daily routine. This year our goal is to add more depth to our learning programs.

We hope to gain more knowledge about your children's interests, goals and how they learn best so that we can use this information when planning the curriculum. We can only achieve this goal by closely working together in a strong partnership for better learning outcomes for the children. Throughout the year there will be many opportunities for families to be involved and participate in a variety of ways. It is very important to remember that this is your child's centre so please feel free to offer ideas and suggestions. As a result we have setup a new parent committee for 2019. This committee will be responsible for reviewing programs, policies, procedures, events, etc.. We aim to meet at least 4 times a year. Stay tuned for more information in the next couple of weeks. If you would like to be part of this committee please write your name down ASAP on the clipboard (near sign-in area).

We have some exciting news regarding our menu. As you may or may not know recently we have been approved and certified by 'Munch and Move' who are a NSW Health initiative that supports the healthy development of children birth to 5 years by promoting physical activity, healthy eating and reduced small screen time. Please take the time to view and provide feedback on our menus opposite the Kitchen.

The educators are organising events that will highlight some special times we will be holding here at our centre. This will include incursions, visitors, cultural and community celebrations etc.... If you have any suggestions please feel free to speak to Aline or Belinda so we can add these to our calendar. (You can find our events under the heading of "On This Month" of our monthly newsletters.)

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CHINESE NEW YEAR – 5TH

In 2019 the Chinese New Year officially begins on February 5th. This date marks the beginning of a new lunar year according to the traditional Chinese calendar rather than the Gregorian calendar. Chinese New Year,

also called Spring Festival, has more than 4,000 years of history. It is the grandest and the most important annual event for Chinese people. www.chinesenewyear.net

NATIONAL APOLOGY DAY – 13TH

This is the 11th Anniversary of the National Apology to Australia's First Peoples – a sacred moment in our nation's history that must never be forgotten. The journey to national apology began with the *Bringing Them Home* report – the findings of an inquiry instigated by the Human Rights and Equal Opportunity Commission in **1995**. Find out more at www.aph.gov.au



APRICOT & PISTACHIO QUINOA BARS

PREP 20 min | COOK 50 min | SERVES 16

INGREDIENTS

- 1 cup (100 grams) quinoa flakes
- 1/2 cup (100 grams) white quinoa
- 1 cup (160 grams) almonds, finely chopped
- 1/2 cup (40 grams) shredded coconut
- 1/4 cup (35 grams) buckwheat flour
- 1/2 cup (70 grams) pistachio, finely chopped
- 1/2 cup (65 grams) dried apricots, finely chopped
- 1 egg
- 3/4 cup (270 grams) rice malt syrup
- 2 tablespoons coconut oil, melted
- 1 teaspoon vanilla extract

METHOD:

Preheat oven to 160 degrees Celsius (325 F). Place the quinoa flakes, quinoa, almonds and coconut onto an oven tray lined with baking paper. Toss to combine and bake for 10-15 minutes, stirring occasionally, until golden. Set aside to cool. Place the quinoa mixture, buckwheat flour, pistachios, apricots, egg, rice malt syrup, coconut oil and vanilla into a large bowl and mix to combine. Press the mixture into a 20cm x 20cm square tin lined with baking paper. Bake for 30-35 minutes or until golden. Allow to cool slightly before placing on a wire rack to cool completely. Use a sharp knife to cut into 16 squares. Enjoy x
Enjoy x Remember to always supervise kids in the kitchen.



Source: Recipe and images belong to mylovelylittlelunchbox.com



EMPOWERING
READS FOR YOUNG
PEOPLE



ALL THE WAYS TO BE SMART

DAVINA BELL

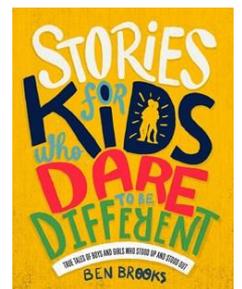
'Every page of this book is joyous, imaginative and life-affirming ... All the Ways to be Smart is a celebration of what childhood can be, and it will likely become a classic.'

From the award-winning creators of *The Underwater Fancy-Dress Parade* and *Under the Love Umbrella* comes this joyful ode to all the unique and wonderful qualities that make children who they are.

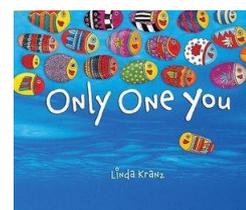
STORIES FOR KIDS WHO DARE TO BE DIFFERENT

BEN BROOKS

True, inspirational and amazing tales of boys and girls who stood up and stood out.



