



Mountain Community Children's Centre

Family Newsletter

August 2019

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News from Louisa ...

News from Louisa

Welcome to our new friends Baz and Taj who have joined the Lizard Room. We welcome you and your family to the centre.

Building Update

Our Construction Certificate is expected to be issued today. Therefore, construction of the new building should begin any day now. Keep checking our Facebook page for updates as we will post some photos of the progression.

Funds raised during Pyjama week

Thank you to everyone for your generous donations towards PJ week. We raised \$139 for Asthma Australia. The educators especially loved wearing their PJ's and wish we could every day!

Judy's Afternoon Tea and Dinner

Please join us to farewell and thank Judy for her 25 years of service. We will be having an afternoon tea on the Thursday 22nd August starting at 3pm. We will be having a dinner for adults on the Saturday 24th August at 6pm at Wallarah Bay Recreation Club. All are welcome to come along.

Move like a Mariner

Belinda and Rhii attended the educator workshop for this program last week. We began the program today with the children.

This physical activity program has been developed by Central Coast Local Health District, the Central Coast Mariners and Central Coast Early Childhood Services.

The children will be participating in fundamental movement skills every day for 6 weeks. This will include playing games and activities which are fun and engaging and will encourage running, skipping, jumping, throwing, catching etc.

Children who actively participate for 6 weeks will receive a certificate and gift from the Central Coast Mariners.



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News from Louisa ... (continued)

Our Centre will also be entered into the draw to win a visit from the Central Coast Mariners at the end of the program. We will keep you posted!

Earn and Learn Order

Thank you to all our families who brought in their Earn and Learn Stickers. We were able to order a set of new blocks, some glue and coloured paper for craft.

Vision Screening

The Statewide Eyesight Preschooler Screening (StEPS) program is an initiative of the NSW Ministry of Health and offers all 4 year old children a free vision screening assessment. We will have specialised nurses visiting our centre to test the children's vision on Tuesday, August 27 and Thursday, August 29 at 8.45am. All children currently enrolled at the centre who were born before September 2015 will be included in this assessment. If your child's date of birth is before this date, we will contact you separately soon to provide you with more information and to complete a consent pack for your child.

Superhero Week

We will be celebrating Superhero Week again this year. The dates are the 2nd to 6th September. The children can wear their favourite superhero/princess or any other dress ups during this week. This fundraiser supports Muscular Dystrophy Australia. We have been celebrating Superhero Week for 3 years now after Cody who was enrolled at the centre was diagnosed with Muscular Dystrophy. Cody has now gone off to big school but Hudson his brother (from the Lizard Room) still attends the centre. Please support this cause with a gold coin donation. The donation box will be on the sign in bench during that week.



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News from Louisa ... (continued)

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 experiences 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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News from our Educational Leader Kathy

I recently attended some professional training through NSW Health called "Munch & Move". This is an initiative that supports the healthy development of children from birth to 5 years by promoting physical activity, healthy eating and reduced screen time. They provide training and resources to assist us in implementing a fun, play based approach to supporting healthy eating and physically active habits in young children.

As part of this NSW Health Munch and Move initiative, there has been a new program initiated called "Move Like a Mariner". Our Centre registered for this program and we sent Rhi and Belinda along to learn about what it involves so our Centre can participate in promoting more physical activity with all the children.

It is a 6 week (physical activity) program designed to encourage fundamental movement skills in children every day. These skills include running, jumping, hopping, skipping and bending etc. Fundamental movement skills are the building blocks of more complex movements associated with sports and physical activity. Children who learn fundamental movement skills at a young age are more comfortable and confident engaging in physical activities now and into the future.

After the 6 week program has concluded, we are going to continue with this important aspect of physical activity by introducing "Kids Boot Camp". We will use the fundamental movement skills program with the children each day to continue to promote physical activity.

If you have any input into our curriculum or any suggestions, please don't hesitate to speak to myself, Louisa or your child's educators.

Until next time,

Kathy



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Joey's Room News ...

Room Leader – Rhiannon Hines (while Mary is on leave, Monday to Friday), Alix Mear (Trainee, Monday to Friday)

Throughout the month of July, we have been focusing a lot of experiences around shapes and shape recognition. We have been making craft and have been singing and dancing to songs and playing games at group time that have revolved around shapes. The children have really enjoyed the experiences and are always so proud to show off the awesome craft that they make. Now the children have started showing an interest in trucks and trains. So that can be a new interest we can explore with the children.

We also had fun during pyjama week where we raised money for Asthma Australia. All our Joeys participated by coming in lovely and warm pyjamas, slippers and dressing gowns. The best part was the special treat which involved watching a movie in the morning and having ice cream in the afternoon.

