



Cairns TAFE Community Child Care Centre

OCTOBER 2017

OFFICE NEWS

MENTAL HEALTH WEEK

The centre is offering families the opportunity to attend a great session with Charlene Halfhyde from Women's Psychological Health in Edge Hill

The session will touch on several areas including dealing with everyday stress and looking after our own mental health and wellbeing.

The session will be held here at the centre on the 11th October from 6pm to 8pm-ish

All families are welcome to attend this session, please sign up in the office if you would like to attend; unfortunately, child minding won't be available due to staff attending.

SCHOOL HOLIDAYS

Next school holidays are from the 11th December to 19th January 2018

If you are going away on holidays or leaving the service to attend kinder or school please remember to submit the relevant forms 2 weeks prior, forms are available in the front office area.



REMINDERS FOR OCT

- DO NOT LEAVE YOUR CHILDREN IN THE CAR
- Call the centre if your child is absent
- Committee meeting 18th October
- Halloween Dress up week 30/10 to 03/11
- Health and Well-being session Wednesday 11th Oct at 6pm

HALLOWEEN CELEBRATIONS

The centre will hold its annual Halloween festivities from the 23RD October-3RD November, the centre will be decorated for 2wks.

Children can come dressed in their favourite costume for the week of the 30TH Oct to 3RD November.

We will have a few Halloween activities set up in the yard for children to participate in and we will have our annual trick and treating on

Halloween Day
TUESDAY 31th October.

DIRECTOR'S NEWS

WORKING BEE

Our first September working bee in the garden was a huge success with a big thank you going to all the wonderful families and staff who assisted before, on and after the day, we got so much done, especially in our Nursery area.

It was great to see so many volunteers, so again thank you!

EARN AND LEARN

Thank you to all our families and friends who donated stickers to the centre our final total was 2880 which will be converted to money for us to spend at MTA.

A huge thanks to Mt Sheridan Woolworths customers who placed over 500 stickers in our box.



STAFFING CHANGES

We have had quite a few changes over the last month with Karly deciding not to return after her break, we wish her all the best for the future.

We welcome Tamika to the centre and also welcome back Kate who missed us so much she is returning to us. We will also see Nar Maya return from maternity leave early in the new year.

We are also currently advertising for more relief staff including another casual cook, so keep your eye out for new faces in the coming months.

Currently the rooms are as follows and will remain so until the end of the year.

Preschool: Cheryl and Kathleen

Toddlers: Rohana and Tamika

Nursery: Kathy and Miranda

If you have any questions about these changes please feel free to pop into my office for a chat.

TERMINATION OR CHANGE OF CARE

Unfortunately, it's that time of the year again where we start preparing to say good bye to our pre-schoolers who are heading off to start Prep or Kindergarten.

If your child is leaving the service in 2018 to start school or kinder we ask that you advise the centre of your last day as soon as possible.

We ask all families to consider their care needs for 2018 and submit requests for day changes or more days as soon as possible, booking confirmations for enrolments for 2018 start in November and spaces will fill quickly.

Termination of Care and Change of Days forms can be found in the foyer, all permanent changes to care requires 2 weeks notice.

KITCHEN CAPERS

SPRING HAS SPRUNG AND BROUGHT THE RETURN OF SUMMER MENUS

September saw us return to our summer menus, we will be trying some new salad and snack recipes over the coming weeks, we are always looking for ideas so please feel free to email or drop in a recipe that you use at home that will double up well to feed 50. As the weather heats up, we encourage the children to drink more water, we ask parents to talk to children about using the bubblers at daycare during outdoor playtimes, this also sets them up for school where bubblers are also used.

FOOD FACTS ABOUT GELATIN

Gelatin has many wonderful health benefits for children including:

- It is fabulous for bone and joint health.
- It is anti-inflammatory, improves immunity and assists with wound healing.
- It improves digestion, is gut healing and has been seen to assist with the improvement of food allergies and intolerances.
- It is detoxifying to the body by helping the liver to efficiently remove toxins from our body.
- It assists the body to fully utilise the proteins that are taken in.
- It is calming to the brain, improves focus, memory and assists with stress reduction.
- And for many parents, the most important of all; gelatin can induce sleep as well as improve the quality of sleep.

In addition to the above, gelatin assists with blood sugar regulation, inhibiting sugar cravings and boosting metabolism. It also improves the strength and appearance of hair, skin, nails and teeth and improves the elasticity of your skin, what is there not to love?

