



NOVEMBER
2018

ON *this* MONTH

AT ST NICK'S

Dental Hygiene Talk ----- 2nd
Duncan from Wiradjuri Echoes ----- 8th
Preschool Excursion to the Australian Mint ----- 14th

AROUND THE COUNTRY

Outside Classroom Day ----- 1st
Melbourne Cup ----- 6th
Diwali Festival of Lights ----- 7th
Australian Food Safety Week ----- 10-17th
Remembrance Day ----- 11th
Orangutan Caring Week ----- 11 - 17th
National Recycling Week ----- 12 - 18th
World Kindness Day ----- 13th
Universal Children's Day ----- 20th

Mango season is here!

St Nick's will be getting trays of fresh mangoes, delivered straight from a farm up north! Each tray is \$30 and will be ready for collection on the week of 10th December 2018! The number of mangoes per tray depends on the size of the fruit and may vary from 12 large mangoes up to 23 small mangoes.

Get in quick because we only have a limited number of trays. Tell your friends, family members and work colleagues, these mangoes don't come any fresher! [Click here](#) to place your order!

End of year survey

Feedback from our families is very important to us and ask for your participation in a brief survey. By participating in this survey, you make your voice heard, and help us improve our service and the effectiveness of our teaching processes.

Your participation in the survey is completely voluntary and responses will be kept confidential. If you choose to remain anonymous, please leave the name sections blank.

This survey is brief and will only take between 2-3 minutes to complete. [Click here](#) to complete the survey.





REMEMBRANCE DAY – 11TH

This year marks the 100th anniversary of the Armistice, which ended the First World War (1914–18). Each year on this day Australians observe one minute’s silence at 11 am, in memory of **those** who died or suffered in all

wars and armed conflicts. Go to your council website to find out details on your local Remembrance Service.

NATIONAL RECYCLING WEEK – 12-18TH

Planet Ark is encouraging everyone to reboot their perspective on recycling in the lead up to the most important National Recycling Week since it was founded 22 years ago! This year’s theme will explore the impact of the War on Waste and China’s waste policies on Australia, the opportunities and positive waste stories emerging and the tools making it easier for you to reboot recycling.

www.recyclingweek.planetark.org



BANANA BLUEBERRY AND COCONUT LOAF

PREP 15 min | COOK 1 hr. | SERVES 10

INGREDIENTS

- 2¼ cups (340 grams) wholemeal (whole wheat) flour
- 2 teaspoons baking powder
- 1 teaspoon cinnamon, ground and a pinch of salt
- 1 cup (170 grams) brown sugar
- ¾ cup (170 ml) sour cream
- ½ cup (125 grams) butter
- 1 teaspoon vanilla extract
- 3 eggs
- 3 bananas, mashed (approx. 2¼ cups) PLUS 1 banana sliced, to decorate
- 1 cup (125 grams) blueberries
- ¾ cup (70 grams) shredded unsweetened coconut

METHOD: Preheat oven to 170 C (350 F) and line a large loaf tin with baking paper. Set aside. Sift flour, baking powder, salt and cinnamon into a large bowl. Set aside. Using an electric mixer on medium-high speed, beat brown sugar, sour cream and butter in a large bowl until light and fluffy (approx. 4 minutes). Add vanilla and beat for 1 minute. Add eggs, one at a time. Beating well after each addition. Reduce speed to low, add flour mixture and mix until just combined. Add mashed banana, blueberries and coconut and mix until just combined. Pour batter into prepared tin and top with sliced banana. Bake for 1 hour or until a skewer inserted removes cleanly. Allow loaf to cool for 15 minutes before placing on a wire rack to cool completely. Enjoy x Remember to always supervise kids in the kitchen.



Source: Recipe and images belong to mylovelylittlelunchbox.com



An app for learning and one for saving precious memories!



PEEK-A-ZOO
DUCK DUCK MOOSE

An award-winning interactive experience that asks children to identify different animals who dance, eat, wag their tails, wear sunglasses,

sleep and more. The basic game involves your child identifying the correct cartoon animal, based on a simple clue. Once the correct character is selected, a new scene appears. A great way to teach toddlers comparisons.

LOOPIMAL
YATATOY

Build loops! Create sequences! Compose music! Loopimal is a building tool full of handcrafted animations and sounds effects!



It is your child’s first entry into the world of computer sequencing. With intuitive and fun gestures they can create quirky animation sequences for different animals. The content is created with loops of melodies, rhythms or movements. The possibilities for creation are endless. There is no goal, no wrong or right, it’s a fail-safe kit for creation.



EPIC
DUCK DUCK MOOSE

Welcome to Epic! – the leading digital library for kids. Children can explore their interests and learn with instant, unlimited access to 25,000 high-quality eBooks,

audiobooks, learning videos, and quizzes for kids 12 and under. In-App Purchases required.



