

IF YOU HAVE GOOD THOUGHTS THEY WILL SHINE OUT OF YOUR FACE LIKE SUNBEAMS AND YOU WILL ALWAYS LOOK LOVELY – ROALD DAHL

APRIL
2019



ON *this* MONTH

AT RANGES ELC

Easter Monday CENTRE CLOSED -----	22
Anzac Day Service - Stirling-----	25
Anzac Day CENTRE CLOSED -----	25

AROUND THE COUNTRY

Children's Book Day -----	2
World Autism Day -----	2
Human Flight -----	12
Bahsakhi-sikh Festival -----	14
Nature Play Week -----	17 - 28
Easter -----	19 - 22
Earth Day -----	22
Anzac Day -----	25
Pay It Forward Day -----	28



Keep to keep up to date with what is happening at the centres and other useful information like our Facebook page The Ranges Early Learning and Care Centres

DIRECTOR NEWS

Welcome to our April Newsletter, this month there is a great article about looking after yourself along with some important information around the risk of button batteries. We have also included a couple of pages with photos from both the ITC and ELC to showcase what the children have been doing for everyone to see.

This month the centres are very busy continuing with their inquiry projects along with some very exciting school holiday program activities. More details around the school holidays will be forwarded shortly.

More work has been completed at the ELC in the yard with the addition of large climbing frame that all the children have been enjoying especially being able to see the yard from a very different perspective than they have had previously.

We would also like to thank all the families that donated to our ANZAC day care packages for troops overseas. We have ended up being able to send around 10 boxes with the goods we collected so thank you so much for your generosity.

As we approach the school holidays we ask that you please let us know by either email or by completing a yellow holiday slip of any days your child will be absent. This will help us with our rostering over this period.

As always, if you have any issue or would like to discuss any aspect of our service with either myself or Michael please let us know.

Regards,
Carman Wilson – Director





EARTH DAY – APRIL 22

Nature's gifts to our planet are the millions of species that we know and love, and many more that remain to be discovered. Unfortunately, human beings have irrevocably upset the balance of nature and, as a result, the world is facing the greatest rate of extinction since we lost the dinosaurs more than 60 million years ago.

This Earth Day we are all asked to join the 'Protect our Species campaign' and work together to make a difference for the future. Go to: www.earthday.org/earthdayinabox/

PAY IT FORWARD DAY – APRIL 28

Pay It Forward Day is a global initiative that exists to make a difference by creating a huge ripple of kindness felt across the world. We believe that small acts, when multiplied by millions of people can literally change the world for the better. Join us in paying it forward, and help spread the word about this important day!

<http://www.payitforwardday.com>



Turkey, Cranberry & Sage Sausage Rolls

PREP 15 min | COOK 20-25 min | SERVES 4

INGREDIENTS

- 500 grams turkey mince (you can use chicken mince if you prefer)
- 2 spring onions, finely chopped
- 2 tablespoons sage, finely chopped
- 1 heaped teaspoon garlic, minced
- 2 teaspoons Dijon mustard
- 1/4 cup cranberry sauce
- 2 sheets puff pastry, thawed
- 1 egg, lightly beaten
- sesame seeds, for sprinkling

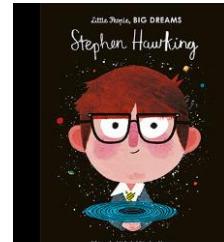
METHOD:

Preheat oven to 200 degrees Celsius (350 F). Place the turkey mince, spring onions, sage, garlic, Dijon mustard and cranberry sauce into a large bowl and mix to combine. Cut the pastry sheets in half. Divide the turkey mince mixture into four equal portions, roll into sausage shapes and place on each piece of pastry. Brush the edge of the pastry with a little egg and roll to enclose. Cut each roll into four and place on an oven tray lined with baking paper. Use scissors to cut slits in the tops of the rolls, brush with egg and sprinkle with sesame seeds. Bake for 20-25 minutes or until golden. Serve as is or with a good dollop of salt reduced tomato relish or sauce. Enjoy x

Remember to always supervise kids in the kitchen.

Book reviews

THE INTERESTING AND THE FUNNY!



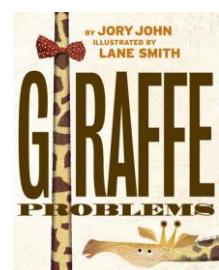
STEPHEN HAWKING LITTLE PEOPLE, BIG DREAMS

New in the Little People, Big Dreams series, discover the life of Stephen Hawking, the genius physicist and author.

