



Sweetland Road Early Learning Centre
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Sweetland Rd Early Learning Centre

July 2010

Dear Parents,

What a busy month we have ahead!!

The first week in July we have Parent Teacher Interviews so if you feel you need to talk with your child's room leader one on one please select a time on the booking sheet provided; you will be able to find this on the front of your child's rooms sign in and out book. If the times you would like are unavailable, or you can't make it too the times allocated, please select a time and your child's room leader will be more than happy to conduct a phone interview.

We have Crazy Hair Day on Thursday 15th of July, on this day the staff will be doing WILD and Crazy things to your child's hair, if you do not want this to occur please let your child's carers know. The week starting the 19th of July we will be having "Amanda Gillot Photography" attending the centre. Amanda will be taking photos of your child going about their day to day activities here at Sweetland Road Early Learning Centre. The photos will be available to purchase after she has completed her time here. The photos are very natural and look FANTASTIC!!!

On Friday 30th July it is National Tree Day on this day the children will plant a tree to help save the environment. Children are able to take their plant home at the end of the day and we ask parents and carers to foster this ☺

Inside this issue:	Pg
Centre Manager Notice	1
Centre Availability	1
Policy Reviews	2
Important Events	2
Babies Room News	3
Toddler Room News	4
Kinder Room News	5
What's cooking in the Kitchen?	6
Getting to know the staff that take care of your child/ren!!	6
Parent FACT Sheet	7
<i>Biting</i>	7
Policy for Review	8



Centre Availability

Room/ Days	Mon	Tues	Wed	Thurs	Fri
Babies	*	*	*	*	*
Toddler		*		*	*
Kinder	*	*	*	*	*

* Indicates availability on that day
 Please Note: These vacancies may change daily.

PLEASE COME AND SEE ME IF YOU NEED EXTRA DAYS AS I CANNOT GUARANTEE HOW LONG SPACES WILL BE AVAILABLE.



July 2010

As you are aware there will be a fee increase occurring the week starting the 19th of July 2010. This is because of increasing costs that centre is incurring. If you have any questions about this please do not hesitate to speak with me.

I will also be putting a feedback form in your parent pocket over the next few weeks. I urge you to complete this and return it back to me as soon as possible, so you can tell us what you like about the centre or what you don't like so we can possibly change it or explain why we do things this way. Once you have completed the feedback form please return it into the feedback form box located in the centre foyer.

Thank-you,
Claire Penno Centre Manager



Policy Reviews

- ◆ The policy that is being reviewed for the month of July is "FOOD AND NUTRITION"

You will find this in the policy folder located on the table in the centre foyer, if you have any feedback about any changes that you feel should be made, please fill out a policy review feedback form and hand it into the office.



Important events coming up in JULY



Week commencing 5th July 2010- Parent Teacher Interviews

BABIES:- Tuesday 6th of July 2010..... 9.30-4.30

TODDLERS:- Wednesday 7th July 2010..9.30-4.30

KINDERS:- Thursday 8th July 2010.....9.30-4.30

Thursday 15th July 2010- Crazy Hair Day

BEWARE children will come home with COOL and CRAZY hair.
(Please let staff know if you do not want this too occur)

Week commencing 19th of July 2010 – Centre Photos ☺

Amanda Gillot Photography will be attending the centre to take photographs of your child's day at Sweetland Road Early Learning Centre. MAKE SURE THEY BRING THEIR SMILES ☺

Friday 30th July 2010- National Tree Day

Children to plant a tree to help save the environment!! Children will take this home to plant in their own garden to nurture and foster growth.

Babies' Room News

What an exciting month we have had. We welcome Bosco and Zara who have started their journey of being Sweetland Road Early Learning Centre champions. ☺



Celebrations we have had this month have been Pyjama Day, we looked very silly but were extremely comfortable ALL day. We also had Red Nose Day where we got our nose painted RED in support of SIDS for Kids, we raised \$90- with the merchandise that families brought. The SIDS for Kids foundation was extremely thankful.



The weather has been generous some days allowing us to venture outside where possible. We have enjoyed the puddles and wet leaves as the beginning of winter has seen all the leaves drop off the trees. We have also been exploring different textures and mediums with art experiences. Crayons, paint, glitter, sand play dough and textures have been very exciting. We have been very clever in talking and reading books together. We are starting to extend our vocabulary by talking and making lots of noises including animal noises.



We have been practicing using our spoons and holding a cup at meal times sometimes dropping but still trying to master the skill. We have also been busy throwing and rolling balls, this has been lots of fun with chasing each other collecting as many balls as possible. Also the children have been very busy bees building and fixing the equipment "Bob the Builder" style; Fully equipped with hard hats to complete the task at hand.

