

DON'T LET WHAT YOU CAN'T DO, STOP YOU FROM DOING WHAT YOU CAN DO – JOHN WOODEN



## What's Happening

Public Holiday -----8<sup>th</sup> June  
Last day of Term 1 -----3<sup>rd</sup> July

### AROUND THE COUNTRY

Mabo Day ----- 3  
World Environment Day ----- 5  
World Oceans Day ----- 8  
Global Wind Day ----- 15  
National Refugee Week ----- 14 - 20

We have welcomed back the majority of families returning from self isolation. It is good to have you back! We extend a welcome to the numerous new families that have recently started at the Centre.

Now that the cooler weather is upon us, we ask that you send your children in named, layered clothing so when they take a clothing item off we know who it belongs to. Please check our lost property area in the foyer as we have quite an accumulation of clothing, drink bottles, etc.

Unfortunately our planned kindy family night needed to be postponed due to COVID-19 but we will keep you informed when another date is set.

Child care families should, by now, all have access to the parent communication app OWNA. **If you don't please let us know.** Child care educators have begun to use the app this week to record nappy changes, sunscreen application, sleeps, food eaten, vaccination reminders, etc. They will also be using the app for incident reporting. Please electronically sign the incident report forms as soon as you receive notification. If you have any problems, please let us know.

Scholastic book catalogues are out now and have been sent home with your child.





World Environment Day encourages worldwide awareness and action for the protection of our environment. Since it began in 1974, it has grown to become a global platform for public outreach that is widely celebrated in over 100 countries. The theme for 2020 is 'Time for Nature' — The foods we eat, the air we breathe, the water

we drink and the climate that makes our planet habitable all come from nature. It's time to raise our voices to tell the world that we need action now. This World Environment Day, it's *Time for Nature*. Learn, Share, Act. **Find out more here.**

#### WORLD OCEANS DAY – JUNE 8

On World Oceans Day, people around our blue planet celebrate and honour our ocean, which connects us all. You can help protect the ocean for generations to come by signing the protect '30% petition' and participating in a World Oceans Day event or activity. This year there are a range of online events you can participate in and support World Oceans Day 2020.

**Find out more here**

## BANANA CAKE



PREP 20 min | COOK 30 min | SERVES 16

### INGREDIENTS

3 overripe **bananas**, *mashed*  
 2 **eggs**  
 3/4 cup **olive oil** (or vegetable oil)  
 1 cup Greek or natural **yoghurt** (or sour cream or buttermilk)  
 1/2 cup **brown sugar** (or coconut sugar)  
 1/3 cup **pure maple syrup** (or brown sugar)  
 1 tablespoon **vanilla bean paste** (or extract)  
 1 cup **buckwheat flour** (or plain flour)  
 1 cup **plain flour**  
 1 1/2 teaspoons **baking powder**  
 1 teaspoon **cinnamon**, *ground*  
 1/2 teaspoon **nutmeg**, *ground*  
 1/4 teaspoon **ginger**, *ground*  
 pinch of **salt**

### ICING

2 cups **fresh ricotta** (deli-style) **cheese**  
 1/2 cup **pure maple syrup**  
 2 teaspoons **vanilla bean paste** (or extract)  
 1/2 cup **cocoa powder**

### METHOD:

**Preheat** oven to 180 C and line a 20 cm x 20 cm brownie pan with baking paper. Set aside. **Place** the mashed bananas, eggs, olive oil, yoghurt, sugar, syrup and vanilla and whisk to combine. **Sift** the buckwheat flour, plain flour, baking powder, cinnamon, nutmeg, ginger and salt into the bowl and stir using a wooden spoon until just combined. **Pour** the batter into the prepared tin. **Bake** for 30-40 minutes or until a skewer inserted removes cleanly. **Allow** the cake to cool completely.

