

'HOW WONDERFUL IS IT THAT NOBODY
NEEDS TO WAIT A SINGLE MOMENT
BEFORE STARTING TO IMPROVE THE
WORLD.' - ANNE FRANK

A YUMMY BANANA
MUFFIN RECIPE
WITH MINIMAL
WASHING UP!!

HELP PREPARE
YOUR CHILD FOR
TRANSITION TO
SCHOOL

**Bellingen
Preschool Inc.**



On this month

AT BELLINGEN PRESCHOOL

Drum Beat Performance----- 29th Nov
Christmas Parties----- 11th & 12th Dec
End of Term -----15th Dec

AROUND THE COUNTRY

Remembrance Day ----- 11th
National Recycling Week ----- 13-19th
World Kindness Day ----- 13th
Orangutan Caring Week ----- 12-18th
Universal Children's Day ----- 20th
Social Inclusion Week ----- 25th-3rd Dec

Young Australia Drum Workshop

Mark from Drumbeat will be presenting a workshop to teach the children the value of music and rhythm. With cowbells, castanets, bongos and more the children are sure to enjoy this hands on show. This will be subsidised by Bellingen Preschool Inc.

Term 4 2017

Christmas Parties

Christmas parties will be on **Monday 11th & Tuesday 12th December 2017**

Agenda

2.00pm – concert begins
2.15pm – children have a handmade gift to present to their families
2.20pm – Santa arrives and presents a book to children from preschool
2.30pm – Afternoon tea

****There is a food roster on the verandah for families to contribute to afternoon tea.**

Charity Fundraising

Each year in lieu of a present or card for staff, we like to raise funds for a charity, generally dedicated to helping children.



This year we have chosen Royal Far West, an organisation that delivers a comprehensive range of health and education services that give vulnerable country children a better chance of leading healthier, happier, more productive lives. There is a donation box near the sign-in sheet.

Daily Reflective Journal (DRJ)

The 2017 DRJ will only be available until 15th December 2017

End of Term

Last day of term for children is **Friday 15th December 2017**





REMEMBRANCE DAY – 11TH

In 2017, 11 November marks the 99th anniversary of the Armistice, which ended the First World War (1914–18). 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. The Service of Remembrance in many

Commonwealth countries generally includes the sounding of the "Last Post", followed by the period of silence, followed by the sounding of "Reveille" or sometimes just "The Rouse".

www.awm.gov.au/commemoration/remembrance-day

UNIVERSAL CHILDREN'S DAY – 20TH

Established by the United Nations in 1954, Children's Day is marked on November 20 each year to promote international togetherness, awareness among children worldwide, and improving children's welfare. Universal Children's Day offers each of us an inspirational entry-point to advocate, promote and celebrate children's rights, translating into dialogues and actions that will build a better world for children. www.un.org/en/events/childrenday/



ONE BOWL BANANA MUFFINS

PREP 10 min | COOK 12 min | SERVES 12

INGREDIENTS

2 very ripe bananas, peeled
2 eggs
½ cup (125 ml) olive oil
½ cup (125 ml) Greek or natural yoghurt
½ cup (90 grams) brown (or coconut or rapadura) sugar
½ cup (80ml) golden syrup
1-tablespoon vanilla extract
2¼ cups (340 grams) plain wholemeal (wholewheat) flour
2 teaspoons baking powder
1 teaspoon cinnamon, ground
½ teaspoon nutmeg, ground
¼ teaspoon ginger, ground

METHOD: Preheat oven to 180 C (350 F) and line a 12 hole muffin tin with papers. Set aside. Place bananas into large mixing bowl and mash using a fork. Add eggs, olive oil, yoghurt, sugar, syrup and vanilla and whisk to combine. Add flour, baking powder, cinnamon, nutmeg and ginger and stir using a wooden spoon until just combined. Evenly divide the batter between the prepared tin and bake for 12 minutes or until a skewer inserted removes cleanly.. Enjoy mylovelylittlelunchbox.com

SAFETY – Remember to always supervise kids in the kitchen.



