

“LET’S LIVE LIFE WITH
AUDACIOUS DREAMS AND BIG
HEARTS”

– STEVE JOBS

A YUMMY SPRING FROZEN
BREAKFAST OR SNACK RECIPE THAT IS
QUICK AND NUTRITIOUS – Page 2

TIME TO DITCH THE SANITISER AND
“LET THEM EAT DIRT” – Page 3



1 what's on

NEWSLETTER | THIS MONTH

- Australian Food Safety ----- 6-12th
- National Recycling Week ----- 7-13th
- Remembrance Day ----- 11th
- World Kindness Day ----- 13th
- Universal Children's Day ----- 20th
- Social Inclusion Week ----- 19-17th
- Smarty Pants End of Year Party ----- 26th

A word from our Director

What a special time of year this is as we fast approach Christmas and the children begin Christmas crafts and celebrations.

It is also the time when we see the Kinder children really showing the skills needed to take the next step in their education journey to big school. Smarty Pants has an exceptional Kinder Program with a very experienced Teacher Miss Jess.

Placements for next year will be out next week and we ask that you remember to give your 2 weeks notice if your child will be leaving us for 2016. I look forward to seeing you all at our end of year party on Saturday 26th November.

Andrea



REMEMBRANCE DAY – 11TH

At 11 am on 11 November 1918 the guns of the Western Front fell silent after more than four years continuous warfare. In November the Germans called for an armistice (suspension of fighting) in order to secure a peace settlement. They accepted allied terms that amounted to unconditional surrender.

This year 11 November marks the 98th anniversary of the Armistice. Each year on this day Australians observe one minute's silence at 11 am, in memory of those who died or suffered in all wars and armed conflicts.

UNIVERSAL CHILDREN'S DAY – 20TH

The United Nation's Universal Children's Day was established in 1954 and is celebrated on November 20th each year to promote international togetherness, awareness among children worldwide, and improving children's welfare.

Find out more at

www.un.org/en/events/childrenday/



Frozen yogurt granola cups

PREP 15 min | FREEZE 2 hrs. | SERVE 6

Ingredients

- 1 cup granola
- 300 g berry fruit yogurt
- 1 tbsp. honey
- 1 tbsp. butter
- 1/2 cup mixed berries

Method

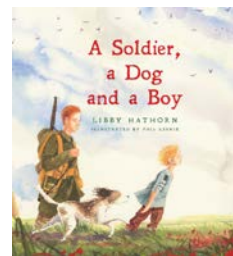
1. Line a six-cup muffin tin with muffin wrappers
2. Put the butter and honey into a heatproof jug or cup and melt them together in the microwave.
3. Place the granola into a large bowl. Tip the melted butter and honey over the top and mix it all together well.
4. Divide the granola mixture evenly amongst the six muffin cups. Top each one with a generous tablespoon or two of yogurt.
5. Top each cup with three or four berries.
6. Put in the freezer for about two hours or until the yogurt has frozen.

NOTES: Berries are the best bet for a topping as they freeze well. You could also top this with nuts or sprinkles. Make these in jars and put them in the fridge for a 'takeaway' breakfast when you're in a hurry.

Source: www.kidspot.com.au

Book Reviews

Share some specially selected stories from www.awm.gov.au to share with your children this Remembrance Day.



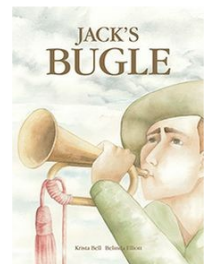
A Soldier, a Dog and a Boy

Libby Hathorn

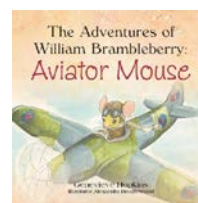
A moving story, told completely in dialogue, about a young Australian soldier in the battle of the Somme. Walking through the fields away from the front, he finds what he thinks is a stray dog, and decides to adopt it as a mascot for his company. Then he meets Jacques, the homeless orphan boy who owns the dog. The soldier realises that Jacques needs the dog more - and perhaps needs his help as well.

Jack's Bugle

Krista Bell and Belinda Elliott



In 1914 Aidan Jackson, 'Jack' to his Army mates, is a young man who is proud to join up and excited about the adventures that await him, especially as he is the first person from his farming family to travel overseas. He takes with him the shiny new brass bugle given to him by his family on his 18th birthday, and it is the bugle's journey we follow until finally back in Australia decades later, it is given to another young boy named Jackson.



