

JANUARY
2019

ON *this* MONTH

Australia Day BBQ
Thursday 24th January 2019
11am
Water fun and face painting

RSVP by 14.01.2019 for catering.

This month's theme is

All About Me

Please return your parent interview forms

What's in our newsletter?

Page 2

- Community events
- Healthy food recipe
- Boredom Busters

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- Welcome to each room

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- Health and safety





KID INVENTORS DAY – 17TH

Television. Water skis. