

## GREYSTANES UNITING CHURCH CHILDCARE CENTRE

### MAY 2021 NEWSLETTER



#### Special Events

On May 13 we enjoyed a “ Bollywood” dance show at our service. The children enjoyed learning lots of new dance steps and learning about Indian culture.

On the Monday the 21<sup>st</sup> of June we will be having “Old MacDonald Farm” come to our centre from 9.30am for the Bunnies followed by the Butterflies and Bears in separate groups. The children will get the opportunity to play with a range of farm animals and learn more about them as well. If some children want to view from a distance we will give them the opportunity to choose.

If your child does not come in on a Monday you are welcome to come to the centre for the duration of the incursion. Your child just needs to be accompanied by an adult.

#### Staffing News

-Tracey Hubble our Early Childhood Teacher has resigned and her last day will be the 2/6/21. Tracey has been at our centre for 6 years and has made the difficult decision to find a job closer to her home.

-Ayten Onay has decided to transfer to one of our other Uniting centres for a change. Ayten has been with us for over 17 years. Ayten’s last day will be the 28/5/21.

Ayten and Tracey and have been wonderful educators at our centre and will be greatly missed and we wish them all the best for at their new centres.

Willi De Haas has been our casual cook and has decided to finish working and retire so we wish her the best for her retirement and thank her for all the lovely meals she has provided for us during her many years at the centre.

Our centre is currently recruiting for some new educators to join our team.

### News from Wendy

Our new Kidsoft has been going for several weeks now and seems to be going okay. If you are not receiving your invoices or receipts each week please let Wendy know as we may have an incorrect email address. There is a lot more information on the Kidsoft invoices and hopefully you are finding this useful. It is a government requirement that you get all these details.

Our centre is still planning the electronic sign on. We are currently getting stands for this and more information will come in the next few weeks.

### Bunnies News

Independence is a big focus in the Bunnies Room right now with most of the children wanting to complete tasks for themselves, such as : putting on and taking off shoes & socks, feeding themselves , putting their own belongings into their bags, toileting themselves (this includes pulling up own clothing). Allowing your child to attempt and eventually succeed at these skills allows children to feel a sense of accomplishment.

We have had a few parents asking about toilet training, we usually don't recommend toilet training during the colder months as many children can become resistant to wanting to use the toilet during the colder weather. It can also be a bit harder for your child to get bulkier winter clothing up and down quickly when they need to go to the toilet.

Things to remember:

Changes of clothes: please ensure you have change of clothes for all weather and that they fit.

We are starting to encourage the older children not to use dummies at rest time in a lead up to next year in the Butterflies room. If you have any questions about this please come and ask the educators about it.

-Please label clothing

-If you have any questions about your child's development or need any advice please talk to the Educators, we will help where we can or try and find the help you need.

-If you see that your child has wet clothes to collect, take notice of the box number and the boxes are located in the nappy change area. Once again thank you to those that bought in boxes for the children to play with. If you have any more please don't hesitate to bring them in.

### Butterflies News

We are happy that the Butterflies children are all settled into the centre now, especially with our daily routine.

Miss Lisa has two ongoing projects first is the Self-help skills project encouraging independent putting on of socks and shoes, dressing, putting on sunscreen, looking after their belongings, hand washing and toileting. The second is a Social skills project.

Ms Geraldine's project is about sustainability which covers The National Quality Standards 3.2.3 where educators revisit teaching the children about the environment and being more environmentally responsible by learning about waste reduction and recycling. As you noticed we have used falling twigs from the Eucalyptus tree for our Mother's Day gift.

Another activity that sparked the children's interest was when the centre bought in the family of stick insects. The children were given the opportunity to look, see and touch and mostly to discuss the insect habitat and its life cycle.

This week will do gardening and we will try to grow seeds donated by parents from Woolworths.

Also, the Butterflies children have enjoyed celebrating and incorporating cultural activities meaningfully from Harmony Week to community engagement. We hope you all enjoyed celebrating together with us from hot cross buns to Mother's Day afternoon tea. All project copies are already published in the Story Park.

