

# Whyalla Child Care Centre July 2020 Newsletter

## Centre Manager

As families would be aware, the new Centre Manager, Jo Vlassco starts at the Centre on Monday 10th August.

Natalie's last day at the Centre will be July 31st. Jo Marsland will be stepping in as interim manager (August 3rd-7th) until Jo V begins in the Centre. If you have any questions about the Centre Managers position, contact Robyn Dunstall, Director of Corporate Services on 86403444.



## No jab, No play

As of August 7th, the 'No jab, No play' changes come into effect. This means Early Childhood Services cannot enrol a child unless their immunisation requirements have been met. It also means that if a family choose not to continue with their child's immunisation program, they will no longer be able to attend.

All families are required to provide the Centre with an updated copy of their child's immunisation record when their child has received their next lot of immunisations, and this must be done within a specific time frame. For example: for the 6 month immunisations the Centre needs the updated copy after the child turns 7 months but before the child turns 9 months of age.

Some families would have received an email reminding them to bring a copy into the Centre. We ask that all families take notice of this email and act on it when it is received.

Families can email copies of the statement to:  
[melissa.butt@whyalla.sa.gov.au](mailto:melissa.butt@whyalla.sa.gov.au)  
Or alternatively, bring them into the Centre—we can photocopy them if needed.

If you have any questions, please see an educator.



# Nursery News

Well, here we are half way through 2020 already and what a different world it has been lately.

We welcome all our new families joining us at Child Care. Transitions have been a little different due to Coronavirus, however we do hope you feel it has been smooth and successful. Please remember to let us know how you are feeling about this process.

The Babies celebrated International Nurses Day on May 12th dressing up in our doctors and nurses dress ups and role playing with medical instruments. Reconciliation week was celebrated by listening to some indigenous dreamtime stories and listening to music while using tapping sticks.

Pyjama days were so much fun with babies and educators wearing their pj's. We set up a bedroom with sleeping bags, animal pillows and teddies in the Nursery. The babies had a great time getting in and out of the sleeping bags and listening to stories on them before bed.

Emily has been busy implementing our new sensory garden with tyres full of sand stones, mint, rosemary, spinach and moss grass for the babies to investigate and explore. They have been taking turns to water the plants daily using the watering cans to help our plants grow. Emily plans on installing a music board on the fence, we cant wait to see what she comes up with.

Our days have been filled with drawing, building, climbing, pushing and pulling toys, investigating and exploration, along with lots of dramatic role play. We also have also been enjoying singing, music, bubbles and stories.

Just a couple of reminders to finish off:

- please remember you can still come into the bathroom to fill your child's nappy pocket as this helps us during our nappy routines.
- we are still going outside during winter, please remember to pack warm clothes and jackets. As the ground can sometimes be damp, shoes are also required (named please)
- please let us know of any changes in your child's routine or diet.
- please feel free to place your child's sleeping bags and comforters on the bathroom bench ready for use during the day.

Thank you from Fiona, Tonielle, Emily, Jackie and Ali



# News from the Toddler Room

Hello to all our families!

It has been another busy few months and we have engaged in lots of different events and activities.

To celebrate Mother's Day the toddlers helped to make strawberry pots. They decorated their pot and using gardening gloves filled them with their plant and potting mix. We hope they are growing well.

On the 27th May we participated in National Simultaneous Storytime Ali read "Whitney and Britney Chicken Divas", written and illustrated by Lucinda Gifford. We made our own crowns with feathers to wear as we listened to the story.

During Reconciliation week, we read Dreamtime stories, listened to music and had discussions about Australian animals, which we also coloured in.

On June 5th we participated in World Environment Day, providing the opportunity for children to develop an awareness of how to look after our planet. We read stories about recycling, discussed saving water and looking after plants.

We would like to thank those parents who have returned their occupation surveys. These work environments have been incorporated in our dramatic play experiences. The home corner was set up with kitchen equipment and dress ups, we used our tools to be electricians and set up a school with uniforms, bags and computers.

The toddlers have recently shown an interest in shapes and craft activities. We supported this by discussing the different shapes and it was great to see children work collaboratively to decorate a large square, triangle, circle and rectangle using paint, textas, stampers and gluing coloured paper.

We would like to say a big thank you to Linda for bringing in an indoor plant (Mother in Law's tongue) for our room. As a group we discussed how to look after it, some ideas were "water it" and "don't pull", but it's okay to gently touch the leaves. We also set up a roster for children to be the water monitor.

At the end of June we participated in National Pyjama Day helping to raise funds for children in foster care. It was great to see so many children and educators in their PJ's. Thank you so much for your kind donations.

