

PEACE IS NOT WHEN EVERYONE AGREES. IT IS WHEN WE CAN RESPECT OUR DISAGREEMENTS AND STILL PLAY IN THE SANDBOX TOGETHER - UNKNOWN



What's Happening

Governing Council Meeting----- 1st Sept
 Kindy pupil free day -----4th Sept

AROUND THE COUNTRY

Save the Koala Month ----- 1-30
 Early Childhood Educators' Day ----- 2
 Indigenous Literacy Day ----- 2
 National Flag Day ----- 3
 Father's Day ----- 6
 Child Protection Week ----- 6-12
 International Literacy Day ----- 8
 Sea Week ----- 12 - 18
 Talk like a Pirate Day ----- 19
 Sustainable House Day ----- 20
 World Maritime Day ----- 24
 World Rivers Day ----- 27

A warm welcome is extended to all of our new families. This month we farewell Courtland, our OSHC educator and Jemma Rogers, our Child Care Centre Director and wish them all the very best for the future. We welcome Lovelyn (Toddler Room), Nico (Junior Kindy) and Amber (float) and Jess (JK) to the Centre and welcome back Darrellyn (lunch covers/float) and Steph (casual relief).

The OWNA parent communication app will be up and running for all child care and OSHC families from week commencing 7th September. You will be using the OWNA portal to sign your child/ren in and out of the centre. It also has many other features that we will be using including incident reports, reporting nappy changes, bottles, food/drink, sunscreen, etc. All the learning will also be available to parents via the app and families will also be able to advise absences. It is a great two way communication tool. You will be receiving an email from OWNA in the next week or so inviting you to download the parent app – you will be given a temporary password which you can change once you log in to the app. Please let us know if you have any problems using it – we are more than happy to assist.





EARLY CHILDHOOD EDUCATORS' DAY – SEPTEMBER 2

Early Childhood Educators' Day recognises and celebrates the work of Australia's educators in early learning services for their wonderful contribution to the wellbeing and healthy development of the young children in their care.

It's a chance to say thank you to Australia's early childhood educators on a very personal level by service operators, families and their children, as well as collectively at the national level.

Find our more here.

WORLD RIVERS DAY – SEPTEMBER 27

World Rivers Day is a celebration of the world's waterways. It highlights the many values of our rivers, strives to increase public awareness, and encourages the improved stewardship of all rivers around the world. **Where is your local river? Find out more here.**

LEMON, THYME & HONEY CHICKEN



PREP 25 min | COOK 35 min | SERVES 3-4

INGREDIENTS

Chicken

- 6 chicken drumsticks
- zest of 1 lemon
- 6 sprigs of fresh thyme
- 2 tablespoons olive oil
- sea salt and freshly ground pepper
- 1 tablespoon honey ****Not suitable for bubs under 1 year, leave drumsticks honey free**

Pesto pasta salad

- 500 grams short pasta (such as fusilli, penne or rigatoni)
- 3-4 heaped tablespoons of basil pesto
- 1 punnet of cherry tomatoes, halved
- 1 cucumber, thinly sliced
- 2 cups rocket
- 1/3 cup pecorino/parmesan, shaved
- 4 bocconcini balls, roughly torn

METHOD:

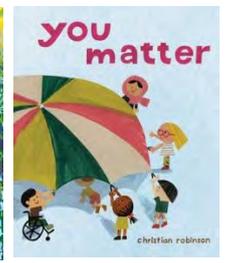
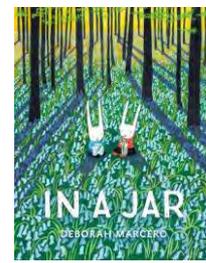
Chicken - Preheat oven to 200.C. **Place** the chicken on a lined oven tray. **Zest** a lemon over the chicken, adorn with thyme sprigs, drizzle with olive oil and season with sea salt and freshly ground pepper. **Roast** for 30 minutes, drizzle with honey and cook for another 5 minutes or until cooked, golden and caramelised. **Serve** with pesto pasta salad.