We have another ongoing project, The Munch and Move project, part of the project has been published.

In addition, the Butterflies are concentrating on cognitive skills. Learning 2D and 3D shapes, thanks to the STEM activity we had recently at our centre. The children have also been looking at colours, counting numbers for them to learn mathematics, recognising letters and their names, lots of fine motor activities for them to learn pre-writing skills.

The last couple of weeks we did lots of experiments and others were linked to "Water as a healthy drink" Munch and move project. Such experiments are liquid to solid, colour mixing, celery experiment, travelling colour and erupting volcano diorama. The children had a wonderful time exploring and investing as well as sharing their thoughts and ideas while participating in these activities.

If you would like to play oozing lava with your child at home, our erupting volcano diorama is available to borrow. Materials needed: sodium bicarb, vinegar, red food colouring. Scoop some sodium bicarb into the volcano crater, put in drops of colouring & then pour some vinegar into the crater. Enjoy!

As the weather changes, can parents please pack both summer and winter clothes in your child's bag. It is important that you label your child's belongings. It helps to prevent losing clothing if they are labelled. Please check our lost and found basket in the sign and out area if you have lost something. Just a reminder to bring your child's bed sheet each week & take home and wash each week.

## Bears News

The Bears have been very busy over the past few weeks. This month we started our cognitive skills assessment to give educators a deeper understanding of children's knowledge regarding letter and number identification, shape and colour recognition, name recognition and formation and cutting skills. The information gathered in these assessments will be used to set room and individual goals for the next few months.

The Bears have shown a great interest in drawing lately so the educators have moved our room around to provide space for a larger drawing area equipped with a wider range of papers, crayons, pencils, textas and chalks.

The Bollywood incursion was a great hit with the Bears children where we were able to see some of their amazing dance skills.

As the weather is getting cooler, just a reminder to please check your child's bag to ensure that they have appropriate clothing in case of an accident. Once again, please check that all of your child's clothing, especially jackets and jumpers are labelled with your child's name.

It is with much sadness that Miss Tracey will be leaving the Bears room the first week in June. She has taken a job closer to home and will miss children and families at Greystanes very much.

Miss Eliane, Miss Tracey and Miss Syeda

## News from the Educational Leader

Recently most of the educators attended a training on supporting children's wellbeing and resilience. Children's development of resilience and supporting their wellbeing is vital to ensure that children are happy and healthy. A strong sense of wellbeing provides children with confidence and optimism which maximise their learning potential. It encourages the development of children's innate exploratory drive, a sense of agency and a desire to interact with responsive to others.

Resilience is important for children's mental health. Children with greater resilience are better able to manage stress, which is a common response to difficult events. Stress is a risk factor for mental health conditions such as anxiety and depression. Australian research indicates that between 4 and 14% of children aged from 18 months to 3 years have mental health concerns such as anxiety, social withdrawal and high levels of aggression.

This training highlighted the importance and affect that child's relationships and environment has on their overall wellbeing. We discussed how our role as educators and our interactions with children can support their wellbeing and extend their emerging sense of resilience. We also learnt about brain development and how it effects children's growth and milestones.

Some of the key points from this training that could also be incorporated by families to support their child's development include:

-Communicating warmly

- Give physical contact (cuddling, holding hands, lap sitting)
- Talk, sign and read with children
- Treat every routine task eg nappy changes and meals, as an opportunity to chat, laugh and build relationships.
- Listen to and consider children's perspectives.

### Recipe from the kitchen

#### HOMEMADE FRIED RICE

Use cold rice -3 cups

Use butter-2 tablespoons

Use vegetables- 500g pkt frozen peas, corn, carrot

Use high heat

Let the rice brown a bit on the bottom

Don't be afraid to add in some extra soy sauce at the end:

#### Method

Fry rice in saucepan with little cooking oil,

Add the frozen vegetables stirring with rice

Add soy sauce at the end

Serve with a little chopped shallots for garnish