



Cairns TAFE Community Child Care Centre

JULY 2017

OFFICE NEWS

FEE INCREASE

Please be advised that after an annual review of our budget we will increase our fees by \$3 per day.

Fees are as follows effective as at

MONDAY 3rd July 2017

DAILY FEES

Preschool \$85

Toddlers \$86

Nursery \$87

Fee Reminders will be placed in your child's pocket on Wednesday 12th July 2017 outlining account changes including CCB & CCR.

HOLLOWAYS MARKETS **THIS SUNDAY 9th JULY**

We are looking for families to donate some time to help man the stall throughout the day between 8am and 1pm.

Please fill in the volunteer's roster in the front office if you can come along and assist.

REMINDERS FOR JULY

- **DO NOT LEAVE YOUR CHILDREN IN THE CAR**
- **Call the centre if your child is absent**
- **Bring in donations for the market stall**
- **Committee meeting 12th July**
- **CAIRNS SHOW PUBLIC HOLIDAY FRIDAY 21ST JULY**

WORKING BEE

Our Annual working bee will be held on **SATURDAY 9TH SEPTEMBER 2017**
FROM 8AM TO 1PM

The work will focus mainly on our outdoor areas so bring along a shovel and some gloves and reduce your maintenance levy for our 3rd quarter by lending a hand.
Sign up will be put out closer to the date.

COMMITTEE MEETINGS

The next committee meeting will be on **Wed 19th July at 6pm**
Meetings are held in the staff room
ALL WELCOME
And child minding is available

**HAVE A GREAT
MONTH
MICHELLE**

DIRECTOR'S NEWS

WEBSITES WE RECOMMEND

We often hear families saying that they looked this up but they couldn't find anything or they aren't sure if the information they found is good information, so this month I thought we'd share some of the great websites we use here at the centre for research and resources.

First off, the bat is a favourite of mine and Michelle's it's the Kids Matter Australian Mental Health Initiative. This is great initiative backed up with a great site full of quality information and loads of tools and resources for educators and parents.

- www.kidsmatter.edu.au/early-childhood

Better Health Channel Victoria is a great comprehensive health and wellbeing site with an easy to use interface and lots of good quality information.

- www.betterhealth.vic.gov.au

Kid spot, the place of a million mum's is also a great all-round site that offers ease of use and covers every subject from birth, parenting and recipes, to stories from other mums

- www.kidspot.com.au

And last but not least is Pinterest, by far Michelle's favourite site for recipes and our educators for activities, this online community board provides lots of ideas and plenty of links to bloggers, it uses are endless.

- <https://au.pinterest.com>

EDUCATOR CHANGES

Karly will be absent from the centre for 7 weeks from the 24th July through to mid-September. Lucky Karly is travelling around Europe!

While Karly is away Cheryl and Kathleen will be working together in the preschool room and Miranda will step up as lead educator in the Toddler room, working with Maddi. This should cause minimal disruption for the children as they know all the educators well and it will be a good opportunity for Cheryl, Miranda and Maddi.

Please come and see me if you have any questions.

TOYS FROM HOME

I'd like to give a huge thank you to all our families for adhering to the toys from home rule it has made life at the centre a lot more pleasant as there has been less conflict between the children.

**UNTIL NEXT
MONTH BARB**

KITCHEN CAPERS

FOOD REFUSAL: TIPS FOR INCREASEING FRUIT AND VEGETABLE INTAKE

Increase Exposure: The reluctance to eat associated with *food refusal* is often related to unfamiliarity with foods appearance, texture, or taste. It is important to increase a child's familiarity with fruits and vegetables. This can be done at mealtimes, but also in a variety of different ways where consumption of the food is not the goal.

- Point out and talk about fruits and vegetables as often as possible. The aim is to make these a familiar part of everyday life – not a dreaded moment at the table!
- Continue to offer the foods at meal and snack times. Don't stop buying and serving fruits and vegetables just because they are not liked immediately.
- Offer the same food in different ways. For example, raw carrot is fun not only as sticks (great for dipping) but also grated.
- Offer fruits and vegetables in these different states – e.g., raw, boiled, steamed, oven-cooked. You might find that while your child doesn't like boiled carrots, they do like them raw. Steamed vegetables also often retain their natural sweetness better.
- There are now many computer games and mobile phone apps that teach children about healthy eating and introduce them to the idea of nutrients. This can be a fun way to learn.
- Find pictures of fruits and vegetables that children can colour in, cut out and stick, or draw

RECIPE OF THE MONTH

MAC AND CHEESE

This recipe freezes well and It's totally yummy but, with veggies that the kids don't even know are in there,

INGREDIENTS

- 500gm pasta (I like shells or elbows)
- 1/2 cup milk (plus more if your sauce is too thick)
- 2 cups shredded cheddar cheese
- 250gm block cream cheese
- 4 carrots, cut into 1 inch pieces
- 2 cup chopped cauliflower
- 2 cups pumpkin
- 2 cups sweet potato
- 1 tsp salt



DIRECTIONS

1. Steam veggies for 5-7 minutes until tender. In blender, puree 1/2 cup water and steam veggies until smooth.
2. On stove, combine pureed veggies, milk, cheddar cheese and cream cheese and simmer until smooth. Whisk if chunky.
3. Cook pasta and then pour sauce over. Use extra milk to thin if necessary or if reheating to smooth sauce.

NOTE: We use on toasted sandwiches with avocado

Stay healthy and have a great month Michelle, Candice and Barb

Nursery Natter

Hi, Hi, here we are again.

Firstly, I would like to welcome Annabella and her family to the Nursery Room. Alexis has now moved up to the Toddler Room, and we look forward to saying hello to her at the fence. Please remember we have an open-door policy so please feel free to talk to myself or Rohana if you have any questions.

NAIDOC Week is held in the first full week of July. It is a time to celebrate Aboriginal and Torres Strait Islander history, culture and achievements and is an opportunity to recognise the contributions that Indigenous Australians make to our country and our society. We will be celebrating Naidoc week with some planned activities for the babies.

Some of our activities can sometimes become very messy, just a reminder to always put spare clothes in your babies bag and make sure all your babies belongings are labelled with their name.

We have been having some fun with our coloured perspex blocks. The babies love looking through them to see the change in colour of their surroundings. Also we have been showing the babies how the sun light reflects the colours of the perspex blocks.



We have extended on this by painting on tin foil:- The babies looking to see their reflection in the shiny tin foil as they paint.



We are going to follow this up with an activity about "All about me".

Songs we are singing "5 Little Ducks" and "Old McDonald had a farm".

Until next time, Kathy and Rohana

Toddler Torque

Hello and can you believe its July already?

Staff changes

From the 24th of July I will be replacing Karly in the Pre-school room for 7 weeks whilst she is on holidays. Miranda will replace me with Maddie as her assistant in the toddler room. Luckily we share the same yard and I will still be around and available to be with the toddlers! I am sure I am going to miss them.

NAIDOC Celebrations

Naidoc week is held in the first full week of July. It is a time to celebrate Aboriginal and Torres Strait Islander history, culture and achievements and is an opportunity to recognise the contributions that Indigenous Australians make to our country and our society.



The toddlers have been exploring some traditional Aboriginal and Islander art techniques and studying Australian animals. Heath is telling me all about his Kangaroo and Charlie is creating a play dough Echidna.

Jumping mat

Indoors you may have noticed we have a jumping mat where the toddlers are developing their physical skills to walk up the steps and to jump off the steps on to the mat and try landing on two feet. During this activity they are also learning to line up, listen, and to wait their turn to jump safely onto the mat.

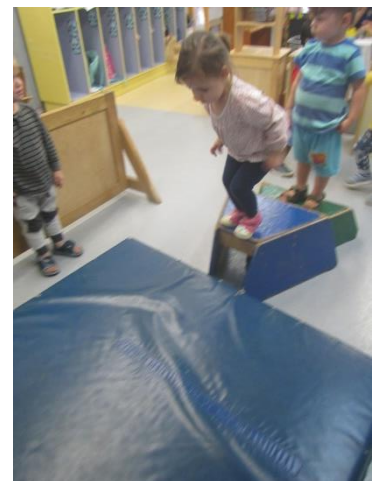
Reminders

Please supply your child with plenty of underwear when they are toilet training and changes of clothes for wet weather and water play. Each child should have their own hat, please drop off your child wearing their hat you should find it in their locker in the mornings.

Cheers from Cheryl and Miranda.



Welcome to our new boy Blake and Alexis from the Nursery and your families to our toddler group, it's great to have you join us.



Preschool



We hope you've all had as much fun as we have this month!!!

We went pirate mad there for a while where literally everything was all about pirates! We learnt so much through this interest including numeracy, literacy, fine and gross motor skills, language skills and good ole role play! Our pirate ship was epic and lasted a fair while. The big Pirate Day was so much fun and it was great to see everyone make the effort to get involved!

We have moved on from our Pirate theme and have now opened our Aboriginal and Islander interest. The children have enjoyed listening to stories from the dream time, learning about the Aboriginal and Islander culture, art, music and appreciation of traditional owners. We have had a lot of group discussions around this interest and it was agreed by all we would establish our very own humpy in the Preschool room!



We have been doing a lot of science experiments this month in relation to our other interest in weather, clouds, rain and storms. We have almost completed our weather station (located in the art area) and we are continuing to add things into it. We also made rain clouds in a jar, a rainbow sugar density experiment, sundials and recycled rain gauges. Making observations about the weather and discussing climate are great ways to teach children about science, especially since weather is something children can easily relate to and understand. Whether it's clear and sunny or rainy and windy outside, weather and climate affect children's lives every day.

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

Happy Birthday to
Eliza, Aaylie,
Lily and Aadi