

# June Newsletter

## Directors Message

Hey everyone

How quickly we find ourselves in the middle of the year. Time seems to be moving so quickly and right before our eyes we see our precious children growing up.

This week I found this great article on positive talk and I thought I would share it;

Our world can so cruelly label our children. And these are often those labels we into adulthood with us.

Not good enough, Not pretty, worthless.

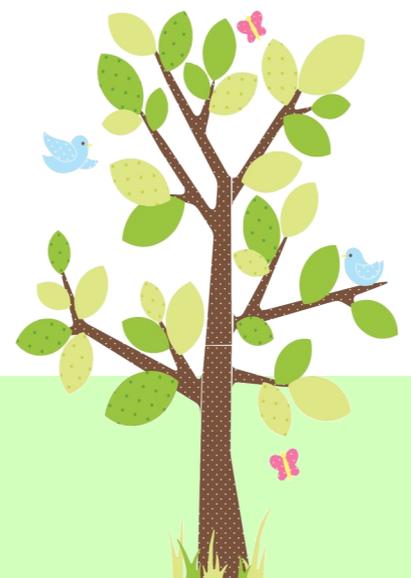
Give yourself AND your child labels to hang onto. Instead of 'good girl' say, 'What a helper you are'. Instead of 'good boy', try, 'I love your generosity'. Don't be afraid to use big words.

And try using these same labels on yourself-use your internal self-talk to speak positively into your own life.

Great words aren't they? A useful tool to help instil confidence and self-esteem in our children.



**You are loved, valued and special for who you are, not for who the world expects you to be.**



**Carina Salvation Army Childcare**

202 Gallipoli Road, Carina, 4152

Ph: 07 3395 0744

Email: [Carina.childcare@ae.salvationarmy.org](mailto:Carina.childcare@ae.salvationarmy.org)



### May

Skyla Jamieson (2)  
Peyton Clinch (2)  
Clay Crawley (3)  
Ivy Ladewig (3)  
Coen Prior (4)  
Jesse Bailey (4)



### June

Martin Murray (2)  
Elias Auld (4)

## EXCLUSION PERIODS FOR KIDS WHO ARE UNWELL

As parents we all know how hard it can be to juggle family and work. It becomes even more of a juggle when our little ones are sick.

For us to keep our staff and other children healthy we need you to take particular care in making sure that your little ones are not coming to daycare when they are unwell or have been unwell.

To help you know what guidelines to follow regarding sick children please refer to the next page with the list of exclusion periods for children. If you have any queries, please let one of our friendly staff know.



# Warm Winter Apple Crumble

## Ingredients

5 medium granny smith (green) apples (900g), peeled, cored and cut into 2cm dice

½ cup (110g) caster (superfine) sugar

2 tablespoons lemon juice

½ teaspoon ground cinnamon

Store-bought vanilla ice-cream, to serve

## Crumble Topping

1½ cups (225g) plain (all-purpose) flour

¾ cup (165g) caster (superfine) sugar

1 teaspoon ground cinnamon

1 cup (90g) rolled oats

225g unsalted butter, melted

## METHOD

1. Preheat oven to 180°C (350°F). Place the apple, sugar, lemon juice and cinnamon in a large bowl and mix to combine. Transfer to a 1.5-litre-capacity ovenproof dish.
2. To make the crumble topping, place the flour, sugar, cinnamon, oats and butter in a large bowl and mix until just combined.

Spoon the crumble mixture over the apple and place the dish on a large baking tray. Bake for 40–45 minutes, or until the crumble is golden and the apples are soft. Serve with vanilla ice-cream. Serves 6.



# Gearing up for Winter



## BULK BILLED AFTER HOURS MEDICAL CARE

13SICK, National Home Doctor Service is Australia's largest network of home visiting doctors. When you need urgent medical care, but your GP is closed, you can call 13SICK and book a bulk billed, after hours, doctor home visit.

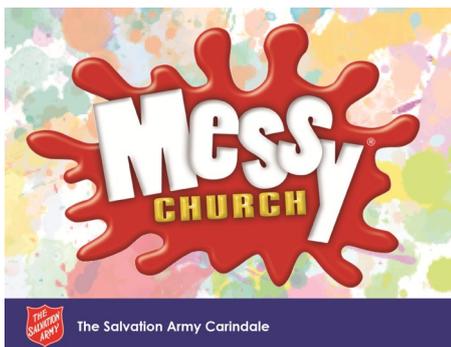
This is a particularly helpful service for parents with young children, who often become ill at night or over the weekend.

## A NEW PARTNERSHIP WITH ASTHMA AUSTRALIA

13SICK, National Home Doctor Service is pleased to announce a new partnership with Asthma Australia. This is designed to support people living with asthma and their families.

Introducing the new Asthma App

Asthma Australia has recently launched a new mobile teaching tool, the Asthma App. The App is primarily designed for use by a GP or Practice Nurse with their patients. To learn more about the App, visit the Asthma Australia website or find it in the iTunes App store.



**IS IT A COLD? OR IS IT FLU?**

| Symptom    | COLD   | FLU                            |
|------------|--|--------------------------------|
| Body Aches | Not usually  | Almost always                  |
| Congestion | Yes - coughing, sore throat, sneezing & blocked nose | Now & then                     |
| Exhaustion | Now & then   | Almost always (can be extreme) |
| Fever      | Not usually  | Almost always                  |
| Chills     | Not usually  | Mild to moderate               |
| Headache   | Now & then   | Usually                        |
| Duration   | About a week   | Several weeks                  |

Remember, if you need urgent medical care and your GP is closed... *Make the call.*

**NATIONAL HOME DOCTOR SERVICE** **13SICK 7425**

**IN HOME, OUT OF HOURS, BULK BILLED**

# The Ducklings Room



So much has been happening this year in the duckling room. We have been very busy exploring different themes such as winter, chickens, music, families and healthy eating

As a group we enjoyed our adventures to the kindy room to see the chickens. We were very excited about having Henny Penny Hatching in the centre. We all enjoyed having the chickens even though we were a little scared at first but we were able to warm to them and they became our friends and we really did miss them when they left us.