We encourage all families to please feel free to approach any of the educators if you have any questions or suggestions. Your feedback is valued and helps us to provide the best care to your children.

We thank you for your support with our continued drop off and pick up routine. We are so proud of how all the children have adapted and coped with these changes.

Until next time, Linda, Pauline and Munira.



# Kindy Room News

Welcome to another Kindy room news.

In our home corner and dramatic play area we have used the parent work surveys we sent out to give us ideas on how we can set it up. We had a bank with money, computers and an ATM machine. A shop so we could buy things with the money we got from the bank. We have also had a workshop with tools, hospitals/doctors surgery's, an office and a house with babies.

We celebrated Families Week by painting and drawing pictures of our families to decorate our room. We talked about who the people are in our families.

We have mums, dads, brothers, sisters, granny's, grumpy's, memas, pipis, appas and nanna's. We have so many wonderful people in our families which also includes our pets.

We joined in with National Simultaneous Storytime and listened to the story "Whitney and Britney Chicken Diva's" just like many other children across Australia who were participating in the day. We made our own chicken diva's using paper plates, feathers and sparkly sequins.

For music day we put on a concert for the Toddlers and Babies. We sent a note to each room asking what their favorite song was, then sent invitations telling them what time the concert was. We sang Twinkle Twinkle, Miss Polly, Baa Baa Black Sheep and ABC. We used instruments that we had made using cups and paper plates, to shake and rattle while singing. Mel also played her flute for us and we sang songs while she played.

We were very lucky to get a visit from Nugget the bearded dragon who lives at Mel's house. We each gave Nugget a pat and felt his bumpy and rough skin and watched him eat some super worms. Nugget also had a run on the mat and did a poo on it ---ew stinky!

Dramatic play with loose parts has been a very busy area of play, the children have made Iron Knob, cars, trains, obstacle courses and police stations. The children have demonstrated their creativity and imagination to design and create these areas, as well as problem solving skills and teamwork.

We have also been creative with craft and painting activities, using pipettes to paint, folding the paper to make butterfly's, using hole punches, cardboard boxes, sticky tape and glue sticks.

As always, we are here for a chat if you ever need us.

Thank you, Jo, Mel and Naomi



# Jackie's kitchen

Hi Everyone, this month I have included the recipe for a delicious Lentil and Veg Curry. I found the recipe on the back of a lentil packet and the children really enjoyed it. I hope you do too.

## Lentil and Veg Curry

1/2 cup whole green lentils  
1/2 cup red split lentils  
1 Tbs vegetable oil  
1 onion, chopped  
2 garlic cloves, finely chopped  
2 cm fresh ginger, finely chopped  
2 Tbs curry powder  
1 tsp ground cumin  
1/4 tsp cayenne pepper  
400ml coconut milk  
1 cup vegetable stock  
200g spinach  
Juice of 1 lemon  
1/2 cup chopped coriander

1. Prepare lentils—according to the packet
2. In a large saucepan on medium heat, heat oil and saute onion, without browning. Add garlic and ginger and cook for 1 min.
3. Add curry powder, cumin, and pepper and stir to coat onion. Add green lentils, coconut milk and stock. Stir and cover. Simmer for 15 mins, adding more stock or water if the mixture looks dry.
4. After 15 mins, add the red split lentils and cook for a further 10 mins, stirring and adding more liquid if necessary.
5. Fold in the spinach, lemon juice and coriander. Heat through and serve with rice and naan bread.

## Chill!!

Food that is meant to be kept chilled should be! As soon as possible after purchase meat, poultry, dairy foods, vegetables, salad ingredients, etc should be refrigerated at or below 5°C. Sounds easy but often food is left in hot cars or put in refrigerators that are not cold enough. A fridge thermometer should be used to make sure the temperature is at or below 5°C. The temperature should be adjusted in line with changing seasons and the amount stored. Refrigerate leftovers promptly. Cooked food should be stored in covered containers and either put in the fridge to cool, or frozen immediately. Frozen foods should be defrosted in the fridge NOT on the kitchen bench. If in doubt, throw it out!

# Fire Drills at Child Care

Every 3 months, at random times and on different days, the Centre has a fire drill. This is to ensure that the educators and children are able to exit the building in a quick but orderly manner, ensuring all children and educators exit the building.

The emergency exit signal is 3 sharp whistle blows. At this sound, educators and children stop what they are doing and move to the nearest emergency exit and leave the grounds of child care, meeting at the emergency assembly point behind the building.



