



APRIL  
2018



# ON *this* MONTH

Karratha Early Learning

Crazy Hair Day ----- 13<sup>th</sup>  
Superhero Day ----- 30<sup>th</sup>

## AROUND THE COUNTRY

Easter ----- March 30<sup>th</sup> - 2<sup>nd</sup>  
World Autism Day ----- 2<sup>nd</sup>  
Children's Book Day ----- 2<sup>nd</sup>  
Nature Play Week ----- 11<sup>th</sup> - 22<sup>nd</sup>  
International Day of Human Flight ----- 12<sup>th</sup>  
Baisakhi-Sikh Festival ----- 14<sup>th</sup>  
Earth Day ----- 22<sup>nd</sup>  
ANZAC Day ----- 25<sup>th</sup>  
Pay It Forward Day ----- 28<sup>th</sup>

## Karratha Early Learning Centre News



### Go Blue to help raise awareness:

During the week of 23<sup>rd</sup> - 27<sup>th</sup> April we invite all families, children and staff to dress in Blue and make a gold coin donation, to raise awareness for ASD.

We would like to welcome all the new families that have recently joined us to Karratha Early Learning. Please remember to hand in all ezidebit forms to Miss Melanie.

Casual Booking are still available on some days and can be booked via the app QKenrol.

The new hats and T-shirts have arrived and can be purchased from Miss Melanie.

CHILDREN'S BOOK DAY – 2<sup>ND</sup>

A book makes the small person intuitive that order is possible in the world, and everyone has a unique place in it. Everything works toward this goal: the rhythmic organization of the text, the rows of letters, the design of the page, and the impression of the book as a well-structured whole. The great is revealed in the small and we model it in children's books. A children's book signifies respect for the greatness of the small. Children's Book Day is celebrated to inspire a love of reading and to call attention to children's books.

Find out more at <http://www.ibby.org>

EARTH DAY – 22<sup>ND</sup>

From poisoning and injuring marine life to disrupting human hormones, from littering our beaches and landscapes to clogging our waste streams and landfills, the exponential growth of plastics is now threatening the survival of our planet. How can you help *end Plastic Pollution*? Find out more at [www.earthday.org](http://www.earthday.org)

## HEALTHY ANZAC COOKIES

PREP 10 min | COOK 15 min | MAKES 18

Anzac biscuits have long been associated with the Australian and New Zealand Army Corps (ANZAC) established in World War I. Wives and women's groups sent the biscuits to soldiers abroad because the ingredients do not spoil easily and the biscuits kept well during naval transportation. Try this healthier version of the old favourite.

## INGREDIENTS

- 1 cup Almond Meal
- 1 cup Gluten Free Oats
- 1 cup Desiccated Coconut
- 1/3 cup Honey (or maple syrup to make these vegan)
- 1/4 cup Coconut Oil
- 1/2 tsp. Baking Soda
- 1 Tbsp. Water
- Handful of Flaked Almonds, for sprinkling

## METHOD:

Preheat oven to 160 degrees C. Combine almond meal, coconut and oats in a mixing bowl. Stir to combine. Heat honey and coconut oil. Add baking soda and water and stir until it's foamy. Pour this wet mix into the dry ingredients and mix thoroughly. Roll mixture into balls, a little larger than a walnut shell, lie on a baking tray, and flatten slightly with the back of a spoon. Sprinkle a few flaked almonds over each one then place in the oven to bake. Bake for about 15 minutes, remove from oven then allow cooling on a wire rack.

Enjoy [eatthismyfriend.com](http://eatthismyfriend.com)

## Book reviews

Through picture books children can learn the story of the ANZACS.

Families can use these books to begin conversations about the topic to ensure the ANZAC spirit never dies.

MEET: THE ANZACS  
CLAIRE SAXBY

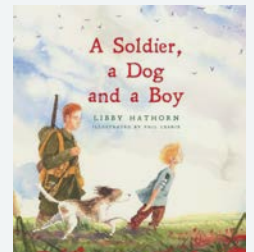
*Meet the ANZACS is part of the Meet... Australian history series for kids*

Designed for the younger reader with simple text, engaging imagery and non-violent themes. This book introduces the men, the legend and myths that surrounded the ANZACS.

