



NEWSLETTER

Volume 2, Issue 1

Gumboots News

Welcome to 2019. I can't believe we are nearly at the end of Term One and I started this newsletter back in the first week! Well here it is at last!

It is so good to see everyone back after the summer break – all the babies and children have grown so much over the holidays. They are keen to try new things – some things they couldn't do last year but can easily reach or manage now that they have grown a little. Some of our bigger children have started school and kinder and we look forward to them visiting us on their days off.

And of course a huge welcome to all the new families who have joined playgroups this term. It is great to have you at our playgroups. All of our playgroups are supported playgroups. This means that all of our leaders are early childhood educators. Their role is to set up the playroom and support you to spend time playing with your child and also catch up with other parents in the group, when you can. It is wonderful to see how parents in our playgroups support each other.

Most weeks playgroup leaders will gather the children together to listen to a story and sing some songs. There is also time for the children to have morning tea together usually at the tables inside, but sometimes if the weather is fine we take our morning tea outside. If you are able to, we ask for gold coin donation in the Gumboots jar next to the sign in book. If you haven't yet completed a registration form please do. It's important for us to have emergency contact numbers for you while you are at playgroup.



We are also so happy to have Rowie back at Gumboots Yarra Junction this term. And a huge thanks to Barb who lead Gumboots while Rowie was away and introduced lots of messy play ideas! We loved having you in the team Barb and hope you can drop in to Gumboots often.

We also have Sarah who has joined our team this term leading Gumboots at Badgers Creek . Welcome Sarah.

And of course welcome to Michelle who has been running the fabulous Little Apples playgroup at the Gladysdale Primary School on a Wednesday morning for a number of years.

Also in this newsletter you will find heaps of information that may interest you including Rowie's recipe for Play-dough!

I really look forward to catching up with all the playgroups next term. I have been managing another program in Term 1 and have not got out to playgroups at all but Term 2 sees me back in the neighbourhood!

Up coming events and programs

Friday 19th April
Good Friday - Closed

Monday 22nd April
Easter Monday – Closed

Thursday 25th April
Anzac Day – Closed



We all hope that this year brings so many good things for you and your families.

Cheers

Lynnie Kennedy for all the Playgroup Team
Manager of Community Development Cire Services

Email: lynniekennedy@cire.org.au
Mob 0475507010

OUR GUMBOOTS PROGRAMS ON OFFER

GUMBOOTS YARRA JUNCTION

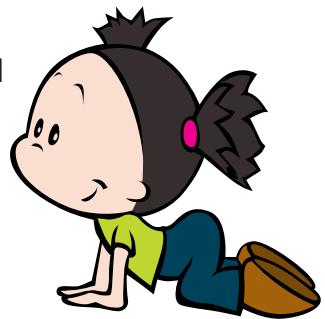
Tuesdays & Thursdays
9.30am to 11.30am
Leader: Rowie

GUMBOOTS BADGER CREEK

Wednesdays
9.30am to 11.30am
Leader: Sarah

LITTLE APPLES

Gladysdale Primary School
9.00am to 11.00am
Leader: Michelle



GUMBOOTS MILGROVE

Starting term 2

Gold coin donation

For those who are new to playgroup, its great if you can donate a gold coin into the green gumboot when you sign in.
100% of money donated goes towards buying supplies for our groups.



Packing up at Playgroup

It is great to leave the playroom clean and packed away at the end of the session and it would be really helpful if parents and children can assist. This helps children learn about packing up their toys after play. Some playgroup leaders plan to introduce a packing up song or music to remind children that it is nearly storytime and time to pack up. Thanks for your help in this. If you need to leave early please check to see if what needs to be packed up before you go. Its so easy when we all give a hand.



CUMBOOTS PLAY-DOUGH RECIPE

Ingredients

4 cups of plain flour
6 tbs oil
Food colour
1 cup salt
1/2 tub of creme of tartare
3 cups of boiling water in a jug

Method

Add all wet ingredients to jug
Add to the dry ingredients and mix really stirring till it all comes together well. Then knead till play-dough cools down.

COMING UP for families at Our Community Hubs

Cire Community Hub – Yarra Junction
2463 Warburton Hwy Yarra Junction

Chirnside Park Community Hub
33 Kimberley Dr Chirnside Park

Still Quiet Place

Our children are our greatest treasure.
Research tells us that childhood stress is on the rise. For some children the stress is simply living in our fast paced, busy world. Other children are dealing with anxiety, grief and trauma.