### To make the whipped ricotta maple and chocolate frosting:

**Place** the ricotta into the bowl of a food processor and blitz for 1-2 minutes or until smooth. **Add** the maple syrup, vanilla and cocoa powder and blitz for 2-3 minutes (scraping down the sides of the bowl) or until the frosting is smooth and luscious. **Smother** the cooled cake with a thick layer of frosting. **Cut** into 9 or 16 squares. Enjoy x

Recipe and Image from 'mylovelittlelunchbox.com'

## App reviews

*Educational pre-schooler apps that will engage and challenge.*



### BEE-BOT

TTS Group | Ages: 4+

*The Bee-Bot® App from TTS is based on the well-loved and award winning Bee-Bot® floor robot.* The App makes use of Bee-Bot's key functionality and enables children to improve their skills in directional language, programming sequences of forwards, backwards, left and right 90 degree turns.

### GOODNESS SHAPES

Little 10 Robot | Ages: 3+

*Goodness Shapes is a playful, learning adventure for pre-schoolers and toddlers.* Your kids will get familiar with shapes, colours and patterns through unique challenges that involve matching, sorting and other fun games. This is a relaxed experience with endless play that keeps children engaged, entertained and challenged.

### MONTESSORIUM: INTRO TO COLOURS

HIGHER GROUND EDUCATION INC | Ages: 3+

*Learn the foundations of colour, including primary colours, secondary colours and gradients. Inspired by the famous Montessori colour tablets!* Your child will learn: The basic foundations of colour, Primary & Secondary Colours, Colour Shades & Gradients, to identify, match and name colours, to mix, paint and create colours, to seek, find and select colours and fine motor skills.



## FOCUS: Continuing social connection for children during social-distancing

**As social-distancing rules continue and confirmed cases and deaths rise, children's daily rhythms and routines have been obliterated. Some are struggling with this brave new world in which they must remain six feet apart from the people they love. So parents are loosening strict limits on screen time, hoping virtual playdates will spare their house-bound children the anxiety and trauma the pandemic is spreading from coast to coast and restore a sense of community when they need it most.**

### Screen time in the time of coronavirus

Is all this screen time OK? The American Academy of Paediatrics normally recommends no screens before 18 months, one hour a day of quality programming for 2- to 5-year-olds and limits for older kids. But, of course, these are not normal times.

Jenny Radesky, assistant professor of paediatrics at the University of Michigan C.S. Mott Children's Hospital and author of the American Academy of Paediatrics' 2016 screen time recommendations, has been getting a lot of questions from parents about screen time during the coronavirus. Radesky, a developmental behavioural paediatrician, tweeted some new recommendations last week.

"These social connections are incredibly important. Schooling offers children not only time to interact and play with their peers but also a larger community that they belong to, with its own culture and norms. Children are constantly practicing their social skills with each other – testing what sort of behaviour is appropriate, what goes too far, and what gets reciprocated by other children – and this dynamic process is hard to replicate at home," Radesky told USA TODAY in an email. "Using video chat to play games, catch up with each other, talk about boredom, or even just be ridiculous will help kids cope."

Screen time should still have limits. Make sure time is set aside for going outdoors, playing board games, drawing, or giving kids unstructured time to figure out what they'd like to do, Radesky advises.

### Virtual playdates bridge social distancing

Almost anything kids used to do offline before COVID-19 can now be done online with a few clicks or taps and a little creativity, says Sierra Filucci, editorial director of Common Sense Media, an advocacy group for kids. Dance and homework parties. Birthday celebrations. Movie and game nights. Storytime and circle time. Virtual lunch hours with classmates. Scavenger hunts and charades. No matter what age, activities abound that ease the solitude of sheltering in place while keeping kids at a safe physical distance, Filucci says.

Pre-school age children can draw together, Primary school-age kids can tackle marshmallow-and-toothpick building challenges with pals over video chat. Older kids can meet up in multiplayer online games.



"Any opportunity to keep up social contact between kids is good just overall for mental health," Filucci says. "For younger kids, social interaction can be a very important part of education, and for older kids, social interaction is an important part of their social development."

