

JANUARY
2020



Director News

ON *this* MONTH

AT GRELC

Australia Day-----Closed ----- 26

AROUND THE COUNTRY

National Bird Day ----- 5
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Dear families,

Welcome back everyone! I hope you all had a Merry Christmas and a happy new year.

We are ready to deliver quality educational experiences to all the children in our care and continue to work in collaboration with you all. 2019 was a good year and we are confident that 2020 will be even better in terms of developing respectful, responsive and reciprocal relationships with children and their families. We will continue to support children's learning and development and I am sure this is possible as we work together to build confidence and competence in our children.

As you are aware we are an open door Centre, so you are welcome to pop around and see what we do and contribute to the children's learning.

With some preschool children going to school, we have some vacancies so please spread the word and please remember that our referral incentive is still on – for every family referred you get \$200. For further details please see the director.

It is with mixed emotions that announce the resignation of our longest serving educator at GRELC(now a teacher), Ashlyn, as she furthers her career into primary teaching. Her last day is Friday 17th. Join me in wishing her the best.

Please note communication about fees on the last page of the newsletter.

As always, please be free to come to the office for a chat





KID INVENTORS DAY – JANUARY 17

Television. Water skis. Earmuffs. The Popsicle. What do they have in common? All were invented by kids! 500,000 children and teens

invent gadgets and games each year. We celebrate to acknowledge past and present accomplishments of kid inventors and to encourage the creativity of future kid inventors everywhere. **Find out more at kidinventorsday.com**

CHINESE NEW YEAR – JANUARY 25

In 2020 the Chinese New Year officially begins on January 25. This date marks the beginning of a new lunar year according to the traditional Chinese calendar rather than the Gregorian calendar. 2020 is the year of the Rat.

Find out more at chinesenewyear.net

CREAMY CHIA PUDDING



PREP 10 min | COOK 1 Hr. | SERVES 8

INGREDIENTS

1/4 cup white chia seeds
2 cups milk of your choice
1 cup frozen raspberries
1 cup frozen blueberries
1/2 cup pure maple syrup
2 heaped tbs almond butter
1 tbs vanilla bean paste (or extract)
good pinch of sea salt

To serve:

2 cups home-made muesli or granola
1 cup (250 grams) Greek (or coconut) yoghurt
1 cup fresh berries
edible flowers (optional)
2 tbs honey

METHOD:

To make the creamy chia pudding:

1. **Place** the chia seeds into a blender and blitz until finely ground. Remove from the blender and measure 2 heaped tablespoons of ground chia. Set aside. (*Save remaining ground chia seeds for next time*).
2. **Place** the 2 tablespoons of ground chia seeds, milk, raspberries, blueberries, maple syrup, almond butter, vanilla and sea salt into the jug of a blender.
3. **Blitz** for 2-3 minutes or until thoroughly combined and smooth.
4. **Pour** the mixture into a bowl and pop into the fridge for an hour or two.

To serve:

1. **Place** a layer of muesli into a serving glass, layer with chia pudding and yoghurt, top with fresh berries, muesli, edible flower and honey. Enjoy x

Recipe and Image from 'mylovelylittlelunchbox.com'



New Year and great apps that will begin your year on the right organised foot.



POCKETBOOK

POCKETBOOK

Pocketbook makes personal finance and budget planning really easy. It is the only personal finance app that gives you the option to synchronise with Australian Banks – so no more manual entry- and teaches you how to budget with 3 simple rules. Loved by over 700,000 Australians.

MOMATU

SHOEBOX TIMELINE

The best moments happen in the blink of an eye but leave a lasting impression on our lives. Momatu makes it easy to capture, share and enjoy those moments in a private space for you and your loved ones. Create a timeline for your child, your family or yourself: Keep your moments safe and organised so you can look back on them whenever you like. View your timelines by days, months or years.