We have really enjoyed the warm weather being able to explore the outdoors by playing with the balls that we all love to throw, roll around or even just sit with. As it has started to get cooler we ventured back indoors and started to explore different musical instruments, fruit and vegetables, our families and of course our latest theme winter. We have really enjoyed snuggling up in our winter woollies and learning about the winter animals like penguins and polar bears.

In the duckling room we are also very excited about getting our new lockers for all of our belongings. Hopefully this is easier to keep all of our stuff together in one spot. The children are really enjoying identifying their pictures on their own lockers and trying to

say each other's names. Each of us are learning what belongs to each other, like our drink bottles and shoes. This help us develop our independence.

As always if you have any ideas or suggestions you would like to see written in our program, please feel free to speak to Miss Rachel, Miss Leanne and Miss Jess at any time.

We look forward to continuing to explore, and develop with your children at this very important stage of their lives.



Miss Leanne & Miss Rachel & Miss Jess

# The Monkey Room

It is half way through the year and we cannot believe it!!!

We have had a few new faces join our room during this time. We have welcomed Abigail, Anastasia and Gabrielle. We have also had Donald, Martin, Peyton, Poppy, Skyla, Xavier and Zakaria move up from the Duckling's Room. We have celebrated with our friends their birthday's Arianna, Clay, Diana, Ivy and Ruby. Happy Birthday everyone!!! They have all turned

Over the last two months we have been learning about different and many things. We had the chickens visit us and the children were very excited to see the chickens and watch them grow and develop.

We have also celebrated ANZAC Day painting Poppies with the children. We have also celebrated Mother's Day painting presents for our Mums.

We continue to learn about going to the toilet as more children start toilet training. Washing our hands after going to the toilet and before food is also very important.

Recently we have been learning about colours. The names of the colours, we learnt about four colours. Red, blue, green and yellow. Sorting them and match the same colours together. We have also been practicing our counting by building towers that were as tall or taller than us, counting play dough balls and measuring our height. This week we have been learning about winter and the changes it brings. We have to wear warm clothes and sometimes it snows. We have watched videos about how snow is made and will play with some pretend snow.

It has been a busy 2 months with lots of fun and learning.



Miss Whitney & Miss Lynne

# The Tigers Room

We welcomed our new Kindergarten teacher, Miss Bonney this term, and both the Tiger and Kindergarten kids really warmed up to her. Tiger and Kindergarten have separate activities during the day, and combine for some free play time.

The Tigers now have their own routine with Miss Monique, which includes morning group time activities such as Show and Tell. The children are designated a particular day of the week and are given a specific theme for Show and Tell, to ensure that everyone has a fair go at sharing their special things with their friends. Recent Show and Tell topics included "My Favourite Book" which allowed the children to share their interests with the rest of the tigers.

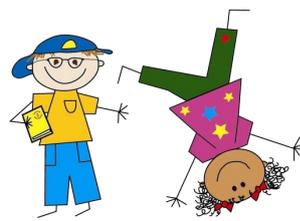
This term, Tiger children also focused on specific letters and shapes, reinforcing their learning through the use of various media. Colouring on printables, painting and using play dough allow the children to use their creativity to interpret the planned activity for the day. We continued to talk about "My Family" and the children practiced their cutting skills and cut out pictures showing families engaged in different activities.

Tigers continued to explore science through experiments and the children enjoyed making a "Frozen Elsa hand" by putting sparkly items, small bits and

pieces into a glove which we then filled with water. The glove was then tied up and put in the freezer, and in the afternoon, Elsa's hand was free for the children to pass around.

For Maths, Tiger children wrote their first few numbers, coloured them in, and for some, drew on their chosen number. This enables the children to do some practice writing as well.

Our Tigers are very eager to learn and seem to thrive in the new set up of separate learning groups within the blended classroom.



Miss Monique



# The Kindy Room

It's been a pleasure meeting you all and getting to know you over the last five weeks. The Kindergarten children have been working very hard these last few weeks, primarily focusing on their letter recognition, counting and shape identification. We have introduced into our morning schedule, group time. This allows the children to practice their days of the week, we have a good morning song that we sing to start our day. It is important that we identify the day and date and reinforce what yesterday, today and tomorrow will be. After our morning group time, the children have a planned learning experience that is based on what we are looking at this week. These planned experiences are short, fun and interactive activities. Over the last few weeks, everyone has been working very hard with holding their pencil and beginning to write the letter of week and their name.

One of our goals in the Kindergarten room is that we will all be able to write our name over the coming weeks. This will help prepare everyone for their prep year ahead.

The last few weeks we have had "themed" weeks. One of the weeks,

we looked at farm animals. The children loved learning about different farm animals and creating some beautiful artwork for the classroom. During our group time, everyone has been given a specific day for show and tell. Each week we have a different topic for the children to discuss. Everyone has been asking some really great questions to their friends. Keep up the good work!!!

Overall the last few weeks have been terrific and I can already see progress in everyone's listening skills and making sure we are all are being kind to our friends in the class. I look forward to experiencing many more milestones with you all!



Miss Bonney

