

St Paul's Lutheran Kindergarten



JANUARY
2018

ON *this* MONTH

AT St Paul's Kindy

Australia Day Lunch -----25th January
Centre closed -----26th January



News from the Director

A warm Welcome Back to all our families we missed you!!!

Attached to this newsletter I have provided all our families with the 2018 Calendar of Events.

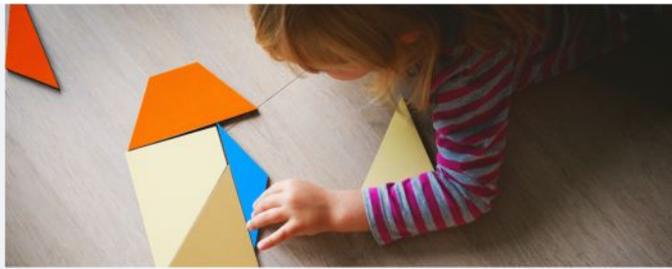
Our first event for the year is Australia Day. To celebrate Australia Day, the educators have organized an Aussie themed lunch for the children on Thursday the 25th of January, so no lunch is required on that day.

Our Kindergarten Committee Council also requires two parent representatives. The Committee meets every fourth Thursday of the month. If you are interested please let me know as the committee plays an important role in making decisions for the centre - essentially the committee is responsible for efficient operations of the kindergarten. So if you are keen to express your ideas and knowledge please come and see me. First committee meeting will be held Thursday the 25th of January at 7:00pm

Until next time....

Mrs Susie





KID INVENTORS DAY – 17TH

Television. Water skis. Earmuffs. The Popsicle. What do they have in common? *All were invented by kids!* 500,000 children and teens invent gadgets and games each year. On the 17th of

January every year we celebrate to acknowledge past and present accomplishments of kid inventors and to encourage the creativity of future kid inventors everywhere.

Find out more at www.kidinventorsday.com.

AUSTRALIA DAY – 26TH

On Australia Day we celebrate all the things we love about Australia: land, sense of a fair go, lifestyle, democracy, the freedoms we enjoy but particularly our people. How will you celebrate?

www.australiaday.org.au/events/



BLUBERRY BREAKFAST MUFFINS

PREP 7 min | COOK 15 - 20 min | MAKES 12

INGREDIENTS

- ¾ cup (180ml) vegetable oil
- 2 eggs
- 1-cup thick natural yoghurt
- 1/3-cup maple syrup
- 2 cups wholemeal plain flour
- 2 teaspoons baking powder
- 1 teaspoon cinnamon, ground
- 1-cup blueberries (fresh or frozen)
- 3/4-cup muesli, plus extra to sprinkle a top each muffin

METHOD:

Preheat oven to 180°C (350°F). Line a muffin tray with 12 muffin paper cases. Place the oil, eggs, yoghurt and maple syrup in a large bowl and whisk to combine. Add flour, baking powder and cinnamon and stir to combine. Add blueberries and muesli and gently fold to combine.

Pour the mixture into the muffin cases (I use a ¼ cup measurement for this, super fast, clean and easy) and top each muffin with a sprinkling of muesli oats. Pop into the oven and bake for 15 – 20 minutes or until cooked (test by pressing gently on the top of the muffin, if the muffin bounces back they are done. Enjoy mylovelylittlelunchbox.com

SAFETY – *Remember to always supervise kids in the kitchen.*



REMINDERS FOR FAMILIES

As we start this New Year, just a few reminders:-

- Please don't forget to sign your child in and out everyday
- No peanut products allowed
- Check your pockets everyday
- If you have not provided Mrs Susie your e-mail address please do so ASAP so that you can receive up to date notices.
- 2018 sees our centre use Ezidebit for payment of all fees. Please make sure that you have given all your details to Mr Louie
- Don't forget to bring your piece of fruit each day
- The sunscreen station is located right under the T.V screen. Please ensure that when arriving to kindy that you put sunscreen on your child.



A to Z Activities for Kids and Parents to Enjoy Together



What do you want to do with your kids today? No time to complain of boredom or play with mind-numbing gadgets. These A to Z activities for kids will keep your family busy for days to come. Here is a small selection of activities from the full A to Z list from thespruce.com, follow the link at the bottom of this page to see them all.

Alphabet Ball - Alphabet ball is a game that grows with your child. After a one-time setup with a ball and alphabet stickers, this game will be ready to go any time. Shh. This activity is also educational but the kids will never know because they'll be having so much fun playing. As you play catch say the letters you see, build on this by saying a word that starts with that letter.

Bubble Party - Throw a bubble party in your backyard. Head outdoors with bubble wands made out of straws, cups, fly swatters or try a more elaborate project that will give you huge bubbles.

Cook - You prepare three meals plus snacks by yourself every day. Put on those aprons and get into the kitchen together. Cooking with your kids is actually a learning experience disguised as fun.

