

Learn, Play, Explore

Occasional Care and 3 & 4 Year-Old Kinder Chirnside Park Newsletter



From the Director's desk

June 2023

Dear Families,

Welcome back to Term 3, can you believe that we are already half way through the year. I would like to start with some very important dates to remember coming up in Term 3.



Wednesday 12th July-

Stay & Play- We would like to invite you to our Chirnside Park Early Learning Information Session on July 12th, from 2pm to 3.30pm. This event is the perfect opportunity to learn more about our occasional care and 3- and 4-year-old sessional kindergarten program.

Sunday 23rd July- Cire Winter Market, held here at Cire Community Hub, lots of great stalls, things for the children to do and lots of yummy food trucks and coffee.

During the Term 2 holiday break, our playground underwent repairs and maintenance works on our timber playground/slide and our Tee Pee. The works are now complete and our playground open to the children.

We will also be undergoing some maintenance work on our sandpit during next term's holiday break. Our Sandpit needs some extra drainage work underneath and will be raised around the edges with some beautiful natural timber. We will keep you updated of the details.



Communication:

Through our recent parent/teacher interviews, it was brought to our attention that not all families are receiving our communications through the XPLO app COMM's Centre. We ask if you could please check and ensure that your notifications through the XPLO app are switched on. If you need support with this please ask Nat or Mel.

To enhance communication between the service and families, we will also place upcoming events on display throughout the service and on the glass sliding entry doors. We will also provide hand delivered notes specific to your child's events and will of course continue our informal and formal chats. You can also find out information through our monthly newsletters. We really value your feedback so hope this further supports communication with the service and families.

If you have any other ways you think we could communicate better, we would love to hear them.



Parent Advisory Group (PAG):

If you would like to join our Parent Advisory Group (PAG), we would love some new members. Our PAG meets once a term to discuss fundraising ideas, communication, excursion/incursion ideas, centre news and going on's etc. it doesn't involve a huge commitment from families - just an hour once a term. If you are interested in joining our PAG please feel free to chat with either Tanu, Nat or Mel at anytime or you can email Mel on melissasaaghy@cire.org.au, we

would love to have you join the PAG.

What's happening in Kinder?

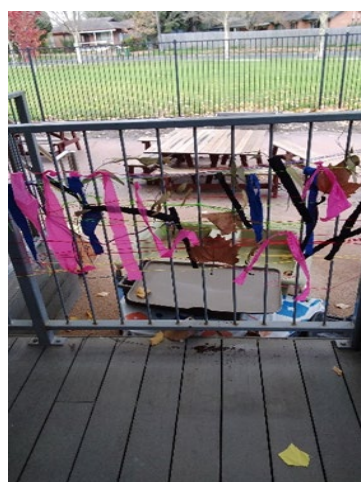
This term educators have been working on children's fine motor skills. Various open-ended activities were planned to develop children's finger and hand muscles like painting, drawing, colouring, playdough, sensory activities, etc.

Educators then assessed children's pencil control/scissors skills. Holding a pen or pencil is determined by how strong your child's finger and hand muscles are. Mature and strong muscles enable the writer to have a correct pencil grasp, which is important for controlling the writing tool with efficient finger movements. Scissor skills and cutting activities help develop fine motor skills, in particular the muscle strength and dexterity of the child. In addition to fine motor skills, cutting activities can also help develop bilateral coordination and visual motor integration.



Educators introduced weaving to children. Children weaved around the fence and around a tree. Now our outdoor tree looks very colourful. We discussed about there is a long tradition of basket weaving amongst Aboriginal people. The material used to make baskets come from plants. These include; pandanus, palms and selected bark fibres. These plants are woven and knotted into baskets, bags and mats. Another material used are leaves.

Weaving helps to develop the strength between the thumb and forefinger, the pincer-grip, which is also an important pre-writing skill. Weaving also helps develop hand-eye coordination because it encourages children to use the visual information received to coordinate the movement of the hands.



Australian Collaborative Colouring activity- Children created a wonderful piece of collaborative artwork to brighten up our kinder room. This gorgeous collaborative colouring project features a giant map of Australia. Collaborative art puzzles are brilliant. Designed for children complete one section of a large illustration each. When complete, they fit together like a puzzle to create one giant coloured illustration. Colouring is also a fantastic creative activity that helps children to develop a number of important skills. They build on fine motor skills as they sketch, colour, and sharpen their colouring pencils. They also worked on focus and concentration as they on colouring between the lines.