Source: Recipe and images belong to mylovelylittlelunchbox



Apps of 'Kindness'. Be happier and kind to yourself. Children learn to recognise emotions are the key to kindness.



HappyFeed

HappyFeed Inc | Adults | FREE

HappyFeed is a private journal to help you focus on the little things that make life great. Record just three moments each day to start feeling happier. Each day record three short, positive moments, add photos to bring your moments to life. View any past day to remember your best moments. Fully private: no public posting, sharing or following.

One Globe Kids - Friends Around the World

Globe Smart Kids | 4-10 Years | FREE



Experience the similarities and differences you have with real kids around the world through their stories, games and even their language. Designed to foster curiosity, cultural openness, and global imagination, preparing children for success in the 21st century



Avokiddo Emotions

AVOKIDDO | 4 & under | \$4.49

Give your children a serious case of the giggles when you introduce them to a zany zebra, shy sheep, jolly giraffe and modest moose!

Dress up, feed, play and care for these cute animals and discover dozens of emotions in this endless play funhouse. Pretend play with over 110 objects, foods, toys and musical instruments and find out how to please your lovable pets.

Explore feelings in an open-ended free style playroom! These huggable pets have personality to spare and are animated with realistic multi-faceted reactions to a whole host of scenarios.





Starting school is an important time for children and families. Children who make a positive start to school are more likely to: feel comfortable, relaxed and valued, feel excited and motivated to learn, have good relationships with others and develop a sense of belonging within the school community.

Starting school is not just about the first day. It's a process that begins when children and families start to prepare in the year before, and continues as children experience their first days, weeks and months of school. The process involves a number of changes for children and families, and everyone reacts differently.

For some children the change brings excitement about making friends and learning new things, while for others the change can leave them feeling nervous and overwhelmed. You may reflect on your own school experiences and be reminded of the mix of emotions you felt when starting school.

Families play an important role in supporting children to manage the transition to primary school. With the support of your child's early childhood educator and school teacher, you can help them to cope with the new challenges by developing their social, emotional and learning skills. Supporting your child's skills in these areas contributes to their mental health and wellbeing.

Children who are mentally healthy are better learners, have stronger relationships and are better able to meet life's challenges.

How can you help prepare your child?

Attend school transition sessions: By attending these sessions you are helping your child familiarise themselves with their new environment and the other people who will be there with them.

Some schools offer extensive programs over a period of months or weeks, take advantage of these! Some programs invite children to attend play based learning sessions with other enrolled kindergarten students.

Talking: Talk with your child in a positive way about starting school. Monitor your child's response to conversations about school and how they react. This will give you insight to how they are feeling and help you plan ways to support your child.

Books: Books are a great way for your child to become familiar with new routines, including the transition to school.



Starting School
by Jane Godwin

Tim, Hannah, Sunita, Joe and Polly are all off to school for the first time. Would you like to meet them and see how they go?

There are new friends to make, fun ways to learn, and lots of different things to discover.

Many children benefit from sharing a book that has been made especially for them, about starting school. Kidsmatter has some wonderful templates to help you create these stories. Templates are available here: <https://www.kidsmatter.edu.au/families/starting-school/childrens-activity-books>

To read this article in its entirety, follow the link below:
<https://www.kidsmatter.edu.au/families/starting-school>

CONNECT-THE-DOTS WITH LETTERS

Good old connect-the-dots gets revamped when you write a handful of repeating letters in random patterns down a length of butcher's paper.

Kids can connect the letters in any way they like, so long as all of the G's are connected to the other G's, and so on. Choose only 5-6 letters at a time and try to include one or two letters your child is confident with. You can alter the difficulty of this activity by using one single colour or writing all the A's in one colour and the C's in another. You could also mix uppercase and lowercase letters depending on your child's ability.

