



# Newsletter

JULY 2017

## STAYING HEALTHY IN WINTER

Every day we unknowingly fight off a variety of nasty germs that have the potential to make us sick. These sneaky bugs often catch a ride on our hands after we do things like: go to the toilet, blow our nose, or even give our pet a cuddle. Fortunately, by washing our hands properly, we can stop these cheeky germs in their tracks.

One of the most effective ways to stop germs from spreading is to wash and dry hands correctly. Many infections can be spread by germs passed on from one person to another, these can include:



- The common cold
- Diarrhoea
- Vomiting

These infections can pose problems for caregivers, parents and children in group care. The risk of infection is greater for children who may be with other children constantly - such as those in group care. This is merely because of the children's greater exposure to a larger number of people, and therefore germs, and to young children's poor hygiene due to their developmental stage.



However, germ transmission can be reduced and prevented through correct handwashing. Knowledge and continued practice of correct handwashing technique is essential to reduce germs from spreading in any environment but is critical in childcare environments. (Cont'd...Page 6)

### FROM THE DIRECTOR'S DESK

Photo day was a huge success this year with nearly all our booked children attending and sitting for their photo. There were even several children who weren't booked in who came in for a photo. It is not too late if you missed out. Please see **Brooke** or **Melissa** if you would like information on how you can still get your child's photo taken.

### REMINDER TO LABEL ALL ITEMS

Please remember to label all your children's belongings including clothing, sheets, hats and water bottles. It makes it much easier to return an item to its correct owner if it is misplaced or has been missing.

### FEE INCREASE

We have a new Schedule of Fees displayed in the office, effective from the **3<sup>rd</sup> July** to the **29<sup>th</sup> December 2017**. If anyone has an automatic direct debit set up then this will need to be changed to reflect the small fee increase. If anyone is unsure of their new fee amount then **please**

come and see either **Brooke** or **Melissa** who will be more than happy to print you out a current statement.

### UPCOMING EVENTS

#### JULY

- Friday 21<sup>st</sup> National Pyjama Day. All are invited to wear their pyjamas to day care on that day!!
- Sunday 30<sup>th</sup> World Friendship Day. Great excuse to get together with great friends for a laugh, a catch up and a shared meal in celebration.

#### AUGUST

- Friday 4<sup>th</sup> Jeans for Genes Day
- Sunday 6<sup>th</sup> -12<sup>th</sup> Dental Health Week
- Friday 18<sup>th</sup>- 25<sup>th</sup> Children's Book Week. On Friday 25<sup>th</sup> children to come dressed as their favourite book character.
- Monday 21<sup>st</sup> - 25<sup>th</sup> Keep Australia Beautiful (Environment Week).

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## **COMMUNITY LINKS/EVENTS**

### **BLACK HISTORY MONTH**

Connecting Waves: A Saltwater Woman Living on Desert Country Exhibition

Date & Time      Wed, 5th July - Sat, 5th August  
Age                 All ages  
Cost                 Free

Elisa Jane Carmichael is a Ngugi woman from Quandamooka country living on Arrernte country in Mparntwe (Alice Springs). As the Gilimbaa Artist in Residence, she is recording and documenting her personal and creative journey as a saltwater woman living in desert country, weaving and painting her connection to the sand and sea and home country through woven objects and canvases. Gallery is open from 10am-5pm Wednesday to Friday and 9am-3pm on Saturday. This exhibition is a part of the Quandamooka Festival 2017 and Brisbane City Council's [Black History Month](#).

#### **Booking**

No bookings required. For more information phone Quandamooka Festival Curator on 07 3415 2816 or Onespace Gallery on [07 3846 0642](tel:0738460642) or email [info@onespacegallery.com.au](mailto:info@onespacegallery.com.au)

Venue              Onespace Gallery, 13a Gladstone Road, Highgate Hill

### **CHANGE TO CALENDAR OF EVENTS JULY**

The Hello Africa Show for July has been rescheduled to **Tuesday the 12<sup>th</sup> September**. On our Calendar of events we also have our Grandparents Day on that same date so we have decided to combine the two. We would love to invite our grandparents to come and watch the Hello Africa Show in September followed by a Grandparent's Morning Tea.

