



Mountain Community Children's Centre

Family Newsletter

October 2018

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News from Louisa ...

Welcome to the October issue of the newsletter. Thank you for all of your support over the month.

Country Fair

The Country Fair on Saturday was a big success. We were very proud of our superstars performing up on stage.



Thank you to all families who donated their time and/ or produce for our stall. Another thank you to all of the staff who donated their time on Saturday to help with the produce stall and or face painting.

Mindfulness Introduction Session

We will be holding a mindfulness introduction session here at the centre on Monday 29th October from 6pm-7.15pm. You are most welcome to come along however, this is a child free event. Please RSVP to Louisa if you would like to come along as dinner is provided. There will be no cost for the event.

Transition to School Afternoon

We will be holding a transition to school afternoon tea at the Centre on Wednesday, October 24 at 3.30pm. This information session is held for parents of all children going to big school next year. A representative from the Department of Education will be attending so please bring along any questions you may have. Please rsvp to the event if you haven't done so already.



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News from Louisa ... (cont.)

Casey's Toys Night

We have had to postpone the Casey's Toys night that was previously scheduled. It will be held on Thursday, November 8th at Casey's Toys in Erina from 6-8pm. Light refreshments and champagne will be offered. I encourage you all to attend this child free event for a relaxed night of shopping and socialising. There is no obligation to buy so please come along for an enjoyable evening.

Sharing your skills or talents

Do you or someone in your family have a skill or talent that you could share with the children? This could be playing an instrument, cooking, gardening or anything else. We would love to have you join us and share this talent with the children. We love supporting and encouraging our partnerships with families.

We have an open-door policy. If you have any friends who would be interested in the centre please send them to visit. They are welcome anytime.

If I can be of any assistance, please do not hesitate to come and see me. Or if you would like to contribute in any way to the experience with the children please come and see me or email suggestions to louisa_f@bigpond.com.

Kind Regards

Louisa Foxford

Nominated Supervisor



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Joey's Room News ...

Room Leader – Mary Todd (Monday to Friday), Alix Mear (Trainee, Monday to Friday) and Maria Batuyong (Monday, Wednesday and Friday)

Since our last newsletter we have had an enjoyable month supporting interest in counting and numbers.

We have done this through all aspects of our program but particularly using puzzles and finger plays.

We have also introduced simple name recognition and scissor skills using the playdough.

During our small group time we have been promoting the children's emotional intelligence and mindfulness. We have been discussing simple emotions such as happy, sad and angry. How does that emotion make our body feel - what does our face look like? What makes us feel like that? We have been doing some deep breath exercises. Smell the roses (in through your noses), blow out the candles (out through your mouth).

Our self-help skills are also progressing with several of our friends trialling wearing undies. Could we please ask parents to be more mindful as they dress the children. Clothes which are easy to pull up and down and shoes which open up widely so that little feet slip in easily help to promote a sense of success within the children. Please let us know if we can help with anything.

Regards

Mary, Alix and Maria



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Lizard Room News ...

We would like to welcome our new friends Dominic and Eva to the Lizard room. They are both settling in well and making lots of new friends.

Outside, the children have been creating their own volcanos and digging for bones in the dirt. Extending this interest, we added some dinosaurs to our room. We built a large dinosaur playset with a volcano and cave for the children to explore the dinosaurs with. We cut up some dinosaurs and provided the children with an opportunity to design their own dinosaur. The children had a blast creating their own silly dinosaur, some even refused to give their dinosaur a body or legs!

We recently bought some new home corner furniture for our room. The children immediately fell in love with it, constantly making their friends food and drinks. Combining the children's new-found cooking interest and their loving for making cake and pizza in the dirt outside, we decorated our home corner into a pizza shop. The children love dressing up, taking their friends orders with our pizza menus before cooking it in our pizza oven and serving with a drink from our drinks machine. Using paper plates, we designed pizzas in preparation for making our own pizzas for lunch. The children loved putting ham, salami, mushrooms, pineapple, capsicum and lots of cheese on their pizzas, however the temptation not to eat it straightaway was a bit of a challenge!

