

Balmain Cove Children's Centre

Hello,

Firstly I would like to extend a warm welcome to all the new families and children who have joined us at Balmain Cove. It has been a very busy month in the centre, lots has been achieved in terms of centre presentation which is on-going. There has also been a big focus on parent information boards in all rooms, programming, children portfolio's, school readiness and parent/teacher interviews.

It has been an exciting past month with a variety of experiences occurring in all the rooms. We also have some exciting activities and events planned for August. Please check important dates to remember on the right side of the page.

Our most recent visitor Bob Turner presented a retille show to the children throughout the centre. The children had a great afternoon participating and listening to his very informative show.



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Important dates to

remember :

- 1st August – National Tree Day
- 6th August – Jeans for Jeans Day
- 11th August – Ramadan Begins (Islam)
- 23rd–27th August Book Week



Philosophy, Broad Goals and Policy Reviews

- Review of programming and planning, revision of room floor plans and set up.
- pre-paring centre for self-study report and accreditation



REMINDERS TO PARENTS

We ask parents to please make the time either in the morning or the afternoon to have a look around your child's classroom. This is their environment that they are proud of, as well as a form of communication from staff to parents. Things are changing in your child's classroom everyday so there is always something exciting to observe.

We remind parents that it is your responsibility to please ensure that the centre has the correct and up to date information for you and your child and any emergency contacts etc. This is especially important in case of an emergency! Please ensure that if your child has had any updated immunisation that you please bring in your blue book for us to copy. If we do not have this information and there is an outbreak at the centre it will automatically be assumed that they are not immunised and be sent home. We also ask parents that if we do not have a copy of your child's birth certificate to please ensure that you bring it in to be copied. This is a legal requirement that the centre MUST have a copy on the premises. All parents need to provide CRN no's for the parent and the child as well as the parents D.O.B. The centre is now electronically linked to the FAO and they are able to update information directly. Children's attendance is reported to them weekly.

PREPARING YOUR CHILD FOR THE DAY

** We ask parents to please remember to take your child's belongings home EVERYDAY! This includes bottles and bags even if they attend the next day. This allows the staffs a chance to thoroughly clean and prepare the classroom for the day. Sheets are welcome to stay for the duration of your child's week, but must go home with you on your child's last day of attendance.

Events coming up

06th – Jeans for Jeans Day: come in dressed in jeans to show your support.

18th - Multicultural Day

23rd - Balmain Dentist visit

27th - Daffodil day: come in dressed all in Yellow.

Starfish Room News

We are flying through the months, but having lots of fun as we go. The new starfish and families seem to be settling in well and becoming familiar with carers, children and the daily routine. Well done guys!

We will be looking closely at sensory play over the next few weeks. This will include, sand play, goop play, water play, play dough, shaving foam play and playing with different fabrics. This is a great way to explore different textures and manipulation play. We will program these activities over different days so all children will have a chance to play and learn. Please ensure your child has a full change of clothes as we will get rather messy. This is the best part!

A big thankyou to parents who have placed their child's dummy into a container. This is part of the health and safety requirements, therefore if you have not brought your child's dummy in a container, please do so.

A quick reminder to please update us on any change to your child's routine. This may include food, sleep, bottles, sleep or even just a change in development i.e. beginning to stand. This way we are all working on the same page and cause as little confusion to your child. Thankyou for all your support, we really appreciate it.

Amanda and Gemma ©

Seahorse Room News

Hello from the seahorse room, hasn't the year been flying by! August already. This month is our first month of officially being a 2-3 years room. We have changed all the room around to make more room for our organised activities. We now have a permanent literacy/drawing area available so we can practice our letters, numbers and express our creativeness to the best of our ability. We have expanded home corner to help develop our social skills and Role Play and we now have a construction corner. Since our seahorses are getting bigger we are starting to sit all the children on the toilet at nappy change times. If you are interested in starting to toilet train your child please feel free to bring pull up nappies for your child to wear through the day. We will keep the training consistent at school as you should do at home and encourage the children to tell us when they need to go to the toilet. There is training information next to the bathroom door in our room, please take a look.

We have had some of the starfish children move up into our room so we welcome them. Please remember to label all belongings and bring in labelled clothing as a spare change of clothes, as we like to get messy at times. We still have a few children forgetting to bring in bed sheets, so could you we all please try to bring them in every week. All you need is a fitted cot sheet and a top sheet to keep us covered, warm and cosy when we sleep. Please also supply a pillow case to keep them all together.

As a few children have moved to the Dolphins room they have also taken their family photos and our tree is looking a little bare. So please bring in photos of your families as we love looking at them together and naming each other. A few of our photos could do with an update as they are pictures of us when we were little Starfish. Also please bring in a new family photo if you have a new addition to the family.

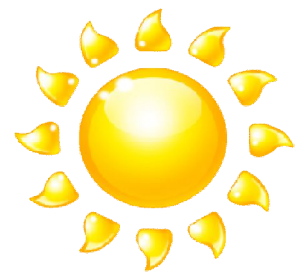
We are looking forward to a new and exciting month. If you have any questions about our new room please ask. See you soon!