Cloud Jellies

Ingredients

- 1.5 cups pureed fresh or frozen mango, berries or banana, etc (more acidic fruit do not work, ie kiwi or pineapple)
- 2 tbs lime juice
- Pinch sea salt
- 2-3 tbs honey or maple syrup depending on taste
- 4 tbs gelatin
- 1 cup of plain full fat yoghurt
- ¼ cup filtered water or fresh juice (note: If using juice reduce the honey/maple syrup)



Instructions

1. Puree fruit until smooth. At this point you can strain to remove any seeds (berries) if desired.
2. Combine all ingredients in a small pot and sprinkle the gelatin across the top. Allow to sit for 5 or so minutes so that gelatin can start to absorb the liquid.
3. Over a very low heat, slowly whisk to dissolve the gelatin.
4. Once dissolved, pour mixture into a small tray or moulds to set in the fridge. If in tray, slice into squares and store in an airtight container in fridge.

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

Nursery Natter

Hi, here we are again. Firstly, I would like to welcome Lily and her family to the Nursery Room.

And we say Goodbye to Jenaya and Cienna will both be moving up to the Toddler Room on the 4th October.

Happy Birthday
this month to
Lily, Elijah, Rico
and Hudson

We have had a busy month once again. A lot of our activities have been focused on "Everything Garden".

We have been exploring our sense of smell with different types of plants and dried plants. We have been making potpourri mobiles to hang in the nursery room.



We also have made pretend pizza's with some of our herbs (Oregano and Rosemary) from our garden. Firstly the babies made their own pizza dough, then they got to smell the herbs they were using for their pizzas.



The babies are also enjoying our new vegetable planting box, which we are using to help with the babies language development (Naming the vegetables). We will be continuing with our garden interest.

We would also like to say good-bye to Maya, we are all going to miss you in the Nursery Room.

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

Please remember we have an open-door policy so please feel free to talk to myself or Miranda if you have any questions

Until next time, Kathy and Miranda

Toddler Torque

We have had a few changes in our play environment over the last month. We have set up a new construction area and a transport area with cars and car tracks.



We also have an office where the children are busy at work, while developing their literacy and language skills.



We are very sad to say Goodbye to Maddi 😞
In the two years she has worked here she has spent the majority of her time in the toddler's room. All the educators and the children, especially they toddlers, will miss her very much. We want to thank her for her help and wish her all the best with her move to Brisbane!

WE WELCOME JENAYA AND CIENNA TO OUR TODDLER ROOM, THEY HAVE RECENTLY MOVED UP FROM THE NURSERY. AND WE SAY GOOD BYE TO BLAKE WHO HAS BECOME A BIG PRESCHOOL BOY.

WE ALSO WELCOME TAMIKA, OUR NEW EDUCATOR, WHO HAS ALREADY DEVELOPED RELATIONSHIPS WITH BOTH THE STAFF AND CHILDREN! IT IS GREAT TO HAVE HER ON OUR TEAM.

[Cheers from Rohana, Maddi and Tamika](#)

Careers



Our current room interest has taken off enormously, the children are really focused on learning about occupations. We have documented information from all the parents about what they do for work, and discussed with the children what they think mum or dad does at work and compiled the information as a display in the foyer, check it out if you haven't already done so it is very cute.

We have invited and are hopeful that some awesome parents will donate their time and knowledge as a special visitor to give a brief talk to the pre-schoolers about their job. Thank you to those that have already offered, we can't wait for your visit and really appreciate the gesture. Just let Kathleen or I know a time and date that suits you!

During our group times we have been watching YouTube clips of all different kinds of jobs that people can choose to be from Astronauts to Zoo keepers.

Our room is set up for the children to role-play a variety of occupations such as Dentists, Doctors, Nurses, Shop keepers, Fireman, Ballerinas, Astrologists, Scientists, Artists, Actors, Chefs, Builders, Carpenters, at the moment we are making space helmets to wear to act out being an Astronaut. It's a very busy room where the imagination runs wild.... you can be anything you want to!



Welcome to our group,

Blake Fahey is transitioning into our pre-school from the toddler group you are now a big pre-schooler Blake.

Show and tell.

Thanks to everyone for encouraging your child to contribute to presenting their show and tell just a reminder though to keep it to items from nature, books, something they made or went to see, or something relevant to our current room interests.

Until next month Cheers from Cheryl and Kathleen

Birthdays
Hip hip hooray
Happy 4th Birthday to
Felix on the 1st of the
month.