



Tiggers Childcare Centre & Kindergarten
895 Toorak Road, Camberwell 3124

Tiggers Childcare Centre & Kindergarten

CENTRE MANAGER NEWS

It is hard to believe that we are halfway through the year already. Winter has certainly gripped us now with a lot of very cold starts to the day. It is very important that parents remember to back a warm coat & hat for their child everyday as we try to get the children outside for a play every day unless it is raining. Playing outside is very important for children and children don't get a cold or sick because they have played outside on a cold day. It is important for children to be able to get some fresh air everyday and also to be able to have a run and stretch their legs. If you believe that your child is too unwell to play outside then your child is too sick to come to Tiggers for the day.

The parent conferences went really well. It was a great opportunity for parents to have the time to talk to their child's carer. Some parents have the opportunity to do this when dropping off or collecting their child but for others it can be difficult to find the time which is why we believe these interviews are so important.

Della

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Centre Availability for 2010

We have moved some children into new rooms which has created some new days available at the centre. These days will fill up quickly so please let Della know if you need to pick up some extra days.

Room/ Days	Mon	Tues	Wed	Thurs	Fri
Baby Bilbies			*		
Wombat Room					
Turtle Room			*		*
Gumnut Room	*		*		*
Early Learning Centre	*		*	*	*

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



CHILDREN'S ILLNESS

It is that time of the year when children get sick. We need to work together to help children recover quickly and to reduce the spread of infection. For these reasons we do have some strict guidelines as to when children are or are not able to attend childcare. When we have a contagious illness we will always display a notice in the room informing parents of the illness and will usually also have a fact sheet regarding the illness. The fact sheets that we offer have the guidelines for when children should be excluded from care. The reasons why we have these exclusion periods is to reduce the rest of infection to other children. It is extremely important that you also follow these guidelines as we will contact parents if we feel their child is contagious or too unwell to be at care. If your child is unwell and is needing one to one care we feel that it is best for the child to be at home with his parents as we are not able to offer one to one care at the centre.



Ciao!

The children are now learning about "Gli Animali alla Fattoria" (Animals on the Farm) in their Italian classes. Children love this module, especially if they have pets at home. Learn about dogs, cats, rabbits, guinea pigs, birds, fish and more! This module teaches 50 new words and core phrases perfect for everyday use including "Goodbye", "Good morning", "Excellent", "See you tomorrow" and "I love...". This module introduces colours black and brown and the number 5. Making origami animals is one of our all-time favourite activities, playing our own AlphaTykes snap and kids have fun unscrambling puzzles. Our bilingual program is run by AlphaTykes and more information about the program including pronunciation guides and information about the curriculum can be found at www.alphatykes.com.au. CD's, story books, activity books and flash cards for "Gli Animali alla Fattoria" are now available for purchase from our centre so that your children can practise at home and become fluent faster.



Important Upcoming Events for July

Monday 19th July - PJ Day

Come to Tiggers dressed in your PJ's and enjoy our PJ day.



Tuesday 20th July - Grandparents & Special Friends Afternoon Tea

All grandparents and special friends are invited to join us at Tiggers for a lovely afternoon tea. The rooms will display their afternoon tea times closer to the date.



BABY BILBIES ROOM NEWS

Hello Everyone.

Thank you to all of the parents who have given me a very friendly welcome. As you may know I have previously worked at Tiggers whilst studying and for the past 2 years I have been 2IC and ran a 0-5 room at a small centre, but I'm very excited to be back. I am have nearly completed my Bachelor of Early Childhood and wanted to work with babies for more experience in the younger years.

I am looking forward to doing a lot of artwork with the children to display around the room, which Lish has started and it looks great! We are making a family tree so if you could PLEASE bring in a family photo to put up we will really appreciate it. We are getting more involved in spontaneous group times, singing songs with the children and making them feel more comfortable.

Our fortnightly program can be found on the parent noticeboard where individual children have special experiences placed for them around the room. We have started mid-year developmental checklists and when I get to know your children better I will hold conferences with the parents to show how your child is going. These will be held around mid August. If you have any questions please don't hesitate to ask. I look forward to getting to know you and your beautiful children better and am settling in great here at Tiggers thanks to the wonderful staff.