A lot of our Lizard children have been showing interest in letter and name recognition. To build upon this interest we introduced an alphabet wall to our room. Each letter along the wall features some pictures of objects starting with that letter for the children to begin to associate objects and letters together. We asked each of the children to draw a self-portrait for the wall. The children were then given the opportunity to try and trace their name. Each Lizard took their completed self-portrait to the wall and identified the first letter of their name, sticking their picture underneath. Some of the Lizards even had a go at drawing their teachers for the wall (which they loved!).

The children were all very excited to participate in superhero week at the beginning September, raising money to help find a cure for muscular dystrophy. The Lizards all had a wonderful week dressing up whilst pretending to be their favourite superheroes and showing off their 'super' moves. During the week the children had the opportunity to create their own shape superheroes with lots of metallic or rainbow paper and large dot stickers. Thank you to Hudson's (Joeys' room) brother Cody for bringing us in a large superhero cake to share.

They rain had finally come during the past two weeks but that does mean we were stuck inside all day. We made the most of our time inside by doing some cooking experiences. Last week we made some banana cake. Each Lizard had a turn at mashing some of the banana, pouring in the flour, sugar and butter and stirring the ingredients together.



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Lizard Room News ... (cont.)

Before putting our cake in the oven, we added our special ingredient - 'chocolate chips'! The children all loved eating their creation.

Last week, we sent home some notes in lunchboxes regarding our upcoming book news, starting next week. The children are all very excited to tell their friends news, so we ask that when your child brings home the bag can you please help them choose one book they are very familiar with to share with their friends at group time. Our Lizard children created some craft for the country fair. They were so proud to show them to you all and perform for you on stage.

Until next time,

Ally and Belinda.

Snake Room News ...

Room Leader – Kathy Rawsthorne (Monday to Thursday), Rhiannon Hines (Monday to Friday)

We had a lovely relaxed school holiday time in our Snake room with lots of yummy cooking experiences and some very creative face painting from Rhii. Rhii practiced her face painting skills for the Country Fair. The Country Fair was a big success, it was great to see so many of you and to watch the children perform up on stage to some of their favourite songs and dance!

On one of our native walks down to the creek we found some tiny little tadpoles. We caught some and brought them back and made a habitat for them. We thought they would provide a wonderful learning opportunity about the frog/ tadpole life cycle as we follow on from the silkworm life cycle.

2 of our tiny tadpoles grew 4 legs and turned into frogs! Cohen helped Rhii release the little frogs into the pond. We discussed with all the children the importance of letting them go and why we needed to do this.

This relates to learning outcome 2, where the children learn respect and care for living creatures and the natural environment.

Our roadworks constructions dramatic play zone came to its conclusion and we have now moved onto our Fairy Glade which originated from an interest from the children. They are all enjoying wearing fairy clothes, immersing themselves in imaginary play with the fairy figurines.



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Snake Room News ... (cont.)

The children are also having fun constructing some amazing creations with our wooden blocks. They collaborate so well together to build their constructions.

Last week they made the best tower ever! Today they built an "air hockey table" to play air hockey on with our flat round blocks. How creative are our children!

We are continuing to work on all of our school readiness skills – our children are all getting very excited about big school. Most will be attending school transition days in the next few weeks. We will be having a school readiness transition to school information session here at the centre this Wednesday, 24th of October at 3.30pm. A representative from the Department of Education will be attending the session so bring along any questions you may have.

Until next time,
Kathy and Rhii

News from the Office ...

Enrolments for 2019

Enrolment forms for 2019 have been sent home in lunch boxes recently. Thank you to everyone who has returned the enrolment forms for their children already. For everyone who hasn't done so, please return them as soon as you can. We will be emailing confirmations of the enrolments for 2019 by email over the coming weeks.

Upcoming Dates

It's a very busy time of the year for all of us, please take a moment to look at the dates for your diary below. We will share more information on upcoming events as it becomes available. Please also note, that our last day for 2018 will be Friday, December 21. **The Centre will then be closed for the Christmas break from December 24 - January 14.** The first day for 2019 will be Tuesday, January 15.

