



Cairns TAFE Community Child Care Centre

MARCH 2017

OFFICE NEWS

AGM

WEDNESDAY 29th MARCH at 6pm

Meeting to be held in the preschool room, all families and carers welcome.

Please let us know if you are interested in taking on an executive role on our committee or in becoming an ordinary member. Come and see us in the office if you have any questions.

Childminding provided.

MAINTENANCE LEVY

Parents, please be aware that maintenance levy notices will soon be placed in your child's pocket. The maintenance levy for the first quarter will be due on Friday 7th April.

Please check our 'Help Wanted' board for odd jobs to do in place of levy payment.

Michelle

REMINDERS FOR MARCH

- Call the centre if your child is absent
- Fill out Holiday form.
- Ask us for a job in place of levy payment
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SAVE THE DATE

Our culture project will end with a World Trip around the centre and a food tasting on

Thursday 13th April

starting at 2.30pm.

You are welcome to bring a plate of food that is a tradition to eat in your family.

PUBLIC HOLIDAYS

The centre will be closed on Good Friday 14th March, Easter Monday 17th March and Anzac Day Tuesday 25th April.

The centre will also be closed on Monday 1st May 2017 for the Labour Day public holiday

SCHOOL HOLIDAYS

With term 1 school holidays approaching,

Monday 3rd April – Friday 14th April we ask that families inform us if their children will be away during the holidays. This will ensure you

DIRECTOR'S NEWS

WALK OFF THE JOB....

Thank you to our families for supporting us on Wed 8th March when we walked off the job! We really appreciate that you all came early to pick up your children without complaint, it meant a lot to the hard working educators! It was a proud moment for all of us to stand up for an amazing profession that we love and believe in. Thanks again!



Quality Improvement Plan

At our first team meeting this year the educators came up with new goals for our Quality Improvement Plan. We are progressing well, with thanks to staff and families. These are our current goals:

QUALITY AREA 1 - To gather information from families to assist us in including cultures in to our program

QUALITY AREA 3 - To ensure maintenance and upkeep of the outdoor areas for both safety and aesthetics

QUALITY AREA 4 - For educators to work together to review and challenge everyday practices and procedures

QUALITY AREA 6 - To communicate more with families to give them the opportunity to be involved in the program and the service

If you have any other ideas for goals, please come and see me or any of the other staff, we are always looking for areas that need improvement!

TRIP AROUND THE WORLD

As you can see our trip around the world has taken off. Thank you to the families that have come into the centre to present information to the children and to those that have provided us with resources, photos and information. The children that have presented information about their cultural heritage are so proud, they love sharing with their peers.

IF YOU HAVENT HAD THE TIME AND STILL WANT TO SHARE YOUR CULTURE WITH US, WE WOULD LOVE TO HEAR FROM YOU. IF IT IS EASIER JUST EMAIL US SOME INFORMATION, PHOTS ETC OR TALK TO AN EDUCATOR

KITCHEN CAPERS

FOOD FACTS

Encourage healthy eating habits

Children develop a natural preference for the foods they enjoy the most, so the challenge is to make healthy choices appealing.

Focus on overall diet rather than specific foods. Kids should be eating whole, minimally processed food—food that is as close to its natural form as possible.

Be a role model. The childhood impulse to imitate is strong so don't ask your child to eat vegetables while you gorge on potato chips.

Cook more meals at home. Restaurant and takeout meals have more added sugar and unhealthy fat so cooking at home can have a huge impact on your kids' health. If you make large batches, cooking just a few times can be enough to feed your family for the whole week.

Get kids involved in shopping for groceries and preparing meals. You can teach them about different foods and how to read food labels.

Make healthy snacks available. Keep plenty of fruit, vegetables, and healthy beverages (water, milk, pure fruit juice) to hand so kids avoid unhealthy snacks like soda, chips, and cookies.

Limit portion sizes. Don't insist your child cleans the plate, and never use food as a reward or bribe.

Source: <https://www.helpguide.org/articles/healthy-eating/nutrition-for-children-and-teens.htm>

RECIPE OF THE MONTH

KARLY'S GRANOLA

2- 3 cups Oats

¼ cup Chia Seeds

½ Cup pumpkin/sunflower seeds

¼ Cup desicated cocunut

¼ Cup honey

2tbsp Cinnamon

Slivered almonds

¼ Cup coconut or olive oil

Raisins or dried fruit of choice

Mix all ingredients together, except fruit. Bake in moderate oven unil golden.

Add fruit while still warm. Let cool and store in airtight container.

