

CHILDHOOD IS A STATE OF MIND WHICH ENDS THE MOMENT A PUDDLE IS FIRST VIEWED AS AN OBSTACLE INSTEAD OF AN OPPORTUNITY. – KATHY WILLIAMS

The Ranges Early Learning and Care Centres



ON *this* MONTH

AT The Ranges ELC

School Holiday Program -----30 Sep- 11 Oct
 ITC Transitions half day visits to ELC—30 Sep – 4 Oct
PUBLIC HOLIDAY – CENTRE CLOSED-----7 Oct
 ITC Transition full day visits to ELC ----8 Oct – 11 Oct

AROUND THE COUNTRY

International Day of the Older Persons -----1
 World Animal Day ----- 4
 World Smile Day ----- 4
 World Space Week ----- 4 - 10
 World Teachers Day ----- 5
 National Nutrition Week ----- 13 - 19
 World Food Day -----16
 Loud Shirt Day ----- 18
 National Children’s Week ----- 19 - 27
 Great Aussie Bird Count ----- 21 - 27
 Day for Daniel ----- 25
 Grandparents Day ----- 27

DIRECTOR NEWS

Spring is in the air and we are certainly enjoying the longer daylight hours and warmer weather where we all love to spend the time outside, even for lunch and snacks. Please remember to pack a sun smart hat for your child and if possible, apply sunscreen to your child either at home in the morning or when you arrive. Both centres have sunscreen available for you to use when you arrive.

Everyone has had a busy term on their projects, and we hope you have been enjoying the updates the Teachers have been either emailing or posting via the My Family Lounge app. There has been an upgrade to the My Family Lounge website and families should now be update their personal details, as well as their banking details. You will need to do this via the website not the app, which can be accessed via the homepage on our website. We do encourage you to use this app or log into the website as it is a great way to see the learning and development progress of your child and their group. If you are having issues with accessing the system, please speak to either Melanie or myself.

The school holiday programs have been set for both centres and there are lots of great activities planned. A printed copy is displayed in the centre if you are unsure of what is in store.

This month, our newsletter includes a short article around the Transition to School written by one our parents, Amy Graham, who is a child development and parenting researcher. We hope you find this useful and many of the points made are relevant for any transition you child may be encountering including to a new centre, kindergarten or new age group.

Happy Reading,

Carman Wilson - Director





DAY FOR DANIEL – OCTOBER 25

Day for Daniel is a National Day of Action hosted by the Daniel Morcombe Foundation (DMF) to raise awareness of child safety, protection and harm prevention.

Held on the last Friday of October each year, it is about educating children and adults about keeping kids safe through child safety and protection initiatives. 'Wear Red and Educate' is the theme for the day. Find out more and get involved at www.danielmorcombefoundation.com.au

WORLD TEACHERS' DAY – OCTOBER 5

World Teachers' Day is an opportunity to acknowledge our teachers and say thanks for the significant contributions they make in our classrooms and communities. Find out more at <https://en.unesco.org/commemorations/worldteachersday>

RASPBERRY & LEMON YOGHURT LOAF



PREP 10 min | COOK 25 -30 min | FEEDS 8

INGREDIENTS

- 2 cups plain flour
- ½ cup brown sugar
- 2 teaspoons baking powder
- ¾ cup (180ml) vegetable oil
- 2 eggs
- 1 cup thick natural yoghurt
- 1 teaspoon vanilla essence
- 1 ½ cups of raspberries (fresh or frozen)
- 1 tablespoon finely grated lemon rind

METHOD:

Preheat oven to 180°C (350°F). In a large mixing bowl sift flour, sugar and baking powder and make a well in the centre.

Place the oil, eggs, yoghurt and vanilla in a jug and whisk to combine. Pour wet ingredients into dry and mix to combine.

Add raspberries and lemon zest and gently fold to combine.

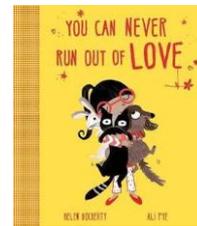
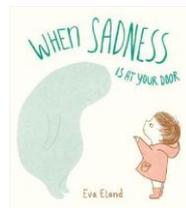
Pour the mixture into a loaf tin lined with baking paper and bake for 25-30 minutes or until cooked when tested with a skewer.

Enjoy! x

Recipe and Image from 'mylovelylittlelunchbox.com'

Book reviews

Books to support the development of emotional literacy.



