

WHILE WE TRY TO TEACH OUR CHILDREN ALL ABOUT LIFE, OUR CHILDREN TEACH US WHAT LIFE IS ALL ABOUT – ANGELA SCHWINDT



AUGUST
2019

Spring Raffle

We are coming close to the drawing of our inaugural Spring Raffle. Please ensure your tickets are returned sold or unsold before **28th August 2019**. Thank you to all sponsors of our raffle and we thank you in advance for your support of Bellingen Preschool Inc.

Housekeeping

"An Education and Care Service must take reasonable steps to ensure that the needs for sleep and rest of children... are being met". Reg. 81 National Regulations.

It is in this regard that we ask families from all groups to provide a rest sheet in a separate cloth bag every day your child attends preschool.

Living Safely with Dogs Preschool Program will be offered free of charge as part of the NSW Government's on-going commitment to Responsible Pet Ownership. **Wednesday 4th September 2019 10am.**

StEPS Eye Screening

For children going to school in **2020** - Permission slips will be given out this week. Please return by Friday 13th September.

Wednesday 18th & Thursday 19th September 2019



Book Week is held in the week of 19th-23rd August, with the theme: Reading is my Secret Power. Children may come dressed as their favourite character on: **Wednesday 22nd August, Thursday 23rd August**

There will also be an excursion to the library for the Wednesday group – **21st August 2019**. As we will be walking to the library for a 10 O'clock start, we will leave preschool at 9.30 returning by 11 O'clock. Please ensure your child has comfortable footwear for this walking excursion. No crocs, gumboots thongs or loose sandals.

School Photos

Marie from Coffs Camera House will be coming to take Preschool photographs of the children. Order forms have been given and are to be returned by Friday 6th Sept. No change is available on the day. Details are as follows:

Tuesday/Thursday group – **Tuesday 10th September**
Monday/Wednesday/Friday group **Wednesday 11th September**

RESTA

Bellingen Preschool will be hosting the RESTA reptile show on **Tuesday 3rd September 2019 9am**. This is a free show as part of your Christmas Party contribution fee. All families are invited to attend. More information & permission slip will be in your child's locker soon. 



NATIONAL ABORIGINAL & TORRES STRAIT ISLANDER CHILDREN'S DAY – AUG 4

Children's Day is a time for Aboriginal and Torres Strait Islander families to celebrate the strengths and culture of their children.

This year's theme is *We Play, We Learn, We Belong* 'We play on our land. We learn from our ancestors. We belong with our communities.' Find out more at: aboriginalchildrensday.com.au

KEEP AUSTRALIA BEAUTIFUL WEEK – AUG 19-25

Keep Australia Beautiful Week raises awareness about the simple things we can all do in our daily lives to reduce our impact on the environment and encourage action. 'Respect our Roadsides' is the theme for 2019. Roadside litter is something we can all help reduce and eliminate. Simply recycle or dispose of your rubbish respectfully! If there is nowhere to dispose of your rubbish take it with you. Find out more at kab.org.au

NO-BAKE BROWNIES



PREP 10 min | SET 60 min | MAKES 12-16

INGREDIENTS

- | | |
|-----------------------------------|--------------------------|
| 1 cup rolled traditional oats | 1 cup desiccated coconut |
| 1 cup pecans (walnuts or cashews) | 1 cup cacao powder |
| pinch of sea salt | 10 medjool dates, pitted |
| ¼ cup pure maple syrup | 1 tsp vanilla bean paste |

Frosting:

- | | |
|--------------------------|------------------------------|
| 100 grams dark chocolate | ¼ cup (60 ml) milk |
| 1 tablespoon coconut oil | 1 Tsp vanilla bean paste |
| pinch of sea salt | Dried rose petals (optional) |

METHOD:

Line a 20cm x 20cm square tray with baking paper. Set aside. Place the oats, coconut, pecans, cacao powder and sea salt into the large bowl of a food processor. Blitz for 2-3 minutes or until very finely chopped. Add the dates, maple syrup and vanilla and blitz again for 2-3 minutes, or until lusciously combined and smooth. Place mixture into prepared tray and spread evenly. Place in the fridge for an hour or to 'set'.