Aviator Mouse

Genevieve Hopkins

William Brambleberry was a very small mouse with a very big dream. He was determined to fly a Spitfire and practiced as much as he could until he really did become the bravest most adventurous aviator mouse in the entire world. No matter how small you feel, or how big your dreams are, with determination and practice your dreams can come true!





Focus Article: Let them eat dirt

Would you ditch the sanitizer? Homa Khaleeli from *The Guardian* interview the authors who wrote **Let them eat dirt**.

I'm wondering, is it OK, hypothetically, for a child to lick the sole of her shoe? What about, just for argument's sake, eating a cigarette end in a park? And where, as a general rule, do we stand on licking sticks? In other words, sometimes I feel there isn't enough hand sanitiser in the world to keep a small child clean. All these questions go through my mind as I prepare to speak with microbiologists Marie-Claire Arrieta and Brett Finlay, whose book for parents, **Let Them Eat Dirt**, has turned my world on its head.

The book is a rallying cry to parents to put down antibacterial wipes, throw out sterilising tablets and start making mud pies. Underpinning it is not a vague nostalgia for simpler times, but scientific evidence that our modern obsession with hygiene is playing havoc with our health. Our war on dirt, they say, may be responsible for the surge in chronic, non-infectious diseases in developed countries, which, the authors argue, are our "modern day bubonic plague". While countless lives have been saved by battling infectious diseases with better hygiene, disorders such as obesity, asthma, coeliac disease, allergies and autoimmune diseases are surging.

According to new research, this could all be because of the microbes in our guts. We have 10 microbes inside us for each one of our body cells – the smallest forms of life on earth. Despite this, we have spent years trying to kill microbes such as bacteria. Now, however, there is evidence that while a small number of microbes are responsible for infections, others play a vital part in keeping us healthy. Not only do they help us digest food but also they are essential in helping our immune system to develop. By trying so hard to wipe them out "we have been depriving our body of a normal developmental process". Finlay calls the discovery that we should be nurturing our microbes a "major revolution of medicine". Microbes are thought to help train our immune system because when it encounters a harmless microbe, the immune system learns to ignore or tolerate it. If children's exposure to these microbes is limited, then their immune systems remain immature and won't learn to tolerate harmless microbes – or react to disease-causing microorganisms.

For Arrieta – an expert in Microbiota in asthma, a lecturer, and also a mother of two children aged five and three – this discovery caused a revolution in her home life as well as in her lab. "I was a classic microbiologist who was super keen to make sure everything is clean," she says. "But after reading study after study I saw a transformation in the way I behaved between my first and second children." Don't sterilise everything that comes into contact with your child's mouth, within reason."



In fact, the one piece of advice Arrieta offers mothers is to forget the adage "Cleanliness is next to godliness."

"One thing I don't do any more – and wish others would stop – is carrying a hand sanitiser gel. For camping, or for times when there is no soap and water, it's fine. But for anything else they are overused. Now I think, I don't need to disinfect my child or the surfaces they are in contact with."

So eating cigarette ends in the park could be a good thing? Not exactly. Public places – from buses to trains to Shopping centre's – allow infections to be passed on easily. "It's not the same when they play outside in a forested area and a neighbourhood playground where half the kids have a cold," Arrieta warns.

If a baby drops a dummy in a train station, she explains, it needs a wash but in the countryside it is fine to give it a quick wipe. Or, better still; stick it in your mouth to clean it (in a study of 184 families, 65% of babies whose parents cleaned their dummies like this had a significantly lower risk of developing allergies at 18 and 36 months).

Some of their rulings will have children cheering – kids should be outside often. They should be allowed to be barefoot and dirty. Touching insects, plants and mud is celebrated. And the microbiologist's think that not only are mud pies great, they even suggest letting any kids in your family give you a mud facial. Getting a dog is also encouraged because children exposed to dogs before they are a year old may have a decreased risk of developing asthma and allergies ("Cats have no effect because they don't lick your face," says Finlay). It's not that all hygiene should be abandoned, says Arrieta, but parents could ease up. "Hand washing is important – after the bathroom or before eating, or playing with someone sick, or if you are sick. But the rest of the time it is less so and it can be detrimental."

Finlay says that their advice is simple: "When I was a kid you knew we had had a good day if the dirt ring round our bath was huge. Let your kid roll around in the dirt, get a pet – don't swaddle them in a sterile cloth. Most microbes are our friends not our enemies."