Pesto pasta salad - **Bring** a large pot of salted water to the boil and cook pasta. **Drain** and rinse under cold water. In a large bowl place, the cooked pasta and pesto and mix to combine. **Add** the cherry tomatoes, cucumber, rocket, pecorino and bocconcini balls and toss to combine. **Serve** with golden roasted lemon, thyme and honey chicken.

Recipe and Image from 'mylovelylittlelunchbox.com'

Book reviews

Beautiful picture books that promote strength, courage and unity.



THE BUG GIRL

Sophia Spencer and Margaret McNamara | AGE 4 - 8

Real-life 7-year-old Sophia Spencer was bullied for loving bugs until hundreds of women scientists rallied around her.

Now Sophie tells her inspiring story in this picture book that celebrates women in science, bugs of all kinds, and the importance of staying true to yourself.

IN A JAR

Deborah Marcano | AGE 3 - 7

Llewellyn, a little rabbit, is a collector. He gathers things in jars--ordinary things like buttercups, feathers, and heart-shaped stones.

Then he meets another rabbit, Evelyn, and together they begin to collect extraordinary things--like rainbows, the sound of the ocean, and the wind just before snow falls. And, best of all, when they hold the jars and peer inside, they remember all the wonderful things they've seen and done. But one day, Evelyn has sad news: Her family is moving away. How can the two friends continue their magical collection—and their special friendship—from afar?

YOU MATTER

Christian Robinson | AGE 4 - 7

this sensitive and impactful picture book about seeing the world from different points of view.

In this full, bright, and beautiful picture book, many different perspectives around the world are deftly and empathetically explored—from a pair of bird-watchers to the pigeons they're feeding. Young readers will be drawn into the luminous illustrations inviting them to engage with the world in a new way and see how everyone is connected, and that everyone matters.



FOCUS: The incredibly simple secret to making mornings in your house more harmonious

I am definitely a crabby Mum first thing in the morning! I don't want to be talked to. I don't want to talk back. I don't want to make breakfast; I don't want to hear the cartoons. I just want to be left alone until I'm ready.

This is not because I've woken up on the wrong side of the bed. It's because I have a brain, and brains are computers and they need to load before they can work. When we turn on our computer, we don't expect that we can immediately get stuck into that spreadsheet or Google search, we know it needs time to load. Our brain is no different! It needs to become active. It needs to get ready before we can do all the things.

But with our modern-day, rushed and urgent lifestyle, we make very little time or space first thing in the morning to prime our brain before we need to start using it.

And if we, as adults, experience this crabby, anxious morning feeling just imagine how much harder it must be for a child, especially a young child who doesn't yet have the emotional regulation skills that we as adults generally do. And yet they're expected to get up, get dressed, sit at the table, have their breakfast, do their teeth, remember their library book, pack their lunch and all the other morning jobs. Imagine the crabbiness, the anxiety that they must experience.

All of these morning tasks require what we call 'executive functioning' and the brain needs to be active before it can make these things happen.

If our kids haven't had sufficient time in the morning to play, to do some stretching, to move, to have some music, use their imaginations, a little bit of creative time or fresh air — then their brain is not necessarily going to be primed in the way they need it to be so that they can function easily.

But fear not! Because it is super simple to prime our brains, and one of the best ways to do this is with music.

Research tells us that when we experience music, more of our brain activates than it does when we experience any other thing. And this can happen from listening to music, making music, or even just thinking about it.

So, simply listening to music in the mornings as part of your daily routine will help activate your brain and your child's brain so that everybody can work together more harmoniously in the mornings. I recommend choosing songs that your children love, make a playlist, listen to your favourite CD. You could opt for an early morning disco



party — just turn on the music and all have a quick dance around the lounge room together.

A really important element of music is its physicality. Movement, dancing, stretching. This, in conjunction with rhythm and melody, absolutely does wonders for getting the brain active and ready to work!

These strategies are super simple, they don't take a lot of time and you don't need to be musical to be able to achieve them.