If you're happy and you know it, clap your hands (clap clap)
If you're happy and you know it, clap your hands (clap clap)
If you're happy and you know it, then your face will surely show it
If you're happy and you know it, clap your hands. (clap clap)

If you're happy and you know it, shout "Hurray!" (hoo-ray!)
If you're happy and you know it, shout "Hurray!" (hoo-ray!)
If you're happy and you know it, then your face will surely show it
If you're happy and you know it, shout "Hurray!" (hoo-ray!)

Katie, Lish & Steph



STAFF PROFILE

Name: Steph

Position at Centre:
Assistant in the Babies Room

Favourite Food:
Always changing, but I especially love sweets like chocolate & ice cream

Last Book you Read:
My Sister's Keeper

What do you do in your Free Time:
Spend time with my boyfriend, family & friends

Favourite Colour:
Pink & Black

What music are you listening to at the moment:
A bit of everything from old school rock to electro house

A special skill that you are good at:
I'm a trained make-up artist/beauty therapist, I also like to draw and write



WOMBAT ROOM NEWS

I can't believe that we are well into the middle of the year. Firstly we would like to wish a big Happy Birthday to all of the children who will have their birthday's in July - George, Charlotte & Mila.

From the 10th July - 27th July Sara will be on annual leave and will be having a short holiday to Bali, which will be a lovely & sunny break - Hopefully!

The parent/teacher interviews took place on Tuesday 29th June. This gave parents the opportunity to discuss any concerns & issues relating to their child or the running of the room in general.

Could parents please remember that we are in the middle of winter, warm clothing such as beanies & jackets are required as we will be going outside each day as long as it is not raining as the Toddlers always have a lot of energy to burn and love getting outside!

A recurring issue has been brought to my attention. Parents are continuing to leave unlabelled nappy cream and medications in their child's bags. This is extremely dangerous as our children are very curious and tend to look into each other's bags. Could you please ensure that you pass any medications or creams to staff in the room.

A few parents have showed interest in Toilet Training. A few key points to consider is:

- * Does your child have the ability to stay dry for at least one hour, preferably two hours. This shows the child has some bladder control.
- * Regular bowel movements and no soiling during sleep time
- * The ability to tolerate sitting on the toilet for a few minutes
- * Necessary skills required to pull down and up their pants & being able to walk to the toilet and sit on the toilet
- * Showing signs of discomfort when urinating or soiling their nappy
- * Telling you when they have wet or soiled their nappy

Your child will need these above skills to start toilet training

Around the room we have introduced imaginative play based around the theme of Animals. At the moment we have an Australian Animal & Sea Animal display set-up for the children.

Thank you
Wombat Room
Sara, Liz & Anjali



ALPHATYKES - CHANGE OF LESSON DAY

At the beginning of Term 3 we will be having two new Alphatykes teachers.

With the new teachers we have had to change the day we are offering our alphatykes classes. Our classes will now be held on Wednesdays, however the Italian language is done every day with the children with the staff in the rooms. Staff sing songs to the children in Italian and will do the flashcards with the children so even if your child does not attend on Wednesday they will still be exposed to the Italian language.

Term 3 classes will commence on Wednesday 14th July, times for classes can be found in your child's room.

Staff Training

June: Expressive Arts

Centre staff participates in monthly training sessions on different topics. Staff will have discussions on each topic and engage in small group activities to help keep their minds fresh. Staff will also focus on policies

TURTLE ROOM NEWS

We have had an exciting month in the Turtle Room. We have been looking at our bodies and the children have really been enjoying this subject. We have done some body drawings where we traced around the children and then the children painted their bodies. The children really enjoyed this activity. During this activity we spoke about the different body parts. Further to this we have done our face pastings. We supplied the children with some wool, eyes and pipe cleaners and the children made face pastings. During this activity we discussed different facial expressions including - happy, sad, angry. When you are next in the room have a look at our bodies and face pastings as the children were very proud of what they achieved.

We have some new peg boards in the room that have become a quick favourite. The children have a board with a picture underneath and they then need to find the correct coloured peg to match to the picture and place it into the hole in the board. This activity works on developing a large variety of skills. The skills we have been working on are fine motor skills - as the children press the peg into the hole on the board, cognitive skills - as the children discuss and learn their colours and need to colour match & social skills - as the children learn to take turns and share the pegs with each other.

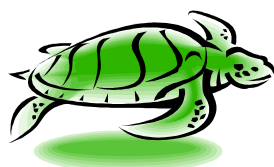
We have also received some new large home corner equipment that we have added to our home corner. The children love home corner and it is great for their socialisation skills. The children talk to each other and role play as well as take turns. A lot of very funny conversations and sayings come out as the children role play some conversations and sayings that they have picked up from home.