AMY and BRITTANY



Toddler Room News

Hello Parents,

Well we are more than halfway through the year! It is getting colder and colder everyday so please remember to send your children in warm clothing and send along a spare change of clothing should they get wet outside.



This month the children have really enjoyed playing with sand indoors in the sand tray with various fun toys such as cars, trucks, utensils and even animals!! This has enabled the children to explore their natural environment without going outside!



The children have been working very hard on their fine motor skills by doing art work such as collage pastings, stamp paintings, potato masher paintings and best of all vegetable paintings. You will be able to find all these masterpieces displayed around the room.



In the next month we will be working on our social and emotional skills particularly our sharing skills and using our words to communicate dislike of other children's actions.

Some of the children in the Toddler Room will be soon turning three so we will be working hard on getting the ready for the kinder room. If you have any questions about this please feel free to ask ☺

KATE, LILIAN and ANGELA



Kinder Room News

Dear Families and Friends,

Recently in the Kinder Room we have been playing a lot of games.

Children have become really receptive to following rules and working together to make the game work. Our favourites have been stuck in the mud, dead fish and go touch the colour. Some children have also shown a recent interest in maps; especially treasure ones.



As most of you are aware the World Cup is being held in South Africa and has sparked a lot of interest in Ball sports. The children have been playing Soccer and other Ball games when we get the chance to go outside.



We have really enjoyed reading Dr Seuss and have just started on the Linley Dodd; "Hairy McClary" story books. We have also enjoyed making and eating assorted pastries, the children show great pride in what they have made and also gives them a sense of achievement when they eat their creation.



We loved celebrating pyjama day this month where we got to wear our Pyjamas to the centre and we also supported Red Nose Day. We have had a great month and are looking forward to an even busier month ahead.

Please feel free to speak with either Jian or myself if you have any concerns.

ELIZABETH and JIAN



What's cooking in the Kitchen??

Apple and Cinnamon Muffins

Ingredients

- 2 cups self-raising flour
- 1 teaspoon ground cinnamon
- 2/3 cup rolled oats
- 2 eggs, lightly beaten
- 200g tub natural yoghurt
- 80g polyunsaturated margarine, melted, cooled
- 2 medium ripe bananas, mashed
- 1 medium green apple, peeled, grated
- 1/2 cup honey
- 3/4 cup fresh or frozen blueberries

Method

1. Preheat oven to 190°C/170°C fan-forced. Line twelve 1/3 cup-capacity non-stick muffin holes with large paper cases. Sift flour and cinnamon into a bowl. Stir in 1/2 cup rolled oats. Make a well in the centre.
2. Add eggs, yoghurt, margarine, banana, apple and honey. Stir to just combine. Fold in blueberries. Divide mixture between paper cases. Sprinkle tops with remaining rolled oats. Bake for 20 to 25 minutes or until golden and a skewer inserted into 1 muffin comes out clean.
3. Remove muffins to a wire rack to cool. Wrap muffins in plastic wrap and pack in lunchboxes. Alternatively, place in snap-lock bags and freeze for up to 3 months. Thaw in fridge overnight before serving.



CONGRATULATIONS TO VERONICA OUR FANTASTIC CHEF WHO HAS RECEIVED 5 STARS ON THE FOOD HYGIENE ASSESSMENT FOR 2010. VERONICA RECEIVED 98% ON THE WRITTEN TEST WHICH PROVES HER EXPERIENCE AND KNOWLEDGE OF FOOD AND ALSO HELPS US MAINTAIN OUR HIGH QUALITY CARE ☺

**GETTING TO KNOW
THE STAFF THAT TAKE
CARE OF YOUR
CHILD/REN.....**

Kate Patford



Favourite Food.....
Popcorn

Hobbies.....
Gym and Scrapbooking

Favourite Music.....
Popular Music

Favourite Book.....
*"Steve and Me"
by Teri Irwin*

Favourite Movie.....
*"A Walk to Remember"
with Mandy Moore*

Kate has worked at Sweetland Road Early Learning Centre for one year. She holds an Advanced Diploma of Children's Services and is the Qualified in the Toddler Room!

Fact Sheets for Families

Biting



Biting is a common but upsetting behavior of toddlers and two year olds. Because it is upsetting and potentially dangerous, it is important for parents to address biting when it occurs.

When a child bites another child

Intervene immediately between the child who bit and the bitten child. Stay calm; don't overreact, yell or give a lengthy explanation.

Use your voice and expression to show that biting is not acceptable. Look into the child's eyes and say calmly but firmly, "I do not like it when you bite people." For a child with more limited language, just say "No biting people." Point out how the biter's behavior affected the other person. "You hurt him and he's crying." Encourage the child who was bitten to tell the biter "You hurt me." Encourage the child who bit to help the other child by getting the ice pack, etc.