### Here are some ideas for online activities to connect with friends and family from Filucci at Common Sense Media:

#### Pre-school/Primary aged children

##### Apps

Caribu

##### Social games

Mario

Maker 2

Roblox

##### Activities on video chat with supervision

Board games (Chutes & Ladders, Candyland, Sorry, Battleship)

Play-doh

Scavenger hunts

Marshmallow/toothpick building challenges

Story time

Show and tell

Charades

Circle time

Legos, Beyblades, other toys

Share songs and videos on YouTube

Guynn, Jessica. (2020, March 27). USA Today. <https://www.usatoday.com/story/tech/2020/03/27/coronavirus-covid-19-social-distancing-screen-time-parents-children-zoom-facetime-fortnite-minecraft/5084998002/>

## UP, DOWN AND AROUND

**Supplies:** Toy cars, boxes or furniture.

Watch 'Up, down and around' <https://youtu.be/yY4ZNV3BQCw> and talk to your child about the positional words in the story. Use toy cars to demonstrate the words: Up, down, around, under, over. Once your child understands the concept take turns directing each others cars. For example, say to your child; "drive your car up the box, over the box, down the box, around the box..." Extend this activity by adding new positional words or different settings.

Find out more at [https://mathathome.org/lessons/up-down-around\\_\\_trashed/](https://mathathome.org/lessons/up-down-around__trashed/)



# HEALTH & SAFETY: Managing main meals and snack times

**If we can take a positive out of this social isolation (if you are at home), it's that this certainly is a brilliant time to start having more family mealtimes together and reconnect as a family over food.**

All too often we are rushing between work, sport, getting homework done, and very little time is given to sharing quality time together around the table. We also have the opportunity (albeit a messy one!) to cook more with our children, which is another great way to get them involved with food.

Before we get started, it would be remiss of me not to mention the most important safety precaution of all which is handwashing regularly throughout the day. Certainly, enforce hand washing before any food prep or meal/snack.

**PLANNING** – Avoid aimlessly wandering the grocery store for large periods of time by planning all meals and snacks as much as possible in advance. When you return from the supermarket wipe over foods and ensure you wash all fresh fruit and veggies.

**BREAKFAST** – A nutrient dense breakfast will help children stay fuller for longer and hopefully ask for snacks less often between main mealtimes. As the weather cools down involve them in making egg dishes together or oats. If you're in need of a quick breakfast, veggie/fruit smoothies are always a great option. If possible, eat breakfast together and set your intentions for the day and ask your children theirs.

**SNACKS** – Here are two snack strategies worth trialling in your home if you feel like you're constantly being asked, or the pantry is now a free for all.

The **"just have it all right now"** strategy. This idea comes to us from *Random Thoughts Uncensored* on Facebook. Each child gets their own basket. Each basket contains the day's snacks for that child. Want to eat it all before 9 a.m.? Fine, but that's all the snacks you get for the day, so you might want to think about how hungry you really are.

For older children **"Turn snack time into a maths lesson"** I wish I could attribute this genius to its rightful owner, but it was posted in the COVID-19 and Keeping Kids Busy Facebook group



last week. Want a snack? You have to pay for it— with money (or tokens for younger children) you earned by doing some jobs, academic work etc. And junk food is pricier than healthy snacks: "I don't know if anyone's shared this but I thought it was a great way to incorporate a math lesson in all of this as well as make the kids think "do I really want this?" Or "Am I really hungry?" Posted by Heather Robinson on Friday, March 20, 2020. I like this because they have to do some work anyway, they don't have to do much of it to earn a healthy snack but if they really want that lollipop, they can dig in and ramp up the learning.

**LUNCH / DINNER** – Children love being involved in 'adult' activities, so have them help you cook whenever possible. It's an activity you can't avoid and an activity they will enjoy doing with you. If you are busy trying to work from home and feeling guilty you aren't interacting with your child on a meaningful level, this is a perfect time.