WHEN SADNESS IS AT YOUR DOOR

EVA ELAND

Sadness can be scary and confusing at any age! When we feel sad, especially for long periods of time, it can seem as if the sadness is a part of who we are—an overwhelming, invisible, and scary sensation. In *When Sadness Is at Your Door*, Eva Eland brilliantly approaches this feeling as if it is a visitor. She gives it a shape and a face, and encourages the reader to give it a name, all of which helps to demystify it and distinguish it from ourselves.

YOU CAN NEVER RUN OUT OF LOVE

HELEN DOCHERTY

A heart-warming and funny tale about the different kinds of love, and how no matter how much love you give you can never run out. You can't measure love in a bucket or cup. You don't have to worry you'll use it all up.

Because love's not a game where you have to keep score. Whenever you give some, you'll always have more. When you've run out of everything else you'll still find . . . You can never run out of love.

BIG BOYS CRY

JONTY HOWLEY

Let boys cry! This picture book imagines a world in which boys are encouraged to express their full range of emotions.

Jonty Howley's gorgeous debut paints the world we wish existed for our boys, and offers a path there! This story is the truest interpretation of the notion that we should "let boys be boys": let them express the full range of their emotions, vulnerable parts and all!



FOCUS: Play-based Learning can set your child up for success...



Preschools and schools offer various approaches to early education, all promoting the benefits of their particular programs. One approach gaining momentum in the early years of primary school curriculum is play-based learning. Research shows play-based learning enhances children's academic and developmental learning outcomes. It can also set your child up for success in the 21st century by teaching them relevant skills.

What is play-based learning? Children are naturally motivated to play. A play-based program builds on this motivation, using play as a context for learning. In this context, children can explore, experiment, discover and solve problems in imaginative and playful ways. A play-based approach involves both child-initiated and teacher-supported learning. The teacher encourages children's learning and inquiry through interactions that aim to stretch their thinking to higher levels. For example, while children are playing with blocks, a teacher can pose questions that encourage problem solving, prediction and hypothesising. The teacher can also bring the child's awareness towards mathematics, science and literacy concepts, allowing them to engage with such concepts through hands-on learning. While further evidence is needed on cause and effect relationships between play and learning, research findings generally support the value of good quality play-based early years programs.

How does it compare to direct instruction?

Play-based learning has traditionally been the educational approach implemented by teachers in Australian preschool programs. It underpins state and national government early learning frameworks.

Research has shown the long-term benefits of high-quality play-based kindergarten programs, where children are exposed to learning and problem solving through self-initiated activities and teacher guidance.

In contrast to play-based learning are teacher-centred approaches focused on instructing young children in basic academic skills. Although this more structured teaching and learning style is the traditional approach to primary school programs, research is emerging that play-based learning is more effective in primary school programs. In these recent studies, children's learning outcomes are shown to be higher in a play-based program compared to children's learning outcomes in direct-instruction approaches.

Research has also identified young children in direct-instruction programs can experience negative effects. These include stress, decreased motivation for learning, and behaviour problems. This is particularly so for children who are not yet ready for more formal academic instruction.

What can be gained through play-based programs?

Teacher-led learning and direct instruction methods have their place in educational contexts. But the evidence also points to the benefits of quality play-based programs for our youngest learners. In play-based programs, time spent in play is seen as important for learning, not as a reward for good behaviour. In such classrooms, children have greater, more active input into what and how they learn.

Research shows play-based programs for young children can provide a strong basis for later success at school. They support the development of socially competent learners, able to face challenges and create solutions.

Read the article as a whole at the link below. Source: Martinko, Katherine (2019, April 8). Play-based learning can set your child up for success at *Retrieved from* <https://theconversation.com/play-based-learning-can-set-your-child-up-for-success-at-school-and-beyond-91393>

LETS MAKE A SHOPPING LIST

We all have to shop for food and making a shopping list is a fantastic literacy activity for pre-schoolers.

Give your child their own notepad and pen and have them make a shopping list. The spelling doesn't have to be correct- the words don't even have to make sense. That's ok.

This is the beginning of writing and understanding the purpose of writing. Have your child bring their list with them, get their own little trolley or basket and shop with you.



Source: Bilingual Kidspot (2019, October 10). 20 Literacy Activities for Preschoolers *Retrieved from* <https://bilingualkidspot.com/2019/05/20/literacy-activities-for-preschoolers-kindergarten-toddler/>



HEALTH & SAFETY: Eat a rainbow

Fruit and vegetables fall into five different colour categories: red, purple/blue, orange, green and white/brown. Each colour carries its own set of unique disease fighting chemicals called phytochemicals. It is these phytochemicals that give fruits and vegetables their vibrant colour and of course some of their healthy properties.

What's in a colour?

