



Cairns TAFE Community Child Care Centre

NOVEMBER 2016

OFFICE NEWS

WHAT'S COMING UP??

ANANSE STORIES

Wednesday 23rd November @ 2pm
Telling traditional stories told through drum and other percussion instruments.

ANNUAL WORKING BEE

Saturday 3rd December from 8am

This is your final chance to reduce levy payment and a great way to be involved at the centre, children are welcome under their parent's supervision and any time donated by parents will reduce their end of year levy.

SCHOOL HOLIDAYS

12/12/2016 TO 22/01/17

Please ensure holiday forms are filled out if your child will be spending time at home with sibling's during this time.

CHILDREN'S CHRISTMAS PARTY

Friday 16th December at 2pm

Activities, afternoon tea and a visit from Santa

Signup sheets for catering purposes are available in the front office

CHRISTMAS CLOSURE

This year the centre will be closed from Monday 26th December until Friday 6th January 2017.

We will reopen on Monday 9th January at 7.30am

REMINDERS FOR NOV

- Call the centre if your child is absent
- Consider care needs for 2017
- Fill out Holiday, Change of care and Termination of Care forms.

XMAS HAMPER'S

We are asking parents and carers to donate goods for our annual Xmas Raffle
We have a basket in the front office for donations.

Tickets for the hampers will go on sale from the 28TH November 2016, prizes will be drawn at our Children's Xmas Party on Friday 16th December.

Parents will be given tickets to sell from the end of November

HATS, SUNSCREEN AND REPELLANT

As we head into another hot summer we would like to remind parents that all children must bring a named hat to daycare so that they can play out in the yard.

We also suggest that preschool parents whose children are off to school next year, allow them to start taking responsibility for their own hats, clothes, bags etc, as this will be the expected of them at school next year.

We also ask that you dress your children in sunsmart clothes which means ***no singlets or shoe string dresses.***

Please remember to apply sunscreen and insect repellent on arrival!



Early Childhood Educators Awards

Over the last few years we have been hosting the Early Childhood Educator Awards. The aim of these Awards is to encourage and showcase the talents of high school students seeking a career in Early Childhood. Each year in October/November students between year 10 and year 12 have the opportunity to present a written submission detailing an activity they could implement with children aged between 3 – 5 years. Out of these submissions 6 – 10 entrants are chosen to come to the centre to perform their chosen activity. There are 4 prizes to be won ranging from \$500 to \$100 and this year the Awards are funded by the Department of Education and Training.



The children really love having visitors to the centre and especially these students who have fun, new and exciting things for them to do.

CYCLONE SEASON

A reminder to all our families to ensure all contact and emergency contact details are up to date as we head into the cyclone season.

We would also like to advise families that we will use EDUCA as another form of communication during cyclone season, you will be able to check EDUCA for updates to centre operations during warning periods and for closure details for periods of severe weather.

STAFF CHANGES

Over the next week you will notice some changes to Educators in the Toddler Room and Nursery. As we are leading up to Christmas we believe it is the perfect time to give educators the opportunity to gain experience with different age groups. We find by making changes we not only extend educators knowledge but we see new and fresh ideas occurring. This should have minimal effect on the children as they are familiar with all team members. The changes you will see are

Toddlers – Cheryl and Kathy
Nursery – Miranda and Rohana
Program Relief – Nar Maya
Please come and see me if you have any questions

Until next
month Barb

VEGETABLE FACTS

- Bell peppers are usually sold green, but they can also be red, purple or yellow.
- Tomatoes are very high in the carotenoid Lycopene; eating carotenoids can lower your risk of cancer.
- Other vegetables high in carotenoids are carrots, spinach, sweet potatoes, and collard greens.
- Most of the nutrients in a potato reside just below the skin layer.
- A horn worm can eat an entire tomato plant by itself in one day!
- In the United States, more tomatoes are consumed than any other single fruit or vegetable!
- White potatoes were first cultivated by local Indians in the Andes Mountains of South America.
- Yams and sweet potatoes are not the same thing!
- A baked potato (with skin) is a good source of dietary fibre (4 grams).
- A fruit, it took a ruling by the Supreme Court in 1893 to make the tomato a vegetable.
- Potatoes first appeared in Europe in 1586; they made it to North America in 1719.
- It is recommended that you eat five servings of fruit or vegetables a day. A serving equals one-half cup.

RECIPE OF THE MONTH

Baked Banana Peanut Butter Oatmeal

- 4 cups old fashioned rolled oats
- 21 teaspoon baking powder
- 1 teaspoon salt
- 2 teaspoon ground cinnamon
- 2 cup milk (dairy or non-dairy)
- 2 large egg
- 5 medium bananas, one mashed well with a fork and one sliced
- 4 tablespoons natural peanut butter
- 4 tablespoons maple syrup
- 2 teaspoons pure vanilla extract

1. Preheat your oven to 180 degrees. Grease casserole dishes and set aside.
2. In a large bowl, combine the oats, baking powder, salt, and cinnamon. Add the milk, egg, 3 mashed bananas, peanut butter, maple syrup, and vanilla. Mix well.
3. Pour the mixture into the greased dish. If you want to add the sliced banana before baking, it browns some but tastes delicious. Alternatively, add the sliced banana to the top after baking. Bake for 20-30 minutes, until your desired consistency is reached. I cook mine the entire 30 minutes and it is almost bar-like. If you want a creamier, less-held-together texture, reduce the baking time

Stay active and eat well, Michelle, Candice and Barb



Nursery Natter

Well here we are again another month has passed, and what a busy month the Nursery Room has had.