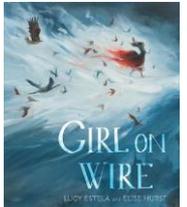
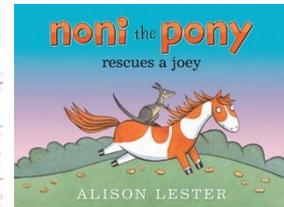
To make the frosting: Place the dark chocolate, milk, coconut oil, vanilla and salt into a small saucepan. Place over low heat, whisking continuously until melted. Pour the mixture into a bowl and pop into the fridge. Every 5 minutes or so remove the bowl from the fridge and give it a good whisk (this whisking creates a gloriously smooth frosting). Once cool, spread the frosting over the brownies. Cut into 12 or 16 bars and serve. Store no-bake brownies in fridge or freezer.

(NUT FREE VERSION: replace pecans with an extra ¼ cup oats and ½ cup coconut)

Recipe and Image from 'mylovelylittlelunchbox.com'



Children's Book Council of Australia's shortlisted books for 2019



CHALK BOY

Margaret Wild

A soulful and heart-warming story about what happens when a pavement artist's drawing comes to life.

Barnaby is a pavement artist. This morning he started drawing me. I have a head that can think, eyes that can see, ears that can hear and legs that can run. Best of all, I have a heart that can feel. Thank you, Barnaby. Award-winning writer Margaret Wild compresses epic themes into a poetic, poignant story, vividly brought to life by Mandy Ord's distinctive, dynamic art.

NONI THE PONY RESCUES A JOEY

Alison Lester

Noni the Pony heads out for the day, to roam the green hills behind Waratah Bay. As she and her friends wander down a green trail, they meet someone small with a very long tail. Can they help the lost baby wallaby find the way home?

GIRL ON A WIRE

Lucy Estela & Elise Hurst

Girl on Wire is a simple yet brilliantly uplifting allegory of a young girl struggling to build her self-esteem and overcome the anxiety that many children feel as they grow – she walks the tightrope, afraid she will fall, but with the support of those she loves, her toes grip the wire and she walks forward, on her own, with a new confidence.



FOCUS: Less is more when it comes to kid's toys



A recent trip to the movie theatre had me brimming with excitement to reunite with Woody, Buzz, and the crew of Andy's (er, Bonnie's?) toys in the *Toy Story* franchise's new instalment. Sure enough, my family laughed at the adventures of the cast, but it was a newcomer to the gang that really stole the show: a plastic spork named Forky.

While his reluctance to accept his place was charming and sweet, Bonnie's creation of Forky, and her subsequent attachment to him as her new favourite toy, points at a bigger picture—what constitutes a toy? Likewise, what does a child really need to be entertained?

The film's inclusion of such a common, utilitarian object as a chosen plaything serves as a reminder that children's imaginations are a powerful thing, and—when left to their own devices—kids are quite capable of having fun with far less than our society typically deems necessary. Forky is a throwback to a time when less was more, and when families' homes weren't miniature toy stores.

I remember recently being spellbound as I watched my daughter engrossed in play with a handful of rocks. Each pebble had its role—mummy rock, daddy rock, baby rock, etc—and she carried on with a captivating scene encompassing equal parts comedy and tragedy. It was a rock family saga, and frankly, I was mesmerized.

Despite a house full of flashy, modern, (and sometimes expensive) toys, I've found that some of the most creative play comes from the most unexpected "things" that most adults would consider non-toys.

Kids have a unique way of looking at things, and often the items they gravitate toward as their preferred toy may leave parents not only scratching their heads, but also howling in laughter.

Kitchen accessories seem to be a favourite for many little ones, as I remember my own niece insisting on carrying a serving spoon everywhere with her. These inanimate objects function as the perfect plaything for children, as their minds are free to create whatever story or fantasy they desire. The make-believe is endless.

Other favourites for my kiddos include shoelaces, ropes, or yarn, which have infinite aliases—stuffed animal leashes and zip-lines being their 'go-tos'. And who can forget the magic of cardboard boxes and of course bubble wrap. We're talking *hours* of fun and play.

