



ALBERT WATERWAYS CHILDREN'S CENTRE 2020

SEPTEMBER NEWSLETTER

DIRECTOR'S NEWS

Hello Albert Waterways families,

Spring is in the air, every time I look around. Spring is in the air, every sight, and every sound!! (Does that make you want to sing??) I love Spring and the new life that we see every day, all around us – in particular, the new flowers and blooms on the trees and shrubs. Have you noticed all the amazing red bottle brush everywhere! We are super fortunate to live in such a great place in the world and have such great nature and community around us 😊

I would love to excitedly announce that our Reconciliation Action Plan (RAP) has again been approved by “Reconciliation Australia” and it continues to be a living document here at the Centre. This year, as well as reflecting and making progress on our first 14 actions, we have added an additional 4 actions. We are in the process of making the completed document into a photo book – so keep your eyes out for that one. Here at Albert Waterways we feel that it is extremely important to role model and teach the children about reconciliation. This is one way in which we can be pro-active and be part of the process that is happening all over Australia.

The children (and families) who are making the move into Kindergarten next year have all been given a letter and fabulous activity book informing them of the news. We know, that for many of your children and yourselves this will be a big change, and there will be many emotions rolled up in this transition. This year we wanted to start the process of preparing the children and yourselves so that you all feel comfortable and confident in the new space. Please do not hesitate to take your child into the Kindergarten room at any stage and introduce yourself to the educators. They will be happy to have a chat and welcome you.

I would like to say a huge THANKYOU to you all, for your special wishes and gifts on Early Childhood Educators Day. I would like to especially mention the Parent Management Committee for their special wishes via the video put together by one of our clever mums. I think I speak for all when I say we were all deeply touched. It is so nice knowing that you are appreciated!

After the school holidays we will be sending out a digital survey via email. I would really appreciate it if as many people as possible were able to complete it. It will take around 10 minutes of your time. Feedback is particularly important to the Centre as we are continually trying to improve and to also celebrate where we excel.

We have had some cases of children starting to attend the Centre with colds and runny/snotty noses. Could I please remind everyone that if your child is unwell, we ask you to keep them at home until they are well again. Young children are unable to keep their germs to themselves – they are not the best at using tissues or coughing into their elbows! This takes lots of practice 😊 By keeping them at home you are helping stop the spread and maintaining the other children and educator's health. **If you are in doubt about your child's health, then we urge you to air on the side of caution and play it safe.**

ALBERT WATERWAYS CHILDREN'S CENTRE 2020

A reminder to keep up the good work sanitising your own hands on entry and before/after you have signed using the ipad. The children are surprisingly good at remembering this too. Please also remember that older siblings are still not allowed into the classrooms and should wait for parent/carers in either the front gated area or in the hallway chairs near the office. Last reminder – just one adult is allowed entry per child pick up and for a maximum of 5 mins.

As we look towards the end of the year and our annual closure of the centre the following dates have been finalised by the Parent Management Committee. **The Centre's last day will be Wednesday 23rd December 2020. The Centre will re-open on Tuesday 5th January 2021.** This should give you plenty of time to work around the closure. Hopefully, many of you will be able to have a little break during this time.

Thank you all for reading. Don't forget my door is always open if you want to chat 😊

Tash

**Mattie Barker Music
Monday 19th October
Junior Kindy 10 am
Kindergarten 10.30am
All welcome 😊**

**Public Holiday closure
Monday 5th October
For the Queen's birthday holiday
ENJOY your day off!**

**Tuesday 6th October
GC and CC the cat and dog will be in the Centre to teach us
about pet safety 😊**

Our October Free **Choice Friday Charity** is:
SEED
Australia's first Indigenous youth climate network
https://www.seedmob.org.au/about_seed
What a fantastic cause!

Please give generously 😊



Happy and healthy hints...

From...
AWCC Kitchen



This month's recipe is one of our children's favourites. It tastes fabulous! **This month's recipe is...**

VEGETABLE LASAGNE

- 1 packets fresh lasagne sheets
- 125g tomato paste
- 1 x 800g crushed tomatoes
- 1/2 tbsp Italian herbs
- 1 zucchinis
- 1 capsicums
- 2 carrots
- 1 can lentils
- 250g mushrooms
- 1 onions
- 1 tbsp oil
- 1 tsp garlic
- 1 ½ tsp vegetable stock
- Salt and pepper

- 500mls milk
- 25g butter
- 125g grated cheese
- 2 tbsp cup corn flour or gluten free flour

Process onions and other vegetables and cook in oil with garlic. Add tomato paste, crushed tomatoes, herbs and stock and simmer till vegetables are tender. Season with salt and pepper.

Bring milk almost to boiling point with butter and add corn flour slurry and whisk till thickened. Add half the grated cheese.