We also celebrated NAIDOC week by doing different aboriginal inspired art and reading books about the Aboriginal culture.

As part of our mission to incorporate more sustainable practices, in our Joey's room we have transitioned from using the individual record books to a large reusable sheet listing each child's eating, sleeping and toileting information. Please refer to the email that was sent out on Wednesday last week for more information on this. If you have any questions or input regarding this change, please speak to any of the staff in the Joey's room.

In terms of outdoor play and experiences, we will be focusing on fundamental movement skills (e.g. running, jumping, skipping, catching, kicking and many more) as part of the "Move like a Mariner" challenge that we have signed up to.

Regards

Rhii and Alix



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Lizard Room News ...

Room Leader – Belinda Stark (Monday to Friday), Kristy Hirons (Mondays, Tuesdays and Fridays)

During July we welcomed our friends Baz and Taj to the Lizard room, they have settled in well and it is a pleasure to have them with us.

The Lizards have been enjoying the construction area. They have been driving the diggers, trucks and backhoes wearing the hard hats and vests and using the tools to fix things. We have our own service station which the children love using to put petrol in their trucks and it has a car wash too. The children also have pretend money to use to pay for the petrol and car wash.

We have a small salon set up for the children as well. They have been eager to do each other's hair with hair clips, spray bottles, hair towels and looking at themselves in the mirror.

Lizard room news have also been very popular. Thank you to all the children and parents for sending in photos and items to share with us. We have had holiday news, zoo news, Disney on Ice news, PJ Mask Show news and museum news, very exciting! Please keep sending in photos and items so your children can share their news with their friends.

A few weeks ago, Izi's mum Kac came in to teach us some Latvian dancing. We had so much fun learning the different steps and wearing some beautiful flower crowns as we all danced together. A big thank you to Kac for sharing her talents with us!!

If anyone else has something wonderful to share with us please don't be shy, we would love to have you! Speak to any of the staff and we can organise a time.

Until next time

Belinda and Kristy



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Snake Room News ...

Room Leader – Kathy Rawsthorne (Monday to Thursday), Ally Monaghan (Monday to Friday)

Our fantastic Space Discovery Centre has continued to be a great source of imaginative, dramatic play for all the children. They have been developing their knowledge of all things space, which extends into other areas of our curriculum. This includes the creative arts with a multitude of space arts and crafts, as well as literacy learning with many different space stories and books to explore. As the interest in this area lessens, we will move into a new dramatic play experience.

As we follow the children's interests, we allow them to lead our curriculum, which ensures the children are engaged in learning experiences that they are interested in. This provides them with a sense of agency, being able to contribute to and control their world, when so much of their lives is out of their 'control'.

We enjoyed a wonderful visit to Kulnura School for a multicultural performance, as well as joining their Athletics Carnival. We all participated excitedly in lots of running races as well as the long jump. We have such fast runners in the Snake room! Community involvement and participation is such a vital, important aspect of our Centre.

We also recently acknowledge NAIDOC Week celebrations. During this special week we engaged in many discussions about the important role that the Aboriginals played in caring for our land as the original caretakers. We did our Acknowledgment of Country each day and discussed why this is important.

We also explored Aboriginal music and instruments, art and storytelling into our group times.

If you have any input or questions about your child and/ or our program, please don't hesitate to see Kathy or Ally.

Until next time,
Kathy and Ally



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News from the Office ...

Picture Plates

The beautiful artworks for the picture plates were sent off last week. It will take a couple of weeks yet until we receive the actual picture plates. I will update you as soon as they come in.

Immunisations

Thank you to everyone who has recently sent through their children's updated immunisation history statements. Please ensure that you email or bring in your children's documentation after each immunisation as we are legally required to keep these statements on file.

Upcoming Events

Please find a snapshot of all events in the coming months for your diary below.

Until next time,

Hannah

Dates for your Diary ...

AUGUST

Thursday, 22nd August 3pm

Retirement Afternoon Tea for Judy Brown
At the Centre

Saturday, 24th August 6pm

Retirement Dinner for Judy Brown
Wallarah Bay Recreation Club, Gorokan

Tuesday, Aug 27 and Thursday, Aug 29 8.45am

StEPS Vision Screening for 4 year olds

SEPTEMBER

Monday, 2nd September – Friday, 6th September

Superhero Week

OCTOBER

Saturday, 19th October

Country Fair
Details to follow

DECEMBER

Thursday, 12th December 5pm

Xmas Concert at the Centre
SAVE THE DATE – Details to follow

Monday, 16th December

Graduation for children in Snake Room
SAVE THE DATE – Details to follow

Friday, 20th December

LAST DAY FOR 2019