The children love our group times every day. During our mat times we will read stories, sign songs, use flash cards and have general conversations. The children's favourite song at the moment is the Dingle, Dangle Scarecrow:- see next column for words



Until next time -

The Turtle Room Team
Andy, Laura & Veronica



When all the cows were
sleeping
And the sun had gone to
bed
Up jumped the
scarecrow
And this is what he said!

I'm a dingle, dangle
scarecrow
With a floppy floppy hat
I can shake my hands
like this
And shake my feet like
that

When all the hens were
roosting
And the moon behind the
cloud
Up jumped the
scarecrow
And shouted very loud

I'm a dingle, dangle
scarecrow
With a floppy floppy hat
I can shake my hands
like this
And shake my feet like
that

When the dogs were in
the kennels
And the doves were in
the loft
Up jumped the
scarecrow
And whispered very soft

I'm a dingle, dangle
scarecrow
With a floppy floppy hat
I can shake my hands
like this
And shake my feet like
that

I'm a dingle, dangle
scarecrow
With a floppy floppy hat
I can shake my hands
like this
And shake my feet like
that

GUMNUT ROOM NEWS

I can't believe we have already made it to the halfway mark of the year. How fast the time is going. Before we know it, it will be Christmas. But as we are still in Winter I strongly urge everyone to please pack a warm jacket and hat in their child's bag as we will still try and go outside at every possible chance. I also encourage everyone to please pack a spare change of clothes just in case the ground or equipment is wet and they need to change. Please make sure that every piece of clothing is clearly labelled.

The children have really been enjoying our shopping corner and love playing the shopkeeper or customer. We have now changed our Shopping corner and have turned it into a 'Master Chef' kitchen. The children are really enjoying our master chef kitchen and are having a lot of fun creating a variety of dishes for each other.



As some children are beginning to start toilet training please make sure to pack plenty of spare clothes and please don't forget to pack socks.

This month we had our parent teacher interviews which gave the parents the opportunity to discuss with myself some questions and concerns they may have with their child. It was great to hear all the feedback about how you believe the program is running.

I would like to wish all of the July children - Christopher, Emma Mc, Annie and Charlotte a very Happy Birthday and we look forward to another fantastic month.

Remember if you have any questions or concerns please do not hesitate to talk to myself or Eileen.



Kylie & Eileen



Staff Meetings

We hold monthly staff meetings in order to maintain the best possible care environment for you, your child/ren and the centre staff.



EARLY LEARNING CENTRE

Hi everyone. It's hard to believe that we have come to the end of term two! Maggie, Intan and myself are so proud of how far the children have come. Socially, the children have forged close bonds and are engaging in more advanced and mature play. That is, we are now observing the development and construction of more complex games that involve rules, requiring the children to communicate, negotiate, compromise, and share. Differences in opinion do result in conflict, and whilst the children are supported and guided in these instances, we are seeing an improvement in their emotional resilience and ability to cope in these situations. Behaviourally, the children have greater respect for classroom rules and guidelines. Our group times' are running more efficiently, and are generating some rich discussions. In terms of learning and knowledge, the children have responded very positively to our units of focus thus far. Group discussions, activities, and experiences related to these units have elicited some insightful thinking from the children, and have demonstrated their individual knowledge and understandings. Our environmental unit was, and continues to be, very popular with the children. We still have children excitedly identifying the recycling symbol on various items! Our excursion to the Botanical Gardens provided a fantastic educational experience, and tied this unit together perfectly. We were so proud of the children on this first excursion; we were told by one of the instructor's that our group was the most well-behaved and knowledgeable kindergarten group she had guided!

