

# Maylands Child Care Centre

## Maylands July 2009

### Accreditation Update

We recently had our validation visit for accreditation. This went extremely well. This has now gone to moderation which is stage 4 and they look at the parent and staff surveys. We should have our final decision soon. We now aim to maintain HIGH QUALITY CARE in all aspects of Maylands and we would like to thank all our families, over the past months for all their support.

### New Centre Displays

In the office we have created a "Special Moments" board with a collection of photos from the past months. This board emphasises the foundations that Maylands is based on. We would love for you to come into the office and check it out. Seeing the smiling faces of all our children shows just why the staff love coming to work everyday.

<b>Inside this issue:</b>	<b>Pg</b>
Policy Information	2
Coming Events	2
Babies Room News	3
Toddler Room News	4
Kinder Room News	5
Food & Nutrition	6
Resources	7
Maylands Magic	7
Parent Fact Sheet -Toilet training	8&9

## Centre Availability

Below are the current vacancies that Maylands has. If you need extra days, or have family or friends wanting to join our great service, please see our friendly staff.

<b>Room/ Days</b>	<b>Mon</b>	<b>Tues</b>	<b>Wed</b>	<b>Thurs</b>	<b>Fri</b>
<b>Babies</b>	*	*	*	*	*
<b>Toddler</b>	*	*	*	*	*
<b>Kinder</b>	*	*	*	*	*
<b>Before School</b>	*	*	*	*	*
<b>After School</b>	*	*	*	*	*

\* indicates a vacancy on that day



## Philosophy, Broad Goals and Policy Reviews

Over the next month we will be reviewing our Nutrition Policies. Please see our display in the foyer which will give you some more information, and any feedback would be greatly appreciated.



## Parent Reminders

### THANKYOU

We would like to say a huge thank you to all the families that got involved in RED NOSE DAY 2009. This was a great success and we raised over \$100 for the SIDS foundation. Also special congratulations to the following families who won our raffle **1<sup>st</sup>** Abdul Bah **2<sup>nd</sup>** Liam Singer **3<sup>rd</sup>** Gabriel Durack. I hope you all loved your prize



### SCHOOL HOLIDAYS 2009

Just a reminder to all families that the school holidays start on the 6<sup>th</sup> July 2009 and finish on Monday the 20<sup>th</sup> July. We are doing a number of excursions during this time so please ensure that money is paid ASAP. Also for excursions please ensure that children are dressed appropriately with closed in shoes, jumpers and hat.



### WINTER WEATHER

Also with the colder weather finally upon us, we would like to remind all our families, to please ensure that your child has shoes and socks, jumper and jacket and a change of clothes in case of those accidents. If your child is toilet training please ensure that at least 4 changes of clothes have been provided for your child.

## Calender of Events July 2009

**8<sup>th</sup> July - Cookie Making Day** (What flavour cookies will be made)

**16<sup>th</sup> July - Italian Pizza Making Day** (Parent Helpers would be great!!!)

**30<sup>th</sup> July - Pirate Dress Up Day** (Scary Pirate, Happy Pirate...What will you be?)

Also check out our "Calender of Events Photo Wall" we have recently updated this with all the antics of June 2009. If you would like some photos emailed to you please give us your email address and we would be happy to forward these onto you.

## **Babies' Room News**

Dear parents,

What a wonderful month of June we have had, full of cooking yummy pancakes, staying warm and dry in our pyjamas on Pyjama day and wearing red and having a party on Red Nose Day. We would like to Welcome Caleb, Tirth, Xander, Gabriel, Jessica and their families to the Babies room. Also Shari has joined the Babies room as Qualified so feel free to come and say "hi" and ask any questions you may have. We would also like to say a big congratulations to Lucas and his family who have moved up to the Toddlers Room! A special thankyou to all the parents who donated items to the Red Nose Day Raffle we had! It was very much appreciated ☺

This month the Babies have done so many different things and have extended on so many skills! Cognitively the Babies have been learning the names of different farm animals and the noises each animal makes, we love crawling around the room pretending to be each animal. The Babies have also enjoyed crawling through the yellow tunnel we have, they would crawl through as fast as they can and would even throw balls and balloons through the tunnel to get to the other side. The Babies also loved playing Peek a Boo with each other at either end of the tunnel. This developed their gross motor and social skills in the room. We have also been trying to help our friends during the day, and they older Babies love helping to look after the younger ones, giving them toys and trying to comfort them, it is so cute to watch! This also encourages Social and Emotional skills as children learn to work together to help each other and deal with their emotions. The Babies have completed lots of beautiful artwork this month too, extending on their fine motor skills. Please come have a look at it all displayed around the room. The children have loved singing "3 Fat Sausages and 3 Cheeky Moneys", they love singing softly then saying "BANG or SNAP" really loudly! WE have also introduced "Where is Thumbkin" to the Babies and they attempt to manipulate their thumbs to copy carer's actions. The Babies have also loved reading "My Nose, My Toes" and they love lifting the flap to see what is underneath and then pointing to their same body part, they are so clever! We have set up a book corner which has a range of new books that the children have been exploring! During meal times the Babies are doing so well with sitting at the table and holding their own cups to drink with. The Babies have also especially loved eating Sandwiches and Pasta this month.

