

SOMETIMES YOUR JOY IS THE SOURCE OF YOUR SMILE, BUT
SOMETIMES YOUR SMILE CAN BE THE SOURCE OF YOUR JOY.
- THICH NHAT HANH



ON *this* MONTH

Camden Cottage Preschool

Transition to School Meeting ----- 26
2021 Forms Due ----- 30

AROUND THE COUNTRY

Children's Book Week ----- 17-23
Aussie Backyard Bird Count ----- 19-25
Loud Shirt Day ----- 23
Children's Week ----- 24-31
Grandparents Day ----- 25
RSPCA Cupcake Day ----- 26
Day for Daniel ----- 30

2020-2021

Special Dates...

Mon 26th October 6.30pm

All Koala parents are invited to an
Information Session on our School
Readiness and Transition to School
program 2021.

Thurs 17th December 9.30am

Dingo Graduation Ceremony (more
details will be emailed to parents and
posted in the November newsletter).

Fri 30th October ... 2021 intention forms
due.

Mon 21st December Last Day 2020

Mon 11th January First Day 2021





LOUD SHIRT DAY – OCTOBER 23

LOUD Shirt Day is a national community initiative, which was developed as a fundraising campaign, so that children affected by hearing loss can live life loudly. Did you know that over 12,000 Australian kids face every day with a hearing loss?

Showing your support couldn't be simpler! All you need is a wacky shirt and a commitment to get LOUD!

Find our more and register at loudshirtday.com.au

GRANDPARENTS DAY – OCTOBER 25

Grandparents Day is a day to spend time with an older loved one and to celebrate the important role older people play in your local community. It's a day to connect across the generations. This Grandparents Day connect with an older person via phone, video call or face to face if it is safe to do so. **Check your local council websites for events happening in your community.**

SWEET POTATO & FETA FRITTATA



PREP 35 min | COOK 20-25 min | SERVES 4-6

INGREDIENTS

1 large sweet potato, peeled and chopped
1 tablespoon olive oil
Sea salt and freshly ground pepper
8 eggs
1 cup milk
120 grams ham or pancetta, chopped
1 tablespoon fresh parsley, chopped
½ cup cheddar, grated
½ cup parmesan, grated
80 grams feta, crumbled

METHOD:

Preheat oven to 180°C (350°F). **Place** the sweet potato on a baking tray lined with baking paper, drizzle with olive oil and season with sea salt and pepper. **Roast** for 20 minutes or until golden and cooked.

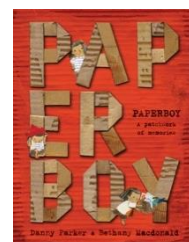
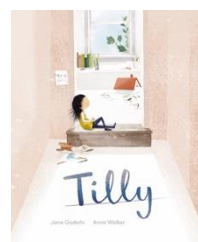
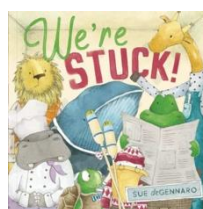
Meanwhile, **place eggs** and milk in a large bowl and whisk to combine. **Add ham/pancetta**, parsley, cheddar, parmesan and feta and gently stir to combine.

Place the cooked sweet potato in the bottom of a lined 20cm x 30cm pie/baking dish. **Pour** the egg mixture over the top of the sweet potato and **bake** the frittata for 20-25 minutes or until puffed and golden. **Allow to cool** slightly before cutting into squares to serve.

Recipe and Image from 'mylovelylittlelunchbox.com'

Book reviews

The CBCA Children's Book Week shortlisted books are a treasure trove of Australia's best books from the last year.



WE'RE STUCK

Sue DeGennaro | AGE 3 - 8

When Turtle races into the lift of Building 24, there is a nod and a blink and a step to the side. A grunt and a sigh and a lean to the right. But what happens when the lift stops moving? Crocodile has a meeting to get to. And Giraffe has a doctor's appointment. And Turtle really, really needs to get to the shop. This uplifting, relatable story focuses on themes of friendship, community and belonging.

TILLY

Jane Godwin, Anna Walker | AGE 3 - 10

Tilly's found the perfect hiding place to keep her special treasures. No one knows about it, not even her big brothers and sister, who know everything. But one day, something happens that Tilly could never have imagined... Exquisite illustrations accompany a beautiful, unusual and intriguing story that captures a small girl's identity through her relationship with treasured objects in a noisy home.

