



ON *this* MONTH

AT THE RANGES ELC

Holiday Notifications due -----	20 th
End of School Term 3 -----	27 th
ITC Half Day Transitions to ELC -----	30 th – 4 th Oct

AROUND THE COUNTRY

Father's Day -----	1
Wattle Day -----	1
National Child Protection Week -----	1-7
Sea Week -----	2-8
National Flag Day -----	3
Early Childhood Educators Day -----	4
Indigenous Literacy Day -----	4
Sustainable House Day -----	15
Talk Like a Pirate Day -----	19
World Rivers Day -----	22
World Maritime Day -----	26
Save the Koala Day -----	28

DIRECTOR NEWS

Welcome to our September issue of the newsletter, we hope that all our Dads had a lovely day on Father's Day and were able to spend some special time with their families.

The past month has been a busy one for us as we welcome some more new staff to the team, Emily and Bec, and say goodbye to both Hamish, who has left for pursue career opportunities overseas and Ebony who has started her maternity leave. Mikaela will be starting her maternity leave mid September and we look forward to meeting their little ones once they arrive.

With the beginning of Spring it means that our Sun Protection Policy kicks in. Further details regarding this policy can be found on the last page of this newsletter.

The end of school term is creeping up on us so please let us know if you will be away over the school holidays by either sending us an email or completing yellow holiday slip at the centre. We need to receive your notification by Friday 20th to ensure you receive the holiday discounted rate.

If you have any comments or queries regarding our service please do not hesitate to contact us.

Regards,
Carman and Melanie





EARLY CHILDHOOD EDUCATORS DAY – SEPTEMBER 4

Early Childhood Educators Day recognises and celebrates the work of Australia's educators in early learning centres (long day care centre based), kindergarten/preschool services, family day care,

occasional care and Outside School Hours Care (OSHC), for their wonderful contribution to the wellbeing and healthy development of the young children in their care. Find out more at: earlychildhoodeducatorsday.org.au

TALK LIKE A PIRATE DAY – SEPTEMBER 19

Talk Like a Pirate Day™ is nationally recognised as the major fundraiser for Childhood Cancer Support, is an opportunity to polish ye hook and say “AHOY there, me hearties” to all ye mateys, school crew and work mates. Find out more at talklikeapirateday.com.au

SPRING TIME PIZZA



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

PREP 10 min | COOK 10-15 min | FEEDS 4

INGREDIENTS

- 1 cup (250 grams) ricotta
- 2 heaped tablespoons parmesan, grated zest of 1 lemon
- 4 sprigs thyme, leaves picked
- 4 wholemeal pita breads
- 1 zucchini, cut into thin ribbons using a speed peeler
- 6 stalks of asparagus, cut into thin ribbons using a speed peeler
- 1 tablespoon extra-virgin olive oil
- 3/4 cup (75 grams) shredded mozzarella (or tasty cheese)
- 100 grams turkey breast, shaved
- 1/2 cup (125 ml) basil pesto
- tomato wedges and extra pesto, to serve

METHOD:

Preheat oven to 200 degrees Celsius (390 F). Line 2 oven trays with baking paper and set aside. Place the ricotta, parmesan, lemon zest and thyme into a small bowl and mix to combine. Place the pita breads onto the oven trays. Divide the ricotta mix between the pita bread and spread evenly to cover each base. Place the zucchini and asparagus ribbons into a bowl, add the olive oil and toss to combine. Top each pita with the zucchini/asparagus mixture, shredded cheese and turkey. Dot each pizza with pesto and bake for 10-15 minutes or until golden and cooked. Allow to cool slightly before slicing into chunky pieces and serving alongside tomatoes wedges and pesto.

Recipe and Image from 'mylovelylittlelunchbox.com'

App reviews

Apps for learning and challenging fun.



BANDIMAL

\$5.99 | YATATOY

Introduce your kid to the joy of making music!

BANDIMAL is a fun and intuitive music composer that lets kids discover the creative world of making music. Set up a drum loop, swipe through animals to change instruments, compose melodies, change loop speeds and add a quirky effect on top.