FOCUS ARTICLE: Transition to School



When children first start school there is a lot for them to get used to. Some children will adapt more easily than others. Helping children to feel confident and positive about school will give them a good start. There are many things you can do to help your child transition to school as smoothly as possible.

Becoming familiar with your child's school.

- Refer to the school as your child's school whenever you are passing by.
- Attending school fetes, fairs or community events.
- Finding out from your preschool or day care centre which children from the centre will be attending the school. You can then organise play afternoons and get to know some other parents.
- Asking if your preschool is running a parent evening to provide information on school readiness.
- Attend the school orientation days and parent information sessions

Building your child's confidence for school: Some children adapt very easily to school. It is important that you do not display anxiety about attending school nor speak negatively about your children not being at home. Talk about the excitement of attending school, and present school as the next interesting chapter in your child's life.

Visit the library and borrow books about children going to school. Download stories your child may like to read and read them on a computer or tablet.

Read to your child on a regular basis and model reading to them whenever possible. Develop a love of reading, books and learning.

As a parent, reframe your questions about school, preschool and day care from, 'What did you do today?' to a more positive question such as 'Tell me the best thing you did at school today', 'What is one thing you learnt today?' Segment the time at school and ask what did you do during the morning, after recess today? This is a useful way of talking with your child after school – not just in kindergarten, but also throughout their schooling.

Other tips:

- Start to get your child into regular sleep and waking hour routines. Children need to be in bed at a reasonable time to wake up refreshed. Televisions or technology (e.g. computers or tablets) should not be in the child's room. If these items must be in the room, establish a routine, such as not allowing them to be on after dinner. This will help your child begin to relax and prepare for sleep.
- Establish packing away routines with toys and encourage your child to help with simple tasks around the home to develop responsibility.
- Label your child's belongings for school. Set a pattern that expensive toys and treasured items are not taken to school. If they get lost or broken, this can create a lot of anxiety for you and your child.
- Help your child learn to dress themselves in their uniform and if using laces to tie up their shoes.
- Ensure your child can go to the toilet unassisted and teach them how to ask the teacher should they need to use the toilet during class time.
- Practice walking or travelling to school.
- Become familiar with the many resources available to help keep your child safe as they journey to school, for example safety town.
- Have your child help you pack their lunch. Remember schools are nut-free zones, so consider carefully what to provide in your child's lunch box. Think about easy-to-open lunch boxes, re-useable water bottles, sandwiches, and fresh fruit and vegetables.

To read the article in its entirety go to the link below. Source: NSW Education Standards (2018, October 19). Transitioning to School Retrieved from <http://educationstandards.nsw.edu.au/wps/portal/nesa/parents/parent-guide/transitioning-to-school>

PRE-WRITING SQUISHY BAGS

Pre-Writing Activities with Squishy Bags is a great way to target writing skills without using paper and pencils. It is providing a fun and exciting way to invite children to practice writing letters, numbers, their name, drawing pictures, shapes and words. Children can practice hand and finger movements for pre-writing development on the squishy bag.

Squishy Bag: For one squishy bag, you will need 1 cup of flour, 6 tablespoons of water and food colouring. You will also need zip-lock bags (22cm x 22cm), sticky tape and a small mixing bowl. Adjust the flour and water amounts if you are using a smaller or larger zip-lock bag. Mix until all the ingredients are well blended. Scoop into zip-lock bag, before fastening the end, place the squishy bag onto a flat surface. Gently push any excess air out to avoid air bubbles. Press clips closed and tap to secure.



Let their imaginations run free to draw, create shapes, lines and patterns on the squishy bag. Use a soft paintbrush or a cotton wool bud (Q-Tip) to write your name, letters, numbers and shapes.

Source: Learning4Kids (2018, October 19). Pre-Writing Squishy Bags. Retrieved from www.learning4kids.net/



HEALTH & SAFETY: Powerful phrases to tell your child instead of “good job”.



"Good Job...You are SO smart, what a pretty little girl you are!"

Sounds good, right? Familiar, perhaps, as you praise your child all through the day? Of course, you are doing this from a loving and well-intentioned place. However, praise of this kind can sometimes displace just what our children need the most.

Yes, displace. Stay with me here. I know praise for all they do seems like the way to grow those strong-from-the-inside-out kids. But as we give what feels like encouragement to our children in just the above way, we can undermine their ability to be intrinsically motivated—firing from inside themselves as they tap into their strengths and abilities to, on their own, pursue all things in life. We can undermine their growth as a strong inner-directed person.