A Still Quiet Place (ASQP) is a step by step mindfulness program designed to build important skills in children, skills like kindness, compassion, resilience, attention and stress management.
The practices in this program have been proven to



reduce anxiety in children.

A Still Quiet Place teaches children how to bring, thoughtful calming awareness into their day , not only reducing stress but making them calmer and happier.

Every child will benefit from finding their Still Quiet Place within.

Program dates

Children from 4-5 years
Cire Community Hub - Yarra Junction
Monday 29th April to 20th May (4 sessions)
9.30am to 10.30am

Children in prep/year one
Chirnside Park Community Hub
Monday 29th April to 20th May (4 sessions)
4.00pm to 5.00pm

Max 8 children
\$60 for all 4 sessions

To book or to find out further information
call 1300 835 235



Parenting Sessions

All parenting sessions are \$10 per person and need to be booked and paid for before the date of the event

Calm Toddlers, Happy Parents

Have you ever wondered why your toddler just doesn't seem to understand you even if you repeat yourself a thousand times? Or why they refuse to share their toys or take turns or be reasonable? The simple answer is that the toddler brain is still under construction –toddlers simply do not see the world in the same way that we do! In this parenting session we will discuss some of the reasons underlying toddler behaviour and explore respectful ways that set very clear limits while maintaining loving connections. As a result, day to day life as a family will become much calmer.

7.00pm to 8.30pm

Cire Community Hub - Yarra Junction
Thursday 27th June, 7.00pm to 8.30pm

Chirnside Park Community Hub
Tuesday 7th May, 7.00pm to 8.30pm

Anxiety in Young Children (4-8years)

Fearful and anxious behaviour is common in children – especially as they come across new situations and experiences. Most children learn to cope with different fears and worries. However, some people, including children, react more quickly or intensely to situations they find threatening, or find it harder to get their anxious feelings under control. Some children also perceive the world to be scarier or more dangerous than others. In this seminar we will explore some ways to help our children manage their fears

Cire Community Hub - Yarra Junction
Thursday 16th May, 7.00pm to 8.30pm

Chirnside Park Community Hub
Monday 24th June, 7.00pm to 8.30pm

To book or to find out further information call 1300 835 235

Cire Children's Services offers a diverse range of early learning programs right here in Yarra Junction

"We believe that children are capable, competent, co-contributors of their own learning and that intentional teaching techniques through open ended play, forms an integral tool to enhance children's learning and development."

Cire Children's Services



Flexible childcare so you can do the things you need too.

Supporting busy families within the community for parents with children under 5 years of age

Mondays, Wednesdays & Fridays
9.00am - 2.00pm

1300 835 235

Located at the Upper Yarra Family Centre, 2444 Warburton Hwy, Yarra Junction



Cire
children's services

Holiday Program Coming Soon



"The Cire Holiday Programs really helped during the school break. My son really enjoyed the planned excursions, and I knew he was in good hands."

www.cire.org.au

Yarra Junction - 03 5967 2776

Mt Evelyn - 03 9736 1918

Woori Yallock - 0458 278 228

Badger Creek - 0499 400 250



The best start for your children



Supporting busy families within the community

Outside School Hours Care - Yarra Junction



Supporting busy families by providing quality childcare

Outside School Hours Care program provides recreational learning experiences where children build independence and enhance their social skills in a safe, happy, relaxed and well supervised environment. Located at Cire Children's Centre in Yarra Junction in a natural bush setting designed with the environment in mind.

Experienced early childhood educators plan, organise and deliver fun and engaging programs including group games, cooking, crafts, outdoor play, puzzles and much more.

Now taking enrolments

CIRE CHILDREN'S SERVICES • 03 5967 2776 • 39 - 41 Little Yarra Rd Yarra Junction www.cire.org.au



Cire Services is a not for profit organisation. We are committed to investing our profits in improving service deliveries, facilities and staff development.



Operating hours
Monday - Friday (school days)

Before school hours care

6.30am - 9.00am

After school hours care

3.00pm - 6.30pm

Courtesy bus available from Wesburn Primary School

Funded kindergarten programs -
eligibility criteria applies