

DECEMBER
2019

ON *this* MONTH

AROUND THE COUNTRY

International Day of People with Disability -----	3
International Migrants Day -----	18
Human Rights Day -----	10
International Mountains Day -----	11
Operation Santa -----	1-24

National Quality Framework

Assessment Notice

Our Service is in the process of the National Quality Framework. We have sent in our Self-Assessment and are now awaiting a call to see when our visit will be. **The Quality Improvement plan is available for all parents to view at the centre.**

The centre will be assessed on 7 Quality Areas.

1. Education program and practice
2. Children's Health and Safety
3. Physical Environment
4. Staffing Arrangements
5. Relationships with Children
6. Collaborative partnerships with families and communities.
7. Governance and Leadership

We will let you know when we have a date for our assessment.





OPERATION SANTA – DECEMBER 1 – 24

The Target and Uniting Care Christmas Appeal has been a gift giving campaign, offering support to disadvantaged people of all ages for

the past 28 years. Be there for someone and support the Appeal by purchasing a \$1 bauble found at cash registers in all Target Stores or make. **Go to:**

<https://www.target.com.au/targetchristmasappeal>

INTERNATIONAL MIGRANTS DAY – DECEMBER 18

Migration draws increasing attention in the world nowadays. Mixed with elements of un-foreseeability, emergency, and complexity, the challenges and difficulties of international migration require enhanced cooperation and collective action among countries and regions.

<https://www.un.org/en/events/migrantsday/>

CRISPY PARMESAN PITA CHIPS WITH BEETROOT HUMMUS



PREP 20 min | COOK 5 min | SERVES 4 (SNACK)

INGREDIENTS

Beetroot hummus

3/4 cup roasted beetroot
1 x 400 gram can chickpeas, drained and rinsed
Zest and juice of one lemon
pinch of salt
2 cloves garlic crushed
2 tablespoons tahini
1/4 teaspoon cumin, ground
1/4 cup extra virgin olive oil
To serve – Greek yoghurt,

toasted and finely chopped almonds, olive oil and coriander

Toasted pita chips

4 wholemeal pita bread, cut into small triangles
1 cup (80 grams) parmesan cheese, grated
1/2 cup finely chopped rosemary
pinch of salt
1/2 cup extra virgin olive oil

METHOD:

Preheat oven to 180 C (350 F) and line 2 oven trays with baking paper. Set aside.

To make the hummus – Place the beetroot, chickpeas, lemon juice and zest, salt, garlic, tahini and cumin into the large bowl of a food processor. Blitz for 1-2 minutes or until creamy. With the motor running – slowly add the olive oil and blitz until combined. Pop the hummus into a bowl and place into the fridge whilst you prepare the pita chips.

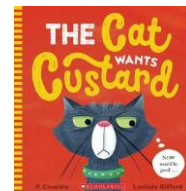
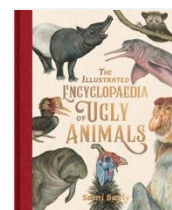
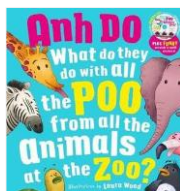
To make the pita chips – Arrange the pita bread triangles on the prepared trays. Place the parmesan, rosemary and salt into a small bowl and stir to combine. Brush each triangle with a little olive oil and top with a little of the rosemary/cheese mixture. Bake for 5 minutes or until the cheese is melted and the pita chips are golden.

To serve – Place the hummus onto a small bowl, top with Greek yoghurt, almonds, olive oil and coriander. Arrange the pita chips around the hummus and dig in! Enjoy xx

Recipe and Image from 'mylovelylittlelunchbox.com'

Book reviews

The weird, the wonderful and the hilarious! Animal books for all.



WHAT DO THEY DO WITH ALL THE POO FROM THE ANIMALS AT THE ZOO?

ANH DO

What do they do with all the poo from all the animals at the zoo? The hippos, the tigers, the kangaroos what do they do with all that poo? There's so much poo at the zoo. Where does it all go? Do they mix it into chocolate ice-cream? Sprinkle it on pizza? Stir it in the local swimming pool?! The title alone will have your child giggling, and they will keep laughing as they search for the stinky truth.

THE ILLUSTRATED ENCYCLOPAEDIA OF UGLY ANIMALS

SAMI BAYLY

Marvel as you enter the fascinating hidden world of ugly animals in this encyclopaedia of the animal kingdom's most unusual and beauty-challenged species. It's time for ugly animals to shine! With more than sixty ugly animals to explore, this compendium of the unusual celebrates the beauty in 'ugliness'.

THE CAT WANTS CUSTARD

P. CRUMBLE

Meet Kevin, the opinionated feline who is full of cat-titude. Kevin has a craving. He wants custard, and he wants it NOW! Follow the hilarious antics of a cat trying to get its human companion to give him what he wants, including using his own body to spell the word CUSTARD! Will he succeed? A brilliantly funny picture book treat.