SORTING GAME FOR PRESCHOOL KID

MyFirstAPP Ltd. | FREE

Tidying up has never been more fun. Teach your child about sorting and arranging with this fun, sorting application. This application helps develop conceptualisation, visual perception and fine motor skills. With parental assistance it can also develop language skills.

TEACH YOUR MONSTER TO READ

Teach Monster Games LTD.

Teach Your Monster to Read is an award-winning phonics and reading game that's helped millions of children learn to read. Children create a monster and take it on a magical journey over three extensive games - meeting a host of colourful characters along the way and improving their reading skills as they progress. Covers the first two years of learning to read, from matching letters and sounds to enjoying little books.



FOCUS: Climbing trees is safer than organised sport



So why are parents so scared of it?

There's a big pine tree in our side yard. It's around 50 feet tall and holds a magnetic attraction for my children and their friends. It's not uncommon for me to step outside and hear a small voice from up in the sky, shouting, "I'm up here!" Sure enough, a small body waves enthusiastically from a high branch. Eventually they come down, covered in sap and scratched by branches, but delighted by their conquest. (Then I show them how to rub butter into the sap, and then wash it off with soap and water.)

I never stop them from climbing that pine tree (or the magnolia or the pear) because I believe it's so important for them. On a physical level, climbing trees builds muscular strength and flexibility, develops motor skills and depth perception, teaches them to assess a branch's size and ability to hold them, and forces them to concentrate.

On an emotional level, it's a pure thrill to attain such heights, to be out of reach of parents and safety, to be in control of pushing their own boundaries. It gives them a space for imagination to run wild and to feel connected to nature. It instils confidence and, in a way, makes them safer overall because they become more capable humans.

But what about injury? This is the niggling doubt at the back of every parent's mind.

Falling out of a tree is always a possibility (I did it as a kid and broke my arm, which I later perceived as a badge of honour in the kid world), but compared to other injuries, tree-climbing is a non-issue. Rain or Shine Mamma cites a 2016 study from the University of Phoenix:

"Researchers surveyed 1,600 parents who let their children climb trees and found that the most common injury by far was scraped skin. Only 2 percent of the parents responded that their child had broken a bone and even fewer had suffered from a concussion. Meanwhile, more than 3.5 million American children under the age of 14 receive medical treatment for injuries from organised sports every year." This shows that if a parent were truly serious about injury prevention, they'd never sign their kid up for organised sports. But that's a ludicrous thought. Most parents wouldn't for a second doubt that the benefits of sport outweigh the risks. So why don't we do that with tree-climbing and other free play activities in nature?

It's time to let go and "let grow" (as Lenore Skenazy's free-range play organisation is called). Don't get hung up on statistically negligible injuries and let your kids climb trees to their hearts' content. Maybe even join them once in a while. I have yet to scale the pine, but you never know...

Source: Martinko, Katherine (2019, April 8). Climbing trees is safer than organized sport, Treehugger.com
Retrieved from <https://www.treehugger.com/family/climbing-trees-safer-organized-sports.html?fbclid=IwAR2-B6dtnx1cruk2toX8ax-3iCp6SK55oEAZR-yeBWwMfoCBCzjDCmU78bl>

SIMPLE MATH ACTIVITIES USING MANIPULATIVES

Counting bears or counting animals are a wonderful tool to have in your home for use now but also as your children enter Primary School. You can use them to sort, count or use them with patterns. These multicoloured manipulatives can be purchased cheaply online or in most toy stores. You could also use the houses from monopoly or Lego blocks.

Patterns with bears: In word create some simple pattern cards to help get your child started, like the ones in this picture, or simply download these ones via the link. The first page is an AB pattern, meaning two colours alternate in the pattern. The second page is an ABC pattern, meaning three are three colours in the pattern. For this activity, your pre-schooler will set the coloured bear on top of the matching colour to create a pattern. On the ABC pattern cards, the last circle is left empty. That is for your child to tell you what colour it should be.