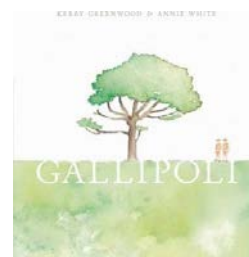
A SOLDIER, A DOG  
AND A BOY

LIBBY HAWTHORN

*A moving story of a young Australian soldier and the power of friendship, especially in times of war*



*A Dog And A Boy* was inspired by Libby Hawthorn's months of research on her uncle, who survived Gallipoli but went on to fight at the Battle of the Somme and was killed there in 1917 at just twenty years old.

GALLIPOLI  
KERRY GREEN

*It was 1914 and Dusty and Bluey are headed for adventure.*

They were Anzacs, members of the Australian Light Horse, on their way to the Great War. The story of Bluey and Dusty is a story of family and friendship. It is the story of Gallipoli.

## FOCUS ARTICLE: Why Won't My Kids Play Outside?



*Source: Recipe and images belong to eatthismyfriend.com*

**What do we do when children don't want to play outside? Some kids just seem to prefer making a mess inside (or staring at devices) rather than exploring the great outdoors.**

It used to be easy for our parents to just 'kick us out' to play because we were in the habit of playing outside. We are all creatures of habit and our kids are no different. The habitual way of living gets entrenched (although kids seem to resist healthy habits around eating, cleaning teeth and going to bed). If playing inside has been a frequent occurrence in your house, it becomes like the social norm of your family. Changing social norms can happen however it takes some time and effort.

I would suggest first, come clean as parents and have a family meeting expressing your concerns that the kids have too much time inside, which is seeing the house as a playground. Mention that it's healthy for them to play outside in the fresh air (I would avoid mentioning the risks of obesity, poor self-regulation and developmental delays that come with too much time on screens or being sedentary – heck they are just kids.) Then I'd ask for suggestions on how to 'spark' up the outside play possibilities. Some creative kids will come up with great ideas while others may just roll their eyes.

When change happens too much too quickly it's normal for everyone to push back. So start in small ways – maybe as a family have a picnic or high tea outside and also invite extra kids over to double the fun. Given your kids may be used to being around you inside, they may need your presence outside,

while they are in transition. Maybe do some weeding, hang out washing, peel the potatoes for dinner or have your cuppa while somewhere nearby.

The first foray needs to be something really attention-grabbing, almost guaranteed to be a winner – so think really engaging, messy, noisy or silly. Depending on age it could be a version of going on a 'bear hunt', a treasure hunt, a slip n slide, a water balloon fight, or having loads of soft balls around, set up a shop or any real experience where they pretend to be grownups.

Essentially you need to create an attention-seeking experience that trumps being inside, as kids are wired to create play opportunities that make the neurotransmitters dopamine and endorphins. When they have equipment that is already built like cubbies or forts, they are unable to move them around and sometimes this can stifle their creativity and enjoyment. Having freedom to move, play and create are the real secrets to engaging play anywhere. Start thinking along the line of 'loose parts' play theory, which might involve bringing old tyres, ropes, bamboo sticks, old sheets, river rocks, lengths of poly pipe, bits of wood or any number of treasures into the back yard ... trust me this will magically draw children outside.

Old sinks make easy mud kitchens, planks of wood become construction sites and getting piles of sand or dry mud can also be just too enticing. Building tee pees and creating racetracks or jumps for bikes can also lure children, even older kids outdoors. Cardboard boxes can be amazingly successful, as they can become almost anything. Making a city can take weeks and can have your kids wanting to bring friends and family over to admire their amazing work.

Essentially to get your kids outside you need to progressively 'nudge' them with love and enthusiasm. As they break the habit of indoor play, they'll start to embrace the outdoors.

