

WINNING DOESN'T ALWAYS MEAN BEING FIRST.  
 WINNING MEANS YOU'RE DOING BETTER THAN YOU'VE  
 DONE BEFORE – BONNIE BLAIR



# ON *this* MONTH

## AT THE RANGES

Holiday Notifications Due----- 29th

## AROUND THE COUNTRY

Melbourne Cup----- 5  
 Outdoor Classroom Day ----- 7  
 Australian Food Safety Week ----- 9 – 16  
 Orangutan Caring Week ----- 10 - 16  
 National Recycling Week ----- 11 - 17  
 Remembrance Day ----- 11  
 World Kindness Day ----- 13  
 Universal Children's Day ----- 20

## DIRECTOR NEWS

How lovely it has been to be outside so much in the past month with the warmer weather and longer days. The children and staff have really been enjoying this time and the learning that takes place outside is so valuable.

With only two months left in the year we are busy planning both for the holiday period and coming year. You will find information in the Newsletter about some of the exciting staff changes we have planned in the coming year along with a call for families to advise us of any holidays or changes to bookings they have coming up. We ask that you provide us with your booking details over the holiday period as soon as possible this allows us to approve leave for our own staff based on the estimated numbers. As I am sure you would agree, our staff also deserve the time to spend with their families and to recharge and being able to approve this as soon as we can assists in their planning also.

Also in this edition, you will find information on the extension of our service to you with the addition of funded In Home Care,, branded *Adelaide Family In-Home Care Services*. This business complements our current business as it provides an Educational and Care Program to eligible families in their own home that still attracts CCS. We are only the second provider of this type of care in Adelaide and look forward to the exciting opportunities for families in need that this extra service will bring.

We hope you enjoy this edition of the newsletter and as always if you have any feedback about our services, either good or bad we are always keen to hear from you.

Regards,  
 Carman Wilson





**AUSTRALIAN FOOD SAFETY WEEK – NOVEMBER 9 - 16**

The theme for Australian Food Safety Week 2019, will be 'Excellent Eggs – Handle them safely'. Eggs are a simple, cost effective and

nutritious part of our diet. Protect you and your family by following a few simple guidelines such as: Don't buy or use eggs that are cracked or visibly dirty. **Go to [foodsafety.asn.au](http://foodsafety.asn.au) to find out more.**

**NATIONAL RECYCLING WEEK – NOVEMBER 11-17**

In November 1996, Planet Ark founded National Recycling Week to bring a national focus to the environmental benefits of recycling. Now in its 24th year, this established and highly regarded annual campaign continues to educate and stimulate behaviour change. **Find out more at [recyclingnearyou.com.au](http://recyclingnearyou.com.au).**

**ONE BOWL BLUEBERRY LEMON POPPY SEED MUFFINS**



PREP 15 min | COOK 15 min | MAKES 12

**INGREDIENTS**

- |   |   |
|---|---|
| 2 eggs                                  | 1 cup (100 grams) fresh or frozen blueberries, PLUS extra to decorate |
| 3/4 cup (180 ml) light olive oil        | zest and juice of 2 lemons  |
| 1 cup (250 ml) sour cream               | 1/3 cup (40 grams) poppy seeds, PLUS extra to decorate                |
| 1/2 cup (85 grams) brown sugar          | Lemon drizzle (optional):   |
| 1 teaspoon vanilla bean paste           | 1 cup (130 grams) icing (confectioners' sugar)                        |
| 1 cup (125 grams) buckwheat flour       | juice of half a lemon   |
| 1 cup (150 grams) plain wholemeal flour |   |
| 2 teaspoons baking powder               |   |
| pinch of salt                           |   |

**METHOD:**

1. Preheat oven to 180 C, line a 12-hole muffin tin with papers.
2. Place the eggs, oil, sour cream, sugar and vanilla into a large bowl and whisk to combine. Add the buckwheat flour, plain flour, baking powder and salt and using a wooden spoon gently stir to combine. Do not over mix.
3. Gently fold through the blueberries, lemon zest and juice and poppy seeds.
4. Evenly divide the mixture between the prepared tin. Top each muffin with extra blueberries.
5. Bake for 10-12 minutes or until a skewer inserted removes cleanly. Allow the muffins to cool for 5-10 minutes before placing on a wire rack to cool completely.

**To make the lemon drizzle,** place the icing sugar and lemon juice into a small bowl and stir to combine. Drizzle over the cooled muffins and top with extra poppy seeds to decorate. Serve immediately.