As a child, Stephen used to look up at the stars and wonder what else was out there. After gaining his education at Oxford University, he went on to make a ground-breaking discoveries. Although his health was declining, Stephen was more determined than ever to study and share his findings with the world.

GIRAFFE PROBLEMS JORY JOHN

*Can you guess what's making this giraffe self-conscious?
Could it be . . . HIS ENORMOUS NECK??*



Yes, it's exactly that—how on earth did you figure it out? Edward the giraffe can't understand why his neck is as long and bendy and, well, ridiculous as it is. No other animal has a neck this absurd. He's tried disguising it, dressing it up, strategically hiding it behind bushes—honestly, anything you can think of, he's tried.



SQUARE MARK BARNETT

The beguiling second entry in the innovative shape trilogy by multi-award-winning, New York Times best-selling duo Mac Barnett and Jon Klassen.

This book is about Square. Square spends every day taking blocks from a pile below the ground to a pile above the ground. This book is also about Square's friend Circle. Circle thinks Square is an artistic genius. But is he really?



FOCUS: The importance of self-care and how to make time for it.



Parenting is one of life's greatest joys. But it comes with some sacrifices. Are you the movie lover who can't remember the last movie you saw in the theatre? The exercise buff who let your gym membership expire because you hadn't been there in months? Perhaps you've become accustomed to being referred to as "Jane's Mum" or "Brian's Dad"? It may feel as though you lost some of your personal identity after becoming a parent. It's time to commit to self-care. Remind yourself of the person you were before you became Mum or Dad. Build a new you, yet again.

You're the role model

As a parent, self-care is important, especially because your child is watching. He takes cues on how to act from you. She learns how to manage problems and to cope with stress by watching you deal with adversity. He learns about healthy relationships by seeing how you interact with your spouses, partners, friends and relatives. If we want to ensure our children have healthy role models to measure themselves against, we must make time to invest in ourselves.

For most parents with competing demands, the first thing to go is often related to self-fulfilment or self-care. It makes sense. Becoming parents, you live for your children. You learn they are worth sacrificing for. But there must be balance if we want to be the kind of role models our children can look to for learning how to navigate challenging situations and for knowing how to live a healthy, satisfying life. Remember, we are parenting for the future ... preparing our children to become healthy 30, 40 and 50-year-olds. Model for them what that looks like.

Invest in yourself

Self-care is part of being a good parent. Consider these suggestions:

NUMBERS IN BOOKS

YOU NEED: Any picture books will work, 'Goodnight Numbers' is a beautiful example of this exercise.

We want children to see math as "friendly" and *relevant in their lives* — and it's never too soon to start. Math concepts can be taught in fun ways without specifically doing a math activity.

1. Choose a picture book — Maybe it is a favourite story you have read many times and you already know off by heart. Let's look deeper at the images on the page.

- **Take care of your body.** Get enough sleep (recommended 7-9 hours per night). Eat healthy foods including a combination of whole grains, lean meats and fishes, fruits and vegetables. Get moving. If the gym isn't your thing, take a walk. (Or go out dancing!)
- **Enjoy yourself.** Commit to doing at least one thing you enjoy each week. Spend time on a hobby. Maintain your interests.
- **Feeling stressed? Find ways to relax.** Take a bath. Listen to calming music. Read a book. Practice mindfulness.
- **Nurture the important relationships in your life.** Find time to return messages, emails, and calls even if it is just a quick "thinking of you" text to a friend. Show your spouse or partner you care with a thoughtful note or small gesture.
- **Invest in others.** Helping others is gratifying and brings a sense of meaning and purpose to our lives. So get out and volunteer, join a community service organization, or engage in small acts of kindness. It's easy helping an elderly neighbour unpack groceries, or picking up a busy friend's child from school.

How to find the time:

- **Allocate it:** The time is there you just need to make it a priority, so put it in your diary, begin small, block out 15mins of you time and make it non-negotiable.
- **Swap 'self-care' time:** organise with another time poor parent to arrange a couple of hours once a week where you take turns in looking after each other's children and take time for you.
- **Get up earlier:** Taking as little as 10 minutes every morning for you can change the entire flow of your day. You may only have a cup of tea, do some yoga, go for a walk or read a book. But that 10 minutes is your time to rejuvenate and set your intentions for the day.

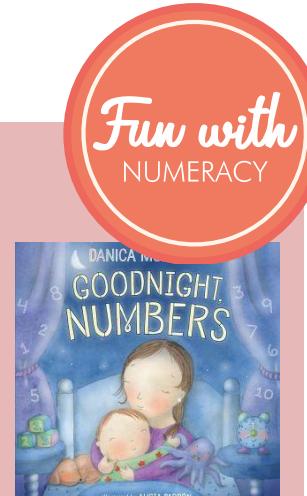
Caring for yourself is not selfish at all, it's a strategic act of good parenting. We can't expect to give kids our all, if our tank is empty. The well-being of our children relies on our health, resilience, and the strength of our relationships. Keep your tank full so you have the energy to offer your kids the best of you.