### **NEW LICENCE TO CARE FOR 12 MONTHS ONWARDS**

We are now able to care for children from 12 months of age. We have already had a few bookings from siblings of children who come to the Centre and we have had quite a few enquiries from parents with 12mth olds. As this is very new to the Centre, we ask that you be patient with us as we work out the logistics of what is required with this new age group. We will be dealing with children who can't walk yet, who may need different foods, and will need more naps during the day. We have already covered a lot of the basics that will be required, but as other issues arise we will need

to adjust the environment to suit the different needs of the children. We are open to feedback if anyone thinks of something that we may need that we haven't already thought of!! We are very excited to have the littler ones join us here at **St Brendan's** and hope they all have a fantastic time here with us!!

### **LOCAL HISTORY OF MOOROOKA**

You may be familiar with the so-called "Magic Mile at Moorooka", which is a row of new and used car yards. However, there's far more to this suburb than just this.

Originally, the area was known as Cowpers Plains. Doctor Henry Cowper arrived in Moreton Bay in 1825 as assistant surgeon. He is said to have regularly camped in the area when travelling from Brisbane to Ipswich.

In 1866, inspiration was taken from the Aboriginal word "Mooroonga" (possibly meaning 'place of ironbark') to devise the name Moorooka.

### **BUSH TUCKER RECIPE**

#### **Bush Damper**

#### **Ingredients**

2 cups self raising flour  
1 tbs Ground Wattleseed  
1 tsp Ground Lemon Myrtle  
1 tsp Ground Mountain Pepper  
250ml well shaken buttermilk  
1 tbs Macadamia Nut Oil  
Milk for brushing

Preheat oven to 180°C

#### **Method**

Sift the flour and seasonings into a large bowl and make a well in the centre. Combine the buttermilk and oil and pour into the well. Mix quickly and lightly to a soft dough. Turn onto a floured board and knead until smooth. Shape into a round (or whatever shape you like) and place on a lightly oiled baking tray. Brush with milk. Bake for 40-50 minutes. (it will sound hollow when tapped).

Serve with [Macadamia Nut Dukkah](#)

Thanks,

**Miss Melissa and Miss Brooke  
Nominated Supervisors**

## TODDLER NEWS

I hope you are all coping okay in the cooler weather.

This month's favourite song and book was *"The Old Woman Who Swallowed a Fly"*. The children really enjoyed both.

The toddlers have been enjoying painting activities, and we focused on different types of painting, getting messy with colours. As an extension, we also had the opportunity to use fly swatters for painting! It was such a fun way to paint, that we've done it more than once already!

It was fun because of the slap down and the splattering of different color of paint. It was also a good physical activity with a lot of fun and mess!



The toddlers always have fun playing with balloons and balls in the yard. They were excited chasing and kicking their balloons and balls. There was a lot of screaming and giggling going on with this activity.

As an extension, we have painted with all sorts of things, but balloons are probably the most fun yet! Not only are they cool to use, but they make beautiful paintings.

Painting with Balloons is a great activity for kids to explore creatively and imaginatively as they create freely using simple props in an open-ended and unstructured way. It also makes a great sensory activity as children use their hands to manipulate the paint and balloons to create patterns and prints onto paper. We also placed the activity onto a large piece of paper because the balloons become slippery and children may also like to roll the balloons around the paper. We only inflated the balloons slightly, providing enough volume for small hands to hold and grasp.



Easel painting is the perfect height for toddlers. There is no reaching to dip paintbrushes, which means there is no tipping over of paint pots.

So many skills can be discovered and practised while painting. I have chosen five to focus on.

### The first one is EYE-HAND COORDINATION...

Dipping the paintbrush in and out of the paint pot requires a steady hand, and a keen eye working simultaneously. This is excellent practice for toddlers, as the paint pots are held firmly in the easel pockets, keeping frustration to a minimum. Without the threat of tipping, the pots are easier to navigate!



### The second skill your child will practise at the easel is SMALL MOTOR CONTROL...

Holding the paintbrush itself and whooshing it across the paper in the direction you want it to go, is hard work when you're small. Think of all the pre-writing skills they are learning by holding the brush! Also, dipping the brushes into pots using their small motor control muscles.



### The third skill is COLOUR MIXING...

By having free reign of more than one paint colour, the small child learns that by mixing two or more colours, she can create a new one! It's like magic, but it is also the beginning of learning colour theory.



### The fourth skill a child can learn at the easel, is SHARING and COOPERATION

When you double up the smalls at the easel, they can create together. They learn to wait their turn for the red brush, or the yellow, etc. They learn not to grab from one another. They learn it's not okay to paint on one another. They also learn that sometimes it is more fun to work together with a friend.