Savage, Karina. (2020, March 31). Kidspot.com.au. <https://www.kidspot.com.au/health/family-health/real-life/food-you-shouldnt-eat-during-isolation/news-story/a4620b0301dd59591f347342337e106b>

Moravcik Walbert, Meghan. (2020, March 28). MSN. <https://www.msn.com/en-au/lifestyle/foodanddrink/how-to-manage-snacks-while-the-kids-are-home-all-day/ar-BB11EJbc>

## HOME COMPOSTING

Each year over half of our household garbage is made up of food and garden waste. Most of this organic waste can be recycled by composting it. By turning food scraps and organic garden waste into compost you are:

- Improving soil quality and garden vitality by releasing rich nutrients into the soil.
- Suppressing plant diseases and pests, this reduces or eliminates the need for chemical fertilisers and manures helping you save money.
- Reducing the amount of organic waste going to landfill therefore preventing greenhouse gas emissions and leachate.
- Helping soils retain moisture – you do not need to water that often.
- Helping absorb and filter runoff, protecting streams from erosion and pollution.

### What to add in your compost bin:

Vegetable and fruit scraps, vegetable oil, pruning and lawn clippings, tea bags and coffee grounds, vacuum dust, shredded paper and cardboard, used potting mix, egg shells, flowers.

### Setting up a compost bin:

The only resource you have to purchase is a compost bin of some kind. You can buy the traditional kind from your local hardware store or try a below ground version from companies like [subpod.com](http://subpod.com) or [powerplanter.com.au/](http://powerplanter.com.au/) Below ground composters boast a simpler and faster way to compost.

Image: Subpod compost.

Watch Costa's Guide to Home Composting here: <https://youtu.be/HngvowScx6g>



## WHAT'S BEEN HAPPENING: Nursery



This month of May in the Nursery, we have welcomed our new friend Rowdi. We showed support to Bailey, Braxton and Amani in their transitioning to the Toddler's Room.

Self help skills is one of the children's interests like self-feeding, hand washing, putting hats and shoes on and even wiping the table with educators. This promotes the children independence.

They have been exploring sensory painting using paint brushes and their hands. As a continued concept of learning colours and motor skills, we used texta and coloured chalks to draw on our new playing equipment.

At group time, the children loved to sing and dance along with nursery rhymes and action songs. They've been learning to follow simple instructions, enhancing their vocabulary and language and improving rhythm and movement. Tap Little Fingers, Freeze Dance and Hop Little Bunnies are our favourites.



## WHAT'S BEEN HAPPENING: Toddlers

We've settled in well this month in the toddler room. As you have probably noticed we have set up new locker tags and created some new art folders for the children. Please feel free to check them and take any artwork home.

We are establishing our routines and encouraging a lot of self help and independence this month. We have set up our hygiene station with warm face washers for every meal. This is to support children to wipe their faces and feel clean after meal times. The children have enjoyed this process and are doing it themselves, putting the face washers in the laundry bucket for cleaning afterwards. We've also been encouraging the children to put their own bowl or plate away and scrape their dishes.



We've been extending on our bug interest by going on a bug hunt. We love searching the playground for any bugs. This has also encouraged the children to observe their environment. We've noticed a lot of Corellas and Crows making noises in the trees and we have been imitating those noises. We've created bug collages, bug tray explorations, read stories eg. The very hungry caterpillar, butterfly paintings, cardboard plate bugs, egg carton bugs etc.

We've also done a lot of sensory play this month exploring oats and bugs, coloured rice and cars, painting, exploring wet sand/ cause and effect.



# WHAT'S BEEN HAPPENING: Junior Kindy



The Junior Kindy has been establishing more positive relationships and connections with both educators and children which improves interactions and learning. We have noticed children using more kind words with each other which foster children's cooperation, motivation and increase their positive outcomes. We have noticed them working together on a goal and extending their learning.



## **Where do Dinosaurs live and sleep? What do they eat? What's the name of this dinosaur?**

The children have their sustained interests in dinosaurs which is developing persistence and deeper information processing skills.