*Recipe and Image from 'mylovelylittlelunchbox.com'*

**App reviews**

*We are in the pointy crazy part of the year. Use these apps to relax and take control of your time.*



**SANTA'S BAG**

**CREATE & SHARE CHRISTMAS LIST**

*Revolutionise your Christmas shopping experience!*

Santa's Bag is a fun and easy-to-use app to help you manage your Christmas gift recipients, planning, shopping, and budgets. Each detail of the app is carefully designed to make sure you don't forget anyone or anything. Christmas shopping has never been easier or more fun!

**HEADSPACE: MEDITATION & SLEEP**

**MINDFULNESS & STRESS RELIEF**

*Headspace is a cutely designed guided meditation app and so much more.* With targeted meditations led by a former monk on sleep, happiness, productivity, mindful use of technology, and dozens of other topics, Headspace can help bring balance and peace across all aspects of daily life. A consistent mindfulness practice with Headspace can help you develop better focus, decrease your stress, and become less reactive to your anxiety triggers. Use the app to track your time in mindfulness training and invite friends to join in with you.

**REMEMBER THE MILK**

**SMART TO-DO APP**

*Remember the Milk is the smart to-do app for busy people. You'll never forget the milk (or anything else) again.*

Get to-dos out of your head, and let the app remember for you

- Get reminded via email, text, IM, Twitter, and mobile notifications
- Share your lists and give tasks to others to get things done faster
- Stay magically in sync on all of your devices

*"Remember the Milk is a veritable Swiss Army knife of to-do list management." - Lifehacker*



## FOCUS: Kids Who Do Chores Are More Successful Adults



Want your kids to grow up to be successful? Make them do chores. When they balk (and trust me: they will probably balk), you can tell them that scientific research supports you.

It sounds great, and it's true--but there is a catch. (We'll get to that in a minute.) For now, the science. In the Harvard Grant Study, the longest running longitudinal study in history, (spanning 75 years and counting--from 1938 to the present), researchers identified two things that people need in order to be happy and successful: The first? *Love*. The second? *Work ethic*. And what's the best way to develop work ethic in young people? Based on the experiences of the 724 high-achievers who were part of the study (including people like future-President Kennedy and Ben Bradlee, the Watergate-era editor of *The Washington Post*) there's a consensus.

### A "pitch-in" mindset

"[The study] found that professional success in life, which is what we want for our kids ... comes from having done chores as a kid," says Julie Lythcott-Haims, in her 2015 TED talk. (Lythcott-Haims is the author of *How to Raise an Adult*, and the former dean of freshman at Stanford University. You can read more about her advice in my free-ebook, *How to Raise Successful Kids*.)

"The earlier you started, the better," Lythcott-Haims continued. (You can see her whole TED talk [here](#).) "[A] roll-up-your-sleeves- and-pitch-in mindset, a mindset that says, there's some unpleasant work, someone's got to do it, it might as well be me ... that that's what gets you ahead in the workplace."

## ALL SORTS OF SHAPES

**Between the ages of two and four years, children typically begin to learn the names of simple 2D shapes incidentally; generally learning about circles, squares and triangles to begin with. We see them in picture books, on TV shows and in everyday life (does anyone else's toddler insist on their sandwiches being cut into a certain shape?)**

Build on your child's knowledge by making shapes using items you can find around the house. You could use spoons, paddle pop sticks, paint brushes, pipe cleaners, play dough, strips of paper...

### The catch

Okay, here's the drawback. It's that having your kids do chores doesn't necessarily wind up being less work for you as a parent. My colleague Valerie Williams at *Scary Mommy* recently put it succinctly and memorably:

*"That's cool, research lady. It really does make sense. But do you have any idea how much [stuff] we already have to beg our kids to do any given day?"*

*I called today a victory because both of my kids brushed their teeth the first time I asked and haven't killed each other yet on this, the fifth day of their week off from school. If I asked them to do chores, they'd listen, but they'd whine. And they'd do a shoddy job. Ain't no mamma got time for that noise. ... Have you seen the results when a child sweeps the floor?"*

Yes, it's tougher than it seems at first glance. But--and here's an analogy I'll probably never get to make again--it reminds me of my days writing about military counterinsurgency and the U.S. occupation of Iraq.

Sometimes, even if you could do a job perfectly, you have to let someone else do it *just-barely-passably*, if you want the other person to learn from the experience. It's the same principle whether we're talking about U.S. soldiers training the Iraqi Army, or parents letting their kids empty the dishwasher.

Because, as Lythcott-Haims told *Tech Insider*: "By making them do chores -- taking out the garbage, doing their own laundry -- they realise I have to do the work of life in order to be part of life. It's not just about me and what I need in this moment."

