



Sweetland Road Early Learning Centre
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Sweetland Rd Early Learning Centre

March 2010

Dear Parents,

Well we have well and truly settled in to 2010 and already accomplished a few centre events.

So far we have had our Australia Day Celebrations, Chinese New Year, Shrove Tuesday and our Pyjama Day to support the Starlight Foundation and Tom Hardwick's fantastic effort of riding a pushbike from Melbourne to Sydney in support of this great cause. Our centre raised a total \$17.75, so thank-you to everyone that contributed. Photos from all past events are displayed in the hallway so take some time when you're dropping or picking up your child/ren to have a look.

Please remember also to look at the notices on the front window as this is updated regularly and has information about upcoming events and also parent notices.

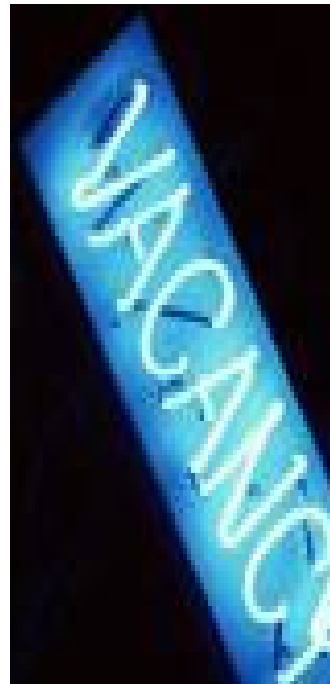
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Centre Availability

Room/ Days	Mon	Tues	Wed	Thurs	Fri
Babies	n/a	*	*	*	*
Toddler	n/a	*	n/a	*	*
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.



March 2010

Please make sure that when you bring your child to childcare that you bring a drink bottle and a hat that is clearly labelled. It is up to you if you want to leave them here on a permanent basis but each child needs to have their own drink bottle and hat when they come to Sweetland Road Early Learning Centre.
Thank-you for your co-operation with this matter.

Kind Regards,
Claire Penno
Centre Manager

ADDITIONAL INFORMATION

In order for you to be up to date with centre news, statements and newsletters please make sure I have your current email address.

If you are not sure please come and double check with me.

Policy Reviews

- ◆ This month we are reviewing our "CENTRE PHILOSOPHY"

You will find this on the policy review wall in the hallway 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.

PARENT NOTICES

Just reminder about the great offer of refer a friend!

If you refer a friend to the centre, their child receives a free trial day and you will receive \$100 credit towards your account. If you have any questions please feel free to come and speak to me.

Important events coming up in March

Tuesday 2nd March 2010- Dr Seuss' Birthday Celebrations

Today we will be celebrating Dr Seuss' birthday with lots of Dr Seuss stories and Art and Craft. Your child can come dressed as their favourite Dr Seuss character if they would like.

Friday 5th March 2010- School's Clean UP Day

This gives the children a sense of ownership over their outdoor area. And encourages them to take care of the environment.

Monday 8th March 2010- Labour Day Holiday

CENTRE CLOSED

Wednesday 17th March 2010- St Patricks Day

Today will be a green day as we celebrate St Patrick's Day.

Monday 22nd March 2010- World Harmony Day

Today we will celebrate cultural diversity within Australia. Children are encouraged to come dressed in their home costume, or as another countries home costume, as we talk about other cultures.



WELCOME.....

"FLOPSY"!

We have recently purchased a new pet for the centre her name is "Flopsy" and she is a long eared dwarf rabbit. We did a lot of research into this and found out that long eared dwarf rabbits are in fact the most child friendly. She is only 8weeks old. Flopsy has been handled since birth and is extremely placid, she is even toilet trained. If you have any questions or concerns please don't hesitate to talk to myself or Kate.



Parent Information Evening

On Thursday the 25th February 2010 we held a Parent Teacher Information Night. I have included a brief summary about what each of the girls spoke about and what their goals will be for the year.

Babies Room; Amy Mogg:-

Self Help Skills; Feeding themselves.

Emotional; Feeling safe and secure within their environment.

Social; Encouraging children to be aware of others.

Physical; Crawling, Walking and Sitting.

The babies room goals are small and ongoing. The major ongoing goal is making sure the babies feel safe and secure in their environment; we do this by providing consistent and flexible routines.

Toddlers Room; Kate Patford:-

Self Help Skills; Feeding themselves with a fork or spoon, packing away their belongings, dressing themselves such as putting on their own shoes.

Toilet Training; a few of the children are starting to become interested in Toilet Training whether it be because they have seen the other children on the toilet or just because their ready.

Cognitive; Puzzles and Flash Cards.

Language; Books and Songs.

Later on in the year we will introduce more complex activities to get the children ready for the kinder room.