This month we will be focussing on more gross motor skills, we have set up a soft mat obstacle course in the room to encourage the Babies to jump, climb and work together as a team. We will also be working on our self help skills of using our spoons to eat with and trying to put our shoes on ☺ we will also be completing lots more different artwork to display in our room!

Parents now that Winter is upon us please ensure your child has warm clothing and shoes. When it is too cold and wet to go outside we will bring some of the outdoor activities inside for Babies to experience. If you have any ideas/suggestions for activities to put on the programme feel free to come see Shari or Dani in the Babies Room

Thank you  
Baby Room Staff ☺



**Yummy Food during meal times!**



**Sleepy fun on Pyjama day**



**Days full of smiles and Giggles!!**

## Toddler Room News

Dear Parents,

What a busy month it's been, with plenty of birthdays, dress ups and fun days. We would like to congratulate all the children that take part in these events its awesome to see everyone get involved no matter what size they are! We would like to wish "HAPPY BIRTHDAY" to the children celebrating their birthday, MESFIN, IFY, BILEN, STEVIE, DANIAL H, and SETH. We would like to welcome Lucas to the Toddler's room, moving from the babies. And warm welcome to the new families, Sai and Danial H.

The new faces in the toddlers room are Rachael, and Viral. Jenna has moved from the Toddlers and is now working as a "support floater" in all rooms during transitions of children, so they will be seeing a familiar face in the morning and afternoon.

This month we have focused on a variety of experiences throughout the room. We have used plenty of different styles to create art work for home and our end of year files, using texta's pencils, paint and crayons, so please come and look at the art your children have created recently. Participating in art experiences enhances our fine motor skills, sensory development, self expression and choice of colours they would like it also is encouraging correct pincer grip and hand eye coordination.

We are developing well with the routine throughout the day children are a lot more settled and know where to go from each transition. For the month of July we will be focusing on transport and different ways to get places children will be encouraged to verbalise the names of some forms of transport.

We have also been extending on our sensory play through once again various textures and mediums, using the water, sand, Play doh, spaghetti, shaving cream and finger/ hand paint. These types of experiences can be quite messy and, we would just like to remind the parents to have spare clothes in your child's bag. Not only do these experiences encourage children to enhance fine motor skills, these experiences also focus on a range of developmental areas such as language and social skills. We promote the use of language through discussing the textures, colours, and using the world around us.

Even though the children don't use much language through out the day, we model, assist and support the children. We encourage children to repeat words after us and make use of many songs, encouraging the children to join in the singing and actions this month the children have really enjoyed singing 5 fat sausages we sing it quietly and then when the sausage explodes we say BANG really loud, we get very excited. Outside is always so busy but with the winter weather we are limited to when we can go outside, some days we bring outside experiences inside as it is either raining or too cold. Please ensure that your child has a HAT, JUMPER AND SHOES in their bag daily. With running, climbing, building castles and towers from sand and blocks outside we get to be out doors enjoying the sun and air. We do Kinda dance on Wednesday mornings with Miss Claire and Happy feet on Fridays afternoons with Ms Jo the children are really enjoying this.

Toddler Room Staff ☺



**Gross motor fun of climbing in the fort**



**Watching a "Dental Health Movie" in our PJ's**



**Self expression done through painting our own faces**

## Kinder Room News

Dear Parents,

Firstly a big Hello and Welcome to our new Kindy Children: Matthew, David, Sadie, Zara, Keith, Austin, Emmanuel, Parth and Michaela. We hope your stay with us is full of fun and excitement!

During the month of June: Social Development, We concentrated on social development through imaginative play with the set up of our Maylands Bakery. During this activity we developed these skills: Social Interactions, Turn Taking and Sharing, Role Playing, Co-operative Play and using our Imagination. In our Bakery certain children took on different roles whilst playing. They were Bakers, Chefs, Mums, Dads and Children.

Physical Development: Due to the rainy weather we haven't been able to go outside much so we decided to do as much indoor physical activities as we could. This included: Music and Movement, we danced and moved like the wind and made BOOM BOOM noises as if it was thunder. We also did animal aerobics, we slithered along the floor like snakes, hopped on our legs like kangaroos, balanced on one leg like flamingos and stomped around like elephants! It was loads of fun!