This is the book for children who want to know about the lives of heroes who have led the way, changing the world for the better as they go.



ONLY ONE YOU

LINDA KRANZ

There's only one you in this great big world. Make it a better place.

This exquisitely illustrated book explodes with colour and honest insights. Kranz's uniquely painted "rockfish," set against vibrant blue seas, make an unforgettable and truly special impression. Only One You will inspire parents and children of all ages as they swim through the sea of life.

FOCUS ARTICLE: How reading impacts your child's brain.



Reading with your child is a fun, bonding experience that offers many benefits – the most obvious being the development of child's language skills and providing an opportunity for them to learn how to read. Beyond boosting their learning potential, parent-child reading also has health benefits, says a recent study. Reading changes their brains for the better.

The findings, published in the journal *Pediatrics*, offer hard evidence that reading feeds young brain development. Led by Dr John S. Hutton at Cincinnati Children's Hospital, the study used functional MRI scans to assess real-time changes in the brains of 19 pre-school children as they listened to stories being read to them.

Parents were asked about "cognitive stimulation," including their children's reading habits and how often they were read to at home. Researchers discovered that reading stimulates the side of the brain that helps with mental imagery, understanding, and language processing, and that brain activity, while hearing stories, was higher in the children who were read to at home more often.

"We hope that this work will guide further research on shared reading and the developing brain to help improve interventions and identify children at risk for difficulties as early as possible, increasing the chances that they will be successful in the wonderful world of books," Dr. Hutton said in an interview.

Studies have also shown that when a mind is consistently stimulated, the progress of mental illness slows. According to the U.S. Surgeon General, about 20% of children in the U.S., including pre-school children, suffer from a diagnosable mental illness during a given year. Children are prone to anxiety, ADHD, and other disorders. Reading keeps their brains active and engaged, and can help fend off mental illness.

Further research, conducted by cognitive neuropsychologist David Lewis and colleagues from the University of Sussex in England, showed that reading is also a major form of stress relief.

The study followed volunteers as they had their stress levels and heart rates increased, and were then tasked with trying a series of stress-reduction methods – with reading surpassing listening to music and going for a walk as being the most effective method. Reading was shown to reduce stress levels by 68 %, according to the findings.

Since all children experience stress, sometimes significant amounts of it, reading seems like a natural method for easing their tension and anxiety. Again, pre-schoolers are not immune. Even very young children have worries and concerns. Separation anxiety, for example, is a major stressor among this age group.

Instilling a love of reading in your child can also increase their life expectancy. Research has shown that avid readers live an average of two years longer than those who do not read. Those who read for up to 3.5 hours a week had a 17% lower risk of dying over the next 12 years, and people who read more than that were 23% less likely.

The American Academy of Paediatrics advises parents to read to their children every day, starting at birth. Dr Hutton's study notes, "Parents are a child's first and most important teachers. The quality of cognitive stimulation in the home, especially before school entry, strongly influences achievement and health outcomes."

The first six years of life are the most important for healthy brain development, but a brain needs stimulation and new experiences to grow cells and make connections. You can have a positive influence on your child's mental growth. Reading is to the mind what exercise is to the body. Help them flex their brains with a great story – every single day.

Source: Motherly; Crystal Ponti (2019, January 16). How reading impacts your kid's brain, Retrieved from <https://www.mother.ly/parenting/how-reading-impacts-your-kids-brain>

PATTERN PLAY

YOU NEED: A mixture of items you have available, for example: Lego pieces, different shaped pasta, pencils and crayons, coins, spoons and forks, hands and feet...

Basic math skills in preschool and kindergarten set the foundation for learning more advanced math concepts later on. Patterning is one of those important early skills. Thankfully, patterns are easy and fun to teach!

How do we teach patterns? We can notice them, hear them, and physically make them.

Here's a simple progression you might want to use when you teach patterns:

ABAB (red, blue, red, blue)

ABC (car, truck, plane, car, truck, plane)

AABB (crayon, crayon, pencil, pencil, crayon, crayon, pencil, pencil)

AAB (Cheerio, Cheerio, raisin, Cheerio, Cheerio, raisin)

ABB (stomp, clap, clap, stomp, clap clap)

Try making some of these pattern progressions with the items you have collected. Make a pattern and ask your child what they can see. Point patterns out when you see them in nature or on clothing and in every day life. Source: themeasuredmom.com

Fun with
NUMERACY

HEALTH & SAFETY: Internet Safety for Preschoolers



Information technology is now used in virtually every home in Australia. Ninety-seven per cent of households with children aged under 15 years have access to the internet, with an average number of seven devices per household. Parental involvement in the safe use of technology should start from a child's first use, and parents continue to be a critical influence in children and young people being responsible digital citizens and engaging in online activities safely.