Kinder Room; Liz Pang:-

Literacy; Letter land, Writing and Drawing Table, Listening Games, Named Lockers, Read Books, Room Rules, Weather and Group Time.

Numeracy; Cooking; weighing and measuring, Counting Games; What's the time Mr Wolf.

Science; Magnetic Play, Cooking; food and playdough.

Art and Craft

Social/Emotional; Dress-ups, Puppets, Home Corner, Dolls and Figurines.

Cognitive; Building Toys, Cards, Puzzles and Problem Solving.

Fine Motor; Writing, Cutting with Scissors.

Gross Motor; Balancing.

Room Rules, Listening and Following Instructions, Emotional Control.

Aims for FUTURE; School Readiness, Writing Name, Following Simple Instructions, Being able to understand cause and effect.

If you would like to know any more information just ask Amy, Kate or Liz.



***PLEASE REMEMBER
THAT OUR DOORS ARE
ALWAYS OPEN AND
EVEN IF YOU MISSED
OUT ON OUR PARENT
INFORMATION NIGHT
YOU CAN ALWAYS MAKE
A TIME TO TALK WITH
ONE OF OUR FRIENDLY
STAFF AT ANYTIME.***



Babies' Room News

What a FANTASTIC month we have had. We would like to welcome all new families with open arms. Fi Fi, Zoe, Oyewale and Lucy have all joined us this month making the baby's room a very busy place.



As February has been a warm month we have ventured outside as much as possible; bikes have been a favourite with the children using them to balance themselves as well as "driving" them around the yard.

We have been exploring our senses through water play, textured surfaces, finger paint, musical instruments and drawing. This month we have also been discovering "things that go," Buses, Hot Air Balloons, Cars and Trains.



We also celebrated Valentine's Day, Chinese New Year, and Shrove Tuesday. We made Chinese lanterns and colourful tigers to celebrate Chinese New Year. We took the time to celebrate these special days.

We have also had some "self discovery" with the mirror. We have found this very funny; pointing and laughing at ourselves and each other. Self identity is all part of development at this age. We are also spending a lot of time in encouraging words, which are becoming clearer to understand every day.



Until Next Month,
AMY and BRITTANY

FROM THE KITCHEN!!!!

SHEPHERDS PIE....

Ingredients (serves 4)

1 tbs olive oil
1 brown onion,
halved, finely chopped
1 carrot, peeled,
finely chopped
2 celery sticks,
trimmed, finely chopped
500g lamb mince
2 tbs plain flour
500ml (2 cups)
beef stock
1 dried bay leaf
1 tbs
Worcestershire sauce
1 tbs tomato
paste
Salt & freshly
ground black pepper
4 (about 200g
each) desiree potatoes,
peeled, chopped
40g butter
125ml (1/2 cup)
milk
Melted butter, to
brush

Method

Heat oil in a large saucepan over medium-high heat. Add onion, carrot and celery and cook, stirring, for 5 minutes or until soft. Add lamb mince and cook, stirring to break up any lumps, for 5 minutes or until lamb changes colour.

Add the flour and cook, stirring, for 2 minutes or until

Toddler Room News

Hello Everyone,

What a busy month we have had. The children in the toddler room very much enjoyed participating in Chinese New Year, Shrove Tuesday and Pyjama Day. Please take the time to look at the photos in the hallway.

As some of you are aware we have a new pet to centre. She is a Bunny and her name is "Flopsy." She is extremely placid and loves being held and patted by the children.

You are welcome to bring in Carrots, Spinach and Corn to feed her if you would like.



There are many children in the Toddler Room who are Toilet Training, it is absolutely amazing to see the little people that your children are turning into. If you would like any information on Toilet Training, please feel free to ask Kate.

You may see some new faces in the Toddler Room as we have had some new children start as well as some moving up from the Babies Room.



We are continuing to work on our self help skills, such as dressing, putting on our own shoes and packing away our beds after rest time. The children are doing really well in this area and are making a real effort.



KATE, LILLIAN and ANGELA

combined. Add stock, bay leaf, Worcestershire sauce and tomato paste. Bring to the boil. Reduce heat to low and cook, stirring occasionally, for 30 minutes or until sauce thickens. Taste and season with salt and pepper.

Meanwhile: cook potato in a saucepan of salted boiling water for 15 minutes or until tender. Drain well. Return to the pan with the butter. Use a potato masher or fork to mash until smooth. Add milk and use a wooden spoon to stir until combined. Taste and season with salt and pepper.