Hannah and Cassandra

Sun Safety

Please remember..

To pack your child's Sun hat every day. Hats are to be Broad Rimmed, Legionnaire, or Bucket style. Also shirts are to be covering the shoulders. This complies with our Sun Smart Policy !



Now that we are experiencing colder weather we would like to ask all parents to pack warmer cloths

Dolphin Room News

Wow, another great month has passed by! Welcome to our new families that have joined the centre and welcome to the children who have moved from Seahorses to the Dolphins.

The Dolphins are really enjoying letter land. They seem to be learning the letters and are enjoying learning the new songs. The children are able to recognize and point out letters around the room. They are also recognizing and pointing out their names.

This month our focus has been on politeness and treating people the way we would like to be treated ourselves. We have also focused on saying nice things when some one has done the right thing. We are encouraging the dolphins to congratulate their friends for packing away and listening.

Toilet training has also been an area that we have focused on, lots of praise has been given to the children who have improved in that area. We have toilet training information available for any parents who are interested, please feel free to ask the staff.

Keira and Jaimee



Seals Room News

Hello parents,

First we would like to thank all those parents who bought in recyclables for us to use in craft and construction activities. The children had a fabulous time using them creatively.

Our themes are becoming increasingly popular in the classroom and it's great to see how curious and excited the children are in doing them. The space theme was a fantastic success and continually filled the children's minds with information. Currently we are doing "The Amazing human Body" and all things associated with it. We are having fun exploring and discovering the way our bodies work and the many parts that make it up.

Recently we put out a parent information handbook in all the parent pockets to take home. This provides you with a basic run down of what goes on during the day in the Seals room and the breakdown of the structured routine.

We had some queries into the learning/teaching of the children and hope this has given you a better understanding of what goes on. If you have any further questions in regards to this feel free to approach Kali, Kristy or Traci.

It is also getting to the time of the year where we ask the question "who is going to big school in 2011". A notice will be put up soon and we ask that you let us know whether your child is moving on from Balmain Cove next year so that we can help focus and prepare them for this transition.

We have been noticing that children are coming to school without hats, drink bottles and bed sheets for the day and remind you to please pack them each day that your child attends. We also ask that they be clearly labelled to ensure no loss of belongings. Please also remember to pack extra changes of clothes in your child's bag in case of accidents. We are finding it difficult when we are not able to provide a fresh change of clothes when necessary.

If you or someone you know has a special interest or talent, please let us know as we would gladly appreciate sharing this with the children. Parent input is happily encouraged in the daily/weekly activity program of the room and we would love to have your contribution in the Seals.

A notice is posted on the door of the Seals room informing parents that Miss Kristy will be on annual leave from the 11th of August and returns to work on the 5th October. During this time Miss Traci and Miss Jo will be running the Seals room. Until next month!

Kristy, Traci and Johanna ☺

FROM THE KITCHEN:

Dear Parents,

As of Friday the 30th July I will be away from Balmain Cove for three months. I am off to Mildura to complete my regional work so I can get my visa extended for a further 12 months.

Balmain Cove is my family and the last 7 months have been very enjoyable. I am going to miss all the children very much but I am looking forward to coming back in November. All the children are doing well with their eating skills so I am sad to be leaving them behind.

I would also like to welcome the new families, if any of you have any questions/suggestions please speak to Kali, who I'm sure will pass them on to me on my return.

See you in 88 days. Love Ruth

Some Ideas to try to temp fussy eaters

To be healthy we need to eat a variety of healthy foods everyday. Children need a variety of foods for their growth and development. By eating healthy food, your children will have the energy to learn, play and concentrate. The challenge that faces many parents is how to encourage children to try and eat a variety of foods.

- Shop healthy. Make sure you have a variety of healthy foods in your fridge, pantry or cupboard.
- Think variety. Serve up a range of foods from all five food groups.
- Smaller serves. Children's serves are usually smaller than adults. Start with small amounts of new foods on their plate. Allow children to have seconds if they wish.
- Involve children in selecting foods. Involve your children in helping to select fresh foods when you shop. Take time in the fresh produce section of the supermarket to look at different vegetables and fruit to help build acceptance of new food.
- Be persistent. It is common for children to dislike foods one day but accept it another day. Just keep offering healthy food options.
- Serve vegetables pieces with dips. You can lightly cook some vegetables if they are hard to reduce the risk of choking. If your children enjoy fruit but are reluctant to eat their vegetables in fruit platters and vice versa.
- Give water. Children should drink water instead of juices, cordials and soft drinks. These drinks are full of energy and can often take away their appetite for other foods.
- Give 6 servers of dairy foods a day. A child serve is 100mls of milk, a small piece of cheese (20g) or 100ml yoghurt.
- Be aware that too much milk can reduce a child's appetite.
- Be a positive role model. Children will often follow their parents habits. Family foods are for everyone.
- Be consistent. Offer word of encouragement and try not to force your child to eat certain foods.
- Refrain from offering unhealthy substitutes. If you child rejects healthy foods try not to offer an unhealthy option.
- Praise children. When your child tries a new food praise them.
- Be patient and persistent. Sometimes new foods just take time.