PAPER BOY

Danny Parker, Bethany MacDonald | AGE 6+

Paperboy is a journey through the salient moments of a young boy's life the fears, the trials, the tragedies and the small triumphs with each moment contemplated in terms of paper. Tissue paper that tears too readily, fly paper to which nasty things adhere, folded paper with which to create hope.

DINGO DOINGS

This month the Dingoes have been very busy strengthening the small muscles in their hands and fingers with many fine motor activities such as; making fruit skewers, building with recycled materials ,threading spider webs, bubble blowing painting, creating a picture frame, cutting out every day and sometimes foods from catalogues, cooking and much more.

Developing fine motor skills in preschool is essential to strengthen hand muscles for learning handwriting in Kindergarten. Our activities also help the children connect with their world and develop autonomy and agency. In Multi-Lit, children identified written letters and connected them to their sounds. September was brought to you by the letters... h, u, b, e

The Dingoes are very excited to have a go at writing words such as; bug, hut and leg.

This month the Dingoes have been learning about sustainability and focusing on why we use a water tank. Together we have been discussing the water tank at Preschool and how rain water fills it up so we can use the recycled water in our sandplay and water play.

EYLF Outcome 2: Children are connected with and contribute to their world.

Mr David, Miss Annetta and Miss Megan



JOEY JOTTINGS

This month, the Joeys have been working on their fine motor skills. Fine motor skills are being able to cut with scissors, colour with crayons and pencils, paint using a paintbrush and play with small objects such as Lego, beads and puzzles. The Joeys of course engaged in all of these activities and the paintings were their favourite! All the Joeys were able to follow Miss Cathleen's instructions and practise their fine motor skills.

The Joeys have also been loving recording themselves dancing and singing. Make sure to keep an eye out in the Joeys day books to see if there's a video of the Joeys dancing and singing along!

With the weather warming up, the Joeys have started to engage in more water play! Please remember to pack extra clothes.

Miss Cathleen



The children love Ring a Ring a Rosie with Miss Cathleen. Did you know this whimsical game had beginnings in the worst pandemic in history – The Great Plague (1665), caused by a single bacterium.





Talking about personal safety is one of the most important things you can do as a parent or carer. Personal safety education provides children with the knowledge they need to recognise potentially unsafe situations or people and know how to respond. It is part of preventing abuse and keeping kids safe.

It's not difficult to educate children about personal safety. All it takes is the willingness to start, some help with content, and time. Research shows that teaching children about personal safety:

- Reduces the likelihood of a child entering into an unsafe situation.
- Clearly demonstrates how to respond to an unsafe situation.
- Increases a child's sense of confidence and in doing so increases their resiliency.
- Increases a child's knowledge of their personal rights i.e. "I have the right to feel safe with people".
- Increases the likelihood that the child will speak out if they feel unsafe and tell someone they trust.
- Can interrupt or prevent grooming.

It's never too early to teach personal safety As parents, we need to teach our children these 'five basic principles':

- To trust their feelings and distinguish between 'yes' and 'no' feelings
- To say 'no' to adults if they feel unsafe and unsure
- That they own their own bodies
- That nothing is so yucky that they can't tell someone about it.
- That if they feel unsafe or unsure to run and tell someone they trust.

The 3 Rules of Personal Safety

The above personal safety principles can be distilled into three 'rules' that you can teach your children. Children should learn these rules through repetition and fun, engaging activities.

1. We all have the right to feel safe with people. This rule teaches children and young people that they have the right to feel safe and secure where they live, play, and learn, and that no one has the right to make them do something that makes them feel unsafe or unsure.

2. It's OK to say 'NO' if you feel unsafe or unsure. This rule teaches children and young people that it is OK to stand up for themselves and to be assertive if something doesn't feel right.

3. Nothing is so yucky that you can't tell someone about it. One of the reasons that children and young people fail to disclose harm is because they are afraid of getting into trouble. This rule helps to encourage them to speak to a trusted adult, even if something seems scary or terrible.

This is just part of a wonderful article from [bravehearts.org.au](https://bravehearts.org.au/protecting-our-kids-teaching-children-about-personal-safety/). Go to <https://bravehearts.org.au/protecting-our-kids-teaching-children-about-personal-safety/> for all relevant links and downloadable resources.

October 30 is 'Day for Daniel' it is Australia's largest day of action to raise awareness for child safety, protection, and harm prevention. Held annually on the last Friday of October, Day for Daniel honours the memory of Daniel Morcombe.

danielmorcombe.com.au has a huge range of resources to support Personal Safety Education.

