



## OFFICE NEWS

### CHRISTMAS HAMPER

WE ARE LOOKING FOR ALL TYPES OF DONATIONS TO ADD TO OUR XMAS HAMPERS, WE ARE HOPING TO HAVE SOMETHING ORGANISED TO RAFFLE OFF AT OUR CHRISTMAS PARTY, IF YOU ARE STRAPPED FOR IDEAS, PLEASE CONSIDER SOME OF THE SUGESTIONS BELOW:

- Gift cards
- Wine
- Food items (non perishable)
- Books
- Small pool toys
- Water balloons
- Sparklers
- Party poppers
- Napkins
- Xmas Decorations
- Xmas novelties
- Vouchers
- Xmas crackers
- Nuts and Choc sultanas

BASICALLY ANYTHING YOU THINK MIGHT BE FUN OR YUMMY FOR XMAS, WE THANK ALL OUR FAMILIES IN ADVANCE FOR THEIR ONGOING SUPPORT.

PLEASE PLACE ANY DONATIONS IN THE BASKET IN THE FOYER

### FEE INCREASE

Just a reminder our fee increase became effective from Monday 5<sup>th</sup> November. The increase was

\$5 per day across all rooms.

Families will have received their statements via email at the beginning of this fortnight which will show the new fortnightly fee.

Cheers

Michelle

### REMINDERS FOR NOVEMBER

- DON'T FORGET TO SUPPLY YOUR CHILD WITH A WET BAG
- CHECK YOUR EMAIL FOR FEE REMINDERS EACH FORNIGHT
- CALL THE CENTRE IF YOUR CHILD IS ABSENT
- LIKE US ON FACEBOOK

## Carols by candlelight

This year we are holding an evening Carols by candle light and picnic party.

Families are invited to bring a blanket and can either pay \$10 per family for pizza or they can bring a picnic with them, flameless candles will also be available for \$2.50.

The event will kick off at 6pm Thursday 13th December and will wrap up at 7.30pm with a visit from Santa

The children will be performing Christmas carols that they are eagerly learning.

So come along with the family and join in the fun.

Our Christmas Hamper will also be drawn at the Christmas Party.

Sign up sheet for attendance numbers, Pizza orders and candles are in the office.

### END OF YEAR CLOSURE

The centre will be closed from Monday 24<sup>th</sup> December until Friday 4<sup>th</sup> January. We will reopen on Monday 7<sup>th</sup> January 2019.

## DIRECTOR'S NEWS

### 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 2019 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 2019 and submit requests for day changes or more days as soon as possible, booking confirmations for enrolments for 2019 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.

**THANK YOU TO ALL THE FAMILIES THAT HAVE ALREADY DONE THIS!**

### STAFF NEWS

Sarah, our Early Childhood Educator, has joined our team and has settled in well in the preschool room over the last few weeks. Angie is now our additional educator in the preschool room four days a week, so she is working with Sarah and Kathleen to ensure we have an inclusive environment for all the children. Rohana has just left us to have her bub and Candice will be going on maternity leave in two weeks. Cheryl has settled back into the toddler room, working well with Nar Maya and "learning to talk toddler again"

Haha

We welcome back Megan, who missed us so much she decided to return! Megan will be a casual educator, working in all the rooms. It is great to have her back on our team.

## 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 from year 11 and 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.

Until next month.....Barb

### TRAINING TODDLERS' TASTE BUDS

There is a lot of learning that takes place once babies transition from an all milk diet to one that contains a wide variety of foods. By the time children are 12 months old they no longer depend on formula or breast milk as their main source of nutrition and should by now be consuming a variety of foods from each of the five food groups. The first three years of life are therefore crucial in determining children's future food preferences and eating patterns.

Young children are genetically programmed to have a preference for certain tastes and a dislike for others. From the very beginning babies are attracted to sweet flavour, which is what helps them to drink breast milk, a naturally sweet food. They also like salty tastes, but are averse to sour and bitter.

When children today are given the option of a super sweet food such as lollies or a mildly sweet food such as fruit then most will automatically choose the lolly because that is what they are programmed to do. Limiting children's exposure to super sweet and super salty foods will help to prevent them developing more of a taste for those foods.

Many studies on taste preferences have found that the way we acquire our food preferences is through repetition. Children learn to prefer the flavours of food that are most familiar to them and especially if they feel good after eating it. It can take up to 15 tries of a food before a child becomes familiar with it and actually likes it. If we offer children the most nourishing types of food all the time, then we are helping them to develop a taste for a healthy diet.