Forts - Who doesn't love blanket forts? Rip off the covers, grab some chairs and build a secret hideaway with the kids. Add in some books and toys and you'll be surprised how long your children play inside this magical place of theirs.

Home Weather Station - Rain. Sun. Snow. It doesn't matter. Creating a home weather station entertains your kids regardless of the weather. Your home weather station can start with a simple rain gauge and you

can add on as you go. Before long, your kids will have their own hygrometer and be keeping a weather journal every day.

Imaginary Play - From playing airplane to opening a pretend restaurant, your kids will never be bored when they use their imagination to play. There are plenty of imaginative ways to play with your children and there's no telling where their imagination will take them.

Kid-Sized Board Game - Board games are a lot of fun for kids. Now super-size that fun by building a life-sized board game out of household items. Put all of those toys to good use. Use that slide in the playroom, the play food, the alphabet floor mat squares and that toy purse. Now you've got all the pieces you need for your own game. Just look around the room and get creative.

Outdoor Painting - Take your little artists outside for some creative outdoor painting. You only need some banner paper, non-toxic paints and kids who love to get messy. And when they're done, hose the kids off for minimal cleanup!

Quiet Nature Activities - Mother Nature is calling and she wants your family to come outside to play. Try some quiet nature activities that will turn your kids into nature lovers. From bird watching to treasure hunting, there are so many things you can do to break outside of your four walls and enjoy some time under the big blue sky.

Science Experiments - You've got some mad scientists living in your house and your kitchen is the ideal science lab. Erupt a volcano, create a rocket balloon or grow sugar crystals. There are plenty of science experiments for kids you can do together without turning your home into a disaster area.

Under the Stars There's something about playing in the dark that kids absolutely love. Camp out, go on a night walk or play flashlight games with some simple night time activities that are perfect for those evenings when the weather is great outside.

Xylophones, Box Drums and Shoebox Guitars - Make your own musical instruments with everyday items. Have a jam session and introduce your children to musical enrichment activities. Who knows? You may be hitting the road together soon for your own family concert.

To read this article in its entirety, follow the link below:
<https://www.thespruce.com/activities-for-kids-parents-enjoy-together-4069734> Source: *The Spruce*, 18.2.17. Author *Apryl Duncan*
Photo © *Robert Daly / Getty Images*

LETTERS IN LENTILS

This activity can be prepared so simply that anyone can set it up in minutes for some writing and mark making at home.

You will need a tray, lentils (or rice, salt, flour), Paper or card and a marker.

Create letter/mark cards by drawing squiggles, zigzags, lowercase and uppercase letters on individual small pieces of paper or card. If you already

have premade letter flash cards these are great to use too.

Now simply fill your tray with lentils. Your child can now make marks in the lentils with their finger. At first they may like to explore simple mark making before actual letters.

You can extend this activity to drawing Shapes, writing numbers etc...

Source: *Sensory Writing Tray*
www.playlearneveryday.com/2015/05/sensory



HEALTH & SAFETY: In and Around Cars

Every 90 seconds, one young person dies on the world's roads, and for every fatality 10 more young people are injured. We live busy lives, and our cars are an important part of making it all happen. And with a little information and a few simple steps, you can keep your children safe and sound in and around cars.

Child Restraints

All children must be safely fastened in the correct child car seat for their age and size. A child who is properly secured in an approved child car seat is less likely to be injured or killed in a car crash than one who is not.

National Child Restraint Laws

- **Up to 6 months** - Approved rear facing child car seat.
- **6 months to 4 years** - Approved rear or forward child car seat.
- **4+ years** - Approved forward facing child car seat or booster seat.
- **145cm or taller** - Suggested minimum height to use adult lap-sash seatbelt.

If your child is too small for the child restraint specified for their age, they should be kept in their current child restraint until it is safe for them to move to the next level.

Driveway Safety

Each week in Australia a child is hit by a slow moving vehicle around the home. In most cases, the vehicle involved is driven by a parent or someone who knows the child and is reversing at the time. The consequences can be fatal.

Driveway Safety Tips

- We know you're often in a hurry, but before you drive away, take a few seconds to walk all the way around your parked car to check for children.
- When checking for kids around your vehicle, see if anything that could attract a child such as a pet, bike or toy, is under or behind your vehicle before getting in and starting the engine.
- Designate an adult to supervise and find a safe spot for children to wait when nearby vehicles are about to move and make sure the drivers can see them.
- Accompany little kids when they get in and out of a vehicle. Hold their hands while walking near moving vehicles or in driveways and parking lots or on sidewalks.



Limit play in the driveway

- Work with your kids to pick up toys, bikes, chalk or any type of equipment around the driveway so that these items don't entice kids to play.
- Identify and use safe play areas for children, away from parked or moving vehicles. Teach kids to play in these areas instead of in, around or behind a car. Consider making your driveway a toy-free zone.
- If children are going to be playing in the driveway, block it off with garbage bins or cones to prevent cars from coming in.