With regards to our most recent area of learning, *healthy eating*, the children have established some important understandings. In referring to the Food Pyramid, we have learned about each of the food groups, considering the types of foods that we should eat most of, and those that we should consume occasionally. In investigating each of these food groups, we also explored the primary nutrients associated with each of these and discussed their nutritional benefits- focussing on carbohydrates for energy; fibre and various vitamins for internal health; protein for muscle growth; and calcium for bone growth. In recognising that children learn most richly through play, a given unit of learning is often reflected in a dramatic play space. This provides a social arena for the children to explore our learning material in an enjoyable and open-ended fashion. We previously developed an ELC hospital to complement our human body unit, and more recently created a supermarket and restaurant play scene in conjunction with our healthy eating unit. Through interacting with their peers in these play areas, the children can apply new knowledge and understandings, and can extend on these by learning from one another. The children thoroughly enjoyed using supermarket catalogues to create their own food pyramids. This experience provided a challenging learning experience for the children, in terms of locating various food items, cutting these out, and identifying where they belong on the pyramid. Learning material was also reinforced as the children designed a healthy dish for our 'mini chef' display, and worked collaboratively to create Healthy Harry. Our cooking sessions have been inspired by dairy foods most recently. The children have thoroughly enjoyed making banana smoothies, and have been actively involved in cutting the fruit, pouring the milk, scooping the frozen yoghurt etc.

Please remember when entering and exiting the car park that you use the correct entrance & exit.



Please Note: that there is no right hand turn when exiting the car park.

Occupational Health & Safety meetings

Occupational Health and Safety Meetings are also held each month. We cover topics such as back care & stress. Our Occupational health & Safety Supervisor at Tiggers is Steph.

All of these meetings allow staff to voice their opinions, concerns and issues on any subject they believe needs to be focused on.

If any parents would like any information on the Training Topics please see Della.



July 2010

In terms of literacy development, many of the children are beginning to demonstrate a keen interest in writing and emergent reading. This is something that we approach in an informal, fun, and interactive manner. At kindergarten level we certainly do not place emphasis on these 'academic' literacy and mathematical skills, forcing these upon children who are not yet developmentally ready or interested. We have recently introduced a laptop into the room. This offers a valuable learning opportunity for children on a number of levels. Whilst promoting I.T. skills, this activity has the scope to customise learning and allow the children to work and engage at an appropriate developmental level; whether that be working on letter recognition, or exploring word building. As a group we have been extending phonological understanding by exposing the children to more two letter blends, including 'tr', 'br', and 'cr'; pasting exercises have reinforced this learning.

In other areas of learning we have recently introduced 'time' to the children. We have been discussing the difference between analogue and digital clocks, with the children being challenged to identify as many of these they could in the home and outside in the environment. The children have been engaged in a variety of experiences and exercises to reinforce number placement on a clock face, and have thoroughly enjoyed creating their own clocks. We have referred to the wall clock to read various o'clock examples.

During our P.E. sessions we have been focussing on yoga and gymnastics, building confidence, and gross motor strength, coordination, and control. The children have been challenged with 'bear walking', 'crab walking', 'wheelbarrow', and various other gymnastic-type exercises. Next term we will focus more on partner work, encouraging the children to rely on their peers for support and strength- these exercises assist in forging friendships and trust, and develop problem-solving skills in children.

Terms one and two have been action packed, and we look forward to an exciting second half to the year! At the beginning of term three the children will launch into a new learning unit that centres around community workers and figures that help us in society, i.e. police, doctors, dentists, vets etc. A dental visit has been organised for early September, and we hope that a police visit will follow. For our term three excursion we are looking at Scienceworks, as this would tie in well with our human body and healthy eating units, and would also complement our science sessions.

I will be away on leave from Monday 28th June- Monday 5th July, and Maggie will be away until July 19th. During this regular staff absence, the children will have relief staff in the room that they are familiar with, including Davina, Phil, Anne, and Alex. Once again thank you for a fantastic term- I look forward to seeing you at parent/teacher interviews.



- Gemma, Maggie & Intan.

Accreditation Update

We are due to hand in our next centre self study on the 4th December 2010.

We will all continue to work hard to ensure that we continue a High Quality Standard. We welcome parent input and feedback for our Accreditation.

Parent Input

At Tiggers we encourage and appreciate parent input. Parents can offer suggestions on such things as our menu, routines, programming, and ideas for centre events and provide us with valuable insight into their child.

We are continually trying to improve the quality of our care and the service we provide for families so all feedback is appreciated and taken on board.

Policy Review

For July we will be reviewing our **Food & Nutrition Policies**. We have attached our Nutrition and Cultural preferences policy but you can view the other policies in the office or foyer. Please take time to read this and supply us with any feedback you may have.

Our updated Centre Philosophy will be available shortly for you to familiarise yourself with.