Language Development: This month we learnt how to say 'Happy Birthday' in Italian and 'Hello' in Bosnian.

We have a new staff member in the Kindy Room her name is Steph! Please make sure you come in and say HI! She will be studying her Certificate 3 through a Traineeship! If you have queries or questions please don't hesitate to talk to Stacy or Mel.

We have been reading our favourite books at Mat Sessions. These books are, The Rainbow Fish, The Silly Sheep Dog and The Teeny Weeny Genie. We have also been singing our favourite songs which are: Five Fat Sausages, Five Cheeky Monkeys, Bee, Bee Bumble Bee, Wind the Bobbin Up and Twirly Wirly Pizzas.

At our Meal times we have been using our self help skills. We have been serving our own morning tea, lunch, afternoon tea and pouring our own drinks! We are doing so well! We have learnt to use tongs and small and big serving spoons! Well Done Kindies!!!!

We would like to wish the following children a Happy Birthday for the month of June. Liam, Mahlet and Amelia. We hope you had a very Hip Hip Horray Day.

Just a reminder to parents that the weather is cooling down! Please bring in jumpers, beanies and warm clothing so that we can still go outside to play!

Until next Time! Smile!

Kindy Room Staff ☺ (Mel and Steph)



**Mat session using number concepts**



**Dramatic Play fun with the babies**



**Going on Fairy hunt... "Follow the Fairy Dust"**



**Free expression through crayon art**



**Playing with the farm animals when the farmyard came to visit**

# **MUSHFIKA'S MUNCHIES**

Here is a simple recipe you might like to try at home:

## **Chicken Paella:**

### **Ingredients**

Chicken breast fillet 1.5 kilo  
Rice (Jasmine or Basmati rice) 1 kilo  
Onion 1 medium  
Garlic paste 1 tea spoon  
Ginger paste 2 tea spoon  
Butter or cooking oil 2 table spoon  
Black pepper  
Cinnamon  
Nutmeg  
Sugar  
Salt  
Peas and corns  
Capsicum (green & red)

### **Cooking style**

- Wash the rice and strain carefully. Butter on cooking pot, rice with 1 spoon ginger paste, mix, then fry it for 3 minutes and add little bit salt in it. Then cook the rice adding water.
- Chicken washed and cut into the desired size.
- Fry onion in a pan until brown. Add chicken and all other spices in it. Cook until tender.
- Mix rice, chicken and vegetables (peas, corns, capsicum) then cover the pot, and keep it on the top of warm switched off stove.
- Can keep some chicken and capsicum so then it can be spread on top before serving, or you can decorate it anyway you like.

If you would like any of the fantastic recipes that I whip up in the kitchen please come and see me and I would love to help you out.

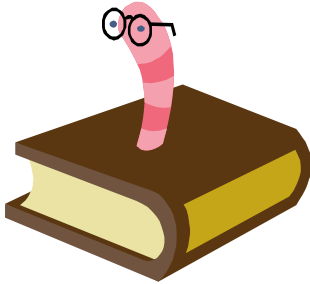
Until Next Time

Mushfika  
Food Co-Ordinator



# RESOURCES

As you would have seen over the past months we have been upgrading the centre foyer with information for parents to access. Below are some of the forms and information that we have available for you to access.



- Direct Debit forms
- Family Resource Library
- Fact sheets
- Brochures
- Copies of the current newsletter
- Parent Handbooks
- Recipes
- Centre Menu
- Centre Events
- Centre Information



If you would like any further information please come and see Stacy or Rachael.

# MAYLANDS MAGIC

**Each month we are going to be providing you with some information on the staff at Maylands Child Care. This month you will be meeting Mel our Group Leader in the Kindy Room.**



Hi!! My name is Mel Mollenoyux... I have been working at Maylands Childcare Centre for the past 9 Years. I have worked with all age groups! 0-2 , 2-3 , 3-5 and 6-12. I am currently working in the Kindy Room with Steph. My favourite time of the day is definitely Messy Play and Art and Craft. I have also enrolled in my Diploma of Children's Services 0-5 years. I am looking forward to the new challenges that will be occurring, and challenging myself to meet these goals.

## **Behaviour Management Information**

Children who misbehave often do so because they see it as an option more fun than the good behaviour their parents are trying to teach them. To combat this, parents can work to make good behaviour fun. One great way to turn good behaviour into a game is to play 'beat the clock' with children who hesitate to act appropriately.

### **Discussing Good Behaviour with Kids**

Kids need to understand that while it can be fun to engage in good behaviour, good behaviour is not a game. Parents should explain that even when they are not playing 'beat the clock' good behaviour is still expected. Children may become confused about what is expected of them when they are not obviously playing 'beat the clock', so parents should take care to remind their kids that even when they are not playing, and that even when parents are not around, good behaviour is still expected of them.