Layer dishes with the tomato and vegetable sauce, pasta sheets and cheese sauce, finishing with the cheese sauce on top. Sprinkle with remaining cheese and bake at 180 degrees for about an hour. Serve with vegetables and garlic bread.

Yummy!

ALBERT WATERWAYS CHILDREN'S CENTRE 2020

Kindergarten Report

This month we were fortunate to have Suzette from "Rainbow Stories for Children" perform a show for us called 'Meet the coloured hats'. This teaches children in a fun and gentle way how they might use various strategies to help themselves to regulate their emotions. A simple way that we do this at Kindy is through telling the story of the coloured hat people. Each hat represents a level of emotional alertness. We all escalate along this scale each day. The trick is to raise self-awareness when we are escalating into the orange zone and ways to calm down before we reach the red zone!!! We can use a "calm down cubby" or other safe space, sensory toys, 3 deep breaths, sitting down, having a hug, drinking water, or going barefoot on the grass.

The children have really enjoyed playing in our loose parts. Heuristic play gives children the opportunity to experience an environment where they can develop different ways to be creative and expressive in their handling of a variety of objects. Principally it encourages fine motor movements as children attempt to pick up and manipulate objects (physical development). During the toddler years they are experiencing the taste, feel and sound of these objects, while during the Kindergarten years they are experiencing more imaginative play with the objects. This month we have turned the loose parts into a shop, there is not one certain way to treat each object, for example buttons can become money or sprinkles for the ice cream and paper can become cones or money. Whichever way they choose to use the resources it is developing their social skills, language and most importantly their imaginations.

We have received a letter and some beautiful pictures from another local early childhood service. How very exciting!!!! Many of the children from that Centre will be going to the same schools as our Kindergarten children 😊 We are going to write back with a letter and some of our own pictures and become penpals!! This might be the start of a beautiful friendship.

For those of you who have children heading off to Prep next year, this is an important time for you and your family. It is a time to have positive discussions with your child about going to Prep. We recently put a 'Get set for Prep' parent information sheet in your child's pocket. This will give you lots of information about how to encourage your child to be more independent, and how to develop those self-help skills, such as putting on and doing up their shoes, identifying his or her own belongings, using a handkerchief or tissue, and carrying his or her own bag. If you have not yet had the opportunity to enroll your child I would encourage you to do it as soon as possible as you will not want to miss out on any important information, such as parent evening or Prep visits.

Starting Tuesday 6th October, and every day right up until Christmas, we will begin our morning tea lunchboxes. This is a great opportunity for your child to learn some important skills needed for when they go off to Prep, such as opening containers, unwrapping paper, peeling fruit such as bananas, taking the top of yoghurts. We ask that you provide 1 piece of fruit or vegetable and 1 other healthy snack. Please provide the healthy (no nut) snack wrapped in a small container or reusable wax cloth wraps or just popped straight into the lunch box. We discourage plastic (gladwrap and zip lock bag) in the centre as it is not at all good for our environment. Just like school we will not be putting any lunchboxes in the fridge, so if you want to send along a yoghurt and are worried about it getting warm just pop an ice cooler into your child's lunchbox and this will prevent it from going warm (also a spoon is needed). Morning tea will be at the same time every day (9.15am) this is a great social opportunity for your child, here they can discuss healthy foods, make plans for the day and talk about how exciting it will be heading off to Prep. Because

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this is a great learning opportunity, we encourage all children to participate even if your child has another year with us in 2021.

Another new and exciting thing that Kindergarten will be taking over the role of putting the Centre's flags out each day. We are going to be looking at the importance of flags, their meanings and how to treat them with respect. The Kindergarten will make and design a box for the flags to be housed and it will be a rostered responsibility of one of the Kindergarten children and their parent/carer to put them out each day. Don't worry – Tash and Nikki will guide you in the right direction!

Next month Lesley will be starting the children's Transition to School reports in October. Please make sure you bring in your *Consent to Create the transition statement in the QCAA online application form* that Tash emailed to all families whose child is enrolled in the Kindergarten program. We will touch base with you next month as we will require further information about your aspirations for your child's educational needs. Please feel free to come and talk with Lesley or Tash regarding your child's school readiness. We are here to listen and answer any questions you may have about your child heading off to Prep.

