

HAVE PATIENCE, ALL THINGS ARE DIFFICULT BEFORE THEY BECOME EASY - THOMAS FULLER

KIDS IN THE KITCHEN – BROCCOLI AND CAULIFLOWER FRITTERS

LITERACY AND NUMERACY ACTIVITIES TO DO AT HOME



1 On this month

AT ROXBY DOWNS KINDERGARTEN

AGM -----27th

AROUND THE COUNTRY

Sustainable Living Festival -----4-28th

Shrove Tuesday -----28th

POLICY FOR REVIEW

We invite your comments on our "Interactions with Children" policy located in the foyer parent area.



Welcome to Term 1

It is hard to believe that 4 weeks have already been and gone at kindy! Educators have been focusing on learning 86 children's names, building relationships and getting to know them. We have 2 more children due to start in the next couple of weeks and in Term 2 another 2 will be joining us taking our numbers to 90! Families are still moving into Roxby so potentially we could still have more enrolments!

Thank you for the incredible response to our 3 way meetings. 75% of parents have already had their meetings – this has been an amazing experience for us as we have had the opportunity to learn so much more about your child and about your family and together we have been able to set realistic goals which will inform your child's individual learning plan.

We have also had some wonderful and valued feedback from you about the amount of contact and communication we are having with you to ensure you are kept informed about your child and their learning. We are posting regularly to our Facebook page as well as touching base with you at least once a week by email, phone, face-to-face or email. We are excited to be working in partnership with you to ensure the best outcomes for your child/ren.





INTERNATIONAL WOMEN'S DAY BREAKFAST – 8TH MARCH – 7AM DUNES CAFÉ

PRE-BOOKINGS AT THE VISITORS INFORMATION CENTRE \$3.00 INCLUDES IWD RIBBON AND FREE RAFFLE ENTRY. BREAKFAST PRE-PAY AVAILABLE OR PAY ON THE DAY



WATER AT KINDY

WATER IS THE BEST DRINK FOR YOUR CHILD. SOME PARENTS ARE CONCERNED THEIR CHILD ISN'T DRINKING ENOUGH AT KINDY. WE RE-FILL DRINK BOTTLES DURING THE DAY AND WE ARE ALSO MAKING SURE CHILDREN ARE DRINKING 5 LARGE SIPS OF WATER AS PART OF OUR GROUP TIME SESSIONS TO ENSURE THEY ARE DRINKING ENOUGH.



BROCCOLI & CAULIFLOWER FRITTERS

PREP 10 min | COOK 10 min | SERVE 10

INGREDIENTS

- 1 head cauliflower and 1 head broccoli, cut into florets
- 1 1/3 cups self raising flour | ½ cup Parmesan cheese (grated)
- 1 heaped tsp. garlic, minced | 1 heaped tsp. Dijon mustard
- 2 eggs, olive oil, to fry in wedges of Roma tomato and cucumber to serve

METHOD

1. Bring a large pot of water to the boil. Add broccoli and cauliflower and cook for 5-7 minutes or until tender. Drain and place into a large mixing bowl. Use a fork to slightly mash the vege. Set aside 4 cups of the vege and allow to cool.
2. Add the flour, Parmesan, garlic, mustard and eggs and mix to combine.
3. Heat a good drizzle of oil in a large fry pan over medium-high heat and cook rounded tablespoons of the fritter mixture in batches, for 1-2 minutes on each side or until crisp and golden. Add extra oil as necessary. Place the cooked fritters on kitchen paper to absorb excess oil.
4. Serve warm alongside wedges of Roma tomato and cucumber.

See this recipe in action at www.mylovelylittlelunchbox.com



Source: Recipe and images belong to mylovelylittlelunchbox

REMINDER – Kindy fees are due now. There are a few days left to take advantage of the 10% reduction for paying for the whole year by end of February.

App reviews

This months apps are all about safety, download and keep at your fingertips.



FIRST AID

AUSTRALIAN RED CROSS-

Price: FREE

Simple. Free. It can save a life. The official Australian Red Cross First Aid app gives you instant access to the information you need to know to handle the most common first aid emergencies. Interactive and simple step-by-step advice means it's never been easier to know first aid.



Guidance is provided clearly through the use of videos, images and diagrams. You can also test your First Aid knowledge in the interactive quizzes.