FOCUS: Screen free family fun



30 staycation ideas to help stay away from screen time and get your family fun back these holidays. There are ideas for all ages to keep them busy during the school holidays. Check out number 30 in case you decide that you want to keep a record of the great ideas you have!

1. Design a play area like a kid's kitchen in the backyard
2. Take a day trip. Look for fun places to go two hours away from home.
3. Arts and crafts: making boats, painting, finger knitting, volcanoes, and sock puppets
4. Disco day: play music, design your own disco ball and dance
5. Outdoor pool days: visit the local outdoor pool with goggles and diving toys
6. Build a dress-up corner to use for dress-up days
7. Dress up days: make your own costume and stage a performance
8. Go fruit picking. It's a great way to educate the kids on where food comes from.
9. Become a tourist in your own town. Pretend you're a visitor and plan a day out.
10. Explore local walking trails. You see so much more when you're on foot.
11. Camp in the backyard. Kids love sleeping outside.
12. Create your own resort at home. A buffet breakfast, spa experience and colourful drinks are easy to rustle up.
13. Take advantage of windy weather, by making your own kite and taking it out to fly.
14. Have theme nights. Dress up, decorate and cook as though you were at your favourite holiday destination.
15. Go outside when it's nighttime with a torch and explore. Download an App for watching the stars (e.g. StarMap 3D+) and look at the shapes they make; see how we get the Star signs.
16. Visit a local airport (big or small)- there is always some designated parking place to watch the planes take off and land.
17. Catch or watch a train. Make the whole process a learning experience from start to finish!
18. Find a new park out of town. Take a picnic lunch. Search for 'Best Playgrounds in {your town}'. Leave the car behind and catch the bus.
19. Make a sand or mud cafe in the backyard. Lots of messy fun. Bake mud pies!
20. Eat an early dinner outside in your garden. Let the kids set the menu and the eating area.
21. Take the kids to the local farmer markets – speak to the farmer about his produce
22. Visit second-hand markets. Look for very old items and discuss how things have changed over the years.
23. Make a small theatre and organise a puppet play. A table tipped sideways, and decorated toilet rolls make a simple easy puppet. (Or search for ideas on Pinterest.)
24. Have a 'beauty day'. Hair plaiting, nail painting, dress-ups -followed by a fairy picnic in the garden.
25. Go on a nature hunt. Give out paper bags with a list of age-appropriate things to find/collect on the front. Give little surprises to be found along the way to give an incentive.
26. Try a Scavenger hunt for older kids

Indoor ideas for when the kids are stuck inside

27. Make play dough at home
28. Bored with their toys? Then change up and let them make their own!
29. Lastly, turn any of the above activities into a video by using your iPhone and the so very simple to use Splice-Video editor/maker. It's a **free** and easy to use App

Child Mags (2019, October 5). Source: 30 Family fun staycation ideas for busy kids. Retrieved from <https://www.childmags.com.au/30-family-fun-staycation-ideas-for-busy-kids/>

HEALTHY EATING

At this time of the year sometimes food begins to become a little less "sometimes" food. There is a lot of celebrating and therefore a lot of treats. When your asked to bring a plate why not bring a healthier snack. These websites have great options that are delicious but incorporate less sugar and sometimes a veggie or two.

My lovely little lunchbox - mylovelylittlelunchbox.com

Go to the Sweet Treats tab to find a delicious range of healthier treat options. Personal favourite is the 'Banana & Carrot mini loaves'

Wholefood Simply - www.wholefoodsimply.com



Healthy Little Foodies – healthylittlefoodies.com

Amy's Healthy Baking – amyshealthybaking.com/recipes/

HEALTHY
KIDS



HEALTH & SAFETY: Safe summer tips

Heat stroke in children can occur without proper hydration or rest. Learn how to recognise heat exhaustion and heat stroke symptoms to keep your child safe.

Heat-related illness happens when the body's temperature control system is overloaded. Infants and children up to 4 years of age are at greatest risk. Even young and healthy people can get sick from the heat if they participate in strenuous physical activities during hot weather. For heat-related illness, the best defence is prevention.

- Never leave infants, children, or pets in a parked car, even if the windows are cracked open.
- Dress infants and children in loose, lightweight, light-colored clothing.
- Schedule outdoor activities carefully, for morning and evening hours.
- Stay cool with cool showers or baths.
- Seek medical care immediately if your child has symptoms of heat-related illness.

Did you know: Just a few serious sunburns can increase you and your child's risk of skin cancer later in life. Their skin needs protection from the sun's harmful ultraviolet (UV) rays whenever they're outdoors.

- Cover up. Clothing that covers your and your child's skin helps protect against UV rays.
- Use sunscreen with at least SPF (sun protection factor) 15 and UVA (ultraviolet A) and UVB (ultraviolet B) protection every time you and your child go outside.

Keeping children hydrated in hot weather On hot days, make sure you offer your child frequent drinks to avoid dehydration. If you are breastfeeding, feed your baby as often as they need during hot weather. This may be more often than usual. Have plenty of fluids yourself, including a cool drink at every feed. If you are bottle feeding you may also need to increase the number of feeds. Babies who are more than six months old can be offered small amounts of cooled boiled water, after or between feeds. Give young children regular drinks during the day. Water is best. Aim for children to drink about 1 to 1.5 L (1 to 6 glasses) per day.