So if you or your children are finding that you're crabby in the morning, anxious, worked up, not functioning at your best, not able to get the jobs done on time then these simple, music based exercises are a must — and a fun one at that — to get you walking out the door harmoniously and calmly.

This article is a guest post by Allison Davis on maggiedent.com Allison Davies is a Registered Music Therapist who specialises in brain care, and a National 2016 AMP Tomorrow Maker. Alli lives in regional NW Tasmania with her young family. She is joining Maggie Dent and Dr Kaylene Henderson for Maggie's one-day conference Calming Today's Anxious Children happening in Wollongong (26 September 2020). www.maggiedent.com/calminganxiouskids

Davis, Allison. (2019). FOCUS: *The incredibly simple secret to making mornings in your house more harmonious*. Retrieved from <https://www.maggiedent.com/blog/the-incredibly-simple-secret-to-making-mornings-in-your-house-more-harmonious/>

SOUND SPOTTERS

The ability to listen closely is a key ingredient of phonemic awareness. This is the part of instruction that is skipped most often, because we assume that young children know how to listen. They may not!

After a busy morning or afternoon lie quietly on the floor with your children. It's not nap time, but it's a great time to unwind, which is important for young children. As you lie there quietly for five to ten minutes, listen for sounds. Become "sound spotters". Don't use your eyes — use your ears. There are always sounds and weird noises you can hear in your home or outside: an air conditioner, doors closing, stomachs growling. The possibilities are endless! Your part is to talk about the sounds you and your children hear. Use a little enthusiasm and exaggeration to get the kids interested in this activity. The key phrase is, "Who can spot a sound with their ears?"

Find more early literacy activities here



WHAT'S HAPPENING: In the Nursery

This month in the nursery we would like to welcome our newest friends Benson, Dekoda, Piper and Karnav. We cannot wait to get to know you. Maggie and Marley have been having transitions over to the toddler's room.

In the nursery, we have introduced a new song called "slippery fish" which the children have shown interest in. To further extend this we have been focusing on an 'ocean' theme throughout the room. We have introduced and listened to the different sounds that ocean animals make. Also, we have been exploring lots with sensory play based around the 'ocean'.

At group time, the children are learning the name of their friends and educators by singing "bee bee bumble bee".

Imaginative play is one of their interests as well. We've been going to places using the boxes that we called "train". We listened to the sound of the different kinds of trains and excitedly making sounds "choo..choo.. chugga.. chugga.. choo!".

It is so much fun learning through play.



WHAT'S HAPPENING: In the Toddler Room

We would like to welcome our new friends Harrison and Maggie who transitioned from Nursery and our new children and families: Koby, Wyatt, Isaiah, Greta and Isobel. We also welcomed new educators who recently joined our team - Lovelyn and Vani.

Our main focus has been making positive relationships with children and educators as our Toddlers Room have had few changes in staff members. This month of August, the children were participating in many different activities to develop their skills. Group activities have been very popular among them and it encouraged them to learn sharing, explore and discover new things. We were able to celebrate Gene's for Jean's Day, Red Nose Day and Science Week. We have also done few arts and crafts with "Sea" theme for Book Week.

The children had an amazing and fun learning experiences with the activities that we have implemented in this month. We will continue doing our best to provide a fun and learning environment for the children, and we welcome any suggestions or ideas from families.



Reminder: Parents, please bring own hat for your children. If you have any questions, please do not hesitate to let us know.



WHAT'S HAPPENING: In the Junior Kindy

For the month of August, there were meaningful and enriching learning experiences & milestones that occurred within the Junior Kindy Space. We are incredibly excited to share all of these to you.

First and foremost, **the children have a growing interest in imaginary play opportunities and cultural diversity appreciation.** They were able to maximise the provided indoor materials by having a pretend play experience as doctors, nurses and patients. Also, they were able to explore other indoor materials when they were extending their learning towards Aboriginal signs and symbols.



Second, the children were fond of **scientific and environmental explorations.** Through this, it enabled them to showcase their sheer wonder and curiosity when they were able to see the seeds of peas that they planted growing in a certain jar. Moreover, in our outdoor environment, the children were able to practice their physical prowess and skills as they were tenaciously climbing trees.



