

# Balmain Cove Children's Centre

**Hello and Welcome** to all the children parents and families at Balmain Cove Children's Centre. A warm welcome to all the new families who have joined us, it's a joy to be communicating with you. We also welcome all the new children to all the rooms and look forward to getting to know our new families.

Here at the centre, we are proud of our centre and the care, support and education that we are able to provide. We work closely with parents and families to provide a close link between the centre and home. Through the provision of high quality programs that are appropriate for each individual here, we are able to assist in each child's growth and development, in a safe and nurturing environment.

We also provide fresh food cooked here at the centre as well as a variety of nourishing snacks throughout the day. Children learn many of their social skills from the way they are treated, from their interactions that they have with others. Some of the most complex and challenging areas of learning, particularly learning to live in relationships with others comes out of early experiences in life.

One of our aims is to provide the children in our care with experiences and opportunities that encourage them to acquire skills, knowledge, attitudes and sensitivities that will allow them to make the most of their potential.

Kali Petrov  
Director



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## Important dates to

### remember :

- July 2<sup>nd</sup> Middle of the Year
- 23<sup>rd</sup> July Darwin Snow Show
- 26<sup>th</sup> July Arbor Day

## **Philosophy, Broad Goals and Policy Reviews**

- review of OH & S documents
- 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 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.

## **Events coming up**

4th-11th July - Naidoc, Honouring our Elders and Nurturing our Youth

6<sup>th</sup> July - Winter Wonderland Day, come dressed like your going to the snow. Woolly hats and gloves etc.

14<sup>th</sup> July - Health nurse visit.

Parent teacher interviews this month.

## Starfish Room News

A warm hello to our Starfish families.

We seem to have settled back into our daily routine, yeah!!! All the Starfish children have taken so well to Gemma in the room and grown to love her. Gemma is becoming more familiarised with our Starfish routine and getting to know everyone.

We have not had much chance to get outside to play with all this cold and wet weather; however we have managed to plan more physical activities for the indoor area, which we are all enjoying. Over the month we will be encouraging more group times with the children and using them as a transition before meal times, as this helps to make it a smooth transition. Not all children are keen to join in but more and more are able to sit for longer periods of time and finding them interesting. We are incorporating lots of action songs in our group times and showing great skill at following step by step instructions as well. Some of our Starfish are showing how big they are getting now that they are transitioning from sitting in a highchair to sitting at a table for meal times. Very well done, but they tend to lose interest at times and begin to wander off around the room with our food. We are having lots of reminders to sit at the table and eat, so we would be very grateful if you could assist us with encouraging them at home as well. Also to help grab their attention at meals times we will be making placemats to try encourage longer periods of sitting and would love if you had any old food/cooking magazines etc laying around that we could use to collage for our placemats. Lastly a reminder to please ensure your child has a spare change of clothes in their bag that is suitable for the day's weather conditions and that due to health/safety reasons all children's dummies need to be put in a small container that is clearly labelled with their name on it, no dummies are to be left on cupboard loose. Thankyou.

Amanda and Gemma ☺

## 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**

## **Seahorse Room News**

Hello from the Seahorse room.

It was very sad to see Chloe go and we wish her our very best. We now are very lucky to have Cassandra working in our room. She is studying her Cert. 111 and the children have welcomed her with loving arms. We are very happy to have her working with us and she is looking forward to meeting all of you.

These last couple weeks have been a bit wet for our outdoor play so instead we have been doing a lot of art and craft activities and other experiences to fill in the time. Our room is looking very colourful and creative. We have also been participating in extra physical activities using toys/equipment to keep our gross motor skills at their best. Lots of dancing and music has been the most popular with the children and we have some very flash moves!!

We have all grown to love Chloe and we are all very happy to have her in our room. Chloe has adapted to our rooms routine and loves getting to know all of our parents. We have got new backgrounds to our family tree photo's so to keep it looking good, If you have not already please provide us with a photo of your family. A few of our Seahorse's photos are of them as babies so feel free to bring in an updated photo especially if you have a new addition to the family. We love looking at them and naming one another. As the cooler weather is coming upon us please bring in a cover sheet to keep us warm at rest time, we do have the warm air conditioner on but it's nice when we can snuggle into our sheets. Do not forget to take them home for a wash on the last day of attendance for your child's week.

Hannah and Cassandra

July 2010

## Dolphin Room News

Wow another month's gone past.