Source: A great activity from 'Hands on as we grow'.
<https://handsonaswegrow.com/big-connect-the-dots-letters/>



HEALTH & SAFETY: Water Safety for Preschool Children

During this stage your child is far more independent. They will dress themselves, feed themselves, clean their teeth and take themselves to the toilet. During this stage many parents have their hands full with new additions to the family. Very often this results in the older child being given more responsibility and independence.

While children seem far more mature and capable of making more complex decisions they still need their parents or caregivers for supervision and direction to maintain a safe learning environment, particularly when water is concerned.

During this stage the unsupervised child may be capable of

- Filling the bath, laundry tub or play pool with water
- Climbing the fence
- Pulling objects up to the pool fence to help them open the gate
- Opening the front door and wander into the neighbours unfenced pool or fish pond

As a result parents need to continue their diligence with supervision and check and secure the home from potential water hazards. This is also a great time to set some ground rules with your child around water. Remember your child's comprehension is improving and they will begin to learn their boundaries. Creating a routine in preparation for water play will also play an important role in water safety. For example teach your child that before playing in water they must get dressed into their swim wear and collect their towel, sunscreen and toys in preparation. In doing so you may actually be alerted to your child displaying signs that they want to play in the water.

It's important to supervise your children at **all** times. No child is drown-proof and preschool children are best kept at arm's length even if you think they are safe in shallow water. Even children who are



very confident and competent with swimming skills can find themselves in dangerous situations.

Once children have learnt to swim and are independently mobile in the water it is important that they are given an opportunity to explore and play in deep water. Parents must remain within arm's reach closely supervising but allow children the freedom to do things for themselves so that they learn their limitations and boundaries. Doing things for themselves will help in teaching children a respect for the water.

Article Source: [Worldwideswimschool.com](http://worldwideswimschool.com)
<http://worldwideswimschool.com/water-safety-for-preschool-children/>

KIDS ALIVE – DO THE FIVE!

1. Fence the pool
2. Shut the gate
3. Teach your kids to swim – it's great
4. Supervise – watch your mate and
5. Learn how to resuscitate



BIG AUSSIE SWAP

Planet Ark is calling on Australians to join the War on Waste and take part in the Big Aussie Swap during National Recycling Week from 13th — 19th November.

Savvy shoppers who take part in their local Big Aussie Swap will experience a unique dose of retail therapy. To take part participants simply exchange good-quality, but unwanted, items like clothes books, CDs, children's toys, accessories and sporting equipment for tokens that are then used to 'purchase' pre-loved products that have been brought along by other swappers. Swaps extend the lives of useable items, are a great alternative to buying new items that people don't need and promote community engagement and awareness about reducing waste.



You can take part in community and local council swap
Or host your own swap party at work or at home!!!

Planet Ark's Big Aussie Swap 'How-To Guide' has helpful advice on running a successful Swap session and useful resources such as invitations, swap tokens and signage.

To download the 'How-To Guide' or find an event near you go to <http://recyclingweek.planetark.org/news/display/1344>



GUIDED RELAXATION


No matter their cultural background, no matter their economic situation, kids will always find imaginative ways to have fun.



Photographers: INDONESIA | 1. Ipoenk Graphic 2. Agoes Antara
INDIA | 3. Mukund Images RUSSIA | 3. Светлана Квашина
ESTONIA | 4. Erika Hunt

View the full article '30 Magical Photos Of Children Playing Around The World' here <https://www.boredpanda.com/happy-children-playing/>

Infant Swimming Lessons@ YMCA Bellingen



We are now taking bookings from 6 months of age with morning classes available.

Call 66551688 to book in today!

Belling Shire Swim Centre
Prince Street, Belling
6655 1688 ymcansw.org.au/belling



5 minute moves

What's your name?

Short simple activities to get some active minutes in the day.

Assign an activity to each letter of your child/ren's or your name. Each activity only needs to be quick, like do 3 pushups, plank or hop in a circle. With your child complete each letter's activity.

Feedback
is always welcome



How can we make our newsletter even better?

What information would you like us to include?

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