Preheat oven to 200°C. Spoon lamb mixture into a 2L (8-cup) capacity ovenproof baking dish. Top with mashed potato and use a fork to spread over lamb mixture. Brush with butter. Bake in preheated oven for 20 minutes or until mashed potato is golden brown. Serve immediately



Kinder Room News

Dear Families and Friends,

The Kinder Room this month has been full of lots of different activities. First we had Chinese New Year; which we celebrated by making Tiger Masks, Lanterns and work sheets relating to this holiday. We ate some Asian food and are currently in the process of making curry puffs for our cooking activity.

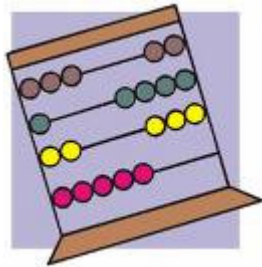


This month we also celebrated Shrove Tuesday by eating Pancakes. Please have a look at the photos which have been displayed in the hallway.

Currently we are continuing with the Letter land CDROM as a basis of our literacy learning activity. We are also playing lots of "games" which focus on listening and working together.

For Numeracy we are playing games like "What's the Time Mr Wolf" and singing counting songs. We are also using scales and counters. We also love to measure and count while cooking.

Recently we have introduced some concentration and listening games, that teach us how to work together, listen, share and take turns.



As it is still Summer and the Australian sun is strong PLEASE remember to send a named sun hat and drink bottle with your child as well as changes of clothing.

If you would like to sit down to talk about your child, please see Claire and make a time or talk to either Jian or myself in the room at any time.



ELIZABETH and JIAN

WARNING

BE CAREFUL when dropping off and picking up your children.

As you may have noticed, Sweetland Road has been very busy lately. This is because Albion Street has been closed, so Sweetland is being used as a detour.

Unfortunately there is nothing I can do about this except to warn you and advise you to take extra care when entering and exiting your car.



FAMILY GROUPING

We have decided to change the Family Grouping Room in the morning to the Toddler Room. We feel this is more age appropriate for the children that arrive early in the morning. If you have any questions or concerns about this please don't hesitate to come and see Claire.



Hand foot and mouth disease - Coxsackie Virus

Hand foot and mouth disease (HFMD) is a viral infection. It is not linked to the foot and mouth disease that affect animals. HFMD is mainly seen in children under the age of ten or in young adults. It is easily spread from one person to another. Most people have had HFMD by the time they are adults. It rarely causes further complications and is very rarely fatal.

Signs and symptoms

Symptoms usually start 3 to 7 days after catching the infection. Symptoms can last between 7 to 10 days and admission to hospital is rarely needed. The common signs and symptoms include:

High temperature (fever)

Sore throat

Small blisters on the inside of the mouth, the sides of the tongue, palms of the hands, fingers, soles of the feet and nappy area (the blisters should not be itchy like chickenpox blisters).

Poor appetite

Tiredness.



How is it spread

The main way HFMD is spread is by touching the fluid from inside the blisters and fluids from the nose, mouth and chest (spread from sneezing and coughing). It can also be in bowel movements (poo) for up to several weeks after being infected.

Washing hands after touching these bodily fluids is the best way to prevent the spread of HFMD.

Not sharing items like cutlery, drinking cups, towels, toothbrushes and clothing will help to decrease the spread to others.

School: Your child should stay home from school, crèche, play group, kindergarten, or child care until all the fluid in the blisters has dried.

Causes

It is caused by a group of viruses known as enteroviruses. It is most commonly caused by the coxsackie virus A 16, with the virus EV 71 being less common.

Treatment

There is no treatment for HFMD as it is a virus and antibiotics will not work.

Drinking and eating can be painful because of the mouth blisters.

Give pain relief for mouth blisters, ask your pharmacist or family doctor about what medicines are good to use.

Give your child frequent sips of drinks, as this will stop them from becoming dehydrated.

Leave blisters to dry naturally. Do not pierce them.

If your child gets a headache, stiff neck or back pain immediately seek medical advice from your family doctor or an emergency department.

The rare complications of HFMD include viral meningitis, encephalitis and a poliomyelitis like paralysis

Key points to remember

It is easily spread from one person to another.

It is not life threatening.

There are no specific treatments, vaccine or cure.

If your child has symptoms of a head ache, stiff neck or back pain, immediately seek medical advice.

There is no known risk to pregnant women or their unborn babies.

I HAVE INCLUDED THIS FACT SHEET FOR YOUR INFORMATION.

WE HAVE HAD A FEW CHILDREN AT THE CENTRE WHO HAVE HAD THIS VIRUS. AS YOU HAVE READ IT IS NOT SERIOUS BUT IS EXTREMELY CONTAGIOUS. IF YOU THINK YOUR CHILD MIGHT HAVE IT PLEASE DO NOT BRING THEM TO THE CENTRE FOR THE SAFETY OF STAFF AND OTHER CHILDREN.