Red - Red fruits and vegetables are coloured by a natural plant pigment called lycopene. Lycopene is a powerful antioxidant that can help reduce the risk of cancer and keep our heart healthy.

PURPLE /BLUE - The plant pigment anthocyanin is what gives blue/purple fruits and vegetables their distinctive colour. Anthocyanin also has antioxidant properties that protect cells from damage and can help reduce the risk of cancer, stroke and heart disease.

ORANGE/YELLOW - Carotenoids give this group their vibrant colour. A well-known carotenoid called Betacarotene is found in sweet potatoes, pumpkins and carrots. It is converted to vitamin A, which helps maintain healthy mucous membranes and healthy eyes. Another carotenoid called lutein is stored in the eye and has been found to prevent cataracts and age-related macular degeneration, which can lead to blindness.

GREEN - Green vegetables contain a range of phytochemicals including carotenoids, indoles and saponins, all of which have anti-cancer properties. Leafy greens such as spinach and broccoli are also excellent sources of folate.

BROWN/WHITE - White fruits and vegetables contain a range of health-promoting phytochemicals such as allicin (found in garlic) which is known for its antiviral and antibacterial properties. Some members of the white group, such as bananas and potatoes, are also a good source of potassium.

Offering a wide range of colours in children's food not only looks great but also ensures that children are receiving a great variety of nutrients. Here are some healthy ways you can interest children into the marvellous, colourful world of fruit and vegetables:



Create your own Fruit and Veg Rainbow

A great way to keep track of the colours children eat each day is to create a fruit and veg rainbow poster. Every time the children eat a colourful fruit and vegetable they can place a corresponding coloured sticker on the rainbow or get them to colour in a small section on the rainbow. This is also a great activity that parents can do with their children at home.

Create a Rainbow on Your Plate

Make a tropical rainbow fruit salad with fruits of each colour: oranges, strawberries, mango, rockmelon, kiwifruit, bananas, and blueberries. Stir fry your own mix of vegetables using each colour: red onions, carrots, baby corn, broccoli and mushrooms.

Read a book – I can eat a rainbow by Annabel Karmel

I can eat a rainbow teaches kids how to eat healthily by enjoying a 'rainbow' of food, from purple plums to red apples to greens like spinach and celery. Each two-page spread focuses on food of a different colour.

Go to the link below for more information and a Fruit & Vegetable colour chart.

Nutrition Australia (2019, October 20). Eat a rainbow. Retrieved from <http://www.nutritionaustralia.org/national/resource/eat-rainbow#attachments>



THE GREAT AUSSIE BIRD COUNT

Given that it is impractical to monitor all groups of organisms on a wide scale, birds provide valuable indicators of the state of the environment. They are usually high in food chains and so particularly susceptible to environmental changes. You can help monitor bird populations by taking a part in the #AussieBirdCount.

No matter where your backyard happens to be — a suburban backyard, a local park, a patch of forest, down by the beach, or the main street of town you can participate. By taking part in the Aussie Backyard Bird Count, you will be helping BirdLife Australia find out about the common species and populations that live where people live. www.aussiebirdcount.org.au



Get counting from October the 21st to the 27th. You can either use the online form or Download the app to take part.



AT THE ITC



AT THE ELC



Transition to School – Helping your child prepare for starting school

At this time of the year, perhaps your mind is moving towards how you can help your child to navigate the transition to school successfully. Transitioning to school is a process that starts well before a child enters the school gate and starts at home. As a parent, there is plenty you can do to make this time exciting,

Having your child enrolled in this early learning program helps to reduce the anxiety around this transition and many parents feel that their child will be better prepared for the transition by attending early learning. But a parent's role is not diminished in the preparation of their child for school. Parents really matter. Some research has found that one of the most influential factors in a student's educational success, is parental engagement through their behaviours and beliefs.

Home and school must come together for a child to maximise their potential. As philosopher George Santayana simply said, "A child educated only at school is an uneducated child". An influential and still widely applied model was proposed by Joyce Epstein, which recognises the ecological nature of children's learning and that it occurs across overlapping settings:

My PhD research explored the rich and unique contributions that parents make in contributing to their child's transitioning into school, through their enriching preparation behaviours, high expectations and confidence in their role as a child's first and forever teacher.