Go to <https://danielmorcombe.com.au/keeping-kids-safe-resources/> for a selection of video lessons you and your family can partake in. Each lesson has supporting activities and documents. Additional parent resources can be found here danielmorcombe.com.au/keeping-kids-safe-resources/parents_carers/

Bravehearts. (2019). *Protecting Our Kids: Teaching Children About Personal Safety*. Retrieved from <https://bravehearts.org.au/protecting-our-kids-teaching-children-about-personal-safety/>



EAT BREAKFAST AND POWER THROUGH THE DAY

The health benefits of breakfast are really important, especially for young people. A recent report from the Australian Bureau of Statistics has found that one in seven school children are skipping a morning meal and missing out on the important benefits of breakfast. Eating breakfast Improves alertness, concentration, mental performance, mood and memory. It helps in maintaining a healthy weight, provides energy and essential nutrients. Eating a healthy breakfast is the best way to start the day but, kids can be fussy. If your child/ren isn't a fan of breakfast, try these ideas:

- A bowl of whole grain cereal with milk, a dollop of yoghurt and sliced fresh fruit.
- Try adding a sprinkle of nuts for extra crunch!
- A delicious smoothie made from milk, fresh fruit and yoghurt
- A toasted slice of sourdough bread with some cheese, baked beans or avocado
- Poached eggs on whole grain toast with tomato, mushrooms or spinach
- Overnight oats with yoghurt and fruit

Source: www.linkhc.org.au/the-benefits-of-breakfast/



HEALTH & SAFETY: Kids can love veggies too!

Vegetables give your child energy, vitamins, anti-oxidants, fibre and water. They help protect your child against diseases later in life, including heart disease, stroke and some cancers. A healthy diet means eating lots of vegetables, plus a wide variety of foods from the other main food groups.

The Australian Dietary Guidelines say that children aged:

- 1-2 years should have 2-3 serves of vegetables each day
- 2-3 years should have 2½ serves of vegetables each day
- 4-8 years should have 4½ serves of vegetables each day.

If your child finds it hard to eat enough vegetables, it's important to keep working on it. If you help your child develop healthy eating habits now, it sets up healthy habits for life. You can help your child enjoy veggies too:

Lead by example: Kids love to watch us and food choices are often learnt from parents and carers behaviours. Eating vegetables at family mealtimes is a great way to encourage your child to eat veggies too.

Keep trying with vegetables: Some kids may need to be exposed to a certain vegetable 10 times before they decide to try it, and another 10 times before they like it! If at first your child says no, keep offering that vegetable at different mealtimes – eventually your child may change their mind.

Use praise when your child tries vegetables: Praising your child when they try a vegetable is a great form of encouragement. Praise works best if you are specific with what they did well, such as “Peri, I love the way you tasted your pumpkin and broccoli.” Just be careful not to say things like “If you eat your broccoli, you can have dessert.” Praising and rewarding kids for eating can change the motivation to try veggies. Instead, try to praise them when they enjoy a certain new veggie.

Get your child involved in cooking vegetables: Kids who help prepare their veggies are more likely to eat them. Try to include your child in the cooking process. Perhaps let them choose the veggies for a stir fry, put chopped veggies in the steamer, or wash salad leaves.

Offer vegetables as snacks: Keep some veggie snacks on hand for when your kids are hungry. The more meals that include veggies, the more your child will try them. Try veggie sticks with dip or a bowl of cherry tomatoes on the bench.



Go for vegetable variety, taste and fun: Try to cover a range of veggies – the more variety the better than chances of your child finding veggies they like. Go for veggie-topped pizzas, stir fry or a platter of colourful veggies as a snack.

Get vegetables into meals in other ways: Making the veggie the hero is important for your child to become familiar with the shapes and textures of veggies. However, if your child is especially fussy, try incorporating vegetables into dishes they already like, such as grating carrot and zucchini into pasta sauce, or pureeing veg into soup.

Adding new veggie filled recipes to your weekly menu or even making some additions to tried and true favourites can be a great way to begin to increase your whole households veggie intake. **Here are some links to delicious recipes chock full of vegetables:**

- **tryfor5** has a huge library of recipes divided into categories for the entire day www.tryfor5.org.au/kids
- **Yummy Toddler Food** has compiled a master list of vegetable recipes for kids www.yummytoddlerfood.com/advice/nutrition/vegetable-recipes-for-kids/
- **Jo Kate Nutrition** has created 3 different meal prep guides that feature delicious veggie heavy dishes. www.jokatenutrition.com/freedownloads

Nutrition Australia (2020). Encouraging kids to enjoy veg. Retrieved from <https://www.tryfor5.org.au/encouraging-children-to-enjoy-veg>



AUSSIE BACKYARD BIRDCOUNT

Most children have a fascination with the environment and the things they find living in it. Giving children opportunities to explore and interact with their local environment develops respect and appreciation for the natural spaces and animals.