Source: Parent and Teen (2019, March 10). The Parent Sacrifice: Why Self-Care is Important *Retrieved from https://parentandteen.com/invest-in-yourself/*

2. Look at the pictures – Observe numbers as they exist in the real world — four legs on a cat, five points on a star, six sides on a block, etc. Count together.

3. Take the opportunity – to point out numeracy concepts whenever the opportunities are presented.

Read more about this topic at www.readbrightly.com/help-kids-conquer-mathophobia/



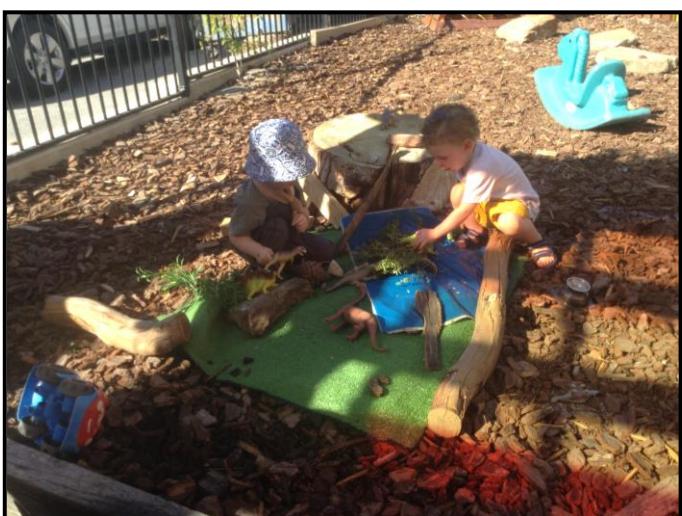
AT THE ITC



The Infants have been focusing on how they see their world, both inside and outside.



The Pre toddlers have been helping Yen create some great new inspiring spaces for all of the ITC children to enjoy in the main play space.



The Toddlers have been continuing to explore colour as well as enjoying using the front yard in some different ways.



AT THE ELC



The preschool children visited Cleveland Nursery this month to purchase seeds for the Preschool garden and the Dahlia Garden we are creating at The Hut Platform Garden Project. Here are the children buying and planting the seeds.



The Junior Preschool have continued with the Dinosaur exploration and have been discussing how they come from eggs. This month we have been making egg and nests with clay along with a T Rex skeleton starting with the skull which has the children learning to use a range of tools.



Over the past month there has been some changes to the yard at the ELC with the installation of a new climbing frame, new mud kitchen area and some fencing around the sandpit.



HEALTH & SAFETY: Button Batteries

Around 20 children present to hospital emergency departments every week in Australia due to a suspected button battery ingestion or insertion.

In some cases, the damage is catastrophic and can be fatal. Why is it happening? Button batteries are enticingly shiny and smooth. They're also easy to swallow and can get stuck on the way to the stomach, causing severe localised burning with surprisingly few symptoms.

There have been two button battery-related deaths in Australia to date. In both cases, the parents didn't know their child had swallowed a battery and its source was never found.

About button batteries:

Button batteries are found in many common household products, such as remote control car keys, TV remote controls, calculators, kitchen and bathroom scales and greeting cards. The rapid rise of button batteries in the marketplace has happened well ahead of any safety regulations.

Toys designed for children aged under three are legally required to have secured battery compartments, but these are the only products where battery safety is mandated. Everything else is self-regulated by a voluntary code that makes a number of recommendations, including avoiding the use of button batteries altogether.

Risks and injuries:

If swallowed, coin-sized button batteries can lodge in a child's gastrointestinal system. An electrical current is immediately triggered by saliva, which causes a chemical reaction that can cause severe burns to the child's oesophagus and internal organs such as the lungs, heart, arteries and spine. This can take only a few hours, resulting in serious injury or death. These injuries can occur even if the battery that is swallowed is flat.

Once burning begins, damage can continue even after the battery is removed and repairing the damage can be painful and may require multiple surgeries.

Symptoms that may occur after swallowing a button battery include:

- gagging or choking
- drooling
- chest pain (this may present as grunting)
- coughing or noisy breathing
- unexplained vomiting or food refusal
- bleeding from the gut: black or red vomits or bowel motions
- nose bleeds – sometimes this can be blood vomited through the nose
- unexplained fever.