KEEP WATCH

ROYAL LIFE SAVING

Price: FREE

Do you have a pool? Child drowning and injury is a major danger for all pool owners. Fences, gates, chemicals and signage all impact on the safety of children. Standards and regulations can be a headache, and non-compliance can lead to expensive fines. Ensure your home swimming pool is safe for children easily with Royal Life Saving's Pool Safety app – an interactive checklist for your home swimming pool.



FOCUS ARTICLE: Family Traditions Help Kids Make Sense of Life

“Family traditions counter alienation and confusion. They help us define who we are; they provide something steady, reliable and safe in a confusing world.”

– Susan Lieberman

Ben and Tracy Groves' love Sundays. Every week, Ben gets up early and takes the two kids to the local café for hot chocolates or milkshakes for breakfast, while Tracy gets to sleep in. On the way home they stop at the park for some playtime. If it's wet, they come home and play board games or card games. And Ben looks after pancakes at lunch (where extended family often join them), and the BBQ dinner in the evening. It's a family tradition, and the whole family looks forward to their time together.

There is one remarkable, powerful thing that the happiest families do well that most other families do not do at all. They establish traditions.

Stay with me. I know that when you hear the word, “tradition”, it can be easy to roll your eyes and think “Oh no, that sounds too hard. It's too much work.” But it doesn't have to be.

Family traditions help life make sense to our children. Like routines, they provide predictability and a sense of security and safety. Family traditions help children feel as though they fit in somewhere. And in time, the traditions come to define who each person in the family is, countering alienation and offering steadiness and certainty. Traditions differ from our routines or habits because we carry out traditions with a specific purpose and degree of intentionality – we are trying to achieve something very specific to:

1. Create bonds
2. Impart values
3. Promote shared experience, and
4. Build memories.

Whereas routines are designed to become automatic and to make life simpler, traditions and rituals are about being mindful of the moment, and are designed to demand attention and imbue life with meaning.

Traditions don't need to be big things. They can be small and simple. Here are more ideas to get you thinking about starting some traditions in your family.

Daily Traditions

Some traditions become a daily habit – but with meaning. They can include:

- Playing a wake-up song every morning to get everyone moving on time and with a positive attitude.
- Saying hello/goodbye in a special way.
- Eating dinner as a family and talking about your day
- Special bedtime conversations that follow a familiar format, such as asking your children what they're grateful for, or what they're looking forward to.

Weekly traditions

There are some traditions that we can easily implement each week, like Sundays at Ben and Tracy Groves' house. You can try:

- A regular Sunday roast (or any meal for that matter)
- Playing/watching a particular sport on the weekend
- Dad takes kids for a Saturday morning milkshake while mum sleeps in
- Friday movie and pizza night
- A regular games night



- One-on-one date between parent and individual child
- Watching a favourite TV show as a family
- You might even decide to have a date night once a week with your spouse or partner. They need your focus and attention too.

Other family traditions

Some traditions really do fit a particular season. Or perhaps they might occur on an occasional basis. These could be:

- Camping trips (in our home or a brief trip every month)
- Regular holidays at the same place each year
- Religious or cultural traditions that bring meaning to your family (Christmas, Easter, Ramadan, Hanukkah, Baptism or even watching the Boxing Day cricket match or visiting the Boxing Day sales)
- A trip to the beach on the first weekend of summer
- Lighting the first fire of winter

In a 2015 study involving approximately 250 teens (aged 15-20), researchers discovered that the practice of family rituals and traditions had a significant and important protective role in increasing social connectedness for teens, and for reducing their experiences of anxiety. Those who participated in family rituals also experienced less depression. It seems that the sense of family connectedness tradition and ritual provides deep roots in which our children's self-esteem and wellbeing can develop and grow, and protects them from the stresses that so many teens experience.

Traditions are about recognising the uniqueness of our family identity, and should be fun, simple, and designed to bring us closer to the people we love.

Be mindful of what you do with your family. When you see something enjoyable, find a way to repeat it regularly and make it part of what it means to be in your family. Before you know it, you'll start reaping the rewards of having created a new tradition

Dr. Justin Coulson is one of Australia's leading parenting experts and is a highly sought-after international speaker and author. *Find more about family traditions and other ways of making families happier in his bestselling book 21 Days to a Happier Family*

Source: <https://www.happyfamilies.com.au/blog/family-traditions-help-kids-make-sense-life/>



What we've been up to

Children have been learning one another's names through games and songs. They have drawn a self portrait and we will continue to re-visit this activity each term to see how their drawings change. There are lots of opportunities for them to recognise and practice writing their names from the time they arrive when they can sign in on their own sign-in sheet, to signing up for workshops, computer and iPad use and writing on their artworks.