Source: INC, Murphy, Bill (2019, October 17). Kids who do chores are more successful adults. Retrieved from [https://www.inc.com/bill-murphy-jr/kids-who-do-chores-are-more-successful-adults-according-to-science.html?fbclid=IwAR0eOvnNKAIWInUivCZgaPBsGtMDwgoFsNI5o6Cp1\\_3E1rHOLobmh-wwimg](https://www.inc.com/bill-murphy-jr/kids-who-do-chores-are-more-successful-adults-according-to-science.html?fbclid=IwAR0eOvnNKAIWInUivCZgaPBsGtMDwgoFsNI5o6Cp1_3E1rHOLobmh-wwimg)



Fun with  
NUMERACY

You can support your child in different ways depending on their shape knowledge.

For example: If they are new to shapes you can make them first yourself, or draw them on a sheet of paper for them to trace with objects. If your child's understanding is sound you could teach them new shapes.



# HEALTH & SAFETY: Wear Sunscreen

**Australia has one of the highest rates of skin cancer in the world. Two in three Australians will be diagnosed with a skin cancer by the age of 70. Sunscreen use is one of five important ways of reducing the risk of skin cancer.**

Many people apply sunscreen every day, often over large areas of their body. Cancer Council recommends using sunscreen every day on days when the **UV Index is forecast to be 3 or above**. Sunscreen should be incorporated into your daily morning routine on these days.

**When UV levels are below 3** sun protection is not recommended, unless you work outdoors, are near reflective surfaces (like snow), or outside for extended periods.

Sunscreen needs to be applied 20 minutes before going outdoors. When applying sunscreen, you need at least one teaspoon per limb, one for the front of the body, one for the back and one for the head. A full body application for an adult should be at least 35mL or seven teaspoons.

Sunscreen should be reapplied every two hours if you are spending time outdoors and after swimming, sweating or towel drying.

Cancer Council does not recommend the use of sunscreen on babies under six months. The main forms of sun protection for babies should always be protective clothing, hats and shade.

Sunscreen should not be used as the only line of defence against UV. When the UV Index is 3 or above, be sure to protect yourself in five ways by slipping on sun protective clothing, slopping on SPF30 or higher water-resistant sunscreen, slapping on a broad brim hat, seeking shade when possible and sliding on sunglasses.

**Always remember to: SLIP, SLOP, SLAP, SEEK, SLIDE.**



## UV index

The UV Index is a tool you can use to protect yourself from UV radiation. It tells you the time during the day that you need to be SunSmart.

### How can I find out the UV index each day?

The Index is reported in the weather page of all Australian daily newspapers, on the Bureau of Meteorology website, and on some radio and mobile weather forecasts.

For smartphone users, the **free SunSmart app** is a great way to check the UV Index when you are out and about. iPhone users can download it at the iTunes App Store and Android users at the Google Play store.

Cancer.org.au (2019, October 20). Sunscreen. Retrieved from <https://www.cancer.org.au/preventing-cancer/sun-protection/about-sunscreen.html>



## DO YOU RECYCLE RIGHT?

When you recycle, you help save important natural resources like minerals, trees, water and oil. You also save energy, conserve landfill space, decrease greenhouse gas emissions and reduce pollution. Recycling closes the resources loop, ensuring valuable and reusable resources do not go to waste.

Do you know what can and cannot be recycled? These items are often put in recycling bins but they don't belong there. If in doubt leave it out. Putting the wrong thing in the wrong bin can ruin your recycling efforts.

### Don't put these in your recycling bin:

**Plastic Bags:** Plastic bags and other soft plastics should be kept out of the kerbside recycling bin. These items such as bread bags and confectionary bags can be recycled in a REDcycle bin, which are located at participating supermarkets.

**Crockery and glassware:** While broken glasses, plates and ovenware may seem recyclable, they're not. Glassware melts at a different temperature to glass bottles and jars and will contaminate a load.

**Polystyrene:** Cannot be recycled. Sorting facilities aren't equipped to deal with this material. It can contaminate the paper recycling stream. Small polystyrene beads and pellets are too small to process and again contaminate other recycling streams.

**E-Waste:** Batteries, mobile phones and printer cartridges not only contaminate recycling streams, but can actually be a health hazard at sorting facilities. These items can be recycled at special drop off points.

**Nappies:** A surprising number [of nappies] get put into recycling bins. They cannot be processed and are a hazardous material. Anything that is made of composite materials cannot be processed, like Pringle tubes. The technology used cannot break the item down into its component materials.

SBS.com (2019, October 20). Five things that shouldn't be recycled. Retrieved from [www.sbs.com.au/news/five-things-you-shouldn-t-be-recycling](http://www.sbs.com.au/news/five-things-you-shouldn-t-be-recycling)





## Adelaide Family In-Home Care Services

We are very excited to announce a new business to join The Ranges family, which we believe further compliments the services we currently provide to our families in our community.