Junior Kindy Report

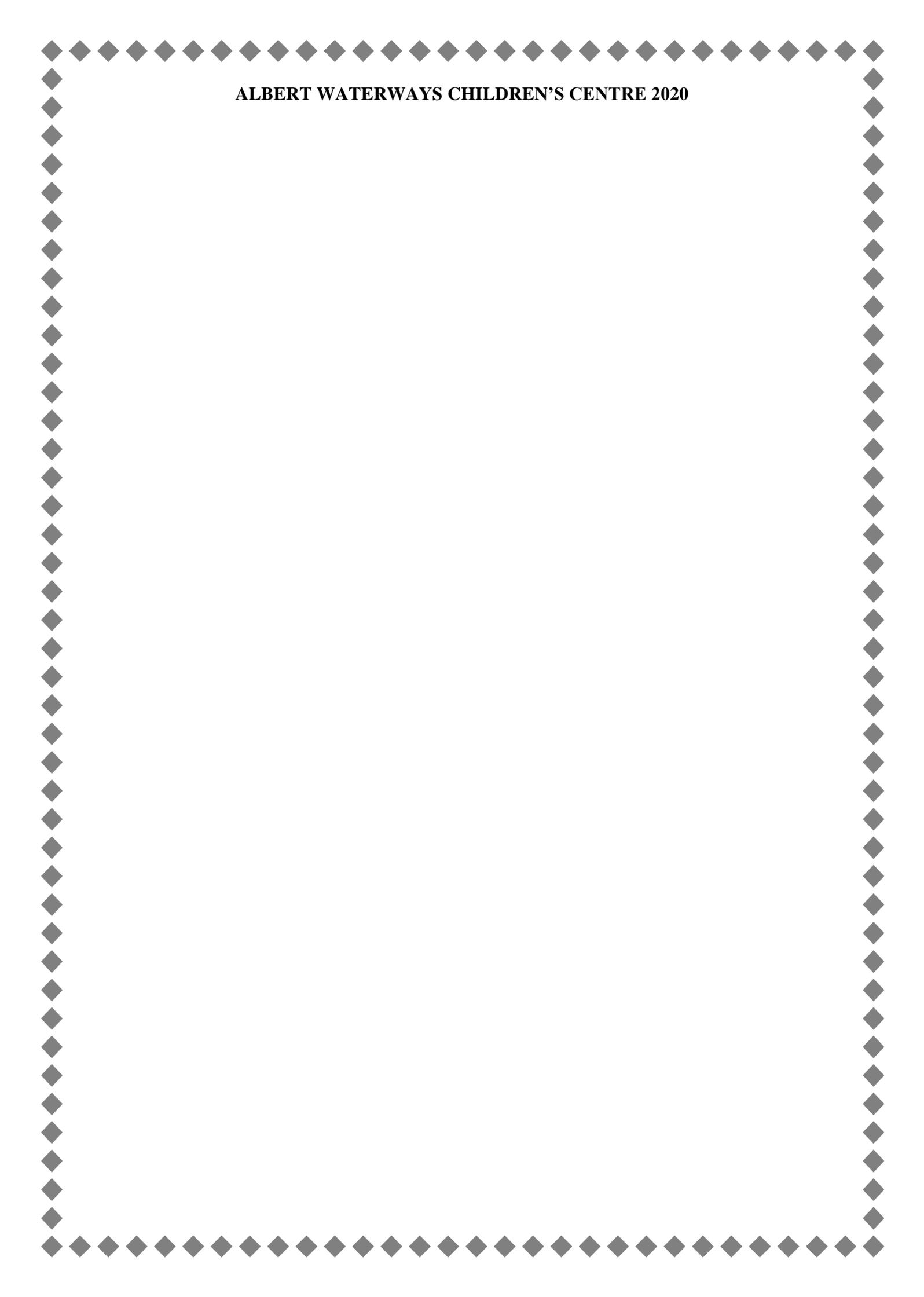
We love this time of year at Kindy! The weather is warming up and we start to introduce more water play again. Please remember to put sunscreen on your child in the morning as the educator's will reapply in the afternoon, also remember to pack some extra shorts and shirts in their bag as they may get wet with water play.

Our monthly incursion was a lovely one called 'Rainbow stories' by Suzette. Suzette set out individual yoga mats and the children were encouraged to engage and participate in her story telling. Her show was a mixture of yoga, music, storytelling and nature. She brought along a few different instruments and used these as intervals for the children to re-engage after a segment of story.

Have you seen our 'Yarning wall'? We have a display on the wall by the rear door where families can share what they wish. We have had the addition of many new siblings, but it's also a space to share an achievement of some sort, a new pet, a holiday or weekend away, anything that you wish to share with your child's peers and Educators. Feel free to email any photos to Tash's email: director@albertwaterwayscc.org.au This sharing wall is a permanent feature year to year and provides such a fun point of interest and discussion for the children, educators and families. It also provides the especially important home-centre link for the children.

We have quite a few older children moving up to Kindergarten next year and we need to work towards getting them prepared and ready for the next step in their Educational journey. We will slowly start transitioning these children for small visits starting next week in small groups, this will help get the children familiar with their new environment which will help make the move to the Kindergarten next year easier.

This month we also have been exploring Aboriginal Art Symbols, using play dough and loose materials. The significance of aboriginal art symbols for the indigenous people is that for centuries



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