IN THE KITCHEN WITH CHRIS

We have started our new winter menu which the children have been enjoying so far. A big hit in our first week was the Shepherd's pie with many parents commenting on how good it smelt and the children really enjoyed it eating every last bit.

Shepherd's pie recipe

Ingredients:

- 1 tablespoon olive oil
- 1 onion, chopped
- 2 medium carrots, chopped
- 600g beef mince (we like heart-smart)
- 3 rashers short cut bacon, chopped
- 8 button mushrooms, wiped and halved
- 2 tablespoons tomato paste
- 400g can peeled tomatoes
- 1 cup beef stock
- 1 teaspoon dried oregano or mixed herbs
- 1 cup frozen peas
- Potato mash
- 1kg potatoes, peeled and chopped
- 50g butter
- ¼ cup milk
- ½ cup finely grated parmesan cheese

Method:

Preheat the oven to 180°C. Heat the oil in a large saucepan over medium heat and cook the onion and carrot for five minutes or until soft. Add the mince, bacon and mushrooms and cook for three minutes or until mince is browned. Stir through the tomato paste, tomatoes, stock and herbs. Cover and simmer for 15 minutes, then uncover, and simmer for a further 15 minutes until most of the liquid has evaporated. Add the peas and cook for another couple of minutes.

To make the potato topping, boil the potatoes in water until soft. Drain well and mash with butter, milk and parmesan.

Pour the meat mixture into a 1L capacity ovenproof dish and top with the mash. Bake for 35 minutes or until the potato topping is golden brown.

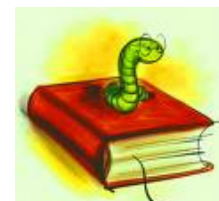


RESOURCES

Please take time to look around the Centre foyer as we have a large range of resources available for you to look at.



- Holiday Forms
- Newsletters
- Fact sheets
- Brochures



F&N1.3 Nutrition & Cultural Preferences Policy		FOOD & NUTRITION POLICY & PROCEDURE	
Source:	1. Childcare & Healthy Eating Fact Sheet July 2006 from the Better Health Channel Website – www.betterhealth.vic.gov.au 2. Nutrition Australia Website – www.nutritionaustralia.org 27 Dec 2007 3. Eat right, start right program 4. Kids - 'Go for your life' Diabetes Australia Vic and The Cancer Council Victoria	Issue Date:	August 2009
		Review Date:	July 2010
QIAS Principles:	6.1		

Objective

To have up to date information on the nutritional needs of young children that can be shared with families and used to create balanced menus that are culturally diverse (where meals are provided by the centre).

Explanation

Staff must be knowledgeable and sensitive to the individual nutritional and cultural needs of the children in their care. Consideration must be given to food preferences and special dietary requirements. Consultation and communication with families is necessary.

Implementation

1. The centre promotes healthy eating as per the Healthy Eating Pyramid and the Start right, Eat right program (less fats and more fresh fruit, vegetables and grains).
2. Fruit and vegetables are provided every day on menus and foods that are high in salt, sugar and fats are not included.
3. Where children bring food from home, fruit and vegetables will be encouraged every day in lunch and snack boxes and pre-packaged items such as chips, chocolates, lollies and muesli and fruit bars are discouraged.
4. Information will be available for parents, in different languages, about children's nutritional needs.
5. Staff will be encouraged to seek professional development on nutrition, food safety and hygiene practices.
6. Staff will consult with families about the nutritional needs and cultural preferences for their children.
7. If the centre provides meals, the menu will reflect the variety of foods recommended for young children and a diversity of culturally appropriate foods. Children will be encouraged to try new foods including different colours, flavours and textures. The menu will be placed on the notice board for parents to view.
8. Where children bring food from home, variety will be encouraged such as a variety of fillings in sandwiches and different fruits/vegetables.
9. Cooking experiences undertaken within the program will encourage variety and the tasting of new healthy foods.

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July 2010

- 10. Staff will monitor individual children's preferences for food and serving sizes.
- 11. Food will not be used as a reward, incentive or for comfort, instead positive encouragement and feedback are provided to children.
- 12. Staff will note food allergies and preferences for all children, as communicated to them by families on an F&N F1.6 Allergy Register and the F&N 1.7 Individual Allergy/Cultural Preference profile and these must be updated regularly.

Associated Forms

F&N F1.6 Allergy Register
F&N F1.7 Individual Allergy/Cultural Preference profile
F&N F1.9 Start Right Eat Right Program

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