



Cairns TAFE Community Child Care Centre

SEPTEMBER 2018

OFFICE NEWS

CCS HOT TOPICS

- FAMILIES WITH PRESCHOOL AGED CHILDREN WHO HAVE BEEN APPROVED FOR MINIMUM HOURS E.G. 24HRS WILL BE ELIGIBLE FOR 36HRS IF THEIR CHILD IS ATTENDING AN APPROVED QUEENSLAND KINDERGARTEN PROGRAM.
- ARE YOU HAVING TROUBLE UNDERSTANDING YOUR FEE STATEMENT, IF SO PLEASE SEE THE LINK AT THE BOTTOM OF YOUR LATEST STATEMENT TO WATCH A SHORT CLIP ON 'HOW TO UNDERSTAND YOUR STATEMENT'.

The following links are very helpful for understanding the new system:

CCS Q&A Page:

<https://www.education.gov.au/new-child-care-package-frequently-asked-questions>

New Child Care Package resources for families page:

<https://www.education.gov.au/new-child-care-package-information-resources-families>

ANNUAL WORKING BEE

THE CENTRE WILL HOLD ITS ANNUAL WORKING BEE ON SATURDY 15TH SEPTEMBER 2018 FROM 8AM TO 1PM, FAMILIES WISHING TO HELP TO REDUCE THEIR LEVY CAN COME AND GO AT TIMES CONVIENEINT TO THEM, WE DO HOWEVER ASK FAMILIES TO SIGN UP IN THE OFFICE SO WE CAN GET A SCOPE OF HOW MANY PEOPLE WE WILL HAVE AND WHAT WE CAN PLAN TO ACHIEVE. THIS YEARS THEME IS THE GARDENS AND YARD AREAS SO DON'T FORGET A HAT.



REMINDERS FOR SEPTEMBER

- 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
- RETURN SOCIAL MEDIA PERMISSION FORM
- WORKING BEE SATURDAY 15TH SEPT 8AM

Current Vacancies

	Monday	Tuesday	Wednesday	Thursday	Friday
Pre	5	1	0	1	6
Todd	0	1	0	0	0
Nurs	0	0	0	0	3

SEE OUR FRONT DOORS FOR IMPORTANT INFORMATION AND REMINDER NOTICES

Our next committee meeting will be held on Thursday 13^h September 2018 @ 6pm

Attending meetings reduces your levy and gives you the opportunity to have your say in the operation of our centre.

Please let Barb or Michelle know if you're attending and require child minding.

Cheers
Michelle

DIRECTOR'S NEWS

WALKING OFF THE JOB



On **WEDNESDAY 5th SEPTEMBER**
at 3pm

Educators at Cairns TAFE Community Child Care Centre are participating in a mass action advocating for equal pay.

WE ASK FOR YOUR SUPPORT BY PICKING YOUR CHILD UP BEFORE 3PM.

The action involves educators walking off the job to enable both educators and families to gather at The Esplanade, where we plan to rally with educators and families from other centres.

Once the time and location is confirmed I will post the information on Educa if families are interested in coming to support us.

STAFF NEWS

The nursery staff have holidays coming up in September and October.

Kathy will be absent from Monday 17th Sept – Friday 28th September

Yukari will be absent from Fri 21st September – Friday 12th October

We are very fortunate to have constant relief staff that work in all the rooms, knowing the children and their routines. During Kathy and Yukari's holidays Candice, Kate and Megan will be working in the babies' room. If you have any questions or requests, please have a chat to them or come and see me.

QUEENSLAND KINDERGARTEN PROGRAM

CTCCCC is happy to be announcing our application to implement the Queensland Kindergarten Program to our Preschool room. The decision to apply to run the program was made after the roll out of the Child Care Subsidy to ensure that low income families with minimal approved hours would still be able to access care at our service 2 days per week without experiencing financial hardship.

Further details about the program e.g. session times etc, will be provided once approval has been confirmed.

Rest assured that the Kinder program will complement the current play based curriculum, will require very little change to current room structure will continue to provide the 3-4 age group with early exposure to school readiness experiences.

IMPORTANT DATES TO REMEMBER

- Our Annual working Bee will be held on **Saturday 15th September 2018** from 8am to 1pm, this year's schedule will be to tidy the gardens and outdoor areas, children are welcome under the supervision of their parents.
- Our children's Xmas Party and Christmas Carols will be held on **Thursday 13th December 2018**, further details TBA.
- Our Xmas closure this year will be from **22/12/18 to 06/01/2019**.

Until next month.....Barb

KITCHEN CAPERS

We say good bye for now to Candice from the start of September, as she will be working solely in the rooms for the remainder of her pregnancy, we will all miss her yummy food and look forward to her return to the kitchen in 2019!

Our summer menus begin on 17th September and just in time as the weather is getting summery again.

ALWAYS A HOT TOPIC WITH PARENTS, SUGAR INTAKE!

WHENEVER there is talk of foods high in sugar, soft drink is generally mentioned. **YOU** might think you're choosing a healthy options, but have you looked at what's in the things you're eating?

Below are some popular foods that have more sugar than Coke!

With a massive 39g of sugar per 375ml can, soft drink is extremely high in added sugar. What may surprise you is that there are plenty of other supermarket foods that have even more sugar than soft drink. While we may not always consume 100g of the food in question, they are still exceptionally high in added sugars. Here are some of the worst offenders.