Offer the bitten child comfort and first aid. Wash broken skin with warm water and soap. Observe general precautions if there is bleeding. Apply an ice pack or cool cloth to help prevent swelling. If the bitten child is a guest, tell the parents what happened. Suggest the bitten child be seen by a health care provider if the skin is broken or there are any signs of infection (redness or swelling).

Preventing biting

Reinforce desired behavior. Notice and acknowledge when you like what your child is doing, especially for showing empathy or social behavior, such as patting a crying child, offering to take turns with a toy or hugging gently. Do not label, humiliate or isolate a child who bites.

Discourage play which involves "pretend" biting, or seems too rough and out of control.

Help the child make connections with others.



Provided by California Childcare Health Program
For more information, please contact:
Healthline 1-800-333-3212

Distributed by

Why do children bite and what can we do?

Children bite for many different reasons, so in order to respond effectively it's best to try and find out why they are biting.

If your child experiments by biting immediately say "no" in a firm voice, and give him a variety of toys to touch, smell and taste and encourage sensory-motor exploration.

If your child has teething discomfort, provide cold teething toys or safe, chewy foods.

If your child is becoming independent, provide opportunities to make age-appropriate choices and have some control (the bread or the cracker, the yellow or the blue ball), and notice and give positive attention as new self-help skills and independence develop.

If your child is using muscles in new ways, provide a variety of play materials (hard/soft, rough/smooth, heavy/light) and plan for plenty of active play indoors and outdoors.

If your child is learning to play with other children, try to guide behavior if it seems rough (take the child's hand and say, "Touch Jorge gently—he likes that") and reinforce pro-social behavior (such as taking turns with toys or patting a crying child).

If your child is frustrated in expressing his/her needs and wants, state what she is trying to communicate ("you feel mad when Ari takes your truck" or "you want me to pay attention to you").



If your child is threatened by new or changing situations such as a parent returning to work, a new baby, or parents separating, provide special nurturing and be as warm and reassuring as possible, and help him or her talk about feelings even when he or she says thing like "I hate my new baby."

- Consult with a professional if your child seems to be acting out due to unusual stress.
- If the child continues biting over several weeks or does not seem to care about the consequences, seek professional help. It is unusual for a preschool age (3-5 year old) child to continue to bite and he/she need to be evaluated for developmental concerns.

by Cheryl Oku, Infant/Toddler Specialist

10/01

F&N1.2 Meals, Snacks & Water Policy		FOOD & NUTRITION POLICY & PROCEDURE	
Source:	1. Staying Healthy in Childcare 4 th Edition Dec 2005 2. Childcare & Healthy Eating Fact Sheet July 2006 from the Better Health Channel Website – www.betterhealth.vic.gov.au 3. Kids - 'Go for your life' Diabetes Australia Vic and The Cancer Council Victoria	Issue Date:	August 2009
		Review Date:	July 2010
QIAS Principles:	1.1, 1.4, 2.1, 6.1		
<p>Objective</p> <p>For meal and snack times to be happy, social occasions that promote healthy eating habits and incorporate a variety of learning opportunities.</p>			
<p>Explanation</p> <p>When children gather together to eat and drink, it is an opportunity for social interactions and language development exists. Staff need to create an atmosphere that is relaxed and home-like.</p>			
<p>Implementation</p> <ol style="list-style-type: none"> 1. Staff will clean the tables that are to be used and set tables to create an atmosphere for mealtimes - flowers, tablecloths, soft music. 2. Staff and children will wash their hands prior to eating and drinking. 3. Children will be encouraged to help set the tables, serve the food, feed themselves and assist to clear away the dishes. 4. Social and language skills will be encouraged by staff - sharing, negotiating, estimating, food tastes and textures. 5. Staff will sit with children and partake in positive interactions where possible and ensure children are not rushed at meal times. 6. Staff will discuss the nutritional aspects of food with the children during mealtimes. 7. Staff will teach the children to turn away from food when they cough or sneeze, and then to wash and dry their hands. 8. Water will be available at all times and children will be encouraged to drink, especially in hot weather. 9. Water or plain mil will be provided with all meals and snacks. Sweetened drinks such as fruit juices, soft drinks and cordials are not provided to children. 10. Individual needs for food and drink will be considered, along with regular snack and mealtimes in the daily schedule. 11. Details of food eaten will be supplied to parents on Children's Day Sheets. 12. Families will be asked to share ideas for menu planning and culturally diverse foods, if the centre provided the food. 13. Information on the importance of children's nutrition and good eating habits will be provided regularly to all families via newsletters, notice board displays and discussions. 			
<p>Associated Forms</p> <p>COM F1.6 Children's Day Sheet - Under 3 COM F1.7 Children's Day Sheet - Over 3</p>			
Prepared By: GCA		Version: 1.3	Page Number: 1 of 1