This is an edited version of the article to read it in its entirety go to theguardian.com/lifeandstyle/2016/sep/24/snap-crackle-and-filth-let-kids-eat-dirt

Health and Safety: Eye Sight



Every experience a child has is an opportunity for growth and development. They use their vision to guide other learning experiences. From ages 2 to 5, a child will be fine-tuning the visual abilities gained during infancy and developing new ones. Stacking building blocks, rolling a ball back and forth, coloring, drawing, cutting, or assembling lock-together toys all help improve important visual skills. Preschoolers depend on their vision to learn tasks that will prepare them for school. They are developing the 'visually guided' eye-hand-body coordination, fine motor skills and visual perceptual abilities necessary to learn to read and write. Steps taken at this age to help ensure vision is developing normally can provide a child with a good "head start" for school.

Children often have no idea that they have a vision problem, so you'll want to be vigilant about noticing signs of potential trouble. Contact your child's doctor if your child:

- Needs to have books very close when reading.
- Squints or blinks often.
- Tilts his head to see better (while looking at a picture or the television, for example).
- Rubs her eyes when she's not sleepy.
- Closes one eye to see better (while looking at a book or watching television, for example).
- Avoids close, near-vision activities like scribbling, coloring, playing board games, or doing schoolwork.
- Avoids distance-vision activities, like watching birds or planes or playing catch, or has trouble seeing small objects at a distance or reading the blackboard in school.
- Has trouble following an object with his eyes (visual tracking).
- Has a recurrent headache at the end of the day.



- Complains of tired eyes.
- Seems overly sensitive to light.
- His eyes flutter quickly from side to side or up and down.
- Has a persistent, unusual spot in his eyes in photos taken with a flash (a white spot, for example, instead of the common red eyes).
- Has any change in the appearance of his eyes.
- Has difficulty seeing at night or in low light.
- Has one eye that appears larger than the other, or pupils of different sizes.
- Is not able to distinguish certain colors (red from green, for example).
- Has difficulty seeing objects that are potential hazards, such as steps, curbs, and walls.

Your child's doctor can help you determine whether you should be concerned. The doctor may examine your child's eyes, screen his vision, or refer you to an eye specialist (ophthalmologist). If vision problems run in your child's family, be sure to mention it.

For a full list of things to watch for go to http://www.babycenter.com/0_red-flags-signs-that-your-child-may-have-a-vision-problem_1439873.bc

SUSTAINABILITY CORNER

Recyclable boats

The 7th to the 13th of October is **National Recycling Week**. It's important to always recycle correctly but why not also save some materials and create these fun boats!

Materials

Empty containers (Example: sunscreen bottles, baby oil, shampoo) Corks, rubber bands, wood skewer, glue, paper.

1. Slice the corks in half lengthways.

2. **Make the sails:** Cut a large triangle out of paper and fold in half. Place the skewer in the middle and glue closed.

3. Poke a skewer into the cork half and attach to the bottles using 2 rubber bands.

TIME TO GO SAILING!

Fold on dotted line



Place skewer in fold



Letters in the bath - Materials: foam letters

Activity: At bath time fill the bath with letters, ask your child to find different letters for you. "Can you find the b?" give your child time to search the tub. Assist them by drawing it in the air and saying things that start with 'b'. Add bubbles for extra fun and an extra challenge.

READ AROUND THE WORLD: Classic children's books from around the world.



1. Karlsson on the Roof by Astrid Lindgren

In this Swedish classic, a very self-confident little man with a propeller on his back lives on the roof of a lonely little boy's building and takes him on exciting flying adventures.

2. The Cholito Series by Oscar Colchado Lucio

Weaving together Peruvian fairytales and legends, the series follows the adventures of a little boy named Cholito as he travels the world.

3. The Adventures of Tin Tin Series by Hergé

One of the most popular comics of the 20th century, this beloved Belgian series follows the adventures of a brave, young reporter who solves mysteries around the world with the help of his faithful dog, Snowy.

4. Journey to the West by Wu Cheng-en

Written all the way back in the Ming Dynasty, this is an enduring Chinese tale about the adventures of a Tang Dynasty priest and his disciples — Monkey, Pig, and Friar Sand — as they search for a Buddhist Sutra.