Lastly, the children were able to refine their development of **fine & sensory motor and construction experiences.** They were able to make tall towers and buildings utilising magnets. Furthermore, they had a group experience that involve strengthening their sensory motor capabilities since they made a water bottle filled with glitter, colouring and cotton balls. In addition, they have displayed their creativity and honed their fine motor capacities by having some drawing experiences.



We would continue to support the children's learning and development through all of these aspects and activities. These experiences would make them more empowered, responsible, and resilient children. Their health and wellbeing practices are fully embedded in our daily routines and it made them very independent.



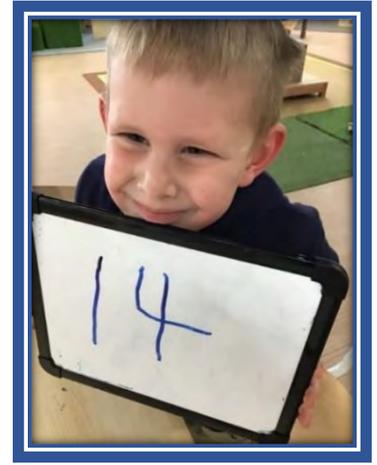
WHAT'S HAPPENING: In the Kindy – Blue Jellyfish (Miss Megan & Alina)



This month the children have been engaged in many activities linked to a focus book, 'The Rainbow Fish', written by Marcus Pfister. The story teaches the moral lesson that true happiness is not dependent on beauty, status or wealth, but can be obtained by being a member of a community, by sharing and having friends. The children have understood these concepts and some have been heard commenting "sharing is caring" at times of conflict.

Pajama Day was a big success. The children enjoyed showing each other their PJs and we celebrated the event with songs, stories and snack time picnic with porridge!

The children's understanding of numbers, counting, writing numerals and their confidence, is developing during play and fun filled targeted activities.



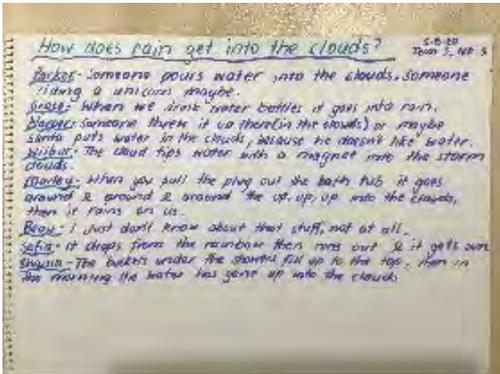
WHAT'S HAPPENING: In the Kindy – Blue Lovely Lions (Lou & Megan)

A lifeless looking frog was found deep within the sandpit. He had dug himself about 50cm into the ground. Unfortunately for the frog, the area he had chosen to dig himself into happens to be a very popular digging spot for the children, we needed to relocate the frog to ensure his safety. Before we relocated the frog the children had so many questions they wanted answered first. Was he a green tree frog? Is it poisonous? Is he ever going to wake up? Megan began recording the children's prior knowledge, theories and wonderings. One child thought he needed water to wake up from his sleep.....he was right. Once water hit the frogs skin, he began hopping around.

Over the past two days the children have been busy observing the frog and researching information on the frog. So far they have discovered the frog was in fact hibernating, he is often found after a big rain and he is called a trilling frog.



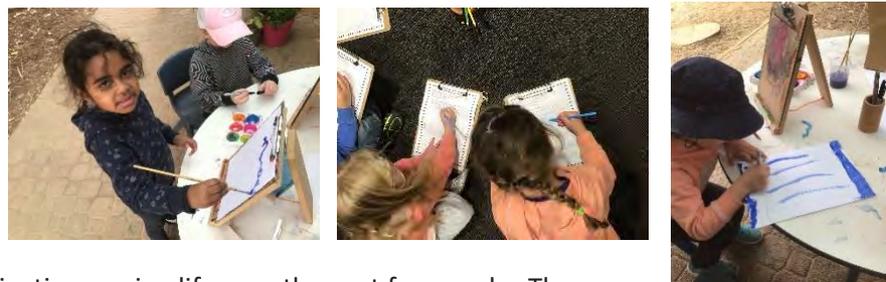
Rain has been a huge topic of conversation at kindy. This month we have played in the rain, painted the rain, drew the rain and some children even tasted the rain!