MEALIME MEAL PLANS & RECIPES

MEALIME MEAL PLANS INC

Mealime is a simple way for busy singles, couples, and families to plan their meals and eat healthier. Our meal plans & recipes are highly customizable so you can easily personalize a plan that works with your unique tastes and lifestyle.



FOCUS: 6 important tools to raise body positive children

In prior decades, body image issues usually didn't hit the scene until kids reached adolescence. But thanks to social media, and our culture's relentless pursuit of thinness, we now have to find creative ways to teach young children how to develop healthy body images.

Before I dive into some practical tips to help kids improve body image, I want to first diminish any shame that you might be feeling if you have body issues of your own. It's so important to remember that you downloaded every internal message from somewhere else. Of course, it's critical to work on your own issues, but it's also important to know it is *not* your fault that you developed them in the first place! So, whether you are struggling with your own body image, or you love your body, here are some tools to help your child feel better about the precious body he or she lives in:

1. Break the spell How do you know if your child has a bad body image? Perhaps they've begun making negative comments about their size or shape. Maybe they are comparing their body to others. Maybe they are avoiding foods or activities they once enjoyed because they feel uncomfortable about their body. Often the most common response a parent has is to reassure their child that they are "fine," or "beautiful" or "perfect." And while there is certainly nothing wrong with some reassurance, it simply may not be enough to overpower the cultural messages kids are surrounded by. Reassure them that they are perfect just the way they are.

2. Unkind mind, kind mind and quiet mind This little menu of options encourages kids to identify and differentiate between three different thinking states within themselves. I refer to them as "mind moods." Try teaching your child about these three states of mind and brainstorming examples of each. For example, unkind mind = "I hate my thighs." Kind mind = "I love singing." Quiet mind = Peacefully resting or playing. This will raise their awareness of their thoughts and help them to choose their mind moods more consciously. As they learn to turn up the volume of their kind minds and spend more time in their quiet minds, they begin to feel more present and peaceful. Once you have helped your child identify their unkind mind as a distinct voice, they can then try on some different responses and see which ones help bring them some relief. Try asking them to write or say all the messages their unkind mind is saying and practicing using strong, soft, silly or silent responses. Kids can learn that their unkind mind is not all of who they are, and that it doesn't have to run the show.

3. Get to the root This concept helps kids discover what triggers their body dissatisfaction. You can help your child by asking questions or taking guesses about what might have started their bad body image. For example, I helped one 7-year old get to the root of her body



obsession by noticing it started when there was a death in her family. Right around that time, her best friend started talking about dieting, so she latched onto food obsession as a distracting coping tool. Once we uncovered this, she was able to learn about healthy grieving and truly healthy eating (as opposed to what the diet culture deems as healthy—which can actually be *unhealthy*).

4. Mind movies vs. really real Try asking your child to show you some things around them that are real (i.e. things they can see, touch or hear). Then ask them if they can show you one single thought in their minds. You can playfully challenge them to take a thought out of their head and show it to you or fold it up and put it in their pocket. This tool teaches kids how to be more present. Of course, they might use their imagination to do this, but with some finesse, you can teach your child to distinguish between the *mind movies* that cause them stress and the *really real* things around them. This is an immensely helpful tool that will not only help them with body image (since body image is one long *mind movie*) but will also improve the quality of their lives in-general.

5. Dog talk and cat chat Many kids cannot relate to the concept of being kind to themselves but ask a child how they feel about their favourite pet, and a doorway to their compassion, kindness and unconditional acceptance opens. For non-pet lovers, you can ask your child to imagine how they would speak to a baby or their best friend. *Dog talk and cat chat* can help teach youngsters how to take the loving words and tones they use toward a beloved pet and direct these sentiments toward themselves and their bodies.

6. Do an internal upgrade In addition to helping your child combat the messages they receive out in the world, you can also work on the messages they get in your home. Again, if you struggle with body image, it is not your fault, but you can work on healing—and not only will you feel more peace, but your child will benefit as well.