5. Winnie the Pooh by A.A. Milne The English tales of this curious, whimsical bear and his friends Piglet, Tigger, Rabbit, Eeyore, Owl, and Christopher Robin are some of the most successful and widely translated stories of all time.

https://www.buzzfeed.com/dianabruk/popular-childrens-books-from-around-the-world?utm_term=.rgp3mEZVzz#.yo6KYex5ZZ

2016 SMARTY PANTS END OF YEAR PARTY

We would like to invite all of our Smarty Pants families to our annual end of year party, taking place on Saturday 26th November from 9:30am.

Between 9:30am and 10:30am we invite all families to gather with staff in our back garden for activities. Platters of healthy food are welcome.

A big thank you to Troy from Master Hire who will be cooking a BBQ for us.

From 10:30am to 11:30am Bumbletown will be holding a family fun concert for everyone to enjoy.

For our Emu children who will be moving to big school next year a graduation ceremony will be held to finish off the day from 11:45am.

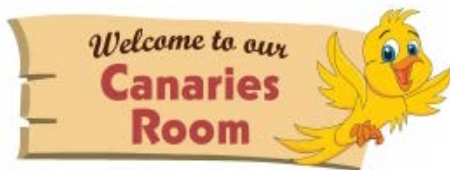
We look forward to seeing you all there!



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CENTRE NEWS



CANARIES NEWS – NOVEMBER 2016

Children's play is practice in thinking. They do it by playing around with things, people and ideas. It's a way of trying out and finding out. Early years experiences set neurological pathways that effect learning, behaviour and health through life.

In the Canaries room we endeavour to create an environment for exploration, investigation, practicing skills, language development and much more.

Every week brings something new and precious like the little ones inherent physical skills of rolling over for the first time, sitting up balanced, raising self on hands and knees, being able to grasp and hold a toy. It's lovely to see the older ones helping with simple chores and following basic instructions. Listening is a wonderful ability to foster. Throughout all of the events of the day we value and nurture your child's enriched learning experience with love and patience.

I would like to thank you for your feedback and interest in our days. Information sharing is vital, most welcome and appreciated. I really don't want to sound like a grump! But due to the amount of babies in my care at the moment, could I ask that all older siblings be dropped off to their rooms first or as I'm aware this could be quite difficult due to all our gates. I'm happy for them to play on my front veranda area.

I would like to welcome and encourage all my families to come celebrate the centre Christmas Party on Saturday 26 November ☺

Reminders:

- ❖ Spare cloths to suit the weather.
- ❖ Water bottles
- ❖ Please provide "late snack" if your child is in care after 4:30pm (vary your healthy choices)
- ❖ If your child is over 15 months, they are welcome to a morning play in the back yard so be sure to apply sunscreen. We will reapply in the afternoon.
- ❖ Be sure to name all belongings.
- ❖ Made up bottles/milk to be stored in the tub provided in the fridge.
- ❖ Please fill in your child's day book.

Peta & Carolyn.





LORIKEETS NEWS – NOVEMBER 2016

Thank you to the parents that have brought in photos for our family wall.

In October we explored some sensory experiences, while investigating with pouring and measuring of the resource. As we spooned the salt into the cups we turned the experiences into counting. We have now extended on this and are learning about counting and numbers focusing on one to five. With the Lorikeets showing an interest and understanding to mathematical learning; we are also adding mathematical concepts to all of our play opportunities.

In November we will be extending our interest and furthering our counting skills and number recognition.

Just a reminder each visit please bring:

A fitted sheet to cover the mattress, a hat, and a drink bottle. Also please provide spare clothes – suitable to weather and extra for toilet training and with the weather warming please provide extra for when we have water play.

On Arrival:

Have you applied sunscreen? We will reapply in the afternoon before outside play. Does your child have their hat ready and on for outside play or when they enter the yard? Nappies (if needed for your child) - please name and place in the red nappies box located on top of the lockers in the Lorikeets Room. Parent Input - Do you have any input you can include into the program? Please write in the communication book or there are forms in the folder that you may like to fill in about a special event/ weekend.

Separation

Separation anxiety is normal and can occur when a child feels upset to be separated from their parent or carer. Some days it may occur and other days they may say bye happily, this depends on the environment and their initial first interaction for the day. Separation anxiety can occur during the first two and a half to four years of a child's life and will settle down as the child becomes confident and builds a positive sense of self. In the early childhood environment children have opportunities to interact with other children and take part in a variety of experiences. Some children embrace this with enthusiasm and this allows parents to leave feeling confident and comfortable. But if your child is upset or anxious, or the environment is noisy or crowded it may feel too much and result in anxiety and your child not feeling comfortable to separate and say goodbye, resulting in the parent feeling distressed, making leaving hard to do. As the parent you need to try to be strong and stay positive, which can be hard to do when your child is sad and crying for you. As educators we too feel bad to separate a sad child from their parent, but we can see and have learnt that the distress your child has is often short lived and only lasts for five to ten minutes (sometimes even less) after they say goodbye and have a cuddle.