Enjoy with yoghurt or milk!

Nursery Natter

Firstly, I would like to welcome all our old and new families to the Nursery room and please remember we have an open-door policy so please feel free to talk to myself or Rohana if you have any questions.

A big Happy Birthday to William who is turning 2 on the 23rd March.

This month we are still focusing our Program around Language:

Promoting Language Development in babies:-

Researchers from the University of Manchester have shown that babies may start communicating earlier than many people assume, through basic gestures such as pointing and holding up objects to share. The researchers showed that when carers engage with the sharing behaviours and talk to babies about the things they are interested in it can enhance language development.

Director of the ESRC International Centre for Language and Communicative Development (LuCiD), at the University of Manchester Professor Elena Lieven said the research demonstrates that babies may be doing more to communicate than many of us usually assume, and at an earlier age. By understanding these early behaviours, caregivers have a great opportunity to help support children's later language development,". He also said acknowledging the things babies are interested in and talking to them about it helps their language development.

The babies are still showing interest in jungle animals and their favourite book at story time is "Dear Zoo".

We have also been exploring colours which has involved some messy play, so just a reminder to always put spare clothes in your babies bag and make sure all your babies belongings are labelled with their name.



Until next time...Kathy and Rohana

Toddler Torque



Miranda and I and all the toddlers would like to say a massive thank you to Aaron Lock for spending his weekend here painting our toddler room walls! It looks sensational and it will look even better when the new curtains are hung.

Birds.

Do you have or know someone who has a pet bird that they could bring in to show us? The toddlers have been observing the Cockatoos in our yard and we have been learning about them on the internet and in books. To have a real bird to watch up close would be a valuable experience for the children.



Play dough birds.

Have a look in the hallway outside our room at the adorable little play dough birds the toddlers have made. They are very proud of them.



Toilet training.

I have a helpful toilet training guide if anyone would like a copy they are near the sign in sheet, please feel free to take one.



**Cheers From
Cheryl and
Miranda.**

Preschool

Hi all, we have are off to a fabulous start this year!!

We have been learning about all things caterpillars. We have improved fine motor skills, learnt about healthy eating, created caterpillar sanctuaries, watched caterpillars hatch into butterflies and learnt about the environment through our interest in caterpillars.

Our around the world interest has taken off onto three destinations so far, Holland, Italy and Thailand. We have had Asha's Mum and G-Dad visit to teach us some Thai words, we have baked some Italian bread and collaged a Dutch flag. Early childhood is the time when children first become aware of differences among people and start to form opinions and attitudes about these differences. Talking with children about differences allows them to feel good about who they are and appreciate diversity in themselves and others.



We are starting to introduce literacy based activities with the children. They are learning to recognise letters in their name, write their name and identify letters of the alphabet,

Ways to support your child's literacy development.

Studies have shown that children's motivation and achievement improve when their parents are involved in their education. There are many everyday things you can do to encourage literacy learning. These include:

- Sharing your knowledge and explaining how you use literacy in your everyday life
- Encouraging your child to read and view a variety of texts such as newspapers, novels, comics, magazines, websites, email and timetables
- Encouraging your child to write and design for a variety of purposes using different mediums
- Discussing how texts look different depending on the purpose and audience — for example, text messaging uses different spelling from school projects
- Talking about things that you have read or viewed that were amusing, interesting or useful
- Discussing favourite authors, producers, directors or illustrators and what you like about them
- Discussing new and unusual words or phrases and exploring these through print and electronic dictionaries
- Playing games that develop knowledge and enjoyment of words
- Making use of community resources for information, local and school libraries



Through our cooking experiences weekly, we have cooked some amazing treats for the whole centre! We have made sausage rolls with Aadi's dad, healthy granola, Caterpillar fruit skewers and caterpillar and snail fruit sticks. The children have really enjoyed getting creative through simple healthy cooking.

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

Our Leadership Program

We have noticed that the pre-schoolers visit the babies at the fence many times during the day to say hello and just to check out what the babies are up to. We decided to utilise this relationship to benefit the babies and the preschooler's learning. For the pre-schoolers... the responsible leaders that are chosen to visit the baby room will develop extended social skills such as responsibility, leadership, being a positive role model, empathy and care for others. The babies will learn off their role models: fine and gross motor skills, social skills and language and communication development.

This week we did our first trial session and it was a great success, the pre-schoolers were so excited to be able to help the babies with their activity and the babies responded so well to the pre-schoolers. We are going to make this a once a week event, as it was such a special time spent together for both the pre-schoolers and the babies