Immunisation

Since January 2018, it is a legal requirement that all children who attend child care are fully immunised (or on a recognised catch up schedule). Please ensure you bring us your child's updated immunisation history statement after they have received additional immunisations.



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Surveys

We have recently received information on 2 surveys that are being conducted by the University of Queensland and NSW Health. We would encourage you to participate. Details can be found underneath the dates for your diary.

Until next time,

Hannah

Dates for your Diary ...

OCTOBER

Wednesday 24th Nov Transition to School Afternoon Tea
3.30pm at the Centre

NOVEMBER

Thursday 8th Nov Casey's Toys Shopping Night at Casey's Toys Erina
Mon 12th Nov – Fri 16th Nov Photo Week (Details and Order Forms to follow)
Saturday 17th November Bunnings BBQ at West Gosford (Details to follow)

DECEMBER

Sunday 2nd December Christmas Concert at Kulnura Hall (Details to follow)
Wednesday 5th December Christmas Show 9.30am here at the centre
Tuesday 18th December Graduation Afternoon (Details to follow)
Friday 21st December Last Day for 2018

CENTRE CLOSED FROM DECEMBER 24, 2018 – JANUARY 14, 2019

JANUARY 2019

Tuesday 15th January Centre Reopens

Management Committee News

Next Committee Meeting

Monday 19th November 2018

7pm

At Mangrove Mountain Golf Club

All welcome to attend!

How Is Parenting For You?

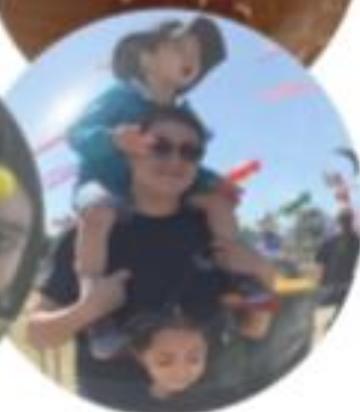
The Parenting and Family Support Centre at the University of Queensland is conducting research into parents' opinions about parenting and parenting programs.

If you have a child between 2 and 12 years, we would love to hear your views.

Contact Us **HERE:**



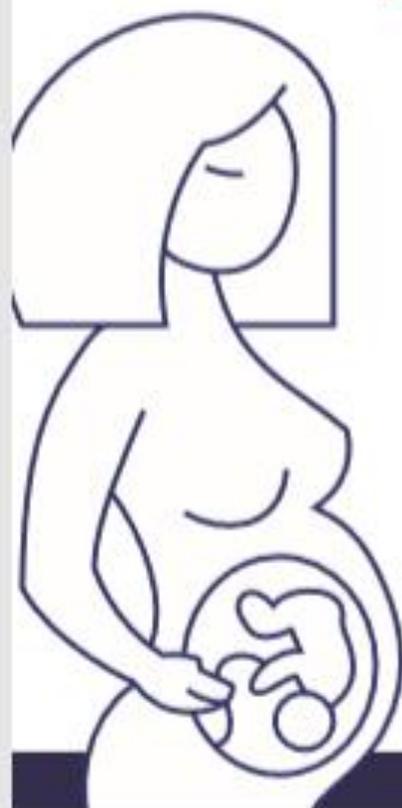
<https://exp.psy.uq.edu.au/parenting>



Maternity care in NSW...what is important to you?



A review
of the NSW
maternity
care policy
is underway



Help us to understand what women and their partners expect from maternity care in NSW.

- Have you or your partner **had a baby or been pregnant in the last 10 years?**
- Are you **thinking of having a baby?**

Complete our maternity consumer survey to tell what is important to you

The online survey asks about your experiences and what aspects of maternity care are important to you.

You can find the survey at:

www.health.nsw.gov.au/maternity-policy-review

We want to hear from as many women and their partners as possible.

The survey will close on: Friday 9 November 2018