



Balmain Cove

CHILDREN'S CENTRE

Balmain Cove Children's Centre

Corner Terry st and Wulumay close, Rozelle

February 2010

Balmain Cove Children's Centre

Centre News

Welcome to another month and how quickly has the beginning of the year gone. This year we are going to be focusing on several areas and our major focus will be on children's health, diet and fitness. We will be looking into ways that we can improve on these areas and gather further information. Last year the Seal's room enjoyed taking part in yoga sessions run by Miss Sally in the classroom and hopefully this year we will get that up and running again. We are also currently reviewing the weekly menus to include healthier alternatives for the children and some new delicious dishes for lunch. If you have any suggestions for new recipes or snacks we can use on the menu let us know. A big thank you to our new cook Ruth who is doing a fantastic job in the kitchen and for taking on the role of our centre cook. If you have not already introduced yourself to Ruth, come and say hello. Book Club will be starting up again this month with brochures and order forms placed in your parent pocket. It generally is available to the Dolphin and Seal classes, if your child is in the younger classes and you are interested in looking at brochures please let Kristy know and she will happily supply you with them. It is also an incentive to the centre as we receive rewards when you buy books and resources.

Inside this issue:	Pg
Policy Information	2
Coming Events	2
Room News	3-4
Staff Profile	4
Food & Nutrition	5
Resources and training	5

MORE NEWS

It is with sadness that we say goodbye to Miss Bronwyn who will be leaving us and moving on to new job prospects. It has been a pleasure having her with us at Balmain Cove and in her time at the centre has done a great job as the teacher in the Seals room. We are going to miss her dearly and wish her all the best. Miss Kristy and Miss Gemma are now taking care of the room along with the help of Miss Sally and we are actively sourcing a suitable replacement. We will also be trialling people over the next couple weeks. Over the next couple of months Miss Gemma is going to be creating a beautiful new mural on the wall in the meals room of The Healthy Food Group Pyramid to help with encouraging the children in healthier eating choices and nutrition. We can not wait to see it developing and look forward to the final display. Also just a reminder that we like to encourage and ask for input and suggestions into the daily programs of each room by getting involved in activities or special events that take place. If you or someone you know has a special talent or interest that you would like to share with our children or staff please let us know, we appreciate the experiences.

Important dates to remember :

- 14th Feb
Valentines Day
- 14th Feb
Chinese New Year- Tiger
- 17th Feb
Aboriginal
Dance Show
- 10th March
Parent
Information
Evening

Philosophy, Broad Goals and Policy Reviews

- ◆ All enrolment policies.
- ◆ Please see the policy feedback book located in the foyer with each policy up for review and a copy for you to take and comment on.



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 and there is an outbreak of something, your child will 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 for the parent and the child as well, plus the parents D.O.B as we no longer send off these details to FAO. It is an automated service which they have access to our system.

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 gives us a chance to thoroughly clean and prepare the classroom, as well as setting your child up for a good routine for big school. 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.

Event coming up: Parent Information Night

Who: Families and Parents

When: Wednesday 10th March, 2010

Where: Balmain Cove Children's Centre

Why: To allow parents to have a look at the children's room and gather information about what happens on a daily basis.

Other: come have a look around and chat with the staff.

Starfish Room News

Hi!

WE are having such a great time getting to know all our new Starfish and their families. All of our 2009 Starfish children have been very welcoming to our new comers and are enjoying meeting all their new friends. This month we are focusing on separation issues for both the children and parents to help ensure smoother drop off times for everyone. One way of dealing with this is our family wall, using it as a guiding tool for settling the little ones. So if you have not already brought in a photo of the family please do. We are looking forward to participating in a lot of sensory activities such as art/craft which includes water/sand play, playdough, shaving cream and goop. So we please ask to encourage your child to get involved with messy activities as we are carrying out these craft activities regularly as this is all part of the learning process. We also remind you to please pack extra sets of spare clothes in case they get a bit messy. With our older group of Starfish children we are going to start simple tasks of colour recognition with the use of flashcards and some counting games. If there are any songs or games your child/ren enjoy at home please feel free to tell us so that we can introduce it into our group times with the whole class. We are also more than happy to provide you with the words to some of our favourite songs we sing during the day so just ask us. We wish you all the best for February.

Amanda and Hannah ☺

Seahorse Room News

Hello from the Seahorse room!

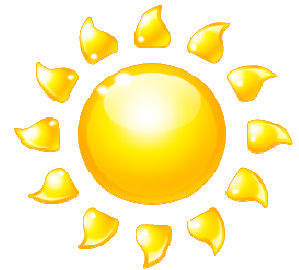
We have had a very busy and fun month in helping your child settle into a new room with their new carers and fellow Seahorse peers making it a smooth transition for all. Gradually each child is getting used to the new experiences and that is making this less tears and more smiles each day. We would like to say thank you to the parents who have been keeping an open line of communication in regards to helping your child adjust, it has been a tremendous help! We welcome and encourage tips/tricks that will benefit your child each day as well. We have started our observing of each child this month and objectives that are written up by Agi and Kim and are done to further assist your child's development through their interests. If you feel there are any objectives that you would like your child to strengthen, again, please feel free to let us know. A quick reminder to ensure your child has bed sheets each day that are clearly labelled for rest time. Thanks and see you soon.