A huge well done to our Dolphins who have successfully been toilet trained, we are so proud of how far you have come. As you know some of our Dolphins are getting to the age to be ready for the Seal's room, this is based on your child being fully toilet trained, mentally and physically ready to take the next step and also the availability in the Seals. We will be in touch with parents in regards to when and who we think is ready to make the transition. Our Dolphins have been doing great with the Letterland program. We are now up to the letter 'L' for 'Lucy Lamplight and do so well at recalling the other characters we have already learnt. This has helped us, as some children are starting to recognise letters in their own names and of their peer's names. If you have heard your child/ren talking about Letterland please feel free to talk to either Keira or Jaimee so you could take home some 'homework' sheets. Recently the Dolphins have been doing a lot of talking and discussions about the appropriate ways of how to treat our friends and our belongings. We have been practicing saying a lot of 'stop, I don't like it' which has helped encourage a lot of the children to use their words in conflict and not having any violence in the room, we are finding that it really works. Please use it and encourage them at home as it's great to have that common continuation between school/home. This month we tried a new experience to use scissors for the first time. We had great fun and did very well at handling them, but we still need some practice. This encourages the children's fine motor skills and we will continue to get children involved in these types of activities. Looking forward to another great month.

Keira and Jaimee ☺

## Seals Room News

Its newsletter time again, how quick are these months going by, The Seal's room is now finally getting back on track and the days are becoming a lot more settled. We are so happy to have Traci come onboard as part of the team and part of the Seal room; the children have really grown to love her and really enjoying the amazing experiences/ideas that she comes up with. Traci is also liking her time here and getting to know all the children and their families. Recently we started a system of splitting the class into 2 separate groups for our group times as this allows us to pay better attention to the children's interests and able to work more closely with them in learning/developing. We worked on dividing the younger and older children of the class with Traci taking the younger ones and Kristy working with the older ones. Each staff member plans experiences/activities to do each day with their group and it is all written up in books and displayed on the table as you enter the Seal's room. The children in each group were given the task of naming themselves- The Buzzes and The Watermelons. This has proved to be a great success and we are happy with the feedback received. We also now have a box of books available that you are welcome to borrow for reading at home with your child and help to encourage language and literacy skills. We have noticed a lot of the Seal's taking a real interest in reading lately and want to support their development. Our theme of 'Dinosaurs' was a huge success recently and the children thoroughly enjoyed the different activities we took part in such as the giant dinosaur skeleton made from recycled materials, the eggs/fossils made from plaster, some new songs we learnt and the many books we looked at to find out fantastic facts about dinosaurs. Our next theme for this month is 'Under the Sea/The Ocean' and we are looking forward to the exciting things we can learn from it. A massive thank you to those parents who have been bringing in scraps and any recycled materials for us to use, we greatly appreciate it

Until next month, thankyou.

Kristy, Traci and Johanna ☺

## **FROM THE KITCHEN:**

### Apricot Chicken

#### **Ingredients:**

- ½ cup plain flour
- 1kg skinless chicken cutlets or drumsticks, trimmed
- 2 Tbls olive oil
- 1 large brown onion, cut into wedges
- 2 garlic cloves, crushed
- 1 Tbls Moroccan seasoning blend
- 405ml can Apricot nectar
- ½ cup dried apricots
- 1 cup couscous
- 1/3 cup flat-leaf parsley leaves, chopped

#### **Method:**

1. Place flour, salt, pepper in shallow dish. Lightly coat chicken pieces in seasoned flour, shaking off excess.
2. Heat 1 tablespoon of oil in deep, large frying pan over medium heat. Cook chicken for 2-3 minutes each side or until golden. Transfer to a plate. Cover and set aside.
3. Add onion and garlic to frying pan. Cook, stirring occasionally for 3-4 minutes or until tender. Sprinkle Moroccan seasoning over onion and stir until well combined.
4. Stir in apricot nectar. Bring to the boil. Reduce heat to low. Return chicken to frying pan. Cover with a lid or foil. Cook for 20 minutes. Remove cover and add apricots, pushing them into the sauce. Cook uncovered for a further 20-25 minutes or until chicken is cooked through and sauce has thickened.
5. Meanwhile, place couscous in a heatproof bowl. Pour over 1 cup boiling water. Cover. Stand for 5 minutes or until water has been absorbed. Stir with a fork to separate grains. Spoon couscous onto plates. Spoon over chicken and sauce then sprinkle with parsley. Serve.

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



## **RESOURCES/TRAINING**

Staff attended a programming workshop last month on how to incorporate the new ELYF programming curriculum. ELYF stands for- Early Learning Years Framework and is a new initiative that has been introduced to all childhood sectors. We will be slowly introducing this new framework into the service in the next month—Please keep posted for some more information ☺