After watching the film, I looked around my house at the abundant number of toys that my own children possess. Then I turned around and watched as they chose to stack Tupperware containers and throw foam koozies (stubby holders) at them in a competitive game of kitchen bowling.

So yeah, we're all probably a little guilty of overindulgence when it comes to our kids. To be honest, it's fun to watch their eyes light up upon receiving a new toy on their birthday or other holiday. And I'm not arguing that those practices need to change completely. Rather, let's not forget the power of minimalism and its place in our lives. Let's encourage resourcefulness and creativity.

Behind the fun and nostalgia of the *Toy Story* series are important lessons and messages. In today's culture where more is more, Forky is a reminder that parents don't necessarily have to break the bank in purchasing toys for the little ones in our lives. In many cases, a "spork" will do.

Source: Craven, Jennifer (2019, July 10). Watching 'Toy Story 4' reminded me that less is more when it comes to my kid's toys
Retrieved from <https://www.mother.ly/life/watching-toy-story-4-reminded-me-that-less-is-more-when-it-comes-to-my-kids-toys>

FIND A STORY



Give your child a small bucket, basket or bag and ask them to wander around the house and/or yard and collect a few items. At first the items will be random however, they will likely become more organised as your child becomes familiar with the activity.

Go through the collected items, ask your child to tell you what they have found. At first you are going to have to use 'your' imagination and guide and structure the story. Your child will take over once they become comfortable and familiar with the activity.

For example: Set the scene "It was a sunny morning and" ...select an item continue the story, ask your child what happened next...They will see the items they have selected as so much more than what they actually are. A Lego block is a mountain, a water trough, a trophy. Enjoy their incredible imagination.

Our story: My daughter collected the items above. We began with a Giraffe who ate a lot of cheese (Lego block), she needed to lay down in her bed (Lego block). Our Giraffe went for a drive and saw many things along the way until she met another giraffe who wore a yellow bow. The story is simple however, almost entirely created by a 3yr old.



HEALTH & SAFETY: Sleep, Move, Play

The Australian 24-Hour Movement Guidelines for the Early Years (Birth to 5 years) show there is an important relationship between how much sleep, sedentary behaviour and physical activity young children get in a 24-hour period.

Following these guidelines during a child's early years is associated with better growth; stronger muscles and bones; better learning and thinking; better mental, emotional and social well-being; better motor skills; healthier weight; as well as reduced injuries. As young children grow and develop, they need to work towards more time in active play, less time sitting and sufficient sleep each day to be healthy. No one day will be the same, use this information as a guide to shape a child's daily activities to best support their healthy growth and development.

General Advice: Have fun! Move and play every day.

Don't be restricted by your environment – you can be safe and active in all seasons, in all weather, indoors, and outdoors. Remember play can involve other children, adults or the child alone. Encourage children to try a range of activities including obstacle courses (for walkers, crawlers or shufflers!), tips, hide and seek, dancing and skipping. Practice activities like catching, kicking or throwing, but remember, slower paced activities such as puzzles, painting, water play, singing or craft are just as important.

What about sleep? Sleep is essential for a healthy child: a well-rested child is an active child, and an active child is a well-rested child. Sleep can be assisted through developing healthy hygiene patterns in the early years, including consistent bedtimes and wake up times, as well as calming bedtime routines.

Babies: (Infants) Under 1 year of age.

Physical activity: Being physically active several times a day in a variety of ways, particularly through supervised interactive floor-based play, including crawling; more is better. For those not yet mobile, this includes at least 30 minutes of tummy time, which includes reaching and grasping, pushing and pulling, spread throughout the day while awake;

Sedentary behaviour: Not being restrained for more than 1 hour at a time (e.g., in a stroller, car seat or high chair). Screen time is not recommended. When sedentary, engaging in pursuits such as reading, singing, puzzles and storytelling with a caregiver is encouraged; and

Sleep: 14 to 17 hours (for those aged 0–3 months) and 12 to 16 hours (for those aged 4–11 months) of good quality sleep, including naps.