### The fifth skill, is CREATIVE INDEPENDENCE

There are no rules when it comes to painting. There is no determined product. It is just a process. The child can plan her own painting, from start to finish without any interference from adult rules or directions. The only thing she must remember, is to paint only on her paper. In my

opinion, this is the best kind of art. The kind with no rules. The kind where children can create their own painting. By using the easel, we have created a space where the child can be creatively independent. Now you will truly start to see the creative little spirit that lives within your child. This is a good thing. A very good thing!

Until next time,

**Miss Anna and Miss Suvada**

### JUNIOR KINDY NEWS

Children have been busy learning lots with their friends and educators. We are organising weekly learning programs and then extending on it. Children are enthusiastic participants in their learning. They love to join in and learn.

We are happy to announce that we have had a new face join with us - his name is **Aiden**. He is a lovely child who has settled down into his new environment quickly. We have also recently celebrated **Albert** and **Hugo**'s birthdays. Our children are growing so big!

We introduced some activities in which children learnt about their body parts and the functions of major body parts. We showed them the different parts of the human body by drawing a human on a big sheet of paper. Then, they wanted to draw a person by themselves. We provided them with paper and felt pens and they drew their own person on the paper. Next day, we cut the shapes of different body parts and the children constructed a person onto the paper. Now, children can tell the name of their body parts and show what they can do with their arms, legs, hands and other parts of the body.



To further their learning regarding their bodies, we set up activities related to healthy eating habits. Children were encouraged to eat healthy foods and avoid unhealthy foods. To accomplish this, we showed them some documentaries on healthy eating. Then, we organised activities in which children were instructed to separate healthy food and "sometimes" food. We also explained to children that if they wanted to grow up big and strong, then they needed to consume more fruit and vegetables. We showed them what a strong and a weak body looked like and what they could do if they grew into a strong adult by eating healthy food. We asked them about their choices of healthy food. **Ryan**



said: "I like carrot", **Lizzy** said: "I like banana", while **Albert** said: "I like apple". Ryan was so excited that he started drawing the pictures of different fruits and vegetables on the white board. Other children were watching him and they also took turns to draw their favourite fruits and vegetables.



These activities created more awareness in the children about the importance of eating more healthy food whilst enhancing their art skills by inspiring them to draw different things on the paper. **Ryan** really enjoyed drawing many things on the white paper. I pointed at the various things he had drawn on the paper and asked what they were. He was very good at telling me that he had drawn a snail, a sunshine, grass, a tree and the number two. I also joined children in drawing and sketched their pictures on the paper. Then I asked them to see if they could recognise whose pictures I had drawn. **Nina** recognised Harper's picture. When I asked **Nina**: "How did you know, it was **Harper**?" She said: "I saw her dress!"

Children identified their friend's pictures by looking at each other's dresses which shows how the children are developing their thinking skills. **Isabelle** was also very good at drawing. When I asked about her picture, she said: "It's Southbank and there are so many pools and chips." I asked: "How did you know about Southbank?" She said: "Me and mummy went to Southbank, but **Isacc** (brother) and Daddy didn't go, cos **Isacc** was at school and Daddy was at work."

To further the children's learning, we organised different sports which practically involve the children in physical fitness activities which are part of a healthy lifestyle. Children participate in jumping, football games, chair racing, sensory physical movement and much more. We explained to the children that they can play different sports perfectly well if they grow into a healthy adult, but to grow up healthy they need to eat healthy food and avoid junk food. Then they started talking about their good eating habits, **Ayla** said: "I like oranges", while **Maeve** said: "I like apples".

Another interesting activity for children was a race of balancing and co-ordinating - the egg and spoon race - which is a classic game for building fine motor skills, large muscle control and having fun. Children enjoyed this game a lot. They wanted to take several turns at this. Then we added in the bean bags and they put the bean bags on their heads



while they raced with their peers. It was great fun way of learning for all the children!

We strive to enrich our daily programs to enhance children's learning. This is visible in our daily routines which are always accessible to our families. To



recapitulate, **Junior Kindy** children are on their learning journey with great interest and enthusiasm and we are always there to support them.



Here is the best drawing of the month. It is a masterpiece created by Harper. She said: "It's my daddy".



Thank you.

**Miss Pari and Miss Tania**

## PRE-SCHOOL NEWS

1<sup>st</sup> June - International Children' Day!



For this celebration, we encouraged all the children to create an artwork using all of their individual handprints to connect them to, give them a sense of belonging and an understanding of identity and what it means. The children discovered that they could make many different patterns using their hands and their imagination.

