

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



ON *this* MONTH

AT RANGES

SALA Junior Preschool Event	8 th
Book Week Dress Up Day	21 st
Lift the Lip Dental Visit ITC	28 th
Lift the Lip Dental Visit ELC	27 th

AROUND THE COUNTRY

National Aboriginal & Torres Strait Islander Children's Day	4
Homeless Persons Week	4-10
Dental Health Week	5-11
National Science Week	10-18
International Day of the World's Indigenous Peoples	9
World Elephant Day	12
International Youth Day	12
CBCA Book Week	17-23
Keep Australia Beautiful Week	19-25
RSPCA Cupcake Week	19

DIRECTOR NEWS

Welcome to the August newsletter, we are now back in the swing of the new school term with the July holidays now behind us. We hope that your children enjoyed the experiences over these weeks which included NAIDOC week as well.

Next Thursday are very excited to be holding our Junior Preschool Art event, Dinosaurs Explored, as part of the SALA festival. We will be showcasing the artistic representations of a number of aspects of dinosaurs, which demonstrates the knowledge of the class relevant to the extinct life-form that they have been working on over the past two terms. The event is from 6.30pm-7.30pm and if you would like to attend please let Melanie know.

This week myself and Christine attended a presentation day for the South Australian Collaborative Childhood Project: Reimagining Childhood Rights of Children aged Birth – 3 years. Over the past 12 months we have taken part in this research project with 13 other sites in Adelaide to research the Reggio Emilia principles in our local context and make visible how we enact the rights of the child as citizens from birth. In the office of the ITC you will see our banner for the project capturing the amazing work children under 2 can achieve when they are provided the opportunity.

There have been a few changes to our staffing team over the past month, a staffing update can be found on the last page of the newsletter detailing these changes. One of these is that Hamish, our Toddler Teacher will be leaving to head overseas and explore the world at the end of the month.

As always, we invite you to share with us any issues, concerns or feedback you have with us so that we can continue to provide you and your child with a high-quality standard of education and care.

Carman Wilson - Director





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'.

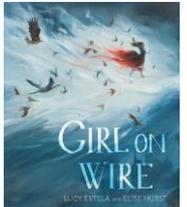
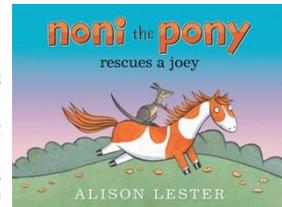
To make the frosting: Place the dark chocolate, milk, coconut oil, vanilla and salt into a small saucepan. Place over low heat, whisking continuously until melted. Pour the mixture into a bowl and pop into the fridge. Every 5 minutes or so remove the bowl from the fridge and give it a good whisk (this 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.

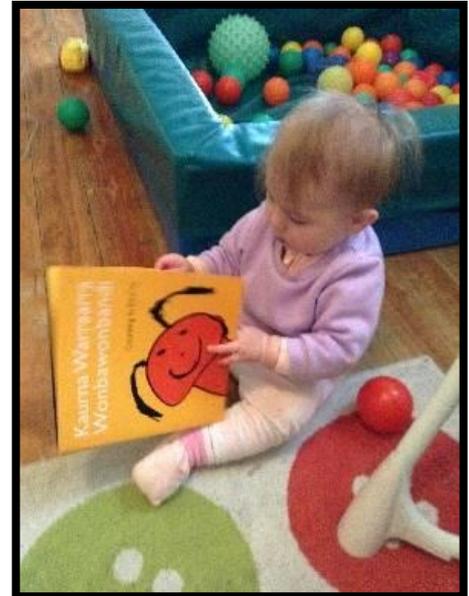
Milk bottle tops, soft drink tops and flat water-based tops are the best to utilise and recycle - and the community have helped to collect over one million bottle caps to date.

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/>



AT THE ITC

As part of NAIDOC week at the centre the children were able to participate in a number of experiences exploring our Indigenous culture. These included making and painting rain makers, reading Indigenous stories, doing puzzles and planting bush tucker plants in our garden beds.



AT THE ELC



Over the past week, we have installed a rain garden at the ELC with the help of the Preschool children, who assisted in the design, planning and establishment of it. The garden will harvest storm water from the ELC until it soaks into the soil, reducing run off and pollution. This is a great way to teach them children about the importance of the environment and the little things we can do to help look after it. Here are some photos showing the design, planting and finishing stages.





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

26 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

STAFFING UPDATE

We would like to welcome the following to our staff team who have joined us over the past few weeks:

Gemma – working at the ITC assisting in the Toddler and Pre Toddler age groups mainly

Jasmin - working at the ITC assisting in the Toddler and Pre Toddler age groups mainly

Hannah – working at the ELC assisting in the Preschool group

Cherie – working at the ELC assisting across both age groups

Amanda and Michelle are now both on maternity leave, Amanda had a boy, Cody, who arrived a bit earlier than expected but both are doing well. We are still waiting on news from Michelle on the arrival of her little one. We expect Amanda back in mid 2020 and Michelle at the beginning of 2020.

As per the Director News, we are sad to say goodbye to Hamish whose last day with us will be Friday 30 August. Hamish came to us on placement from Uni back in 2016 and then worked with Fortunate in the Toddler Team before taking on the Teacher Role in 2018 when Fortunate left to be director of our Gawler site. Hamish has grown so much in his teaching over this time and we have been lucky enough to be able to support him in this. We wish him all the best on his overseas adventures. While we undertake the recruitment process to replace Hamish, the Toddler Team will continue to be well supported lead by the strong team of Senior Educators in place of Andrea, Tash and Kara.

Lastly you would have seen Carman less around the ELC this month as she takes back the day to day operational role at the ITC. Supporting Melanie's desire to step up she has for many months now being taking on more responsibility at the ELC and we feel is now ready to take on the role as Director for the ELC. If you do have any queries regarding any bookings, enrolment or other aspects of the service at the ELC please feel free to discuss these with Melanie. We hope you join us in congratulating Melanie on her new role and support her as she settles in to the challenge.



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

THE RANGES EARLY LEARNING AND CARE CENTRES

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