

WINNING DOESN'T ALWAYS MEAN BEING FIRST.
WINNING MEANS YOU'RE DOING BETTER THAN YOU'VE
DONE BEFORE – BONNIE BLAIR

Busy Kids Child Care

NOVEMBER
2019

Coming up **In the** *months*

Busy Kids Child Care

School photos ----- 4th – 8th Nov

Breakfast with Santa ----- 30th Nov

Xmas Party ----- 4th Dec

Xmas pageant ----- 7th Dec

What's in the newsletter?

Page 2

- Community Events
- Healthy Recipe
- Fun with Numeracy

Page 3

- Sunscreen safety

Page 4

- Reminders/ upcoming events
- Sustainability Corner

Page 5

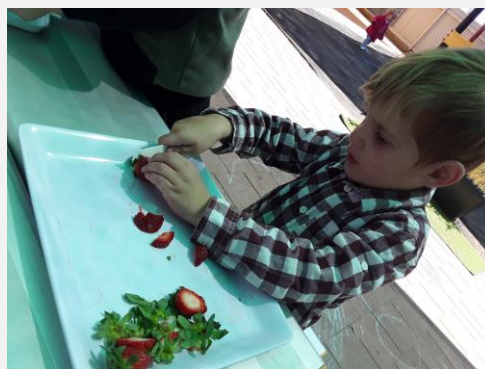
- Play with purpose
- 5 minute moves
- Sensory & Water play photos
- Feedback

AUSTRALIAN FOOD SAFETY WEEK – NOVEMBER 9 - 16

The theme for Australian Food Safety Week 2019, will be 'Excellent Eggs – Handle them safely'. Eggs are a simple, cost effective and nutritious part of our diet. Protect you and your family by following a few simple guidelines such as: Don't buy or use eggs that are cracked or visibly dirty. **Go to foodsafety.asn.au to find out more.**

NATIONAL RECYCLING WEEK – NOVEMBER 11-17

In November 1996, Planet Ark founded National Recycling Week to bring a national focus to the environmental benefits of recycling. Now in its 24th year, this established and highly regarded annual campaign continues to educate and stimulate behaviour change. **Find out more at recyclingnearyou.com.au**



ONE BOWL BLUEBERRY LEMON POPPY SEED MUFFINS



PREP 15 min | COOK 15 min | MAKES 12

INGREDIENTS

2 eggs	1 cup (100 grams) fresh or frozen blueberries, PLUS extra to decorate
3/4 cup (180 ml) light olive oil	zest and juice of 2 lemons
1 cup (250 ml) sour cream	1/3 cup (40 grams) poppy seeds, PLUS extra to decorate
1/2 cup (85 grams) brown sugar	Lemon drizzle (optional):
1 teaspoon vanilla bean paste	1 cup (130 grams) icing (confectioners' sugar)
1 cup (125 grams) buckwheat flour	juice of half a lemon
1 cup (150 grams) plain wholemeal flour	
2 teaspoons baking powder	
pinch of salt	

METHOD:

1. Preheat oven to 180 C, line a 12-hole muffin tin with papers.
2. Place the eggs, oil, sour cream, sugar and vanilla into a large bowl and whisk to combine. Add the buckwheat flour, plain flour, baking powder and salt and using a wooden spoon gently stir to combine. Do not over mix.
3. Gently fold through the blueberries, lemon zest and juice and poppy seeds.
4. Evenly divide the mixture between the prepared tin. Top each muffin with extra blueberries.
5. Bake for 10-12 minutes or until a skewer inserted removes cleanly. Allow the muffins to cool for 5-10 minutes before placing on a wire rack to cool completely.

To make the lemon drizzle, place the icing sugar and lemon juice into a small bowl and stir to combine. Drizzle over the cooled muffins and top with extra poppy seeds to decorate. Serve immediately.

Recipe and Image from 'mylovelylittlelunchbox.com'

**ALL SORTS OF SHAPES**

Between the ages of two and four years, children typically begin to learn the names of simple 2D shapes incidentally; generally learning about circles, squares and triangles to begin with. We see them in picture books, on TV shows and in everyday life (does anyone else's toddler insist on their sandwiches being cut into a certain shape?)