Wednesday cooking sessions have been popular and the children have eagerly participated with cutting, grating, whisking, stirring and of course eating the end product. Do you have any suggestions about what we could cook or maybe you would like to come and help with the cooking experience?

Wednesday library days have also been going well with the children quickly learning to line up, being attentive and well behaved in the library, learning how to borrow a book and then put their library bags away when we get back to kindy.

Our chickens have been an entertaining and educational way to learn about sustainability. The chickens are teaching the children about responsibility as we clean their coop and feed them. Children have been shredding our scrap paper for chicken bedding and assisting educator put the soiled bedding into a compost bin. Once this has composted they will then use it to fertilise the garden. The children have made a huge list of potential chicken names and we will have a vote on this in the next week or two. They have also been very curious to find out more about chickens and their wonderings have been recorded in the floorbooks and on our "I wonder" wall.

Routines are an important part of our curriculum. The children have become quite proficient after 4 weeks of practice and the smaller groupings of children for meeting and group times is working really well.



Nature Table

Does your child find things from nature when you are out and about? We would love it if they brought their special nature treasures in for our nature table. Some examples could be feathers, shells, rocks, leaves, insects, bark, nests, skins or anything else that interests them.



PLAY DOUGH COUNT

Materials: Play-dough, Card with numbers 0-9 printed on them

Play dough is a fun and easy material to use with preschoolers for play, learning and development. This activity involves manipulating play dough to trace the numbers drawn on the card. Children roll dough between the palms of their hands to create a 'sausage like' shape and then creating the shape of the number using the number cards as a guide. Extend this activity by assisting children make additional shapes to demonstrate the number they have just made. For example after making the number 6, roll 6 small balls between your finger tips to show the group of six.

Fun with
NUMERACY



CONSIDER COMPOST

Approximately 50% of the rubbish Australians put in the everyday mixed-waste 'garbage bin' could be put to better use in the garden as compost and mulch or could be returned to agricultural land to improve soil quality. Environmentally friendly choices. Demonstrating to retailers and manufacturers that we want sustainable options creates a demand for them.

Alarmingly, such a huge amount of organically-active material buried 'anaerobically' (without air) in landfills causes over 3% of Australia's total greenhouse gas emissions annually through the production of methane gas (which has 25 times the global warming potential of carbon dioxide).

HOME COMPOSTING

Compost bins can be purchased at most hardware stores and are easy to set up.

What to add in your compost bin:

Vegetable and fruit scraps, vegetable oil, pruning's and lawn clippings, tea bags and coffee, grounds, vacuum dust, shredded paper and cardboard, used potting mix, egg shells, flowers.

What not to add in your compost bin:

Meat and bones, dairy products, diseased plants, metals, plastic and glass, animal manures, fat, magazines, large branches, weeds that have seeds or underground stems, sawdust from treated timber, pet droppings, synthetic chemicals.



What we've been up to continued



This term at Kindy children have been talking about feelings and emotions. We have been reading books where the characters have certain feelings, and the children have made comments about the feelings and why the characters felt that way. This week we also asked the children about situations where they feel these emotions, and then we then had a go at expressing some feelings by using the muscles in our faces! Some of the expressions we practiced were happy, sad, scared, surprised, and angry.



Learning about our feelings is also part of the Keeping Safe: Child Protection Curriculum and through these experiences children are developing their sense of self and being linked with others empowers them to express emotions and ideas safely and effectively.

Children are rostered to take home a literacy bag containing a toy, book and journal. The toy becomes a part of their daily life and goes to lots of different places with them and participates in lots of different activities. We have 8 literacy bags currently – 4 each for both the blue and red groups. The children take photos and write about their experiences in the journal and then share their adventures with their group when they return the literacy bag to kindy.



Our puppet theatre has been very popular and children have been making up their own shows. Puppets are great for supporting language and literacy development, social and emotional skills, expressing emotions, creativity, imagination, motor skills to manipulate the puppets to name a few benefits.

