



Community Children's Centre

Family Newsletter

June 2023

2829 Wisemans Ferry Road,
Mangrove Mountain
NSW 2250
Phone: 4374 1239
www.mountainchildren.com.au
E: mountainchildren@bigpond.com

News from Louisa

Welcome to our June edition of the newsletter for 2023. We have had a busy month during May and the start of June. We also have a few events coming up over the next month. Please continue to

check emails as we will keep you updated.

Welcome to Erin and Georgia

We would like to welcome Erin who has replaced Hannah in the office and Georgia who is in the Snake Room on Monday and Lizard Room Wednesday and Thursday. Please say Hi and make them feel welcome.

Socks and Soup Drive

Thank you so much for the overwhelming support for the soup and sock drive. I delivered over 100 cans of soup and pairs of socks. We will continue with this collection of goods to go into a shoebox for the homeless. [Here](#) are the items that we will be collecting to pass onto the organisation to go into the shoeboxes. Thank you for your support in the very worthy cause.

Dinosaur Show- Wednesday 14th June 11.30am

We are looking forward to hosting an incursion here at the centre for the children. If this is not your child's day you are welcome to bring them along to watch, however you will need to stay with them for supervision.

4-Year-Old Vision Screening Thursday 20th July and Wednesday 26th July

We will be having a nurse from Central Coast Local Health District coming out to the centre to screen all 4-year-olds as well as any 5 year olds who were missed last year. This is a free service funded by the NSW Government and is essential for all children who are 4 and 5.



Community Children's Centre

Family Newsletter

June 2023

News from Louisa (cont.) ..

Consent packs will be sent home later this month. They need to be completed and returned to the centre. If Wednesday or Thursday is not your child's day, we encourage you to bring your child into the centre from 11.15am – 12.30pm. Each screening takes approximately 10 minutes. Please email with your preferred booking time and I will confirm if the time is available. Alternatively, if these days don't suit you are welcome to book an appointment at the Child and Family Health Clinic in Gosford. If you would like to book an extra day for your child to attend on these days, please see myself or Erin to check availability.

40th Birthday Celebrations

On Sunday 27th August from 11am-2pm we will be celebrating 40 years in operation. Please join us for this for this wonderful celebration. Please also spread the word as we would love to have as many of our current families as well as past families and members of the community. We will begin to publicise this event in the Community News, emails, invitations and via our Facebook page.

Christmas Concert

To provide you with plenty of notice, we have already scheduled our Christmas Concert for 2023. Please pencil Friday, December 1 at 4.30pm into your diaries for our end of year celebration at the Centre. More information will follow closer to the date.

Sharing Photos of holidays or special events

Please feel free to continue to email any special photos from holidays or weekend adventures that your child may like to share with the room for news. Please email photos to mountainchildren@bigpond.com and we can print them out for your child to show for news. You may also like to include a brief description to prompt questions. If we do not get time to do news on the day, then we will do them on the next day your child attends the centre.



Community Children's Centre

Family Newsletter

June 2023

News from Louisa (cont.) ..

Nut Free Lunchboxes

Thank you for your understanding and cooperation to keep the Centre nut free due to children with allergies. Just a reminder to please not pack any nuts or food containing nuts. This includes peanut butter, Nutella, muesli bars and any spreads containing nuts.

Kind Regards



Louisa Foxford
Nominated Supervisor



Community Children's Centre

Family Newsletter

June 2023

News from our Educational Leader Kathy

Healthy Eating for Children

At our centre we have a policy on healthy eating for all the children attending our centre. As the families provide the food for their children, I thought I would provide some information on the importance of providing the correct nutritional food for strong healthy children.

What is healthy eating?

Healthy eating is essential for your child's good health, growth and development. Healthy eating in childhood means they will have less chance of developing chronic diseases like heart disease, type 2 diabetes, obesity and some cancers. It will also mean they feel better and enjoy life more.

To stay healthy and maintain a healthy weight, children need to be physically active and eat the right amount of nutrients to balance the energy they use.

The Australian Dietary Guidelines recommend children should enjoy a wide variety of foods from these 5 food groups:

- fruit
- vegetables, legumes and beans
- cereals (including breads, rice, pasta and noodles), preferably wholegrain
- lean meat, fish, poultry and/or alternatives
- milks, yoghurts, cheeses and/or alternatives (children under 2 should have full-fat milk, but older children and adolescents can have reduced-fat varieties)

Children should limit their intake of foods that contain saturated fat, added salt or added sugar. They should also be encouraged to choose water to drink.