### Healthy Strawberry Oatmeal Bars

*One bowl and 100% whole grain—perfect for a snack or dessert!*

#### STRAWBERRY BARS:

- 1 cup old fashioned rolled oats
- 3/4 cup white whole wheat flour
- 1/3 cup light brown sugar
- 1/4 tsp each of ground ginger & kosher salt
- 6 tablespoons unsalted butter, melted
- 1 teaspoon cornstarch
- 1 tablespoon freshly squeezed lemon juice
- 1 tablespoon granulated sugar, divided
- 2 cups, small-diced strawberries



#### VANILLA GLAZE (OPTIONAL BUT DELICIOUS):

- 1/2 cup powdered sugar, sifted
- 1/2 teaspoon pure vanilla extract
- 1 tablespoon milk (any kind you like)

#### DIRECTIONS:

1. Pre heat oven to 190 degrees. Line an 8-by-8-inch baking pan with baking paper so that the paper overhangs two sides like "handles."
2. In a medium bowl, combine the oats, 3/4 cup flour, brown sugar, ginger, and salt. Pour in the melted butter and stir until it forms clumps and the dry ingredients are evenly moistened. Set aside 1/2 cup of the crumble mixture, then press the rest into an even layer in the bottom of the prepared pan.
3. Scatter half of the strawberries over the crust. Sprinkle the cornstarch evenly over the top, then sprinkle on the lemon juice, and 1/2 tablespoon of the granulated sugar. Scatter on the remaining berries, then the remaining 1/2 tablespoon sugar. Sprinkle the reserved crumbs evenly over the top.
4. Bake for 35 to 40 minutes, until the fruit is bubbly and the crumb topping looks golden. Place the pan on a wire rack to cool. Prepare the glaze: in a medium bowl, whisk the powdered sugar, vanilla, and milk until smooth. Add more milk if a thinner consistency is desired. Using the baking paper handles, lift from the pan. Drizzle with glaze, slice, and serve.

**Note:** I use frozen Strawberries, blueberries or mixed berries when fresh berries aren't available

**Until next month stay healthy, Michelle and Reiji**



## Nursery Natter

Hi,

I would like to welcome Japeaek and Nash and their wonderful families to the nursery room.

We will soon be saying goodbye to Myah as she moves up the toddler room. Myah will start transitioning in the next two weeks.

We have been adding recyclable resources to the veranda to encourage problem solving, creativity and motor skills. The resources included round cardboard rings, small and large cardboard cylinders, large and small containers and lids.

### HAPPY BIRTHDAY

Myah is turning two  
on the 22nd of  
November and  
Arthur will be one on  
the 11th of  
November



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 Yukari if you have any questions

Bye until next time  
Kathy and Yukari

With the hot weather we have been having lots of water play, so just a reminder If your child hasn't already got a 'Wet Bag' could you please include one in their bag.



# Toddler Torque

Hi everyone and welcome to November gosh this year has flown by its almost the end of 2018!

I am enjoying being back in the toddler room and I am concentrating on getting to know all the toddlers and forming closer relationships with them and their families, please feel welcome to chat with me at any time about the toddlers or the toddler room routines, activities or anything you need information on.

## **Water play**

With this onset of hot weather, we are now offering water play almost daily please ensure your child has plenty of changes of clothes and wet bags to take them home in. Water play encourages physical energetic play whilst feeling cooler in the hot climate.



## **Halloween**

I think this year's Halloween celebration and especially the efforts regarding dress ups by parents for the children was the best ever! Thanks to Michelle as well for decorating the foyer. The children participated in many creative Halloween activities including the favourite trick or treating.



## **Personal water bottles**

I have organised a Toddler room water bottle basket if you are looking for your child's water bottle it will be outside in the basket outside the kitchen on the veranda next to the shoes box

I suggest for each child to have their own drink bottle to ensure they are drinking enough water, we do have access to the drink taps but sometimes the children don't use them adequately.

**HAPPY BIRTHDAY TO  
RORY WHO IS  
TURNING 3 THIS  
MONTH!!**

Until next month.....Thanks for your support from Cheryl and Nar Maya



## Preschool

I have had a wonderful first month in the Preschool room and have very much been enjoying working with the kids and staff. It has been great getting to know everyone and learn about what goes on in Preschool.

Recently we have made a few updates to the timetable and routine and we are now lucky enough to split into small groups on Tuesdays, Wednesdays and Thursdays.

This allows us more time to focus on certain learning areas and activities. It also gives the children an opportunity to closely interact with their peers and teachers in a more engaged and intentional teaching environment.

“Intentional teaching extends children’s thinking, builds deep understanding and occurs in emergent and planned experiences” (Queensland Kindergarten Learning Guide).

The Preschool has had a bit of a room change and we now have our very own café. This is a huge highlight for many children and we have been enjoying taking orders, making teas and coffees and cooking some food from our Menus.

We celebrated Halloween this week and saw many different costumes throughout the week. The kids took part in some different Halloween activities- pumpkin carving, ghost craft, trick or treat bag making, Halloween play-doh and slime, tracing activities, colouring in and even some real trick or treating!



It has been a great month and I am very much looking forward to continuing learning and working with Preschool, Kathleen and Angie.

**UNTIL NEXT MONTH SARAH, KATHLEEN AND ANGIE**

Happy Birthday this month to Maino, Billy, Seongjae, Maya and Jose Carlos.

**HIP HIP HOORAY!!**

In our small group and whole class group times we have also been looking at identifying our feelings and emotions. We have identified what each emotion looks like, made a comparison of things that make us happy and sad and we have talked about ways we can regulate our emotions if we are feeling sad or angry.