Sorting colours with bears: Another way to use these tools is for sorting activities. Sorting is a key mathematics skill and these activities provide the foundation for early numeracy learning. Children can sort the bears into colours, if you have different animals, they could sort them into types of animals too.

You can download and print both activity cards via the link below.

Source: Teaching Mamma (2019, August 10). 15 Hands-On Math Activities for Preschoolers Retrieved from <https://teachingmama.org/15-hands-on-math-activities-preschoolers/>



HEALTH & SAFETY: Water Safety

Whether at home, visiting family and friends or on holiday, it is always important to keep safety in mind when children are in or near water. Drowning is the number one cause of death for children under five. Drowning can occur quickly and quietly, without any warning noises. Sadly, on average, one child dies each week in Australia as a result of preventable drowning.

Toddlers are most at risk near water

Toddlers aged between one and three years are most at risk, because they are mobile and curious, but don't understand the danger of water. You can considerably reduce the risks by supervising your child around water at all times and by teaching them to swim.

Taking precautions to reduce the risk of drowning around your home is also very important. A toddler or child can drown in five centimetres of water. Every exposed water source, no matter how shallow, poses a significant danger.

It is important to provide barriers to prevent access to water sources. You should also learn resuscitation techniques so that you know what to do if you are faced with an emergency.

Supervise your children around water - the most important preventive tactic is to supervise your child around water at all times. This means actively watching them, keeping them within arm's reach and not just glancing up every now and then. Don't assume they will splash and yell for help if they get into trouble. **Twenty seconds is all it takes for a toddler to drown.**

Learn first aid Emergency medical treatment for young children or babies isn't always the same as for adults, which is why all parents should take an infant or child first aid course that includes cardio-pulmonary resuscitation (CPR).

Water safety around the house

Suggestions for reducing the risks of your child drowning in and around the home include:

- Never leave an older child to supervise the younger child in the bath.



- Always supervise your child in the bath.
- Take your child with you if your telephone or doorbell rings while supervising your child in the bath.
- Empty the bath immediately after use.
- Always keep the doors to the bathroom and laundry securely closed.
- Use a nappy bucket with a tight-fitting lid, and keep the bucket closed at all times and out of your child's reach.
- Cover ponds, birdbaths and similar water sources with mesh.
- Keep pet water bowls, aquariums and fish bowls well out of little children's reach.

Learn to swim Swimming programs are available for children and babies, the emphasis is on building confidence and encouraging the child to enjoy water in the youngest programs, rather than teaching them to swim. Children can take formal swimming instruction from the age of four years. Water safety skills make up part of the tuition. Swimming is an extremely important life skill. Regardless of your child's ability never leave them unattended in or near water.

Better Health VIC (2019, July 10). Water safety for children. Retrieved from <https://www.betterhealth.vic.gov.au/health/healthyliving/water-safety-for-children>

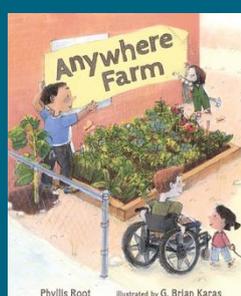
Sustainability CORNER

SPRING PLANTING

Growing your own fruits and vegies is such a rewarding activity, children of all ages can take part. Tending to your garden can become a part of your daily routine, a nice way to get outside each day and spend quality time together.

But what do you plant? Fruit trees, vegetables and herbs. What you can grow depends on the soil conditions and climate where you live. With a climate as diverse as Australia's, it's important to know which plants are best suited to your region so that you get the best results in your garden.

