

JUNE
2018

What's happening next month?

New Child Care Subsidy Commences----- 2nd
Pyjama Week -----16th – 20th

SPECIAL DAYS THIS MONTH AROUND THE COUNTRY

Mabo Day-----3rd
World Environment Day -----5th
World Oceans Day -----8th
Global Wind Day -----15th
National Refugee Week-----17 – 23rd

FEELINGS AND EMOTIONS

This month the children have become more aware of their feelings and emotions, as well as those of their class mates. They have explored different facial expressions and what they mean through arts and craft, and we have also learnt about expressing different types of feelings through song and dance.

Our favourite song this month has been:
“If You’re Happy and You Know It”





WORLD OCEANS DAY – 8TH

World Oceans Day is a global day of ocean celebration and collaboration for a better future. Despite the huge challenges facing the world's ocean, by working together we can support a healthy ocean that is able to sustainably provide for the billions

of humans, plants, and animals that depend on it every day. The focus for 2018 is to prevent plastic pollution and encourage solutions for a healthy ocean. Learn more at worldoceansday.org

NATIONAL REFUGEE WEEK – 17TH – 23RD

Refugee Week is Australia's peak annual activity to raise awareness about the issues affecting refugees and celebrates the positive contributions made by refugees to Australian society. The Refugee Council of Australia has chosen #WithRefugees as the theme for Refugee Week 2018 in Australia. Today there are more refugees than ever. The experience can be prolonged or it can be fleeting, only by standing together can we begin to change this. www.refugeeweek.org.au



CARROT CAKE PORRIDGE BARS

PREP 15 min | COOK 25 min | MAKES 8

INGREDIENTS

½ (80ml) cup milk (of your choice)
 1-tablespoon pure maple syrup
 6 medjool dates, pit removed
 2 bananas
 1-teaspoon vanilla bean paste (or vanilla extract)
 1-cup (150 grams) plain wholemeal flour
 1-teaspoon baking powder
 1 cup (80 grams) desiccated coconut
 1 cup (100 grams) rolled (traditional) oats
 1 teaspoon cinnamon, ground
 1 teaspoon mixed spice
 2 carrots, grated
 white choc yoghurt topping;
 50 grams white chocolate
 1-tablespoon Greek yogurt
 1-teaspoon vanilla bean paste (or extract)
 mandarin zest (to serve)

METHOD:

Preheat oven to 160 degrees and line a 20cm x 20cm tin with baking paper. Place milk, maple syrup, dates, banana and vanilla into the bowl of a food processor and blitz for a minute. Add flour, baking powder, coconut, oats, cinnamon, mixed spice and carrot and blitz until combined. Pour mixture into prepared tray and flatten. Bake for 20-25 minutes or until golden. Place onto a wire rack to cool completely. Place chocolate into a microwave bowl, heat on high in 15-second intervals (stirring occasionally) until chocolate is melted. Add yoghurt and vanilla and stir to combine. If the mixture splits simply heat for 10-15 seconds and stir again. Drizzle over cooled bars, top with mandarin zest (optional) and cut into 8 serves.

SAFETY – Remember to always supervise kids in the kitchen.

Source: Recipe and images belong to mylovelylittlelunchbox.com

CHILD CARE SUBSIDY

Reminder for Families

Have you done the following?

Transitioning to the new Child Care Subsidy is not an automatic roll over. You will have needed to work through the following steps:

You should have received a letter from Centrelink during the month of April...

Then, logged into myGov and accessed your Centrelink account online to provide new information and confirmed details such as:

- Your combined family income estimate for the 2018-19 year
- The hours of recognised activity including work, training, study and volunteering
- The type of childcare your family uses

You will also need to provide information to your Childcare Service in the form of a 'Written Arrangement'.

"A Service and Parent/Guardian must agree up-front on the arrangements for the care of a child. Arrangements must be recorded and kept up to date to ensure compliance".

If you are unsure about any of the above information including the 'Complying Written Arrangement' please contact us as soon as possible.