Why internet safety matters: Preschoolers like going online to look at videos or to play games. They can do this using computers, mobile phones, tablets, TVs and other devices. There are safety risks for preschoolers online, although pre-schoolers won't usually be exposed to as many risks as older children because they're less likely to be using the internet independently.

When you take some practical internet safety precautions, you protect your child from risky or inappropriate content and activities. And your child gets to make the most of her online experience, with its potential for learning, exploring, being creative and connecting with family and friends.

Internet safety risks for pre-schoolers:

There are three main kinds of internet safety risks for children:

- **Content risks:** these risks include content that children might find upsetting, disgusting or otherwise uncomfortable. Examples are pornography, violence, images of cruelty to animals or programs meant for older children.
- **Contact risks:** these risks include children coming into contact with people they don't know. For example, a child might use a communication app and talk to a stranger.
- **Conduct risks:** these risks include children acting in ways that might hurt others. For example, a child might destroy a game his friend or sibling has created. Accidentally making in-app purchases is another conduct risk.

Teaching safe and responsible online behaviour

You can help your child learn how to use digital media and the internet safely, responsibly and enjoyably. If you teach your child how to manage internet safety risks and worrying experiences for himself, he'll build digital resilience. This is the ability to deal with and respond positively to any risks he encounters online.

You can do this by: Going online with your child, by being a good role model, teaching your child about good and bad content and teaching your child about in-app purchases.

Going online with your child - Your child will get more out of being online if you're watching or playing with her. You can get her to show you websites that are fun or interesting, ask her to show you how to play the app or game that she's playing, talk about the videos she's watching. If you think the app or video isn't appropriate, you could say, 'This is a bit grown-up. Let's find something else'. Then help your child to find something more appropriate.

Being a good role model - Your child learns from you. This means you can model safe and healthy internet use by using digital media in the way you want your child to use it now and in the future. For example, you can keep internet-connected devices out of bedrooms.

Teaching your child about good and bad content - You can explain to your child that there's good and bad content on the internet, including content that isn't true. Encourage your child to talk to you if he sees something upsetting, scary or worrying. For example, you could say, 'Some videos on the internet can be upsetting or scary. Tell me if you see something that scares you or makes you unhappy'.

Teaching your child about in-app purchases - Lots of games and apps have in-app purchases for things like character costumes and new levels. You could teach your child about these by saying something like, 'People use the internet to make money and we have to be careful that we don't give them our money by mistake. If something pops up on the screen don't click it. Come and tell me'.

Source: Raising Children (2019, January 16). Internet Safety: Children 3-5 years Retrieved from <https://raisingchildren.net.au/preschoolers/safety/personal-safety/internet-safety-3-5-years>



WETLAND WARRIORS

Wetlands help us prepare for, cope with and bounce back from the impacts of climate change. They help buffer coastlines from extreme weather, they naturally absorb and store carbon, as well as reducing floods and relieving droughts. What can you do to help conserve these wetland environments?

1. Join programs that help protect and restore wetlands.

2. Report illegal activities.
3. Pick up all litter and dispose in appropriate bins.
4. Plant local tree species!
5. Use "living shoreline" techniques to stabilise the soil.
8. Use paper and recycled products made from unbleached paper.
9. Use non-toxic products for household cleaning.
10. Reduce, reuse and recycle household items and waste.

Restore, use wisely, conserve. World Wetlands Day Feb 2nd.

Message from Director Continued.....

What should my child be wearing to the centre??

Dress Code for the Children



No thongs



No Singlets



No caps

Immunisation Reminder!!!

It is very important for us to keep our records maintained. The national requirements have now changed. To enrol a child in any service, parents/guardians **MUST** provide a copy of a current Australian Childhood Immunisation Register (ACIR). The blue book is no longer accepted.

All families need to provide an updated immunisation register ASAP so that you don't jeopardise your child's enrolment.

If you have not supplied one of these registers for your child please see Aline immediately. If your immunisation is not up to date your CCS will not be paid.

We are reminding families that we have provided a copy of the centre's policies for reviewing in the folder "**Reviewing Centre's Policies 2019**" on the table in the foyer opposite the parent pockets. Please check it out and make comments and then date and sign it for evidence.