Dehydration in children Young children can easily become dehydrated during periods of hot weather due to sweating, and not drinking enough water.

HEAT-RELATED ILLNESSES	
WHAT TO LOOK FOR	WHAT TO DO
HEAT STROKE	
<ul style="list-style-type: none">• High body temperature (103°F or higher)• Hot, red, dry, or damp skin• Fast, strong pulse• Headache• Dizziness• Nausea• Confusion• Losing consciousness (passing out)	<ul style="list-style-type: none">• Call 911 right away-heat stroke is a medical emergency• Move the person to a cooler place• Help lower the person's temperature with cool cloths or a cool bath• Do not give the person anything to drink
HEAT EXHAUSTION	
<ul style="list-style-type: none">• Heavy sweating• Cold, pale, and clammy skin• Fast, weak pulse• Nausea or vomiting• Muscle cramps• Tiredness or weakness• Dizziness• Headache• Fainting (passing out)	<ul style="list-style-type: none">• Move to a cool place• Loosen your clothes• Put cool, wet cloths on your body or take a cool bath• Sip water <p>Get medical help right away if:</p> <ul style="list-style-type: none">• You are throwing up• Your symptoms get worse• Your symptoms last longer than 1 hour

Dehydration can also be caused by, doing lots of physical activity or exercise, having a high temperature, severe vomiting or diarrhoea or not eating or drinking enough.

Your child may be mildly dehydrated if they, are dizzy or lightheaded, feel nauseous or have a headache, have dark yellow or brown urine, have fewer wet nappies than usual, or if their nappies are less wet than usual, if they go to the toilet less often, have a dry and coated-looking tongue and mouth.

If your child shows these signs, the best treatment is to give them some water or an oral rehydration solution (such as Gastrolyte or Pedialyte). If they refuse either of these, try diluted apple juice or their usual milk. Don't give sugary drinks such as lemonade or sports drinks as this can make dehydration worse.

Your child may be severely dehydrated if they: are extremely thirsty, seem tired and lethargic, look pale and have sunken and dark eyes, have fewer tears than usual when crying, are irritable, drowsy or confused, are breathing faster than usual and have a fast heart rate (pulse). If your child shows signs of severe dehydration, see your GP or go to your closest hospital emergency department.

Sources:

CDC (2019, November 11). Extreme Heat. Retrieved from <https://www.cdc.gov/disasters/extremeheat/warning.html>

Better Health Channel (2019, November 11). Hot weather and child safety. Retrieved from betterhealth.vic.gov.au/health/healthyliving/hot-weather-and-child-safety



ZERO WASTE CHRISTMAS

You have the choice to change the way you give this Christmas. By not gifting plastics or disposables you are helping to create a more sustainable festive season.

Now what about receiving? This isn't about being ungrateful it's about being assertive and expressing your wants for the environment clearly. Not sure what to write? Check out this letter from Seed + Sprout, its clear and kind. Send it out to friends and family now and enjoy a more sustainable Christmas.

Seed + Sprout (2019, November 10). Hello loved One. Retrieved from seedsprout.com.au/pages/tree

Hello loved one,

There's something important I need to tell you.

But I'm afraid that telling you in person *might* be hard and I don't want to hurt your feelings.

So I'm sending you this letter instead.

Lately I've been thinking about how I can lessen my impact on our planet. I'm not perfect! But I'm trying. I don't want to seem ungrateful, but this Christmas I really need your help with this:

When gifting this year, please be mindful.

-no plastics (please)
-no disposables (please)

We don't need anything fancy! The best present you could give this year is presence. Because time is precious, and we love you so much.

So let's do something special together this Christmas.
For us, and for our planet. x



PS: Forward this letter on + let's change the way we do Christmas, together.





LAST MONTH WE...

Robot Workshop

Children enjoyed the Robot Workshop it run over term 4 for 8 weeks. The children learnt how to program on the ipads.

Street Library

Parents and members of the community are enjoying the Street Library. There has been lots of swapping and borrowing of books over the term it has been running.



Friday 20th December

You are invited to attend our annual Christmas Party.

Parents are welcome.

CHRISTMAS PARTY – 2PM – 5PM

Cost of the party is \$8.00

Enjoy a jumping castle and some party fun games.

Please note this is also a vacation care day so if your child is booked in for vacation care you do not need to rebook for the Christmas Party. Vacation care fee includes \$8.00 cost.

Hope to see you all there.

Final Message

We wish you all a Merry Christmas and a safe and Happy New Year. Enjoy your Christmas break.



I'm going on a bear hunt

Short simple activities to get some active minutes in the day.

Remember the book and rhyme "I'm Going on a Bear Hunt"? While this rhyme can easily be sung while sitting, there's also opportunity to make the whole rhyme more active. Act out the different motions: swim across the lake, climb up the tree and stomp over the bridge. This activity gets especially entertaining when you're scurrying away from the bear at the end.