Agi and Kim ☺

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 !



Green/Gold

Dress-up Day

A big thank you to everyone who came dressed up for Australia Day, you all looked fantastic. The children enjoyed a variety of activities, craft and the Dolphins did some cooking making chocolate crackles.

Dolphin Room News

What a quick month that was!

The Dolphin's are now settled calmly into their new routine and experiences of the big room and big well done on how great the transition went. This month we have started our "cooking" experiences and this will be happening on a weekly basis. If you have any great healthy recipes please let us know as we would love to try them.

We have been focusing a lot on social behaviour and interactions with our peers, how to treat our friends and how we would like to be treated. This is a common occurrence in group times where we all have a conversation together. Our Dolphin's are starting to do really well in group time, discussing and showing how well our communication skills are developing. We have also been doing a lot of counting and number recognition throughout the month, continually encouraging the children in counting 1-10. The dolphins are getting more confident with this, some now able to count on their fingers.

Everyone loves to celebrate their birthday and if your child/ren is having a birthday feel free to bring in a cake so they can then celebrate this milestone with their fellow peers and friends.

It is very sad for the Dolphin's and teachers to say a sad farewell to Jack Datta and Olivia Totten as they will be leaving us at Balmain Cove. We would like to wish them all the best in their future and hope to hear from you soon.

Keira and Jaimee ☺

Seals Room News

Hello from the Seals room!

Well the month has flown by so quickly we can not believe we are heading into the second month already. We have been having so much fun in the room with everyone making a smooth transition and settling in well. We welcome our new faces into the Seal room and look forward to getting to know them. We also like to farewell our big kids who are finishing up their time at Balmain Cove and making the big step to Kindergarten. It will be sad to see them go and we wish them all the best of luck in their new adventure. On another sad note we will also be saying goodbye to Miss Bronwyn who will be leaving us on the 29th January. It has been a pleasure working with her and we hope her new adventures are happy and healthy.

Recently everyone should have received a note in their parent pocket in regards to your child's news day. We are starting this on the week beginning Monday 5th February and it will run on a 2 week cycle. If you missed the letter or are unsure of when your child's news day is please ask one of the Seal staff, the news roster is also available to view on the window above the sign in/out on lockers. We try to encourage that they not bring toys for news as it can cause dramas and disagreements amongst children. It is also exciting that we will be starting with our Letterland program this month as we have been revising it for the past couple weeks. Also the computer in Seals room will be up and running for the children to have computer time to enjoy a Letterland game and other learning programs, so it's going to be a jam packed month and we look forward to helping the children learn and grow. The weekly cooking will also start up again and we are always looking for new and healthy recipes to sample. If you have any questions or queries please feel free to speak to any of the room staff and we hope we can assist you. Until next month, keep smiling.

Kristy, Gemma and Sally ☺

STAFF TRAINING

We are very excited to say that we will be holding a OH&S workshop for all Balmain staff and all Guardian Childcare services on the 11/3. We will keep you updated with the outcomes!

We are currently looking for an enthusiastic Early childhood teacher with a Bachelor degree in the education sector.

If you know of any possible candidates please feel free to pass our information on!

OUR BIG SCHOOLIES

We have said our goodbyes to our big school kids with a tear in our eyes! We wish them love and luck and can't wait to see them in their school uniforms! We are lucky enough to have seen a few when dropping of their siblings! VERY HANDSOME LOT WE HAVE!

FROM THE KITCHEN:

Vegetable Cottage Pie

Ingredients:

1 kg minced Beef
1 onion sliced
2 cloves of garlic
½ kg of mushrooms
1 can kidney beans
1 can of corn
2 carrots chopped
3 zucchinis chopped
6 large Sebago potatoes
Grated cheese
Salt and white pepper to taste

Procedure:

Peel and cut potatoes and place in boiling water until soft
Chop onion and garlic and place in pan with minced beef to brown.
Place all vegetables in pan and simmer until cooked.
Mash potatoes adding buttermilk and salt to taste and until a smooth and desired consistency.
Place cooked meat and vegetables in a baking dish lining the bottom
Spread mashed potatoes over the mince mixture in an even layer.
Sprinkle with cheese and place in oven 180 degrees until golden brown and a little crispy layer has formed on top.
Allow food to rest for 5 minutes before serving
Serve and Enjoy!! 😊

*** Please feel free to ask Ruth for any recipes that we cook at the centre, she will give you a copy. 😊**



RESOURCES/TRAINING

In 2010 we are looking at working out a Calender for parent workshops throughout the year. We will be working on a 2-3 month basis where a new topic based on parent feedback will be held every 2-3 months. If you have any suggestions or areas of interest for training sessions please let us know. Some ideas that we are looking at are First Aid, Separation Anxiety, School readiness, confidence and self esteem, positive parenting and Child Development. We encourage parents to please come along to the parent info night where we as a team can actively work out the parent training calendar together.