Toddlers: 1-2 years of age

Physical activity: At least 180 minutes spent in a variety of physical activities, including energetic play, spread throughout the day; more is better;

Sedentary behaviour: Not being restrained for more than 1 hour at a time (e.g., in a stroller, car seat or high chair) or sitting for extended periods. For those younger than 2 years, sedentary screen time is not recommended. For those aged 2 years, sedentary screen time should be no more than 1 hour; less is better. When sedentary, engaging in pursuits such as reading, singing, puzzles and storytelling with a caregiver is encouraged; and

Sleep: 11 to 14 hours of good quality sleep, including naps, with consistent sleep and wake-up times.

Pre-schooler: 3-5 years of age

Physical activity: At least 180 minutes spent in a variety of physical activities, of which at least 60 minutes is energetic play, spread throughout the day; more is better;

Sedentary behaviour: Not being restrained for more than 1 hour at a time (e.g., in a stroller or car seat) or sitting for extended periods. Sedentary screen time should be no more than 1 hour; less is better. When sedentary, engaging in pursuits such as reading, singing, puzzles and storytelling with a caregiver is encouraged; and

Sleep: 10 to 13 hours of good quality sleep, which may include a nap, with consistent sleep and wake-up times.

If you're not sure where to begin, don't worry, you don't have to change everything within a day. Begin to add more movement, engaging quiet play and sleep over time.

Australian Government Department of Health (2019, June 10). Guidelines for Healthy Growth and Development for your child. Retrieved from <https://www.health.gov.au/health-topics/exercise-and-physical-activity>



SAVE THOSE LIDS



Most of us don't think twice about binning our bottle caps, but Sean Teer had a better idea. Saving them from landfill, the innovator began creating a product that will change the lives of children everywhere.

Envision Hands is a not-for-profit community initiative that uses 3D printing to turn plastic waste into mechanical hands and arms for kids, with the products being sent around the world.

Milk bottle tops, soft drink tops and flat water-based tops are the best to utilise and recycle - and the community have helped to collect over one million bottle caps to date.

Save your bottle tops, wash them and drop them off, you can find your nearest drop off point by using the link below. <https://envision.org.au/bottle-top-drop-off-locations/>





Cultural Diversity

Cultural diversity surrounds us. Diverse cultures in early learning is a tremendous opportunity. We value and respect our families and staff's cultural background and enjoy participating in the wider community to share authentic cultural activities with children and families.

Ways we share cultural diversity

- **Sing and tell stories together.** We read stories from a wide range of authors with diverse characters and storylines. We ask families to share stories that are special to them, support Home Languages, retell oral stories, encourage children to participate in oral storytelling.
- **Invite families to share** Cultural celebrations happen throughout the year. These are opportunities for communicating and interacting across cultures. We encourage families to share important cultural holidays or celebrations in authentic ways. We organise inclusive activities that children share in together.
- **Use a range of media** to share, learn and challenge stereotypes and discrimination.

IF THE WORLD WERE 100 PEOPLE

50 would be female
50 would be male

25 would be children. There would be 75 adults, 8 of whom would be 65 and older.

There would be:

60 Asians
15 Africans
14 people from the Americas
11 Europeans

12 would speak Chinese, 5 Spanish, 5 English, 3 Arabic, 3 Hindi, 3 Bengali, 3 Portuguese, 2 Russian, 2 Japanese, 62 would speak other languages.

83 would be able to read and write. 17 would not.

Source: <https://www.geteduca.com/blog/sharing-diverse-cultures-early-learning/>

National Quality Framework | Quality Area 6:
Collaborative partnerships with families and communities

ON *this* MONTH

Book Week Library Excursion ----- 21st Aug
Spring Raffle Draw -----28th Aug
Fire Brigade Visit -----28/29th Sept
Resta Reptile Show -----3rd Sept
Working with Dogs -----4th Sept
School Photos -----10/11th Sept
StEPS Eye Screening -----18/19th Sept



KEEPY UPPY

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

You have seen it on Bluey, and you have probably played your own version of balloon ball before but, did you know actively trying to keep a balloon off the floor counts for some serious active minutes. Simply blow up a balloon and keep it from touching the floor, get as tricky as you like.

Feedback 
is always welcome

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