For more information
www.education.gov.au/ChildCarePackage



HEALTH & SAFETY: Healthy Mouths for Kids Under 5



Caring for young children's teeth is an important part of keeping their bodies healthy—and it's never too early to get started! Strong first or baby teeth set the stage for strong permanent teeth, and help children play, learn, and grow.

What is tooth decay?

Tooth decay occurs in toddlers when bacteria within the mouth begin to eat away at the primary teeth. Bacteria (*Mutans streptococci*) in the mouth feed on sugars from foods and drinks. These bacteria produce acid which damages the outer surface of the tooth (the enamel). Saliva repairs this damage, but if over time there is more damage than repair, it leaves a cavity or 'hole' in the tooth. Every child is at risk of tooth decay. The enamel (hard outer layer of teeth) is much thinner and softer on baby teeth, making them at greater risk of decay. The good news is that tooth decay is largely preventable.

10 tips to help create a solid foundation for healthy teeth.

1. Start Early:

Even before teeth come in, you can take care of your child's mouth by cleaning his gums with a washcloth. Take your child for his first dental visit within six months of his first tooth, or by his first birthday.

2. Brushy-Brush

Help your preschooler brush her teeth at least twice a day (after breakfast and before bed) to keep them healthy and strong.

3. Teeth Time

Young children should brush their teeth for about 2 minutes. While brushing your child's teeth together, try playing some music or singing the ABC song four times to help him keep track of time.

4. Choosing a Toothbrush

Look for children's toothbrushes with small heads and soft (or extra-soft) bristles. Help your child get excited about brushing by letting her choose the colour.

5. A Little Does a Lot

A little toothpaste goes a long way! Help children ages 2–5 add a pea-size amount to their toothbrushes. For children under 2, just a smear will do.

6. Crunch and Munch

Teeth love crunchy fruits and vegetables! With your child, try some tooth-friendly foods, such as apples, pears, carrots, or celery. What does each food sound like when you take a bite?

7. Water Works

Drinking water helps keep bodies healthy and strong. Water can also help wash food away from teeth if there isn't time to brush after a snack.

8. It Takes a Team

It takes a team to keep teeth healthy. Visit your dental office twice a year and stay in touch with your child's primary-care physician and nurse.

9. Teeth's Best Friends

Talk with your child about the grown-ups who can help him take care of his teeth: the doctor, nurse, dentist, hygienist...and you!

10. Model Good Brushing Behaviour

Your kids will learn good habits from the people they spend the most time with – their parents. To encourage proper dental habits, you need to model this behaviour for them. Brush your teeth with your kids in the morning and evenings so they can see and learn how it's done.

Sesame Street has some fun resources to encourage and support you and your children. www.sesamestreet.org/toolkits/teeth

Source: Sesame Street (2018, May 10). Healthy Teeth. Retrieved from <https://www.sesamestreet.org/toolkits/teeth>

Better Health Channel. (2018, April 11). Tooth Decay – Young Children. Retrieved from <https://www.betterhealth.vic.gov.au/health/ConditionsAndTreatments/tooth-decay-young-children>



HOW TO REMEMBER YOUR REUSABLE SHOPPING BAGS

Reducing your footprint and becoming more self-reliant is a lifestyle change. And like quitting smoking, eating better or any other lifestyle improvement, ***if you don't put a system in place to make living sustainably easy—if not effortless—it will be almost impossible to integrate new, positive changes into your life permanently.***

To sustain any new endeavour, you've got to set yourself up for success!

1. Choose Small – Ultra-compact reusable bags that fold up and fit into your handbag make remembering bags easy.
2. Strategic placement - if not in your car, place them on the back of the front door or with a bag you take everywhere.
3. Always start your shopping list with “bags” so you remember to get them out of the car before you start shopping.
4. Set a reminder on your phone.
5. Involve the kids - children love to help and with a little practise they'll be waiting at the door with the bags ready to go.