Think about this: If we tell a child "Good job!" when they willingly get dressed in the morning, what does this communicate when they have a hard time getting dressed the next morning? That they are doing a 'bad job?' This is what a child 'hears,' and it does little to help them decide, on their own, to want to get dressed in the morning.

If we tell a child "You are so smart!" when they bring home an assignment they got 100% on, how do they feel when they come home with one marked with 75%? Or when they find themselves struggling with homework? If we've told them they are so smart, then they may feel like they are failing when they struggle. "I'm supposed to be so smart. Why can't I DO this??"

If we tell our daughter how pretty she looks as she prances out in her frilly red dress, what are we communicating is important? How she looks? How could this influence her over the years...as a teen...if how she looks becomes the go-to response she gets from us?

What CAN we do? Oh so much.

Describing what you see rather than praising is essential for our children to grow intrinsically motivated and to feel authentically affirmed. Here's how that can look:

- "You chose the red frilly dress! And you buttoned all those buttons by yourself. That took a lot of work."
- "Wow. That took a lot of brainwork to come home with 100% on your assignment. I bet you feel really good about how your hard work paid off."
- "Math can be hard! Look at all the problems you've accomplished. You've concentrated on this for a long time."
- "Your friend is happy you shared your toy! What a kind thing to do."
- "It takes a lot of courage to climb up so high. When you are ready, you can give it a go."

What is different? Now you are focusing on their abilities, strengths, qualities—things you want to encourage as they help our children become more confident, feel more capable, able to take risks, to rally from mistakes, to move through struggle.

To know "I can really use my brain" sets a child up to work through a tough homework problem in an empowering way. Hearing "You are so smart!" can leave a child at a loss when they don't do well on a test, or when they can't figure out a problem. Using "You CAN be" instead of "You ARE..." gives a child the chance to be something else.

Use struggles as a time to name and affirm their feelings, rather than find something to praise in order to 'make them feel better.' Use struggles as a time to identify the inner strengths they are trying to tap into to succeed.

For example:

- "That puzzle is really difficult. It is frustrating for you! I can see you are working really hard to figure it out."
- "When your friend says those things it hurts your feelings and I can tell you feel sad. What might help you right now?"

This is important. Growing children who feel empowered, authentically affirmed and intrinsically motivated is key for living well all through life. It makes your job as a parent easier as your child can now move through struggles more successfully, can call upon their own selves to solve something, can make healthier choices with peers, and feel truly competent and capable.

Source: Motherly (2018, October 19). Retrieved from <https://www.mother.ly/10-thoughtful-phrases-to-praise-your-child-instead-of-good-job>



RECYCLING REBOOT

Recycling isn't just making sure you sort your rubbish correctly, recycling can be swapping and reusing items.

Swap Parties encourage people to reuse items, which, in turn, reduces the demand for new items. By swapping, rather than buying, a pair of jeans, a resident will save over 6,000 litres of water. Swap Parties are a good way to encourage people to reuse. Events like

this, particularly if they achieve a high media profile, introduce a large number of people to the practice of exchanging rather than disposing of items. You could attend a pre-organised even or even host one of your own.

To find out more Visit recyclingweek.planetark.org.



INVITATION TO PLAY



An invitation to play is arranging the environment so that it “invites” young children to come to an area in their classroom and explore, investigate, question, examine, participate, touch, feel, and manipulate through as much independent play as the materials can possibly allow.

An invitation to play should:

- Capture a child’s curiosity
- Be intentional in design and purpose
- Be appropriate for the age of children
- Include materials that the children can freely touch, manipulate, and explore

An invitation to play is not just setting up a pretty table but it is instead intentional in design to foster learning and to keep the child engaged the learning process.

You can set up ‘invitations to play’ at home too. Anna Ranson from The Imagination Tree has written a simple explanation on what to do here: theimaginationtree.com/creating-invitations-to-play/ images belong to the imaginationtree.com



National Quality Framework | Quality Area 3:
 Element 3.2.1 –*Inclusive Environment*. Outdoor and indoor spaces are organised and adapted to support every child's participation and to engage every child in quality experiences in both built and natural environments.

5 Minute MOVES

UNO EXERCISE

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

EQUIPMENT: A Pack of UNO Cards, pencil and paper

1. Work together to assign each colour an exercise and write what it is on your page. Consider your child’s abilities and make sure you note the repetitions, time or distance the exercise is carried out. For example yellow might be “Hop 3 times” and blue may be “skip to the garage and back”. A Draw Four is complete all exercises, Draw two – choose two, and a wild is free choice.
2. You can use the whole pack of cards, half or a selected amount appropriate for you and your children. Shuffle the cards and place face down in the middle, take turns selecting the card. Everyone completes the exercise and then a new card is turned over.