Build on your child's knowledge by making shapes using items you can find around the house. You could use spoons, paddle pop sticks, paint brushes, pipe cleaners, play dough, strips of paper...

You can support your child in different ways depending on their shape knowledge.

For example: If they are new to shapes you can make them first yourself, or draw them on a sheet of paper for them to trace with objects. If your child's understanding is sound you could teach them new shapes.



Reminders

School photos

4th Nov – 8th Nov

Please check notice board for the days of your child's photo.

Note will be out soon with information.

Christmas Party!

Wednesday 4th Dec

Note will be out soon with information.

Christmas Pageant

Saturday 7th Dec

Beach Party theme

Please let Kayla know if you and/ or your child will be attending.

Any parents with beach party toys wishing to donate or borrow would be greatly appreciated.

Any further question or comments please speak with Kayla.

Breakfast with Santa

Saturday 30th Nov

At YMCA

\$2 tickets



Facebook!

Don't forget to like/ follow us on Facebook to keep up to date with the latest events and photos.

facebook.com/busykidschildcare



REMINDER TO BRING A HAT EACH DAY AND APPLY SUNSCREEN BEFORE COMING AS IT'S GETTING WARMER EALIER.

PLEASE ENSURE YOUR CHILD HAS A WATER BOTTLE EACH DAY AND FILLED WITH WATER WHEN ENTERING.

DO YOU RECYCLE RIGHT?

Don't put these in your recycling bin:

Plastic Bags: Plastic bags and other soft plastics should be kept out of the kerbside recycling bin. These items such as bread bags and confectionary bags can be recycled in a REDcycle bin, which are located at participating supermarkets.

Crockery and glassware: While broken glasses, plates and ovenware may seem recyclable, they're not. Glassware melts at a different temperature to glass bottles and jars and will contaminate a load.

Polystyrene: Cannot be recycled. Sorting facilities aren't equipped to deal with this material. It can contaminate the paper recycling stream. Small polystyrene beads and pellets are too small to process and again contaminate other recycling streams.

E-Waste: Batteries, mobile phones and printer cartridges not only contaminate recycling streams, but can actually be a health hazard at sorting facilities. These items can be recycled at special drop off points.

Nappies: A surprising number [of nappies] get put into recycling bins. They cannot be processed and are a hazardous material. Anything that is made of composite materials cannot be processed, like Pringle tubes. The technology used cannot break the item down into its component materials.

SBS.com (2019, October 20). Five things that shouldn't be recycled. Retrieved from www.sbs.com.au/news/five-things-you-shouldn-t-be-recycling





Sand Play

There is no right way to use sand. It invites participation; it permits children to make and test hypotheses; it stretches the imagination; it provides a potentially soothing sensory experience; and it is an excellent avenue for children to learn physical, cognitive, and social skills.

Because sand play is open-ended, the child determines the direction and path of his or her own play. This freedom then clears the way for the child to build developmental concepts.

Sand play promotes physical development. Large muscle skills develop as children dig, pour, sift, scoop, and clean up spills with brush and dustpan. Eye-hand coordination and small muscle control improve as children learn to manipulate sand accessories. Sand play also promotes social skills.

When children work together at the sandpit (or table) they are faced with real problems that require sharing, compromising, and negotiating. A group may engage in dramatic play as they "cook," construct roadways, dig tunnels, or create a zoo for rubber animals. As children take on roles associated with their dramatic play, they learn important social skills such as empathy and perspective taking.

National Quality Framework | Quality Area 3: Physical Environment Element 3.2 *The service environment is inclusive, promotes competence and supports exploration and play-based learning.*

Early Childhood News (2019, October 20). Making the most of sand play. Retrieved from http://www.earlychildhoodnews.com/earlychildhood/article_view.aspx?ArticleID=62

5 Minute MOVES

Dance time

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

Dancing makes you feel good, it's fun and a great way to get active. Find some free space somewhere inside or head outside and enjoy the fresh air. Pick a song and turn it up.

You can free dance or take turns with your child making up a dance routine. Add moves together and then put on a show for someone else in the house.

Sensory and water fun!



BUSY KIDS CHILD CARE

Email: admin@busykidschildcare.com.au

Phone number: 08 8088 7033

facebook.com/busykidschildcare

Feedback
is always welcome