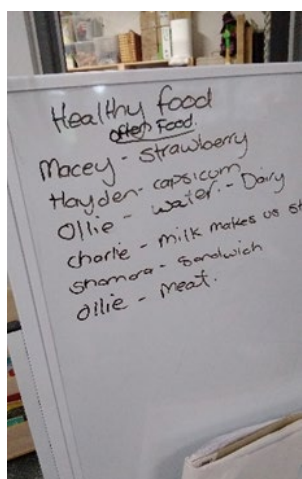
One of our on-going interests is 'Bugs'. The children cannot get enough of bugs! We have had a great time learning about different types of bugs that live in our gardens and the children have been turning the garden upside down looking for any creepy crawlies. We had conversations about taking care of them by looking after them and letting them go in the environment where they belong. We also found the witchetty grubs. We talked about the Witchetty grub is one of the most famous items on the Aboriginal bush tucker menu. These white, wood-eating grubs are found in the roots of trees and are a tasty and important source of protein. Having a good understanding of insects may encourage children to be braver and not be fearful or frightened of these creatures. With a newfound understanding of insects, children become empowered and instead of harming an insect will be able to identify it and appreciate it.



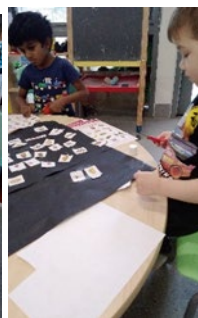
After bug exploration children showed interest in the story "The Very Hungry Caterpillar". We together looked at the placemats and children tried to remember what happened next. We talked about the days of the week / sang song "days of the week" together and what food the caterpillar eats, and even counted the fruits caterpillar eats. It even carries a subtle message that healthy foods like a leaf are better for you, while eating too much sugary food could give you a stomach-ache like the caterpillar gets. Children are now aware of life cycle of Butterfly too. We together made a big butterfly. Children took part in various activities like, making their own picture books, painting butterflies, cutting pasting, tracing etc.



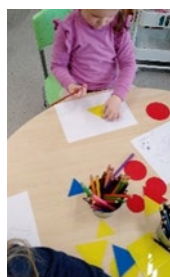
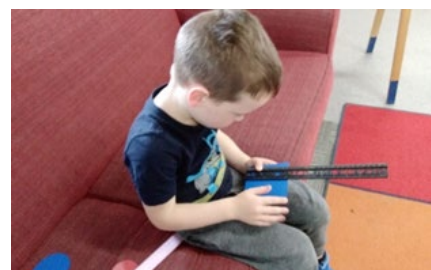
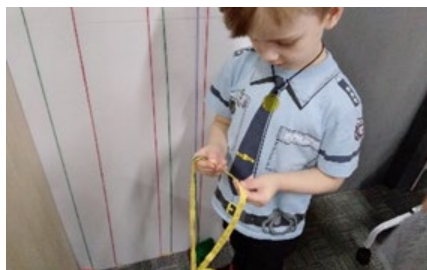
Together we explored more about fruit and vegetables. Children are getting an idea that fruits and vegetables are healthy food to have. All the parts of the plant can be eaten, root, shoot, stem, leaves and fruits. Further the children did cutting and pasting activity, sorting out what were "often foods" or "sometime foods". The collaboration work was placed outside the classroom, parents were encouraged to talk to their child about food choices and add comments to their art with the sticky notes provided. Thanks to the parents who provided the comments to their children.



We looked at the "eat a rainbow" fruit and vegetable poster. We learnt that we can eat different colour fruits and vegetables. We together looked at how rainbow lunch boxes look like. Children then took part in cutting and pasting activity where they cut different colour fruits and vegetables. After all the cutting finished we made our own rainbow of cut fruits and vegetables.



Children are very interested in measuring and providing them different measuring tool gave them an idea that there is more than one tool for measuring. They were able to recall their memory from past about measuring. They are getting the concept of longer, shorter and same. Shape sorting activity was another famous group activity among children.



Refugee Week was on 18th to 24 June, it is an annual celebration, that informs the public about refugees and celebrates their contributions. We talked with children that a refugee is someone who has had to leave their home and country as they are unable to stay. This can happen because of persecution, war, natural disaster, and more. Refugees are often unable to return as it would not be safe for them to do so.

Refugees can be individuals, families, or even children. We looked at the dance performances from the Hakka Chin community, it was amazing to see them coordinating dancing with bamboo sticks. We Read the book "A hundred thousand welcome" and sang the song "Hello" in different languages. We discussed although some of our parents come from different counties but we are all Australians. Parents please remember to bring A world of flavours sheet back after holidays as we plan to put all the recipes to share with families.



3-year-old kinder

17th July (Monday)– Sustainability incursion from Yarra ranges

26th July (Wednesday)- Excursion to the reserve outside Cire Early learning

1st September (Friday)- Father's and Special Person's afternoon tea at kinder from 12-1 pm

4-year-old kinder

13th July (Thursday) – Visit to Lilydale Library- Storytime on the Cire bus.

18th July (Tuesday)- Visit to local grocery shop

27th July (Thursday)- Sustainability incursion from Yarra ranges council

31st August (Thursday) – Father's and Special Person's afternoon tea at kinder from 3-4pm



What happening in Occasional Room:

Welcome to the new children who have been settling into the occasional room routine very well, developing social skills and making friendships with their peers.