Wachter, Andrea (2019, December9). Mobile. Retrieved from <https://www.mother.ly/child/how-to-raise-kids-with-a-positive-body-image>

SIMPLE GRAPHING

Supplies: Small container, Lego bricks*, rice, paper, markers. * Start with at least 10 mixed coloured bricks. You can add more as your child becomes comfortable with this activity. Setup for this learning activity is really simple. Place the Lego bricks in the small container filled with rice. Draw a basic graph on a piece of paper, one column for each brick colour. Write the name or colour at the base of each column.

Once set up ask your child to find a brick in the rice. When they do demonstrate how to add it to its corresponding column. Once all pieces are in their columns ask your child which colour appeared most? Least? Were any columns the same? Etc.

Find out more at besttoys4toddlers.com/lego-seek-graph-color-sensory-play/



HEALTH & SAFETY: Fussy eaters

If your child is a fussy eater, you're not alone. According to a new survey, 85 per cent of parents of young children feel the same. Here's how to cope with the phase and help your child get the essential nutrients they need for good health.

Parents who are struggling with the frustration of trying to feed a picky child, who refuses to eat healthy food or any food at all, shouldn't feel alone. According to a study conducted by YouGov Galaxy Research on behalf of Blackmores found 85 per cent of parents of children aged two-to-12 believe their children are fussy eaters. **"It can be very challenging for some parents to have to coax their children into eating nutrient dense foods."**

According to the Australian Bureau of Statistics national health survey, only 5.4 per cent of children aged two-to-18 years are eating the recommended five serves of vegetables a day. Almost 70 per cent are meeting the guidelines for fruit, having two serves a day. But only one-in-20 children across the nation is meeting the requirements for both fruit and vegetables, having less than what is recommended by health professionals for good health for their age group. Meanwhile, the ABS also show that one-in-four children aged 5-17 years are currently overweight or obese. "What we are saying is that our children are over-fed but undernourished," says Dr Debb Levy.

So how do you know when there's a problem?

1. Get informed and be empowered There's plenty of information about nutritional guidelines and healthy eating tips for children online. "Parents can empower themselves with knowledge. So, increase your knowledge of what your child is eating by seeking out information."

2. Lead by example "Kids should see their parents make healthy food choices. So, it's about saying 'I'm the mum [or the dad] and I need to sit down with my child and enjoy eating the same healthy foods'."

3. Empower your children Get your children involved in making healthy food choices by taking them grocery shopping and letting them choose the fruit and vegetables. Children may also be able to help with cooking or food preparation, if supervised to do so.

4. Add extra nutrients to their meals Switch to healthier food choices and, if you need to, sneak vegetables into pastas and smoothies. "That said I am not a huge advocate of only sneaking nutrient dense foods into your child's meals. Because you don't want them to be age 16 and you still have to blend their foods so that they don't see the vegetables in their meals."

5. Stress-free dining "Work towards shifting the focus away from 'why aren't you eating this' to 'let's sit down as a family and eat a healthy meal together'. "You can also remove the stress from the situation by making mealtimes enjoyable and fun.

6. Cut back on sugar-laden and processed foods Dr Levy explains that, often, fussy eaters are willing to give up vegetables but seek out foods that are high in salt and sugar.

7. Don't give up "You really have to maintain a broad picture of your child's eating habits and not just focus on one day. "If your child is consistently avoiding nutrient-dense food – they are only eating white foods like pasta and milk and not eating any green or red vegetables at all – you might want to consider nutritional supplementation to help get them through this period of time." **Dr Levy advises parents to always consult a health professional for tailored medical advice.**

Noone, Yasmin (2019, December 11). Coping with a fussy eater: 7 tips to get your child to eat well. Retrieved from <https://www.sbs.com.au/food/article/2018/04/18/coping-fussy-eater-7-tips-get-your-child-eat-well>

INSTRUCTIONS:

1. Mix together the salt and flour then add the water gradually till the ingredients are combined. Knead the dough with your hands till it forms a nice, even consistency.
2. Roll out the dough on a board and press some stars.
3. Poke a hole in each one then place on baking paper and bake in the oven for 2 hours on 120 degrees.
4. While your stars are baking go on a nature hunt! Collect shells, pinecones, gum nuts or anything else you can find. Keep an eye out for a thick stick to hang your treasures on.
5. Paint your shapes in different colours and for an extra special touch, add some painted beads.
6. To make a tassel cut between 10-20 threads of wool and fold them in half. Take an extra piece of wool and wrap it around the top of your bundle leaving about 2cm at the top. Tie in a knot and trim the ends.
7. Assemble the mobile by tying the stars, tassel, beads and nature finds onto the big stick.
8. Find the perfect place in your room, hang and enjoy!

Bluey (2019, December 5). Mobile. Retrieved from <https://www.bluey.tv/make/mobile>



CRAFT: MOBILE

Do you watch Bluey? Why not make your very own nature mobile to hang in your bedroom just like Bluey and Bingo!

YOU WILL NEED:

2 cups of plain flour – 1 cup of salt
3/4 cups of water
Star cookie cutters – Paint
Thick string or wool
Nature finds such as shells or gum nuts/ Wooden beads
A thick stick





Numeracy

"Numeracy is the capacity, confidence and disposition to use mathematics in daily life. Children bring new mathematical understandings through engaging with problem solving. It is essential that the mathematical ideas with which young children interact are relevant and meaningful in the context of their current lives. Educators require a rich mathematical vocabulary to accurately describe and explain children's mathematical ideas and to support numeracy development. Spatial sense, structure and pattern, number, measurement, data argumentation, connections and exploring the world mathematically are the powerful mathematical ideas children need to become numerate. Belonging, Being and Becoming, The Early Years Learning Framework for Australia

Experiences in early childhood settings build on the range of experiences with language, literacy and numeracy that children have within their families and communities.

Numeracy education within an Early Years setting looks like: Conversations with peers and educators, sociodramatic play, dancing, creative arts, water play, gardening, puzzles, building, using technology, playdough and science experiments just to name a few ways your child is developing their numeracy skills.

If you would like more information on our Numeracy program, please speak to your child's Room Leader.

National Quality Framework | Quality Area 1:
Educational Program and Practice 1.1 The educational program enhances each child's learning and development.

1.2 Educators facilitate and extend each child's learning and development.

Australian Government Department of Education (2019, December 1). Belonging, Being and Becoming Framework. Retrieved from docs.education.gov.au/system/files/doc/other/belonging_being_and_becoming_the_early_years_learning_framework_for_australia_0.pdf

Fees Fees Fees Fees

In July last year we introduced and On-Time Payment Credit to reward families who pay their accounts on time rather than charge Late Fees. It has been six months since we started that system and I am sure everyone has been happy with the credits they are getting weekly. With that settling in period now complete it is important to note during this time we have allowed people to adjust and been quite flexible with overdue accounts which are outside our terms of reference.

I am writing to you all now to advise that with effect from 1 February (giving us 2 weeks to have individual conversations with concerned families), the On-Time Payment Credit will be more rigorously applied/removed to any overdue account as per our policy. In line with our policy families with particular short term payment issues will continue to be able to discuss these with us to gain relief should circumstance warrant it.

If you have any questions, please do not hesitate to contact me



Core Strength: Pass the ball

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

All you need for these activities is a ball or another object.

1) To start you and your child/ren need to find a clear space and get into plank position. A carpeted or grass area would work well to protect forearms. All you need to do is stay in the plank position, lift one arm (while still hovering) and roll the ball to one another without collapsing. See how long you can pass the ball for before falling down. Try again, can you beat your number of passes? Challenge yourselves by making the distance between both of you greater.

2) This time you need to be in a bridge position. (Lying on your back, knees bent, lifting your bottom off the floor). Make sure you are close together. While in this position pass the ball under your bridges to one another and again challenge yourselves, how many times can you pass the ball without collapsing. Make it harder by passing the ball under one bridge, over the other, making a figure 8 with the ball.