Woodworking skills and safety with tools are being taught to children as they participate in the workshop.

They are able to earn their woodworking licence which enables them to use the woodworking resources whenever they choose.



Feature Article

UNIVERSAL ACCESS FUNDING CAMPAIGN



Quality preschool is the best way for children to start their education. It gives them a head start to their development and helps prepare them for school.

Universal access (15 hours of preschool) funding is not guaranteed past this year. We need parents to apply further pressure on the Federal Government to commit to 15 hours of preschool ongoing.

The Australian Education Union has supplied us with some postcards for completion by parents asking to Minister Birmingham asking the Federal Government to commit to secure, permanent funding for the 15 hours a week of preschool that our children need.

No postage stamp is required – all you have to do is ask staff for a postcard, fill in your name, sign and give it back to us so we can post all the postcards back. This will take one minute of your time and will help us to advocate for 15 hours/week ongoing preschool for future kindy children.



For more literacy and numeracy activities you can do with your child at home visit:
<http://www.greatstart.sa.edu.au/>

One of the songs we enjoy singing at kindy

MR CLICKETTY CANE lyrics

When Mr Clicketty Cane plays his silly game
All the kids in the street, they like to do the same
Wash your face in orange juice !!!

When Mr Clicketty Cane plays his silly game
All the kids in the street, they like to do the same
Wash your face in orange juice
Clean your teeth with bubble gum !!!

When Mr Clicketty Cane plays his silly game
All the kids in the street, they like to do the same
Wash your face in orange juice
Clean your teeth with bubble gum
Fix the fence with sticky tape !!!

When Mr Clicketty Cane plays his silly game
All the kids in the street, they like to do the same
Wash your face in orange juice
Clean your teeth with bubble gum
Fix the fence with sticky tape
Brush your hair with a toothbrush !!!

When Mr Clicketty Cane plays his silly game
All the kids in the street, they like to do the same
Wash your face in orange juice
Clean your teeth with bubble gum
Fix the fence with sticky tape
Brush your hair with a toothbrush
Fry an egg on a slippery dip !!!

When Mr Clicketty Cane plays his silly game
All the kids in the street, they like to do the same
Wash your face in orange juice
Clean your teeth with bubble gum
Fix the fence with sticky tape
Brush your hair with a toothbrush
Fry an egg on a slippery dip !!!
Belly flop in a pizza! x x x x

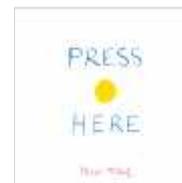
When Mr Clicketty Cane plays his silly game
All the kids in the street, they like to do the same -
Silly game

<https://www.youtube.com/watch?v=r8yOGLD4PLU&feature=c4-overview-vl&list=PLgdlldWccgdijR41UQbwFkPb9jVPwXzF2>

One of the books we enjoy reading at kindy

Press Here

by Herve Tullet



Press the yellow dot on the cover of this book, follow the instructions within, and embark upon a magical journey! Each page of this surprising book instructs the reader to press the dots, shake the pages, tilt the book, and who knows what will happen next! Children and adults alike will giggle with delight as the dots multiply, change direction, and grow in size! Especially remarkable because the adventure has all occurred on the flat surface of the simple, printed page

RHYMING RIDDLES

Materials: You don't need anything for this one.

Why: Rhyming is a phonemic awareness skill, meaning that it's all about manipulating oral language. Rhyming is a precursor to learning how to read and write. Make up riddles and guessing games using words that rhyme or words that start with the same sounds.

"What kind of cake would a snake make? He might make a lake cake."

The rhymes can be silly and fun and will get your child thinking about words and listening for rhymes.



Super Sweaty 'S'

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

These moves all begin with 'S'. Set a timer and see how many you And your child can complete of each exercise, one per minute.

- 1. Squats** Stand with your feet hip width apart. Bend at the knees as if you are sitting into chair. Keep your back straight.
- 2. Star Jumps** Jump up and stretch out like a star
- 3. Speed Skaters** Leap right to left, bringing the opposite leg behind you each time. Just like a speed skater.
- 4. Super mans** Lie on your tummy and reach out your arms, lift up attempting to raise your arms and legs off the ground.
- 5. Sprints** Tip and chase for 1 minute.

Feedback
is always welcome



How can we make our newsletter even better?

What information would you like us to include?

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