(Links to EYLF: 1.2, 1.4, 2.2, 3.1, 4.3)

## Magic Mike Visit

On the 20<sup>th</sup> June, we were fortunate to have a visit from Magic Mike. Magic Mike is a magician and we were all excited by some of the neat treats that he could do. The children were very engaged as Magic Mike dazzled us with his marvellous mastery and his terrific tricks. Magic Mike was so clever he even turned **Mr Andrew** into a rabbit for a short time. Magic Mike was very funny and the room was full of bright smiles and laughter. At the end of the show, when Magic Mike had finished all his tricks, he introduced us to Marshmallow, a big fluffy white bunny rabbit. The children all got to touch marshmallow's soft fur and this was definitely the highlight of the show for both educators.



## NAIDOC Week

This week we learnt about Aboriginal and Torres Strait Islander culture. We learnt to appreciate their customs and beliefs and developed an understanding of their way of being. **Mr Andrew** taught us about what NAIDOC means and explained why it is important to recognise these cultures. Naidoc stands for Aboriginal and Torres Strait Islander celebration. On the day of NAIDOC celebrations there was a celebration at Musgrave Park, West End. The day-long celebration is followed by a week of celebrations recognising the two cultures. **Mr Andrew** goes to the celebrations every year and it is a great opportunity to connect, reflect and build relationships with the wider community. For the Aboriginal people, community is important and is



reflected in the way they value it. **Mr Andrew** brought back a box of interesting information and samples from indigenous and government organisations and agencies to share with us. We used the box of samples as a tool for counting and sorting. The box of samples was left at the Centre at the end of day for the families to peruse. Every child had the opportunity to engage with aboriginal culture and develop an awareness of community.



(Links to Eylf: 1.1, 1.3, 2.1, 3.2, 4.2)

### J is for Jungle

This month we have been continuing with investigating a letter per week. This month our letters were G, H, I and J. The children's favourite letter was the letter J and this was followed by a keen interest in jungle creatures. We followed up this interest with a variety of engaging and meaningful learning experiences. We explored jungle creatures in both the outdoor and indoor environment participating in animal print painting, sand pit play, play dough and small jungle creatures. We looked at size comparison of jungle creatures, their features and colours.



(Links to Elf: 1.2, 2.3, 4.3, 4.4)

### Happy 4<sup>th</sup> Birthday Gary

For **Gary's** birthday, his mother brought in a big Spiderman cake. All the children were very excited to make **Gary** a big birthday card that they had decorated during the day.



### Mr Andrew

(**Staying Healthy in Winter** .... Cont'd from page1)

Commitment to hand hygiene and related guidelines by caregivers has been identified as a crucial means of infection control in child care settings.

More serious infections, such as hepatitis A and viral meningitis, which are also spread by germs passed from one person to another, can be reduced and prevented through correct handwashing behaviour. To



prevent germs being passed in child care settings, it is important that all children and staff know how to wash their hands correctly. It is also important to wash hands on a regular basis and for the correct amount of time.

### Hand hygiene and related guidelines

*Staying Healthy in Childcare* provides the following up-to-date information on hand hygiene and related guidelines.

How to wash hands:

- Wet hands with running water and spread liquid soap over hands
- Rub your hands vigorously as you wash them
- Count to 10 slowly while you wash your hands all over – particularly wash palms, backs of hands and around wrists in between fingers, under finger nails
- Rinse hands thoroughly to remove all suds and germs – thorough rinsing will help prevent dermatitis from suds
- Turn off the tap using paper towel
- Pat dry your hands with a new paper towel
- When to wash children's and your hands:
  - on arrival/departure from Centre and before outside play/ rest time
  - before food and before administering babies bottles and medicine
  - after nappy change or after removing gloves
  - after wiping any noses or the toilet
  - after handling garbage or cleaning blood or faeces
- Items in the facility that should be washed daily:
  - bathroom tap handles, toilet seats, toilet handles, door knobs and floors
  - toys and objects that have been in a child's mouth
  - mattress covers and linen (if each child does not use the same mattress cover every day)

### References and further reading

- 1 Queensland Health Germ Busters Early Childhood. 2001. Improving hygiene in your Centre, Australia.
- 2 Chin, James. 2000. Control of Communicable Diseases Manual, 17th ed. New York. American Public Health Association
- 3 Miller, T. & D Patrick. Dec. 2001. The Effect of a Prescribed Hand Care Procedure on Bacterial Transmission by Touch Contact in a Childcare Environment.
- 4 NHMRC 2005 Staying Healthy in Child Care. Preventing infectious diseases in child care. 4th edition.