We would like to welcome Cienna and her lovely family to the Nursery Room.

Happy Birthday to William he will be turning two on the 18th November. William has been transitioning into the toddler room and will move up permanently on the 1st November.

Just a reminder to put spare clothes in your baby's bag and don't forget to make sure each item is clearly marked with your baby's name.

Please remember we have an open door policy and are available to answer any questions you may have.

We have been enjoying lots of messy play and sensory activities, and lots of water activities with our mud Kitchen.



Messy play is important for young children, giving them endless ways to develop and learn.



We have also been developing our gross motor skills with lots of climbing and obstacle courses.



Gross motor skills are movements that involve using the large muscles of the body. The development of gross motor skills starts as soon as a child is born. As children age, their gross motor abilities continue to develop and improve. Children rely on gross motor skills to engage in physical play. For example, playing a game of tag requires running after friends and reaching out and touching someone (gross motor skills). Children also rely on gross motor skills for everyday activities, such as walking in and out of a room.

Until next month Kathy, Nar Maya and Jlenka

Toddler Torque

Let's Read

Miranda and I are pleased to announce that after recently attending a Let's Read and a Let's Count workshop we decided to and are now in the process of organising a children's lending library for our centre, thanks to the generosity of the Smiths family's Let's Read program. Let's Read is a national, evidence-based early literacy initiative that promotes reading with children from birth to five years. Let's Read was developed by the Centre for Community Child Health at the Murdoch Children's Research Institute, and the Royal Children's Hospital. The Murdoch Children's Research Institute and The Smith Family have partnered to implement Let's Read with communities across Australia.

Let's read aims to develop and generate national, integrated early years literacy promotion and support activities so all children gain the foundation skills for subsequent language, literacy and learning success. Based on the research evidence, Let's Reads vision is for all Australian children to share books, stories, songs and nursery rhymes every day from birth with the important people in their lives.

The library will be set up in the foyer and will consist of books for the babies, toddlers and pre-schooler groups. Simply choose a book, sign it out in the borrowing sheet and take it home to read with your child, when you return the book sign it in and choose another! Happy reading.



Cheers and thanks from Cheryl and Miranda

New toddler

We would like to welcome Billy from our Nursery who is moving up and William who will be new to the centre, welcome to you both and your families.

Birthdays.

Happy 3rd birthday to you Joseph on the 27th of November. You are most welcome to provide a birthday cake for us to celebrate with you.

Let's Count. 1 2 3 4 5

Let's Count is an early mathematics program for children aged three to five, developed by The Smith Family and Professor Bob Perry from Charles Sturt University and Associate Professor Ann Gervasoni from Monash University.



The program supports parents and early year's educators to develop the maths skills of the children in their care by noticing, exploring, and talking about numbers, counting, measurement and patterns in their daily lives. The program also has provided the toddlers room with a take home family pack for each child containing simple maths games for you and your child to discover and enjoy at home. The packs will be given out very soon.

Dominos – We have been exploring with the toddlers learning how to play dominos, I am very impressed with their participation and understanding of the game. It just shows that maths is all around us and you are never too young to start and it can be fun.



Preschool

Our house and home interest really took off last month with lots of learning experiences underway. The preschoolers have explored why it is important to have a home, and reflect on what is essential for adequate housing. They investigated different styles of housing around the world and developed an awareness of environmental, cultural and economic factors that influence the kinds of homes people live in. We have made tipi style housing, a western style home using recycled materials, shape houses and we have even measured out and drawn plans for our own home.

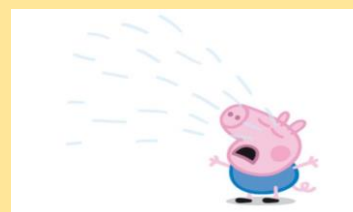


As usual, we were busy caring for our garden last month. We had a visit from Michelle the sustainability officer at the Cairns Regional Council. She came out to spend the morning with us while we planted some new plants in our garden. She was very impressed with the dedication we show in our garden and the effectiveness of our compost bin and worm farm.



Until next month...**Karly, Kathleen, Hedy, Rohana and Angie**

We have also been talking about crying and that it's ok to cry when we are hurt or really sad. It's ok for boys to cry, ok for girls to cry and ok for adults to cry too. Often we feel that expressing emotions is weak and that we need to be brave but it's simply just a different avenue for emotions to release and that's OK!!!



Trick or treat? We've had a busy week of Halloween activities last week. We have made pumpkin throwing game, lots of spooky cubbies, trick or treat baskets and we even went trick or treating in the centre. Woooo Spooky.



Happy Birthday this month to Imogen, Samuel, Emily, Sungwoon and Enoka!