How can I encourage healthy eating habits?

Teaching your child how to eat healthily now means they will be more likely to make their own healthy choices as they get older. Here are some tips to encourage healthy eating habits:

- Sit together as a family at mealtimes, without any screens.
- Make healthy foods fun, for example by cutting fruit or sandwiches into interesting shapes.
- Serve a variety of seasonal fruits and vegetables.
- Learn together about how different foods are grown.
- Let your children help with food shopping and preparation.
- Try new foods and recipes.
- Limit the amount of junk food you keep in the house.
- Keep a bowl of fruit handy for snacks.

News from our Educational Leader Kathy (cont.) ..



Community Children's Centre

Family Newsletter

June 2023

Which foods should I limit in my child's diet?

Some foods are not essential in children's diets. These are called 'discretionary foods' and are generally high in kilojoules, saturated fat, added sugars or added salt.

While it's okay to eat small amounts of discretionary foods occasionally as part of a balanced diet, you should try to limit these foods in your child's daily diet. Eating large amounts of discretionary foods can lead to children becoming overweight or developing diseases in later life.

Examples of foods to limit are:

- sweet biscuits, cakes and desserts
- processed meats and sausages
- ice-cream, confectionery and chocolate
- store-bought burgers, pizza, hot chips, and fried foods
- crisps and other fatty and/or salty snacks
- cream and butter
- sugar-sweetened cordials and soft drinks



Incorporating this into our Centre's program

To follow our healthy eating policy we initiate many discussions on healthy food choices during our meal times. We encourage the children to eat the healthier food options first and discuss with them their ideas for which of their foods would be healthier than the other foods in their lunch boxes. The children are quite knowledgeable about this and take pride in telling us they have eaten their healthy fresh food first.

We incorporate healthy cooking experiences into our program and when possible, use the fresh produce from our vegetable garden or fruit trees, or donated produce as a base for our cooking.

If you have any questions, or concerns about this, please don't hesitate to approach Louisa or your child's Educators.

Until next time

Kathy

Educational Leader





Community Children's Centre

Family Newsletter

June 2023

Joey's Room News

Kristy Hirons (Monday, Tuesday, Wednesday, and Friday), Cassidy Turner (Monday to Friday), Trudy Gray (Monday to Friday), Eva Sung (Tuesday to Friday), Antoinette Xuereb (Programming and Lunch Cover), Lovely Samejon (Programming and Lunch Cover), Abigail Rickards (Casual)

Welcome to Winter Joey Families!

And an extra special welcome to **Archer** who has just moved to the Mountain and joined us at MCCC this month with his brother Lincoln in the Snake Room. We look forward to getting to know you.

In **May** we had a jam packed month of activities and celebrations, including World Asthma Day (2), Star Wars and World Firefighters Day



(4), Compost Awareness Week (8-12),

International Nurses Day (12), Mothers' Day (14),

Road Safety & National Families Week (15-19),

World Turtle Day (23), National Simultaneous Story Time (24)

Australia's Biggest Morning Tea (25) National Sorry Day (26), and

Reconciliation Week (27-3)...phew!



On **World Firefighters Day** the Joeys were lucky enough to get to join the Lizards and Snakes for an educational and entertaining visit from a real firefighter, one of the Lizard parents, who showed the



children his protective gear, spoke about the difference between good and bad fires and what to do in an emergency (get down low and go, go, go! – Call 000).



We hope all the Mum's enjoyed their **Mother's Day** gifts the children made for them and got to enjoy a wonderful day with their families being appreciated for all the amazing things you do. It was lovely to see some of you for our special afternoon tea, and I'm sure you all had spectacular nail polish by the time you left.



Community Children's Centre

Family Newsletter

June 2023

Joey's Room News (cont.) ...



For **Road Safety Week** the Joeys were engaged in many activities to teach them about the importance of being safe around traffic and in cars. We read stories and sang songs about the importance of wearing seatbelts, keeping our arms in our straps, and making sure we tell mum or dad straight away if our seatbelt comes undone. Outdoor play was centred around turning our bike track into a roadway with pedestrian crossings so that the children could practice being the drivers who stopped to let the pedestrians cross, (green means go – red means stop) and being the pedestrian who holds an adult's hand to cross when it is safe to do so.