Heat and Cars

On a typical Australian summer day, the temperature inside a parked car can be as much as 30 degrees to 40 degrees hotter than the outside temperature. Children do not tolerate the heat as well as adults as their bodies generate more heat relative to their size than adults do. They also lose more fluids because they have a greater proportion of skin surface in relation to their size. Always ensure that children travelling in cars are not overheating and have adequate fluid intake. Leaving a child in a car can be extremely dangerous, **so never leave children alone in a car.**

Article Source:

<http://roadsafety.transport.nsw.gov.au/stayingsafe/children/childcarseats/index.html>

<http://kidsafe.com.au/driveway-safety/>

<https://www.safekids.org/tip/driveway-safety-tips>



HOW TO DECLUTTER TOYS

Observe: We need to observe our children play. Which toys do they play with most often? Each item in our home should add value. What value do these the rest of the toys bring?

Reflect: How did these toys get here in the first place? It's easy to declutter, but staying decluttered is the hard part. Reflecting on how we buy is necessary to make change.

Arrange: Our children toys should always be accessible. That means they shouldn't be buried at the bottom of bins or stored high in the closet. Keep what you can fit on shelves.

Select: Keep mostly open-ended toys. These types of toys allow kids to play with them in many different ways for long periods of time. Open-ended toys also encourage creativity.

Detox: We are giving children extra space and time to innovate and be resourceful. As they "detox" they may experience boredom until they figure out how to get back to the basics of play. It's part of the process.

Donate: Box up unwanted toys in good condition and donate them so they can be enjoyed by other children.

Source: simplefamilies.com/how-to-declutter-the-toys/



LEFT-FIELD LIFE LESSONS ALL KIDS NEED

These are the pieces of advice you're unlikely to read in a parenting manual, but they're the messages we need to pass on to our kids for their future mental health, personal contentment and social awareness.

Here goes...

- It's fine to fail. We all do. But never stop trying things.
- Failure and embarrassment don't feel good at the time, but they teach you more than constant success.
- You can do it. You don't need us to do it for you. (Don't do anything for children who are old enough to do it themselves).
- You'll get hurt sometimes - physically and emotionally. But you know you are strong.
- We are not responsible for entertaining you all the time. (Children need to be 'bored' in order to foster self-independence and imagination).
- Not everything has to be, or can be perfect. And that's OK.
- You're not a crybaby if you cry.
- We all feel angry sometimes, but that's an emotion that never makes you feel better so learn to control it.
- Saying 'please' and 'thank you', smiling and looking at people isn't us banging on about manners. If you want people to think well of you these should be second nature.
- People are not psychic. You have to express what you want clearly.
- Little things can bring big happiness.
- You're important to us - but not to everyone.
- People who brag are not the best. They're just a bit boring. It's much better to be quietly confident and show your skill, rather than boasting about it.
- Lack of money can make you unhappy - but lots of money won't make you happy. Be in charge of your money, not ruled by it.
- Don't hang out with negative people. Don't let yourself be manipulated by 'friends' who really aren't.
- But do cherish your real friends and be the best friend you can be.
- Keep being curious. Only fools stop asking questions and wanting to know more.
- You can say no and not feel guilty.
- There is a difference between things you need and things you want.
- Admit when you're wrong and apologise properly.
- You can't control everything. You can't control other people but you can control yourself.

The rest you can work out for yourselves

Source: 'The Left-Field Life Lessons All Kids Need' – Tasmin Kelly, 4.12.17 - www.huffingtonpost.co.uk

MUNCH & MOVE MESSAGE



Healthy snacks help kids and teens refuel

Healthy snacks in between main meals help kids and teens meet their daily nutritional needs.

Young children have smaller stomachs than adults, so they need to eat every few hours to keep up their energy levels and get the right amount of nutrients. Teens get particularly hungry during periods of fast development and snacks are important.

Snacks based on fruit and veggies, reduced fat dairy products and whole grains are the healthiest choices.

It is important to limit snacks that are high in sugar or saturated fats – such as chips, cakes and chocolate – which can cause children to put on excess weight. These 'extra foods' should only be offered occasionally.



Flags

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

A fun activity usually played at the beach during 'Nippers' on a Sunday can be adapted to play at home. This simplified version requires a peg (or similar item, like pieces of hose) for each person playing. Arrange pegs approximately 50cm apart in a line. Each person lies on their stomach facing away from their peg at a distance of 15m (vary the distance to change the challenge).

A designated person says **ready set go**, players jump up and run towards their peg, and pick it up as they pass. After each go remove a peg, the person who does not retrieve one is out for now. Continue playing until there is only one peg/flag remaining.

Feedback 
is always welcome

How can we make our newsletter even better?

What information would you like us to include?

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