A sign is placed on the front door advising all families NOT to enter the building. PLEASE abide by this sign and do not enter the building until advised by an educator that it is safe to do so.

If you are inside the building when an emergency evacuation is called, please follow the educators directions to exit the building and meet at the evacuation point. Please do not take your child away from the Centre until notified by an educator that it is okay to do so.



## STOP!!!!

Have you seen the stop sign on the front gate?

This is there to remind all families and children to STOP and be safe when crossing the car park.

The staff have seen too many children running across the car park in recent times.

Please hold your child's hand when near the car park. We have lot of cars coming in and out of the carpark, and cars are very big and children are very little.

We are talking to the children about being safe on the road and we are asking families to model correct behaviour.

Until the age of 10-11 years, children need active adult supervision to help them navigate driveways, cars, roads and car parks safely. Even children who seem to know all the road safety rules won't necessarily remember to follow them.

So, please hold your children's hand and be safe in our car park.

# Exclusion Periods and Child Care

Unfortunately, sometimes children will be sent home from child care unwell. To help stop the spread of infection we ask all families to make themselves aware of the following information. The full policy can be found in the policy and procedure manual in the reception area. The policy sets out when you should keep your child at home if they are unwell. If families are ever unsure about the policy, please do not hesitate in speaking to an educator.



We ask that children are kept away from the Centre if any of the following is evident:  
Diarrhoea and Vomiting, Eye discharge,  
Thrush, Head Lice,  
Infectious Skin Disorders

Children who show signs of 'gastro' like symptoms are required to wait 24 hours before returning to the Centre. Children who are hospitalised are also required to wait 24 hours after discharge before returning to the Centre.

A Clearance note may be required by staff before your child can return to the Centre. Please see an educator for further information.

## Clearance Notes



The Centre has guidelines they must adhere to regarding the health and safety of the children in their care—including illnesses. From time to time the educators of the Centre will ask for a clearance note from the Doctor if your child has been sent home with an illness that is possibly contagious. This includes illnesses such as hand, foot and mouth, unidentified rashes and spots and Staph infections. These notes are kept on file at the Centre and are required by the educators to ensure your child is safe to return to child care. When seeing your Doctor they may tell you that you do not need a note to return to child care. Please inform your Doctor that even though your child has stayed away from care for the correct exclusion period, or they do not have a contagious illness a clearance note is still required.

If you would like any more information, please see an educator.

# Sustainable Living

Living sustainably is not about going without the things that you love and enjoy doing - in fact, a little thought and a few simple tweaks to your lifestyle can have a big impact on your environmental 'footprint', without requiring a lot of time and effort. Often living sustainably is about forming new habits that are healthy for you, your family and the environment. Our top tips will get you started.

1. Reduce your food waste: Food thrown into your garbage bin ends up in landfill, and breaks down in a way that can create greenhouse gasses. The Love Food Hate Waste campaign offers tips, advice and recipes to help you avoid food waste in four easy steps.

2. Use reusable cups such as keep cups: Australians consume more than 50,000 cups of coffee every half hour, and an estimated 3 billion takeaway hot drink cups every year. Sadly these cups, which are made from virgin materials rather than recycled paper, cannot be put in your kerbside or workplace recycling bins. Take a cup with you or have your drink to stay.

3. Install a water efficient showerhead: Save money and energy with a water-efficient showerhead which uses 40 per cent less water.

4. Turn the thermostat down: Save on heating bills by keeping the heating temp at home between 18 and 20 degrees in the colder months. Every degree you pump up the heater, means more of the pollution causing climate change, and an increase to your heating bill by around 10 percent per degree.

5. Say no to straws and plastic bags: Australians use around 10 million plastic bags every day, contributing to an estimated 8 million tonnes of plastic dumped into the ocean every year. Plastic straws are also to blame, and are one of the most common items found on beach shores all over the world. Remember to say 'no bag please' in supermarkets and other shops, and 'no straws please' in bars and restaurants.

6. Switch imported for Australian made: Let's face it - you don't need your brioche to be made in Paris. It's probably just as tasty from a local bakery and certainly fresher. When we buy imported goods, more of the pollution causing climate change is produced because of the distance those goods need to travel. Buying Australian made, means fewer miles travelled so less climate harming pollution.

7. Upgrade your lights: Light emitting diodes (LEDs) and compact fluorescent lamps (CFLs) will cost you far less to run than halogen and other incandescent lights. Energy-efficient CFLs can also last up to ten times longer than traditional ones. The light from these bulbs will give off light as bright as your old bulbs while saving you money.