Adelaide Family In-Home Care Services is a new approved provider of In Home early education and care that is delivered in a family's own home by a qualified early childhood educator. As an approved provider it provides access to the Child Care Subsidy for these families who are unable to access other mainstream child care options.

To be suitable to access In Home Care a family must be eligible for CCS, and able to demonstrate that the other types of approved child care, such as long day care like our current centres, are not suitable or available and where:

- Parents or carers are working non-standard or variable hours, outside of normal child care service hours
- Parents or carers are geographically isolated from other types of child care, particularly in rural or remote areas

- The family has challenging or complex needs, including where families are experiencing challenging situations and other approved child care services are not able to meet the needs of the child or family.

Families need to contact In Home Care Support Agency in the first instance to be assessed against these criteria and if these are met they can then choose us to provide the care.

You will notice little impact of this new business in the day to day operations of Ranges except that you will start seeing this name and logo appear in our branding in the coming month. We are moving our Babysitting services to sit under this new business however the booking and admin will remain the same as it is now. We will also now begin to move to cease our on-site After Hours service and transition to deliver this need for families through either In Home Care or Babysitting, depending on eligibility.

If you would like any further information regarding this new service please contact Carman.

### Feature Article

## Summer Holiday Notifications NOW DUE

We have begun our roster planning for the holiday season coming up in December and January and we ask that families assist us with this process by notifying us as soon possible of the days you will be away over this time or of any changes you need to their bookings for the new year. We thank those

have already supplied this information and especially to those at the ELC who have already confirmed either their child's final day or changes to their bookings for the new year.

We also ask if you already know of changes for your bookings for the year ahead that you let us know as soon as possible to allow us to include these in our planning for Term 1.

You can notify us of holidays or booking changes either by emailing [stirling@rangeselc.sa.edu.au](mailto:stirling@rangeselc.sa.edu.au) or by completing the yellow holiday slips at the sign in desks.

***Please do not email Kate directly as she will be on leave for the majority of November.***



## Sand Play

There is no right way to use sand. It invites participation; it permits children to make and test hypotheses; it stretches the imagination; it provides a potentially soothing sensory experience; and it is an excellent avenue for children to learn physical, cognitive, and social skills.

Because sand play is open-ended, the child determines the direction and path of his or her own play. This freedom then clears the way for the child to build developmental concepts.

Sand play promotes physical development. Large muscle skills develop as children dig, pour, sift, scoop, and clean up spills with brush and dustpan. Eye-hand coordination and small muscle control improve as children learn to manipulate sand accessories. Sand play also promotes social skills.

When children work together at the sandpit (or table) they are faced with real problems that require sharing, compromising, and negotiating. A group may engage in dramatic play as they "cook," construct roadways, dig tunnels, or create a zoo for rubber animals. As children take on roles associated with their dramatic play, they learn important social skills such as empathy and perspective taking.

**National Quality Framework | Quality Area 3:**  
*Physical Environment Element 3.2 The service environment is inclusive, promotes competence and supports exploration and play-based learning.*

Early Childhood News (2019, October 20). Making the most of sand play. Retrieved from [http://www.earlychildhoodnews.com/earlychildhood/article\\_view.aspx?ArticleID=62](http://www.earlychildhoodnews.com/earlychildhood/article_view.aspx?ArticleID=62)

## STAFF NEWS

As you may be aware, we have been working to fill our Toddler Teacher position at the ITC since Hamish left us a few months ago, with Andrea, Tash and Kara doing a great job in covering in the short term. We are pleased to announce that Ellen, our current Junior Preschool Teacher at the ELC, is excited to take up this opportunity on an ongoing basis from the beginning of 2020.

This will obviously leave the Junior Preschool Teacher position vacant which we have filled with a new staff member, Maddison Ellis. Maddison, who has just recently finished her Early Teaching Degree, will join the team mid-way through term 4, where she will work with Ellen to ensure a thorough handover before these changes take effect from the beginning of January 2020. Melanie will be supporting Maddison as she develops into her new role.

Maddison is passionate about early childhood education and believes relationships with families, children and staff are important. Maddison is excited by the play based and artistic curriculum approach we use to guide our practice and is looking forward to immersing herself in the Reggio Emilia approach to learning and teaching which we adopt.

We look forward to welcoming Maddison to the Ranges team and also Ellen to the ITC.

You may have also seen a couple of new faces at the centres, both Le'Annette and Ailyah have started over the past couple of weeks and look forward to the contributions they will bring to our team.



### Dance time

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

Dancing makes you feel good, it's fun and a great way to get active. Find some free space somewhere inside or head outside and enjoy the fresh air. Pick a song and turn it up.

You can free dance or take turns with your child making up a dance routine. Add moves together and then put on a show for someone else in the house.

**Feedback**   
is always welcome

The Ranges Early Learning and Care Centres

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