*Welcome to Marcus, Asher and Callum who recently moved up to Junior Kindy! We are looking forward to getting to know you and your families and have fun learning with you.*

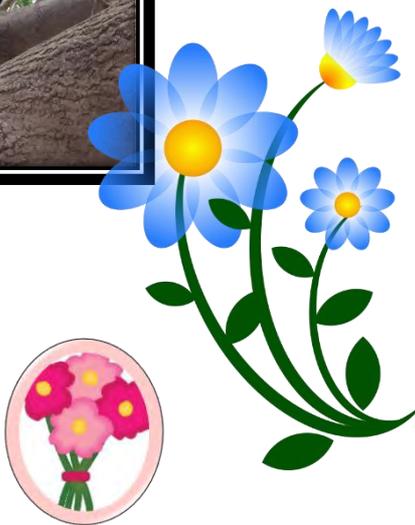


**DINOSAUR FOSSIL EXCAVATION/ DINOSAUR PAINTING**



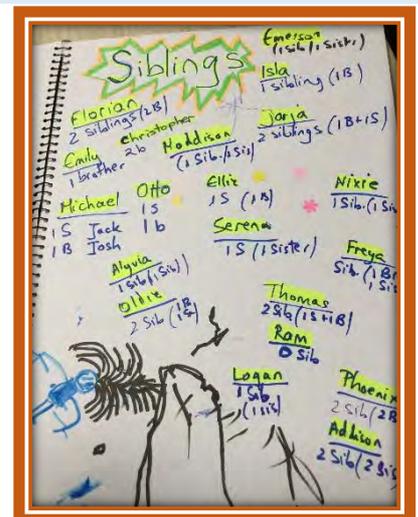
# WHAT'S BEEN HAPPENING: Kindy Blue Jellyfish (Miss Megan/Boryana)

The children have returned to Kindy eager to play with their friends, to share their ideas, to test their theories to investigate and explore and to express their wonderful creativity.



This month the children have begun to learn about making surveys and representing quantities using simple graphs. In honour of Mother's Day, we began by surveying and tallying the number and gender of each Jellyfish member's siblings. The results were almost even!

We celebrated Mother's Day. As a surprise for the families the children were asked questions about their Mums which they answered with love and pride and the educators carefully recorded the responses. Then children in the Jelly Fish group drew a picture of themselves with their Mums to complete a very special present to take home just before the big day. The children told us their mothers are kind, loving, beautiful, and good cooks. The members of the Jellyfish group described how much they love sharing books, play, walks and going to the playground with their mums.



## WHAT'S BEEN HAPPENING: Kindy Blue Lovely Lions (Lou & Megan)

### Seeds

Last week one of the children found something on the ground outside (it was a seed). At the morning meeting the children shared their ideas and theories about what it is and how it got there. 'It's a seed', 'no, this is where worms come from and then it turns into a seed', 'I think a bird dropped it', 'it came in here on Kangaroo fur'. We recorded their theories into the floor book. After lots of discussion they all decided it was a seed. The next day we asked the children to draw what they thought the seed would grow into. They drew things like worms, butterflies, fruit and vegetables and flowers. We are looking forward to investigating and exploring seeds a little further over the coming weeks.



### Welcome to kindy Shania

A big welcome to Shania and her family. Shania has been in Victoria waiting for her baby brother Archie to be born. Shania had her first day last week and we are looking forward to watching you grow and flourish this year at kindy.



### Self-regulation-Learning about our feelings and emotions

Following on from 'Have you filled a bucket today?' we have been exploring emotions and various feelings. We have created a space for the children to read stories about emotions and to look into the mirrors and experiment with different facial expressions. Emotion masks have been a great social learning experience. The children have been using the masks with their friends, they take it in turns to hold up various masks while their friend guesses the emotion.



# WHAT'S BEEN HAPPENING: Kindy Red Mini Monsters (Miss Megan/Kerry)



The Mini Monsters have been experimenting, playing games, being creative and learning new skills. There has been a lot of singing, building, gardening, reading, writing and drawing. As a group we have had a focus on making and maintaining good friendships, team work and the importance of sharing.



The Mini Monsters and the Cheeky Monkeys joined together for a lesson in personal hygiene. The Mini Monster group has also begun the 'Kimochi' program. It is a playful way to help children (and adults!) learn how to identify and express feelings.



The children have been having fun with surveys, numbers, counting and representing quantities visually and have been displaying their results using simple graphs. Through the surveys the members of the group have been learning more about each other. For example, now we know that there are many more boy siblings than girls in our group's families. In our second survey Kerry and I asked the children which do you like the most; ice-cream or chocolate? It was a 50/50 split!