Bunnings has a great list that details which plants grow best in your region, check it out here: <https://www.bunnings.com.au/diy-advice/garden/planting-and-growing/what-to-plant-in-spring>



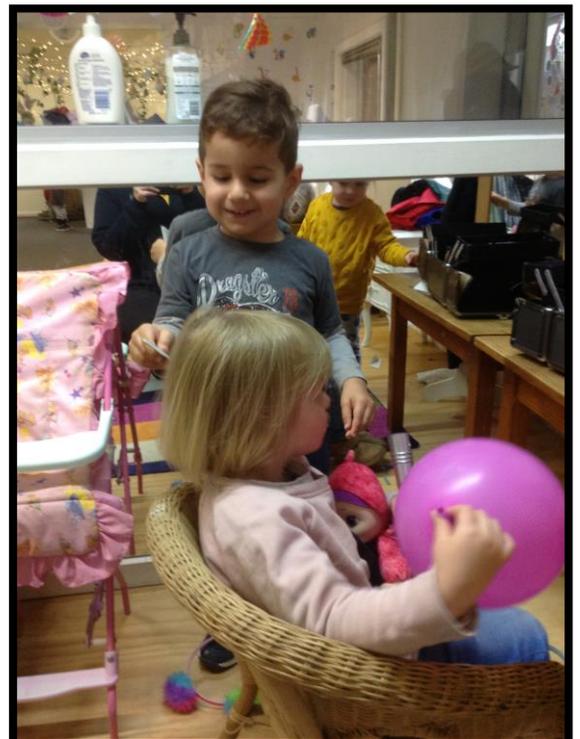
Anywhere Farm – Phyllis Root

Is a beautiful story to read alongside building your own garden. Enjoy the rhymes and bright pictures.

Be inspired by the creative gardens and maybe even try out an odd pot yourself!



AT THE ITC



AT THE ELC





Being Environmentally Responsible

Sustainability is more than gardening, worm farms or composting. As educators, we have to think beyond these green activities. Sustainability has shifted away from being just about environmental education to thinking about it as education for sustainability (Davis, 2010). Although both education threads are separate, they are certainly not isolated. Education for sustainability is about linking the 'about' with the 'doing'. - Yvonne Paujik Curriculum Lead Teacher Campus Kindergarten University of Queensland

Within our service children:

- **Connect with the natural world** Children use their senses to explore their surroundings through free play and guided discovery.
- **Learn to care for the environment through** Play and directed activities. This may be sorting items into their correct bins, caring for 'injured' wildlife, planting gardens, observing wildlife.
- **Observe sustainable practise** through modelling from our educators and daily practise.

Being environmentally responsible is neither a subject nor an 'add on', it is a way of thinking, a way of practice. Education for sustainability is interdisciplinary and involves different members of the community with different expertise and knowledge collaborating together to tackle issues that affect sustainability.

We hope children think of sustainability as being broader than the environment, to thinking about how people and change can influence every living thing. Encourage and support your child and the next generation at home by being environmentally responsible in every possible way.

National Quality Framework | Quality Area 3:
Physical Environment Element 3.2.3 Environmentally responsible

Hat and Sunscreen Time

With the start of Spring now here, we now need to ensure the children are protected against the sun when they are playing outside.

Please pack a **clearly named** sun smart hat that is wide brimmed or legionnaire style that protects their ears and neck. Caps are not suitable as they provide inadequate protection against the sun and children will be provided with a suitable hat instead of a cap if they have one.

Also, the children need to wear appropriate clothing that protects their shoulders. Please do not send your child to the centre wearing any clothing that expose the shoulders (ie tank tops, string straps on dresses etc). If available we will provide an appropriate shirt for them to play outside otherwise, they will need to play in the shade.

We ask for your cooperation in ensuring your child is protected from the sun for their outside play and if you have any old hats that you could donate to the centre to use as spares that would be greatly appreciated.

We also ask that you apply sunscreen to your child at the start of the day either at home or using the sunscreen available at the sign in desk. If your child is not able to use the centre sunscreen please ensure you provide us with sunscreen they are able to use.

If you have any queries regarding our Sun Smart Policy please do not hesitate to contact either Carman or Melanie.



LET'S PLAY HANDBALL

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

Do you remember this game from Primary School? All you need is a tennis ball and 2 or more connecting squares marked on any hard surface. The typical game requires you to have rallies similar to tennis by batting the ball back and forth, bouncing in your square first.

For this intro let's just see if you can get the ball from one person's square to another. This may be via typical hand batting or gentle throws. Throw the ball so it bounces in your square first and then into your child's. Practise this first and move up to batting from here.