The Joeys had a great time practicing their fine motor skills gluing multicoloured shells together for their **World Turtle Day** craft and making watercolour bookmarks to go with the **National Simultaneous Storytime** book, the Speedy Sloth.

To see out the month, we observed **National Sorry Day** and **Reconciliation Week**, reading indigenous stories, listening to indigenous music and enjoying songs like the Wombat Wobble at group time, dancing like Australian Animals, and creating art showcasing the aboriginal flag and dot painting styles.

You may have noticed a slight change to the daily routine as the days get shorter and colder at the start and end of the day. We will now be staying inside longer in the mornings and doing craft and having morning tea until it warms up enough to go out and enjoy the sunshine in the warmer part of the day, just as we will be inside earlier in the afternoon,



reading stories and playing quietly until parents arrive for pick up.

Please make sure children have enough warm, sturdy clothing for the day, as even though it is cold, they still enjoy rolling around in the grass and sitting in moist sandy, or muddy spots. Gumboots, while perfect for jumping in muddy puddles, often make it difficult for our smaller



Community Children's Centre

Family Newsletter

June 2023

Joey's Room News (cont.) ...

children to move their feet and ankles easily and can become a trip hazard. Sneakers are the preferred shoe year-round for ease of movement while at play and safety.

Kristy, Cassidy, Abi, Jess, Eva & Trudy

Joeys Room Staff

Trudy



Kristy



Cassidy

Abi



Eva



Antoinette



Lovely





Community Children's Centre

Family Newsletter

June 2023

Lizard Room News

Room Leader – Paris Helson (Monday to Friday), Belinda Stark (Tuesday to Friday), Mary Todd (Monday, Thursday and Friday), Georgia Dawson (Wednesday and Thursday) Antoinette Xuereb (Programming and Lunch Cover), Lovely Samejon (Programming and Lunch Cover)

Welcome back everyone!!

We hope you all had a wonderful Mother's Day and enjoyed your succulents in their beautifully painted pots. The children were very proud when they painted them and excited to give them to you. Their answers to your questions are always interesting or funny!



Road Safety Week

The Lizards had their own pretend cars to drive with seat belts to wear. This promoted their social skills as they sat next to each other and role played.

We made our own traffic lights and spoke about what all the colours mean. Red means Stop, Orange means Slow and Green means Go.

The Lizards learnt that when you cross the road you should always hold a grown-up's hand. You can cross the road using a Zebra crossing or at the traffic lights when the lights change, and the green man appears.



World Turtle Day

The Lizards were practicing their scissor skills as they cut out their own little turtles. Trying to hold our scissors correctly was a little challenging but we will continue to develop these skills over the coming months. They

also painted them with green water coloured paint, then named their turtles when they were finished.





Community Children's Centre

Family Newsletter

June 2023

Lizard Room News (cont.) ...

National Simultaneous Story Time

We participated in The National Simultaneous Story Time. The children were very excited to hear the new story called The Speedy Sloth.

We set up the TV in the Lizard Room and asked the older Joeys and Snake friends to come and join us for it. We made our own sloth bookmarks after listening to the story.

Bikes

Throughout the month we have been working on our gross motor skills of riding the bikes. The children have been practicing using the pedals going up and down the hill. If you haven't brought in a bike helmet for your child yet, please do. They have so much fun and watching the smile on their faces when they make it up the hill is so rewarding!

Until next time,

Paris, Belinda, Mary, Georgia, Lovely and Antoinette



Community Children's Centre

Family Newsletter

June 2023

Lizard Room Staff



Paris



Belinda



Mary

Lovely



Antoinette





Community Children's Centre

Family Newsletter

June 2023

Snake Room News

Room Leader – Kathy Rawsthorne (Tuesday to Friday), Allison Monaghan (Monday to Friday), Lovely (Programming and Lunch Cover), Georgia Dawson (Monday) and Holly Pearce (Wednesday)

Welcome to June. We have enjoyed a busy month in our room.



Due to a never-ending, ongoing interest in fairies and fantasy worlds, we have set up a **Fairy Haven** in our room. This area is full of many fairy toys and accessories, including fairy houses fairy furniture, fairy books, pictures and of course fairies.



The children are loving engaging in this pretend play and are enjoying creating their own little miniature fairy worlds. To extend on this interest, we have incorporated many different fairy arts and crafts into our program, including fairy crowns, fairy wands, mushroom houses and decorating fairies. So much Fairy fun!