## WHAT'S BEEN HAPPENING: Kindy Red Cheeky Monkeys (Mrs Sandy/Kristie)



Many children have been demonstrating their independence by packing away their lunch boxes and belongings in their bags by themselves, even when these things seem challenging. We continue to encourage children to be independent and think for themselves by making choices, such as choosing what vegetables they would like to grow in the garden and drawing it in their kindy journals.

Children collaborated with others to create their own obstacle course. The children had to use problem solving strategies to work out how to pass each other on the ladders when they moved in different directions.



Children are learning to be persistent by having a go at challenging activities and to keep trying even if it is hard, such as learning how to swing by themselves by swinging their legs forwards and backwards and to persist when activities become challenging, such as tricky jigsaw puzzles.



We have been developing our fine motor skills by learning how to hold a pencil correctly when writing and doing fun challenges, such as using tweezers to pick up plastic bugs.



Ball games and the totem tennis game have been set up each week to develop gross motor skills. Not only have the children enjoyed learning how to hit the ball left to right, but it has enabled staff to observe and identify children who need further support to develop hand/eye coordination and visual tracking and help children to develop awareness of their space, relative to the ball and bat.



## WHAT'S BEEN HAPPENING: OSHC (Taelia/Courtland)

This month at OSHC we have been getting crafty and exploring different mediums to create images. We began by doing some leaf tracing and this evolved into exploring mandala patterns. We are going to continue this by creating mandala patterns out of different mediums and exploring patterns within our natural environment.

We have also continued to finish off our canvas bags from the school holidays.

Earlier this month, we celebrated Mother's Day. The children engaged in many different activities to make their mums a present for Mother's Day.

The children have been really interested in outdoor play the last couple of weeks. They have loved playing ball games, using skipping ropes and playing on the swings as well as creating their own games of chasey and hide and seek.





## Filling the gaps

Currently your playgroups are cancelled, extra-curricular activities like Little Kickers, Gymnastics and Dance are suspended for now. You are not going on outings and staying away from friends and family where possible. So, what do you do with all that additional time?

### PLAY IDEAS:

- Cooking with kids is one of those activities that is worth all the mess! Children love being involved and learn lifelong lessons simply taking part in cooking activities. [mylovelittlelunchbox.com](http://mylovelittlelunchbox.com) has a huge library of recipes of varying difficulties, perfect for all ages.
- **Theme Day:** Take a leaf out of the Bluey playbook. Choose a theme and fully commit for the day (or an hour). Dress up and transfer your room into a hotel, create a movie together, turn the lounge room into a hospital or allow the kids to control your every move...if you're game! You can find everything you need here <https://www.bluey.tv>

### ONLINE ACTIVITY LINKS:

**BABY KARAOKE** – Enjoy singing well know children's songs together.  
<https://raisingchildren.net.au/guides/baby-karaoke>

**ACTIVEFORLIFE.COM** – Find 200+ activities to do with your family.  
<https://activeforlife.com/200-activities-you-can-do-with-kids-at-home>

**TARONGA TV** – Taronga are bringing their two beautiful zoos directly into your living room!  
<https://taronga.org.au/taronga-tv>

## THANK YOU ANONYMOUS PARENT

What a surprise we all received last week when we received a delivery of pizza and doughnuts from Pie R Squared courtesy of a parent who wishes to remain anonymous. This lovely gift was a thank you to all the staff for the hard work and effort they put in on a daily basis. All the staff enjoyed the delicious food very much – not so sure about our waistlines though! Thank you whoever you are for your generous and thoughtful gift.



## 5 Minute MOVES

### Roll of the dice

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

You will need two die (different colours if possible). Assign each number on the die an exercise and write these down or draw a symbol for each one. Choose simple exercises everyone taking part can do. For example: Crab walk, squat, varied push ups, run, jumping jacks, leap, duck walk, skip...

One die will be your exercise dice and one your reps. Roll them together or if you only have one die, the first roll will choose the exercise, the second roll the reps.

How long you exercise for is completely up to you. Set a timer for 5 minutes or choose how many exercises you're going to do or simply go until you can't stop! Have fun.

**Feedback**   
 is always welcome

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