*Source: Dent, M. (2018, February 23). Why won't children play outside? Retrieved from <https://www.maggiedent.com/blog/wont-kids-play-outside/>*

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**Kids do better outside.** Physically, mentally, emotionally and socially: kids do better outside. When children run and play in natural light and fresh air it is not just better for them; it is better for their families, their communities, their society, economy and planet.

But just because we all know it doesn't mean we all do it. Some of us don't have the confidence. Some of us don't know where to start. Or how. A lot of us think it is harder than it really is.

Nature Play Week 2018 runs from the 11<sup>th</sup> until the 22<sup>nd</sup> of April. It is the perfect time to begin spending more time in nature. For more information and local events go to [natureplayweek.org.au](http://natureplayweek.org.au)

## 5 LITTLE DUCKS

Combine the classic song *Five Little Ducks* with bath time as a fun way to enjoy numbers, counting, singing and story telling!

**You need:** Plastic ducks or other bath toys, it is very easy to change 'duck' to the object name you are using. Foam numbers if you have them.

This song is a great one for counting up and back down again from 1 to 5, subtracting one duck during each verse

until there is none left. Using story and singing props is so helpful for little children as it allows a very tactile, kinaesthetic way to act out and physically move the objects while doing so. Simply place the ducks in the bath with your little one and stick the numbers 1-5 on the side of the bath and begin singing.

"5 little ducks went out one day..." Ask your child to remove a duck and a number each time until there are no ducks left and then bring them all back at the end of the song.

*Source: [theimaginationtree.com/five-little-ducks-storytelling-water/](http://theimaginationtree.com/five-little-ducks-storytelling-water/)*



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 is 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 they eat a colourful fruit and vegetable a corresponding coloured sticker is pasted on the rainbow or get them to colour in a small section on the rainbow.

**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 teaches children how to eat healthily by enjoying a 'rainbow' of food, from purple plums to red apples to greens like spinach and celery.

*Source: Nutrition Australia ACE Division. (2018, March 22). Eat a Rainbow. Retrieved from [nutritionaustralia.org/sites/default/files/eat-a-rainbow-fact-sheet-20130506.pdf](http://nutritionaustralia.org/sites/default/files/eat-a-rainbow-fact-sheet-20130506.pdf)*

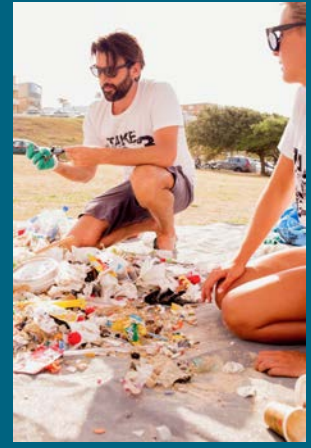
*Munch and Move. (2018, March 15). Healthy Eating Learning Experiences Resource: Eat a Rainbow Retrieved from [healthykids.nsw.gov.au](http://healthykids.nsw.gov.au)*

Take 3 for the sea

“From poisoning and injuring marine life to disrupting human hormones, from littering our beaches and landscapes to clogging our waste streams and landfills, the exponential growth of plastics is now threatening the survival of our planet.”

*Earth Day April 22 2018 - End Plastic Pollution*

Take 3 is an Australian not-for-profit organisation, founded in 2009 by surfing enthusiast, Amanda Marechal, marine ecologist, Roberta Dixon-Valk and environmentalist, Tim Silverwood. Take 3 are committed to reducing plastic pollution and promoting the transition to a circular economy through education and participation. Our message is simple: Take 3 pieces of rubbish with you when you leave the beach, waterway... or anywhere special, and you've made a difference.



### **Toddlers:**

The month of March the children had been exploring our new environment and areas within the room. We had a slight move around of furniture and equipment which has opened the children to all new discoveries.

The home corner is now a very popular space to interact with, with the children making 'lunch' and 'dinner' for their peers and the toy babies. They love the cot and putting the babies down for a nap and changing them with their very own gloves on the change table and doll sized nappies. This is a very tricky skill to learn and the children are beginning to use verbal and non-verbal ways in which to interact with adults to aid them.