We also enjoyed exploring **Road Safety Week** recently. This included many Road and car safety issues that we discussed with the children. The children were able to share their ideas for the reasons behind being safe around the roads, and how we can achieve this. These included always wearing seatbelts whilst in the car, holding hands with an adult when walking near roads and across roads, and how to cross the road safely. We also participated in many different road

type arts and crafts. We created our own roads with many different routes and road types and used road safety stickers as well as road signs to help with promoting this important subject. We also engaged with literacy and information technology to enhance our knowledge on road safety.



Community Children's Centre

Family Newsletter

June 2023

Snake Room News (cont.) ...

Last week was **Reconciliation Week**. This is a time for all Australians to learn about our shared histories, cultures, and achievements, and to explore how each of us can contribute to achieving reconciliation in Australia. We have been initiating many discussions and participating in indigenous arts and crafts to promote this important subject, as well as exploring literacy with different stories such as Dreamtime stories.



Some of the **school readiness skills** we have been practising lately include being able to participate in table games, such as bingo, Domino's, card games, and other different types of games. These types of games provide many different learning opportunities, including being able to follow rules, taking turns, sharing, as well as learning many literacy and numeracy skills. The children love engaging in these types of games.



We have noticed many different toys being brought in from home, which invariably become lost, misplaced, or broken. Please refrain from allowing your children to bring in toys from home to avoid tears and anxiety when their toys cannot be found. We regularly provide news bags for the children to have the opportunity to bring in a toy from home, but if it is not their turn with the news bag, please help us to help them by leaving their toys at home. Thank you in anticipation of this.

Funny things kids say

We have been enjoying many birthdays lately, with many birthday parties occurring. One of our boys was excited to tell us he was going to his friend's party. We said, "Wow! That's



Community Children's Centre

Family Newsletter

June 2023

exciting. Are you really?" To which he replied, "Yes! I already have the vegetation!"

Invitation? We love it when they substitute words!

Until next time

Kathy and Ally

Snake Room Staff

Kathy



Ally



Holly



Antoinette



Lovely





Community Children's Centre

Family Newsletter

June 2023

News from the Office

Changes to Child Care Subsidy

From 10 July 2023, there are changes to the way Services Australia work out your Child Care Subsidy (CCS) entitlement. Child care will be cheaper for most families.

A fact sheet about the changes to be implemented can be found here: [Changes to Child Care Subsidy Fact Sheet - Department of Education, Australian Government](#)

A calculator can also be accessed to work out the approximate gap fees that will apply to child care for your children from July 10: [Child Care Subsidy Calculator at Starting Blocks.gov.au](#)

Working Hours of Administration Officer

I work part time and am at the Centre on Mondays, Tuesday and Wednesdays, between 8am and 2pm. If you need to contact me, please feel free to do so on my workdays - Mondays, Tuesdays and Wednesdays. You can also email me at any time at mountainchildren@bigpond.com and I will get back to you on my next workday or Louisa will reply in the meantime. In urgent cases, please feel free to contact the Centre on any of our opening days (Mondays – Fridays from 7.30am to 5.30pm) and speak to any of our staff.

Statements

Statements are sent out weekly on Wednesdays. Please check your statements closely - on page 3 or 4 under “**Account Transactions**” of your statement you will find the future payment to be deducted with “**Fee Payment by Batch DD/ CC**” in bold and the date and amount next to it. If there is ever a problem with the date or amount to be deducted and you need to change this, please contact us as soon as possible to avoid a dishonour fee of \$19.95 (this is charged by Debitsuccess who handles the payments for us and beyond our control). If you need to make any changes to your payment date or amount, please let us know with a minimum of 48 hours’ notice to amend a payment as they are locked in by Debitsuccess after.



Community Children's Centre

Family Newsletter

June 2023

News from the Office (cont.) ...

Immunisations

Thank you to everyone who has recently sent through their children's updated immunisation history statements. Updated immunisation history statements can be downloaded from your Medicare services within your myGov account. Please ensure that you email us an updated copy after each immunisation as we are legally required to keep them in your child's file.

Erin

Administration Officer

Dates for your Diary ...

JUNE

Wednesday, June 14 11.30am

The Dinosaur Show

JULY

Thursday, July 20 11am

4-Year-Old Vision Screener

Wednesday July 26 11am

4-Year-Old Vision Screener

AUGUST

Sunday, August 27 11am-2pm

40th Birthday Celebrations at the Centre

DECEMBER

Friday, December 1 at 4.30pm

Christmas Concert at the Centre