### **Playing Beat the Clock**

'Beat the clock' is a relatively simple game that is usually embraced by children. It is a way for parents to time their children when performing a certain task, such as making their bed, getting dressed or picking up their toys. Because they are being timed, children must hurry to get the task done as quickly as possible. For obvious reasons this is a great game to play with children who dawdle, get side-tracked or don't show any enthusiasm for a specific chore.

### **Beat the Clock Rules**

'Beat the clock' is not a game that should be played with every child for every task. Instead, parents should decide which one or two tasks they think their child most needs help with. At a time of day when it is best for the child, for example when (s)he is not sleepy or hungry, parents can decide to play a spur of the moment version of the game. Using an egg timer is usually a good idea for time keeping as children can hear it, see it and will know when it rings that their time is up. If parents keep time, for example on their watch or on a clock that their children can not read, then the children may dispute the time-keeping.

When a parent is ready to play beat the clock, (s)he should consider the child's 'best time' for a specific chore and then tack on five minutes. This will create a period of time in which completing the task is not difficult, so the child's chances of beating the clock are greatly increased.

### **Winning Beat the Clock**

Children win 'beat the clock' when they complete the task before their time runs out. The more children win, the better they feel about their own abilities to complete that task. While children do not need a prize or reward each time they win 'beat the clock', parents should be lavish with their praise. This praise, however, should not be about winning the game but rather completing the chore. Saying things like "Look at how clean this room is! You pick up your toys so well!" or "Your bed looks lovely! You make your bed so nicely!" will help to reiterate to the child that they are good at the task and that completing the task is a good idea.

'Beat the clock' is just one way of turning good behaviour into a game. Parents whose children dawdle, get side-tracked or show little enthusiasm for good behaviour should consider playing a game such as 'beat the clock' to help speed their children along



**July 2009**

When kids are bouncing off the walls with energy it can seem like one false step will bring on the worst possible behaviour. But just because children have some excess energy to burn doesn't mean that they must engage in inappropriate behaviour. Instead parents can help channel this extra energy towards good behaviour. Setting clear limits, challenging kids to 'win' at a household project, encouraging them to join a sport or club, investing in some outdoor toys and making time to play together are all actions that parents can take to help channel their kids' energy towards good behaviour.

## **Setting Clear Limits**

Kids will often have so much energy that they run through the house, skip, twirl, climb, jump, yell, and throw, among other actions. Parents must make it known that these are all outdoor activities from the very start. If kids don't know the limits of indoor behaviour, or are never told which activities belong in the garden rather than their bedroom, then it's not fair to hold them accountable. However, once kids are advised of the limits on both their indoor and outdoor behaviour they should be expected to follow these rules immediately. If they don't, disciplining them should be the result.

## **Challenging Kids to 'Win' at Household Projects**

Kids with extra energy can be a great help to parents who channel this energy towards household projects. It may be that some kids are happy to pitch in for no other reason than that they like to wash the car with Dad or that they enjoy cooking with Mum. But some kids will need a little extra incentive. Turning household chores into games, such as by encouraging kids to 'beat the clock' or rack up points for their actions, often gets kids involved who might otherwise prefer another activity.

## **Encouraging Children to Join a Sport or Club**

Children with extra energy often love to keep their bodies in motion and encouraging children to join a sport or club is another way that parents can harness this energy. Children who participate in sports and clubs learn discipline, how to use their bodies safely for activities and how to channel their energy into training that will make them faster and stronger. Sports and clubs also provide social outlets for many children which lead to the use of more energy while they are there.

## **Investing In Outdoor Toys**

Outdoor play can usually get a little bit more energetic than indoor play, so parents who invest in outdoor toys may help find another outlet for their kids' energy. Bikes, balls, racquet sports, rollerblades, hula hoops – all of these toys help kids use up extra energy. However, all proper safety equipment should be purchased with the toys and kids should be taught early on the rules of playing with these toys in order to keep themselves, and their new possessions, safe.

## **Making Time to Play Together**

Many children with a lot of energy will use it all up when they have time to play with Mum or Dad. Making time to play together, then, is another way that parents can help channel kids energy towards good behaviour. By teaching kids new games, and insisting that they follow the rules while parents play with them, kids learn better sportsmanship and how to win and lose appropriately while at the same time working off some of their excess energy.

Channelling energy towards good behaviour requires parents to point their kids towards worthwhile, productive activities. Setting clear limits for them, challenging them to 'win' at household projects, encouraging them to join a sport or club, investing in outdoor toys and making time to play together are all ways that parents can begin to channel their kids' energy towards good behaviour.