These symptoms are similar to many other conditions and may not appear for some time, so it may not be suspected that the child has swallowed a battery.

Buying Tips:

If buying a household device or novelty, look for products that do not run on button batteries. If you do buy button battery operated products look for ones where the battery compartment requires a tool or dual simultaneous movement to open. This will make it difficult for a young child to access the battery.

Safe Use

- Keep products with button batteries out of sight and out of reach of small children.
- Examine devices and make sure a child cannot gain access to the batteries inside.
- Dispose of used button batteries immediately. Flat batteries can still be dangerous.
- If you suspect a child has swallowed a button battery, contact the Poisons Information Centre on 13 1126 and you will be directed to the nearest hospital or emergency service that can manage the injury.
- Do not let the child eat or drink and do not induce vomiting.
- Tell others about the risk associated with button batteries and how to keep their children safe.

Source: Product Safety Australia (2019, March 16). Button Batteries Retrieved from <https://www.productsafety.gov.au/products/electronics-technology/button-batteries>

Choice (2019, March 16). Button Battery Safety Failures Retrieved from <https://www.choice.com.au/babies-and-kids/children-and-safety/avoiding-common-dangers/articles/choice-button-battery-test>



EXPLORE THE OUTDOORS

Nature play is a term used to describe the creation of simple play opportunities in the natural environment. Nature play encourages kids and parents to see the natural environment as a place to enjoy, play, imagine, relax and explore.

Getting your kids involved in Nature Play doesn't have to be expensive or time-consuming, it can be as simple as a

visit to the local park where the kids can roam free, going for a bushwalk, planting bee friendly plants in your garden, or exploring a local water way.

Nature Play is getting outside and enjoying time together. Encourage your family to commit to one outdoor activity each week, use Nature Play week as a start to a long term routine.

Nature Play Week April 17 -28.
Go to natureplayweek.org.au



WATER PLAY



Water is an important natural material that provides hours of absorbing fun and a **multitude of wonderful development and learning opportunities**.

What are the benefits of Water Play?

Energy Release – Children can find water play both calming or invigorating depending on the activity being presented.

Therapeutic Water Play – Water play doesn't have to be loud and busy, it can be a tranquil activity where children are quietly absorbed. A bit like losing yourself in a colouring page, children benefit from the relaxing and repetitive nature of scooping, pouring and running their hands through the water.

Motor Skills – Water play gives many opportunities to develop gross and fine motor skills across the age ranges. **Fine motor skills and hand and eye coordination are constantly refined** as children scoop and pour water and fill and empty containers in a multitude of different ways. **Gross motor skills and large muscle strength is developed and stretched** as children are encouraged to carry and pour larger and heavier pots and buckets of water.

Social Skills - It is a great way for children to **learn to share and take turns** as they share the physical space and the play items in the water.

Language and Communication - Water play is so versatile you can add pretty much any play items to it, be it dinosaurs and mud for a swamp or cars, sponges and bubbles for a car wash, the possibilities are endless! Of course **each new way of playing with water brings with it new vocabulary choices** for all the play items and play scenarios involved, as such, it is a fantastic resource for building new vocabulary and communicating with peers as they play.

Source: <https://kidscraftroom.com/benefits-water-play/>

National Quality Framework | Quality Area 1:
Element 1.1 – *Program*. The educational program enhances each child's learning and development.

CESSATION OF CARE AND CHILD CARE SUBSIDY

Please be aware that when your child finishes care at Ranges CCS will only be paid for the **last actual attendance**, not the last booked day. As per the regulations for CCS, they will only pay CCS for the days of actual attendance and if the child does not attend for the last booked day full fee for that day will apply. If you have any queries regarding this or any other aspect of CCS please email Carman at stirling@rangeselc.sa.edu.au.

POLICY REVIEWS

This month we are reviewing the following policies:

- Orientation Policy
- Children's Belonging's
- Termination of Enrolment
- Withdrawal of a child

Copies are attached the newsletter email for your review and if you have any comment please send these to Carman at cwilson@rangeselc.sa.edu.au by April 26 2019.



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

Small pieces of paper with different landmarks or locations written on them.

How to Play

- This game is best played outdoors, in an open area with different landmarks or locations that kids can run to.
- On small pieces of paper write down the names of different landmarks in the vicinity, i.e., the fence, goal post, a tree, swing...
- Put the pieces of paper in a small bag, such as a brown paper bag
- One child pulls out a piece of paper and reads the location. Then they all have to run to that location.
- Once everyone reaches the destination, a different child pulls out another piece of paper.