As part of your enrolment at our service we require you to **confirm acceptance** to be able to receive the subsidy from the government. Recently in your parent pockets you may have seen this important document. **If you have not yet signed and returned this form please do so immediately.** If you did not receive it see Aline immediately.

Remember if your child is **unwell** please do not send them to the childcare. Parents are sometimes giving their children Panadol in the morning and sending them to the centre. As the Panadol wears off the child has a temperature again. This is becoming an ongoing problem as staff are being taken away from the other children as well as putting other children and staff at risk. Upon return you must also have a **clearance letter** from the doctor. We are not trying to be difficult but we are trying to ensure that all our educators and children are kept safe at all times.

If your child is sick or away please let us know by **7.30am** that morning to inform us that your child will not be attending the centre by either texting the mobile (0411 290 267), ringing the centre (8764 1997) or via the Kindyhub App.

In addition if you have organised for somebody other than the people you have nominated on your enrolment to collect your child you **MUST** inform us by texting Aline or ringing the centre **PRIOR** to the pickup. We are **not allowing children** to go home with other family members you have not authorised on the enrolment form as per our centres' policy. Thanks you for your understanding.

Updates

ACECQA Support Program 2018/2019

We are now half way mark with **The Australian Children's Education and Care Quality Authority (ACECQA)** Support Program. This independent national authority assists service providers in implementing the National Quality Framework (NQF) for children's education and care. Late last year we reviewed Quality Area 7 (Governance & Leadership) and we are currently reflecting on Quality Area 1 (Educational Program & Practice). This will now lead to our second Assessment and Rating visit which is scheduled for some time in March or early April 2019. We will notify you when an exact date once we are informed by the Department of Education.

Our Service Philosophy

Last year we started the process of reviewing our centre's philosophy. After several stages of consultation with families, educators and children we have now finally published the revised philosophy for our centre. A copy has been attached to this newsletter for your convenience. Remember you can provide feedback about the philosophy at any time.

Continued

Play with purpose

ART AND CRAFT



Art is a natural activity to support this free play in children. The freedom to manipulate different materials in an organic and unstructured way allows for exploration and experimentation. These artistic endeavours and self-directed explorations are not only fun, but educational as well. Art allows youth to practice a wide range of skills that are useful not only for life, but also for learning. So why is art so important for pre-schoolers?

Skills youngsters practise when participating in art activities include:

Fine motor skills - Grasping pencils, crayons, chalk and paintbrushes helps children develop their fine motor muscles. This development will help your child with writing, buttoning a coat and other tasks that require controlled movements.

Cognitive development - Art can help children learn and practice skills like patterning and cause and effect (i.e., "If I push very hard with a crayon, the colour is darker."). They can also practice critical thinking skills by making a mental plan or picture of what they intend to create and following through on their plan.

Math skills – Children can learn, create and begin to understand concepts like size, shape, making comparisons, counting and spatial reasoning.

Language skills – As children describe and share their artwork, as well as their process, they develop language skills. You can encourage this development by actively listening and asking open-ended questions in return. It is also a great opportunity to learn new vocabulary words regarding their project (i.e., texture). In addition to helping youth develop important skills, free expression is also good for overall health and well-being. Giving your child a creative outlet can help relieve stress and work through things happening in their lives. By encouraging artistic expression, you can help facilitate learning.

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

We need your assistance!!

We are asking families and friends to bring in Loose Parts for the children's learning programs such as; jars, buttons, jewellery, beads, lids, timber, plants, bottles, fabrics, cushions, small pots & pans, kitchen utensils, bark, wooden pieces, table cloths etc... We really need your help with bringing in some of the items you are not using at home.

Once again we hope you have another great year and remember if you have any questions or issues please don't hesitate to speak or email me.

**REMINDER TO ALL FAMILIES:
DON'T FORGET TO BRING IN
FAMILY PHOTOS PLEASE!!!!!!**

Kind Regards

Aline ☺

Director



CRAWL CHASE

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

When was the last time you got on your hands and knees and crawled like a baby? Give it a go, it is quite tiring and is a great brain workout too.

This activity is simple and requires no equipment just a little space. It is tag on all fours, take turns being 'in' everyone gets into crawling position and crawls away trying to avoid being tipped! Have fun.

Feedback 
is always welcome

How can we make our newsletter even better?

What information would you like us to include?

Name of your service

Email: aline@shepherdchildcare.com.au
Phone number: 8764 1997