There was an old lady who swallowed a fly:



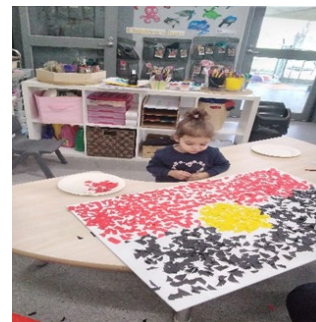
We been reading the book called "There was an old lady who swallowed a fly" All the children held the puppets then had their turn of being each animal and sticking them on the little old ladies stomach painting. Puppets can support children emotionally by giving them a "friend" to talk to, or a way to talk to other children without



having to speak directly. Reading and sharing stories can help children to get to know sounds, words and language, and develop early literacy skills.

National Aboriginal & Torres Strait Week (NAIDOC WEEK)

Every day during group time, we sing “We Thank You for the Land” we do the actions and the children are really familiar with it. This was a good time for the children to learn about the Aboriginal and Torres Strait Islanders and their impact on the land, and pay our respects to the Aboriginal and Torres Strain Inlander Peoples, the children learn about their cultures and communities. We have been exploring Aboriginal art with children by using paint, collage, natural materials and textures to create their own art works. Over the next two weeks in the occasional care room we will be celebrating NAIDOC, this year's theme is For Our Elders. You will see lots of different activities celebrating Aboriginal culture, today the children made a collage of Bunjil. Bunjil is the Ancestral Wedge-tail Eagle the creator spirit for the Wurundjeri people. The children used lots of different natural materials to create the wings, body and claws. These types of activities help support the value of other cultures, it encourages respect for the histories of the First Nations people and a genuine understanding of the land, water and animals around us.



Construction Area



The children have been engaged with the construction area, they have been building towers, train tracks, roads, and much much more. The construction area allows for children to be creative as there are many different approaches to build new things social connection with children, inviting their peers to participate and the action of building.

Yoga day :

In occasional care room we celebrated a yoga day, all the children were very excited for yoga. Educator showed poses and children followed all the steps. Yoga boosts children's self-esteem. Yoga for kids can do wonders for their self-esteem. Perfecting a pose or improving their balance and flexibility can give young children a sense of personal empowerment. Yoga helps children manage their anxiety. The breathing exercises and relaxation techniques learned from practicing yoga can help children with stress management. Teaching children how to reduce stress in a healthy way is an important life skill that will help them as children and as adults. Yoga develops children's strength and flexibility. Yoga helps strengthen children's growing bodies and helps them improve their flexibility, which can reduce their chance of injury.

Yoga teaches discipline and reduces impulsivity. Yoga can reduce challenging behaviors in the classroom by providing a physical outlet for children to express themselves. It also teaches children about discipline as they work on clearing their minds and perfecting their poses.



Cire Children's Services Facebook Page

Cire Children's Services now has its own Facebook Page. Please follow and like our page. Here is the link: <https://www.facebook.com/cirechildrenservices/>



Burmese Eggplant Curry – Khayan Thee Hnut



What you will need: Eggplants – When we first cooked this in Myanmar we used long thin eggplants similar to Chinese/Japanese eggplant varieties. We've since cooked this with regular eggplants which work just as well.

Palm Sugar – The authentic curry eggplant recipe uses a natural sweetener known as jaggery, which in Myanmar is sourced from the Toddy Palm tree. You can find it as a syrup or as a crumbly fudgy ball of buttery caramel flavour, so good that you can eat it on its own. At home, we substitute with gula melaka, palm sugar or brown sugar depending on what we have on hand.

Fish Sauce – This staple Asian ingredient has a strong smell in the bottle, but isn't fishy in the final dish, adding a delicious salty, savoury flavour to your cooking. You'll find it at Asian grocers or in well-stocked supermarkets in the international foods section, or online.

Dried Shrimp Powder – This is made from fresh baby shrimp/prawns that are dried and then ground into a fine powder. It's very different from shrimp paste (such as Malaysian belacan or Indonesian terasi) which are fermented first. Look for it at an Asian grocery or get it online. If you have shrimp paste on hand, you can use this instead – start with 1/2-1 tsp and taste, then add more if you want it saltier.

Otherwise, just add salt or an extra splash of fish sauce to taste.

How to Make:

Wash and dry the eggplants. Slice them down the centre from bottom to top, leaving the top section intact. Soak them in water while preparing the curry mix.

Place the shallots, tomatoes, garlic, crushed peanuts, fish sauce, palm sugar, turmeric, salt and chilli powder into a mixing bowl and stir until all the flavours have mixed through completely. Remove the eggplants from the water and stuff with the shallot/tomato curry. Place in a large wok or frypan and cover with any remaining curry.

Drizzle with vegetable oil and water, then cover and cook over a medium low heat. Cook for approximately 30 mins until the eggplants are soft and the liquid has mostly evaporated. You'll be able to hear when the eggplants are close to done, as the sound will change from boiling to sizzling. Avoid lifting the lid while cooking.