If you wish to discuss your child's separation or if you would like more support and ideas on how to make this an easier time of day, please speak to an educator.

Nicky, Stacey and Carla.





Spring time!

With the beautiful spring time weather comes many new discoveries in our yard. Natives are blooming, butterflies fluttering and bees are buzzing. Watering our garden ensuring the plants don't die in the warmer weather. The Kookaburras often share the hosing in the morning and later in the afternoon which often extends into water play, painting the fence, picking and cooking herbs and all sorts of concoctions using our native fauna.

If you have any interesting bugs or native plants please allow your child to share them with their class as this provides great learning opportunities.

Welcome

Ethan has returned after some time away and it has been lovely to see old friendships blossom once more.

Also welcome to Corbyn, who has moved up from the Lorikeet room.

Surprise visitor

Last Wednesday we had a surprise visitor, a brown ring tail possum fell out of the huge palm tree near the sandpit. Thankfully it was only stunned for a few minutes and was able to make its way back to another tree {a little less high}. Miatta was quick to take some amazing photos of this exciting event and I will place a learning story in all the children's portfolios for you to view with your child. We will be doing more follow on learning about possums and other native wild life that we share the yard with over the next few weeks.

Happy Birthday to Levi turned 4 on the 4th October and Jayde turning 4 on the 2nd November.

Reminder to all families to continue to pack a jumper as the weather can turn cool very quickly for this time of year. Spare clothes are also needed especially with all the water play in the warmer weather.

Liz and Crystal





EMU NEWS – NOVEMBER 2016

Term Overview

In the Jingle jangle jungle, during a hot and dry spring the Emu room discovered a VERY cranky bear. The Very Cranky Bear is helping us explore emotions. So far we have focused on how we can tell what people are feeling and how our bodies show feelings. Next we will discuss how we can respond to different situations and how we can calm our inner bear.

Another project the Emu room is undertaking is the Recycle Right Challenge through Planet Ark. We will be investigating what can be recycled and why this is important for our environment. For this project I am asking each of the Emu's (parents) to bring in one item from their rubbish for us to work with.

I have begun the mammoth task of transition statements. These will be sent home from December 1. These statements provide a summary of your child's learning and development during the Kindergarten Year. Parents are to pass these statements on to the primary school.

FOCUS AREAS

Literacy

We are still working hard on letter and name recognition, and have included shared reading into our circle time.

Numeracy

Patterns, size and ordering are currently our main focus and we continually work with number names and values throughout the day.

Handwriting

I must apologise for the sign ins of late, however, we are back on track! It is fantastic to see children signing in and practicing their writing independently throughout the day.

Eagle Eye Badges

The children are working hard on their independence and self-management. There is high expectation for the Emu's to self-manage and care for their belongings. Each day they are to complete a stage, once all 8 stages have been completed they receive their Eagle Eye Detective badge.

Show and Tell

Show and tell is a very important part of our Kindy day. This term I would like to move towards a "teach and tell", moving away from our toys (asking for trouble I know!). Story books, family pictures, an object from a walk or something they made are much better options and provide a perfect platform to encourage speech and conversations.

Off to Big School Display

The "Off to Big School" display has been a huge success for children and parents alike. It has been great to see the children respond positively to their schooling buddies which is key to the transition process.

We are looking for...

Please keep boxes and rolls coming in. In fact, any paper/card off cuts or useful objects that you come across would be great.

Please remember:

- ★ Your child needs to bring their HAT **every day**
- ★ Water bottle
- ★ Name all of their belongings

The year is coming to an end very quickly and I look forward to spending the next 5 weeks with these wonderful little people. I am excited for them and the next stage in their life, but I must say I am also a little sad that our time together is coming to an end.

If you have any queries or concerns I encourage you to come and discuss these with me.

Jess and Fran.



feedback 
IS ALWAYS WELCOME

How can we make our newsletter even better?

What information would you like us to include?

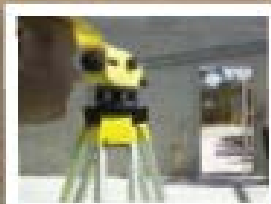
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