Last week we started an inquiry project about the clouds/rain. We posted the children's responses to the question, how does rain get into the clouds? The children have illustrated their thoughts and theories, these illustrations have been recorded into their individual learning journals.

Following on from this we began testing some of their theories. Yesterday Grace informed the group that 'rain actually gets up to the clouds from lakes, the clouds dissolve it up to the sky'. The children were all intrigued, could this be possible? We introduced the children to the word evaporation. We have set up a little experiment to further investigate Grace's theory. Can water really evaporate? We made some predictions, will the water level stay the same or will the water evaporate?

A big thank you to Parker's family whom kindly donated 2x fish and a squid that they caught while they were away. The blue group have been investigating marine life over the past few weeks. These fish were a great opportunity for the children to get up close to explore and observe real fish! The children were encouraged to use descriptive words to share what they were smelling, feeling and looking at. The fish sparked many conversations as children shared their prior knowledge and understandings surrounding fish.



WHAT'S HAPPENING: In the Kindy – Red Mini Monsters (Miss Megan & Kerry)

The Red Group has embraced the topic of diversity and each fortnight the children are learning the name of a country, where it is found on a map of the world, how to say good morning in that language and the meaning of its national flag.



Morning Exercise Time!



The children have been exploring the diversity of the sea. They have examined artifacts with their senses and they have been looking at pictures of marine life forms in books, on slides and in photographs. A visit from Roland McGregor's father, who is a natural scientist, deepened the children's interest in this topic. The more they learn, the more the children want to know, and child directed research has begun.



Pajama Day was fun filled and an extra special experience as it fell on a rainy day, Friday (7/8/20). The children shared in a reading of Goldilocks and the Three Bears, a reading and puppet show based on our focus book, The Rainbow Fish and they all received a warm cup of Milo and some porridge which was 'just right'. Many ate it all up and asked for seconds!



WHAT'S HAPPENING: In the Kindy – Red Cheeky Monkeys (Sandy & Kristie)

Many children have shown an interest in the frogs in the foyer area when arriving to kindy. To develop this interest, every morning four different children have been taking turns with helping to feed the frogs. As we watched the frogs eat the crickets, they each had fun predicting which frog would find the cricket and eat it first and which frog would eat the most. Children were asked what they knew about frogs? They responded with knowledge about the food frogs eat, where they live and the different features on their bodies. Some children experienced touching the frog's skin, after predicting what its skin might feel like, they touched it. We are continuing to arouse children's curiosity by asking them to think about, 'what the frogs might be thinking'? The children are starting to ask their own questions about the frogs that they are curious about. Books have been provided to help them research information to answer their questions. Some children drew pictures of the frogs in our Frog Inquiry book and various photos have been pasted into the book.



Each morning the children take turns in greeting others by speaking in a microphone. They also use the microphone to retell their fun experience of taking home 'Gibbo the Gorilla' and 'Pig the Pug' from the Literacy packs. This helps improve speech & language & supports individuals with developing confidence.



We have been talking about the different countries around the world and identifying them on a world map. This helps children to recognize there are many places in the world where people live and become familiar with the many cultures in the world. The children talked about what countries they have heard about and know about. We have been learning about Japan and the greeting word for hello in Japanese, 'ohayou'. The children worked together to complete a World jigsaw puzzle, where they recalled some of the countries we learned about.