This October take part in the Aussie Backyard Bird count, discover the huge range of birds living right above you.

To complete the Aussie Backyard Bird Count, spend 20 minutes standing or sitting in one spot and noting down the birds that you see. You will need to count the number of each



species you spot within the 20-minute period. For example, you might see 4 Australian Magpies, 2 Rainbow Lorikeets and a Sulphur-Crested Cockatoo. You can record your results online or simply download the app. The app can also be used as a field guide/ bird finder. aussiebirdcount.org.au





KOALA CAPERS

This month, our group goal has been to strengthen fine motor skills. This is achieved when children use their smaller muscles in the hands, fingers and wrists.

The Koalas have participated in a range of activities designed to promote the use of fine motor skills such as threading, dot patterns, painting, drawing, play dough and construction with Lego, Mobilo, etc.

The Koalas have enjoyed their new topic of learning - summer! The children have been able to recall their summer experiences from last year and we have spent much time discussing the fun activities that we can do in the summertime such as visiting the beach, swimming in the pool and eating ice blocks. We have focused on sun safety and the Koalas enjoyed a book called George the Sun Safe Superstar and everyone was eager to put their sunscreen on well and be a Sun Safe Superstar too!

The Koalas applied their knowledge of the beach to their own artworks, meditated to summer insect sounds such as crickets, frogs and cicadas.

Miss Liz



HEALTHY HAROLD VISIT



This lovable giraffe has been visiting schools for decades. When our turn came this September, Harold helped us to learn about Healthy Friendships, building awareness of relationships and equipping the children with skills, strategies and knowledge about being a good friend. Some mums were overheard reminiscing with their children about seeing Healthy Harold when they were at school. Some things never change.





BLUE WHALE OFF SYDNEY

NSW National Parks and Wildlife says a recent sighting of a blue whale off the Sydney coastline could be only the third to be seen in the past 100 years.

The blue whale is the largest animal on the planet, but is very rarely spotted by even the most avid of whale watchers. This blue whale was spotted by @seansperception who posted his sighting via his Instagram account. This particular blue whale may have been more than 25m (82ft) in length and weighed more than 100 tonnes (100,000kg). Sadly, there is thought to be only 10,000-25,000 left in the wild, these magnificent marine mammals are today classified as an **endangered species** making this sighting incredibly important. Blue whales are more commonly seen in Western Australia when they feed on a krill buffet at Perth Canyon.

WHALE WATCHING

Australia is one of the best places in the world to see whales, often right from accessible beaches and cliff-faces of our vast coastline. More than 45 species of whales, dolphins and porpoises call Australia home; in fact, nearly 60 per cent of the world's whales can be found in our waters. If you are lucky enough to live near the coast you can try your luck at whale watching.

Teach your kids what to look for:

Scan the horizon, back and forth. Look for the tell-tale 'blow'. Look for the whale's body as it surfaces. Humpbacks and southern right whales often put on spectacular displays as they arch, roll and crash around the water. This is called breaching and is your best chance to identify the species. Be patient and enjoy the fresh air.

Follow this link to find out when the best time to spot whales is near you aboutaustralia.com/blog/whale-watching-in-australia-season/

Source: wildaboutwhales.com.au



SCIENCE WEEK with ASC



We had the special privilege of welcoming Scott Hayward to our ASC group during Science Week this month. Children were treated to making Elephant Toothpaste.

https://www.youtube.com/watch?v=I3-hGx6PEMM&ab_channel=MichiganMedicine



5 Minute MOVES

Crab walk soccer

Short simple activities to get some active minutes in the day

Mark two goals about 5 metres apart, you can increase the challenge distance. Place a soccer ball in the middle (the children are playing inside).



In crab walk position, you and your child stand on opposite goals. Call start, then each player crab walks to the centre and attempts to get the ball over the opponents' goal line. When a point is scored, the ball is returned to the centre ready for you or additional family members or friends to try again.

Source: successiblelife.com/9-fun-workout-games-to-make-your-fitness-routine-more-enjoyable/

Feedback
is always welcome



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