If there is anything we can do to support you in the transition process, please let us know. You can read more about ways to help your child get ready for school at these following links:

<https://www.kidspot.com.au/school/primary/starting-school/15-ways-to-prepare-your-child-for-school/news-story/7816408927844b06720e0d4d1dcf2b01>

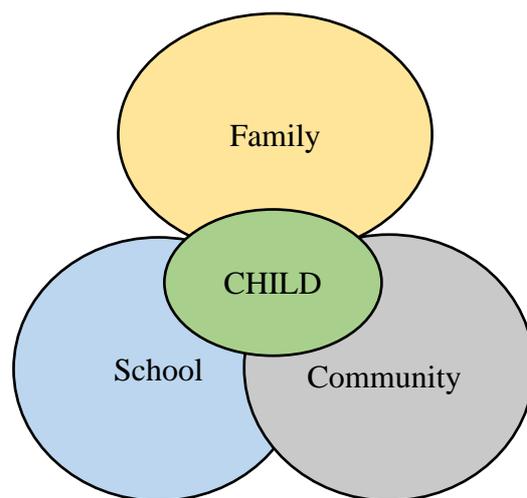
<https://theconversation.com/heres-what-teachers-look-for-when-kids-start-school-116523>

Feature Article



WHAT YOU CAN DO TO HELP PREPARE YOUR CHILD FOR SCHOOL

- Speak to your child's teachers. In the same way that the relationship between you and your child is bi-directional, so too is the relationship between teachers and parents. Find out what your child is learning, and the ways you can support this at home.
- Make sure your child is prepared in practical ways for school. Visit the school playground in the holidays, make sure they know where the toilets are and arrive early to show them where to go and where you will be at the end of the day.
- In the months leading up to starting school, try to work on your child's self-care and independence. Ensure they can ask for help if they need, toilet independently, open containers and lunchboxes, and know how to behave in a group.
- Spend time getting to know the peers who your child will be attending school with and look for opportunities to socialise with these families.
- Read to and with your child. Parents in my study were doing this far more than any other preparation activity, and it is a great way to bond and develop an early love of literacy. A recent study found parents who read one book a day with their child are giving their child a 1.4 million-word advantage over their peers who have never been read to.
- Spend time playing with your child and show an interest in what they are doing.
- Facilitate a range of experiences, both in and out of the home.



Epstein's 1987 Overlapping Spheres of Influence Model

AUTHOR: **Amy Graham**

Amy is a parent at The Ranges, and also a child development and parenting researcher. She has recently completed her PhD thesis entitled "Getting ready to succeed at school: Investigating the role of parents". She now works as a Postdoctoral Research Fellow with the Gonski Institute for Education (University of NSW), and has had 13 years of experience as a policy and political adviser, teacher, consultant and researcher in education.



Adventurous Play / Risky play

Risky play is thrilling and exciting play where children test their boundaries and flirt with uncertainty. Risky play provides opportunities for challenge, testing limits, exploring boundaries, and learning about injury risk.

Risky play is important because:

- It provides children with the opportunity to assess risk and manage sticky situations
- It gives kids a sense of accomplishment and fun.
- Swinging, climbing, rolling, hanging and sliding are not only fun for children but are also essential for their motor skills, balance, coordination, and body awareness.
- Developing less fear.

What are the benefits of risky play?

Children need and should take risks in order to explore limits, have new experiences, and develop their capacities. A strong motivation to respond to challenges involving a risk of injury helps them learn how to walk, climb stairs, and ride bicycles. As they grow and develop they will have to make choices about what is safe to attempt and what is not.

Develops self-confidence and well being. It becomes a source of pleasure for the child as they foster new learning experiences. Importantly, it aids them to when interacting with children of different age ranges.

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.

Terracycle Recycling Program

We have joined the Terracycle Recycling Program which a program that recycles the “non-recyclable” items that we use everyday. Whether it's coffee capsules from your home, pens from a school, or plastic gloves from a manufacturing facility, TerraCycle can collect and recycle almost any form of waste. We are collecting pens, markers and highlighters that no longer work at both centres and will drop these of a Terracycle depot. If you are have any of these items please feel free to drop them off as we continue to improve our sustainability practices.

CMC: RECYCLE WRITE PROGRAM

ACCEPTED RECYCLE

See the Picture above for what you can send in through Recycle Write. Then, Every Time you use up a pen or marker, be sure to put it in the box.

Recycle Write Program accepted Recycle:

1. Pens and pen Caps
2. Mechanical Pencils
3. Markers and marker caps
4. Highlighters and highlighter caps
5. Permanent markers and permanent marker caps

All manufacturers accepted.

5 Minute MOVES

I'll time you

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

Say to a child “I’ll time you” and it evokes a crazy competitive drive to beat that time over and over and over again! Why not join in?

It could be a run around the house. 10 jumps or skipping to a location. It doesn’t matter. Choose a movement activity and time one another completing the activity. See if you can beat one another! Of course, the real time doesn’t matter, have fun with it.