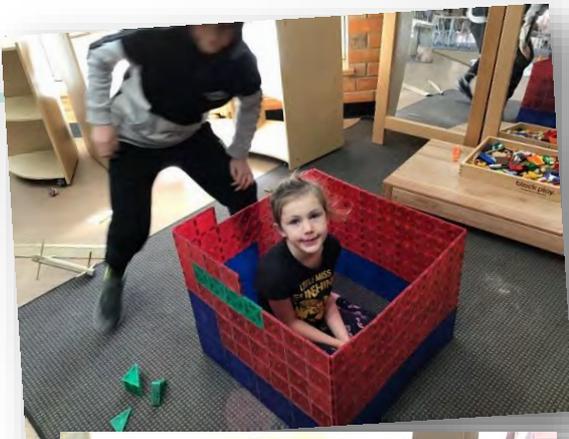


WHAT'S HAPPENING: In the OSHC (Taelia and Vikki)

This month in OSHC we have celebrated National Aboriginal and Torres Strait Islander Children's day. The children loved learning about traditional indigenous craft and created some beautiful weaving pictures for the wall.

We continued this experience by listening to the Rainbow Serpent and creating our own Serpent to add to our display.

We have been very involved in constructing magnets and hama beads this month and drawing our own 'colouring ins' with our educators.



This month we bid farewell to Courtland as she sets off on her new job. We love, appreciate, and will miss you very much Courtland!

Reminders

- Please remember to bring a hat to OSHC to engage in outside play.
- Mobile devices (including phones, iPads, tablets and smart watches) are not allowed in OSHC.
- Unhealthy snacks and drinks provided in lunch boxes or brought from school will be stored in the fridge or freezer and returned at the end of the session. (These include flavoured milks, soft drinks, lollies, chips etc.)





WHAT'S IN THEIR POCKETS?

Looking into a child's pocket opens a magical window into their daily experience. Small children in six countries emptied the contents of their pockets and were asked about their haul. From Argentina to the Ukraine, the results were as cute and baffling as you might expect.

The six families chosen to be featured in the story all agree that it has been an adventure to discover what their kiddos are carrying around as treasures.

The biggest similarity among the international kids was candy. Half of them said it was their favourite thing to keep in their pocket. When asked, 'If you could fit anything in your pocket, what would it be?', **William**, from the USA, doubled down on his sweet tooth, saying: "Five thousand pieces of candy!" On one memorable day, William's pockets contained Skittles with all the colours licked off. He told his parents the colourless Skittles were candies for Harry Potter. **Nadya** from the Ukraine chose 'slime' as the number one thing she wished she could carry in her pocket. The reason? Because "mother forbids it." The fun continued when parents were asked the question: "What's the weirdest thing you found in their pockets?" The mother of **Bilal**, a five-year-old from India, answered with four words. "My husband's credit card." **Wyatt's** parent in the U.K admitted, "I was both incredibly confused and relieved when I found my missing house keys there once." She explained, "Not all of my house keys, just the keys that were attached to a BB-8 key ring that he'd decided was now his."

What treasures have you found in your child's pockets?

Source: goodnewsnetwork.org/whats-in-their-pockets-a-look-at-children-around-the-world/



OWNA is your very own private online platform and dedicated mobile app that makes sharing key moments between educators and families more engaging



Real-time updates for your child(ren)

Know if your child(ren) have eaten, slept, nappy changed or even how much milk / water they've consumed

Communicate with educators

Interact with educators via the secure social network, with comments, photos & videos

It's the small things that matter

Notify the centre that your child will be absent, book a casual day or complete a medication permission

... and there's more!!!

- Track learning outcomes consistent with the Early Years Learning Framework
- Keep up-to-date with all events & activities at your child's centre
- Private & secure using the latest SSL technologies and Google Cloud Services

5 Minute MOVES

Thunderstruck

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

Find an open area to jog laps in or simply jog in place at a moderate pace. Find the song "Thunderstruck" by AC/DC on YouTube and play it. During the song, you should listen closely for the words "Thunder" or "Thunderstruck". Every time these words are said, perform a burpee (or a version of that your child/ren can perform). This will go on for the entirety of the song!

You can choose any song you like; simply choose the word/phrase in the song you will perform the burpee on and press play.

Source: successiblelife.com/9-fun-workout-games-to-make-your-fitness-routine-more-enjoyable/