L.O 5.1.3

March also brought us Easter and with it lots of discussions about the Easter Bunny and chocolate eggs. We made our very own Easter headbands using glue, feathers and of course lots of glitter and wore them around the room once they were dry for a Parade. Putting hands on hips we all did the conga and what great fun it was trying to hold on to our friends but also use our motor skills to try and walk and hop in time.

The children were very interested in ocean creatures in stories and talking about their



adventures to the beach and what they saw there. In the sensory and small world area we created a 'beach' with some seaweed, water and toy animals like crabs and sharks and a sting ray. Boogie Beebies Ocean Motion was a firm favorite song to dance to this month and we mimicked the actions of a crab and jellyfish and watched sea creatures swimming around. These 'action afternoons' help to keep the children active and wake up their bodies after their afternoon nap, they help improve both gross and fine motor skills and begin to understand the world in which we live. L.O 3.2.4

### **PreKindy:**



This has been a very exciting month. We changed the layout of our room to allow for a more natural environment for our busy days of play. We have introduced a new eating area which the children love! They have begun to use ceramic bowls and glasses for their water. They love to show us 'Look I'm using two hands'.

We have done a lot of exploring with loose parts. Loose parts allow the children to play and learn using their own creativity and imagination. Using open ended resources such as these open endless possibilities for children to explore and develop. Next month we will be building on the children's individual interests and focusing on our Spanish program being implemented with Miss Aida and Miss Alicia.



## Vacation Care

The first week of Vacation care has been awesome as Miss Charlotte and Miss Melanie have been keeping the children entertained with the vacation care programme and other little surprises in between.

Next week we have another fun filled week ahead with visits to the Community Garden, picnics and then a special lunch at McDonald's on Friday.

## NEW SUBSIDY PACKAGE



The New Child Care Package starting July 2nd will make childcare more affordable for most families.

### WHAT'S CHANGING?

From 2 July 2018, there will be a New Child Care Package. The package includes a new Child Care Subsidy, which replaces the current Child Care Benefit and Child Care Rebate. It will be paid directly to services.

### ANNUAL SUBSIDY CAP

Families earning less than \$185,710<sup>^</sup> will have no cap on the amount of childcare they can receive. Families earning over \$185,710<sup>^</sup> and under \$350,000<sup>^</sup> will benefit from an increase in the current cap of \$7,613 to \$10,000 per child, per year.

### HOW DOES IT WORK

Three things will determine a family's level of Child Care Subsidy:

1. Combined family income - A family's income will determine the percentage of subsidy they are eligible for.
2. Activity level of parents - The number of hours of subsidised care families can access, will be determined by an activity test.
3. Type of child care service - It will be calculated by the hour using these hourly rate caps

For more information

[www.education.gov.au/ChildCarePackage](http://www.education.gov.au/ChildCarePackage)

## Spanish Lessons with Miss Aida and Miss Alicia

Buenas tardes everyone, after introducing our classes and started to involve our Spanish learning with the room's routine, we found still an amazing participation from our children. Some of our children started to develop an ability to repeat and practice the action songs and new words immediately or later. Muy bien amigos (Well done friends). Our **Nursery room** had a Spanish afternoon singing their familiar song in Spanish, they enjoyed dancing and listening new songs and words.

Our **Toddlers room** started to identify the Spanish time saying hola (Hello) and amigo (friend) when they see our friend lechuza. This week we took turn to cuddle lechuza and started to say Adios (Bye) to put lechuza to sleep.

Children from **Kindy room** started to do and compare the words Buenos dias that means good morning, como estas that means how are you. We kept encouraging them with the songs that they are familiar with, so they have a consistent learning. More and more children are engaging with the Spanish lessons and showing more interest on the time implement for their lessons.

Our children from **After school care** our schoolies starter to identify themselves with their names and how to ask what is your name in spanish which we say it as Cual es tu nombre, mi nombre es.. what is your name, my name is. They also learned how to say muy bien which means very well.