TINY TEDDIES-A popular school lunch box addition, these plain sweet biscuits may look relatively innocent. But one-quarter of each of those cute little teddies is sugar — 25.1g sugars per 100g

NUTRI-GRAIN-While cereal manufacturers continue to reduce the sugar content of their cereals, some remain high in added sugars. "Iron man food", for example, clocks in with 26.7g of sugar per 100g, or more than 2tsp per serve.

UNCLE TOBY'S YOGHURT-TOPPED MUESLI BARS- muesli sounds healthy, but there is a lot of added sugar in popular muesli bars, especially when they have toppings or choc chips. With yoghurt-topped bars, sugar makes up almost a quarter of the bar, with 18g sugars per 100g or 6g of sugars per bar.

WEIGHT WATCHERS CHOCOLATE ICE CREAM SUNDAE-The brand may suggest a healthier alternative but with 26.8g of sugars per 100g or 20.9g sugars per serve, there is nothing low sugar about this dessert treat.

IN OUR heavily processed world, health experts claim sugar can be found in the most unassuming products, from savoury crackers and bread to sushi and salad dressings, so the best advice from the experts, learn to read labels including the ingredients and nutrition panel and if one of the first ingredients listed in a product is sugar then reconsider and look for a healthier alternative.

Healthy Peanut Butter Fluff Dip

INGREDIENTS:

- 1 cup plain greek yogurt
- 1/2 cup creamy peanut butter (I prefer unsweetened, all natural)
- honey to taste (1-3 TBSP)

INSTRUCTIONS:

Combine all of the ingredients with a whisk or spoon, and enjoy as a dip with apple slices, bananas, celery sticks, graham crackers, vanilla wafers, or anything else you'd like! Or, just eat it with a spoon 😊



TIPS:

- Cinnamon is a nice addition. You can also substitute the peanut butter for almond butter (or any nut butter).
- The more peanut butter you add, the richer this dip will be. If you would like to lighten it up, add less peanut butter to the ratio.

Until next month stay healthy, Michelle, Candice and Reiji

Nursery Natter

We have had another busy month. The babies have been busy working on their ball skills. We have been focusing on throwing balls to help build and strengthen their arm muscles. One of our activities was throwing balls into a tyre which the babies loved. We also played games of throwing the balls to each other. Physical activities are also great for developing social skills.



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

We have also been painting at the easel. Easel painting is an amazing opportunity for children to express their perception, feelings, interests, and creativity through art.

THE BENEFITS OF WORKING ON AN EASEL:

Fine motor: Moving the painting tool from the paint container to the easel surface requires focus and control. Large motor: Because of the angle of the arm, using the easel works the shoulder and entire arm. The bigger the surface, the more exercise this area of the body gets. Cognitive skills: There is a lot to figure out while using an easel, such as how the paint will get on the paper, how the different colours will mix, and how to handle the drips that occur. To further develop this experience of using the Easel we are going to offer different resources to use.



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.

HAPPY FATHER'S DAY TO ALL OUR DAD'S!!

Bye until next time, Kathy and Yukari

Toddler Torque

September!! Before we know it, it will be Christmas! Continuing on from August the children are still very interested in transport and are loving the different activities. We have looked at mainly cars and boats and will continue on with boats and explore the concepts of floating and sinking.

We would like to wish all the DAD'S a happy Father's Day and I hope they get spoilt!



As we are starting to move into the warmer months of the year can I please ask you bring a WATER BOTTLE for your child that they are familiar with and can use easily.

WET BAGS!!

Please make sure you are packing a bag/plastic bag for your child's wet clothes as we are not supplying them anymore.

Also ensure they have enough spare clothes in case of water play.

Happy Birthday to Jenaya and Cienna who will be turning 3 this month!



Until next month Rohana & Nar Maya

Preschool

Hospital area

The pre-schoolers are all very interested in Ambulances and medical concepts, you may have noticed our hospital area set up in the room for the children to act out and role-play medical scenarios. Our plan is to ask the Ambulance service to visit and speak to the children about ringing 000 in an emergency and to of course check out a real Ambulance. The boys in the photo below have driven the ambulance bike to rescue the ants nest.



Happy Father's Day

I would like to say Happy Father's Day to all the great Dads enjoy your special day and we hope you love your money boxes!

Happy
Birthday this
month to Blake.
He will be turning
4 on the 18th!

Literacy project

As an idea for the children to recognise and attempt to write their own name I have made a sign in book for the children to sign in their name just like Mum or Dad do each day all the child has to do is sign in by tracing over a laminated copy of their name. The book will be located on the table next to the special helpers board. It will be appreciated if you can assist your child each day on arrival to attempt this task.

Wags the dog our pre-school pet

Oh no, some of you will say when you remember Wags from the toddler room, well Wags is making a comeback but this time to the pre-school room. Let me explain what happens with Wags for those of you that don't know; each week or so a child is chosen to take Wags home for the weekend and look after him. All we ask is for you to take a photo or two and to write a little story about Wags's adventure into our book. The purpose of the idea is for the child to feel a sense of connection between their home and day care and for us to find out a little bit more about families.

If you don't have a printer at home, feel free to email your wags photos through to the centre and we will print them for you.

Until next month, Cheers from Cheryl Kathleen and Angie

OUR CHILDREN'S LIBRARY

It is great to still see the children borrowing books from our library.

Recently we received donations of more books and library bags from the Let's Read Program.

So please keep borrowing.....choose a book and take it home in a library bag!

*Reading books aloud to **children** stimulates their imagination and expands their understanding of the world. It helps them develop language and listening skills and prepares them to understand the written word.*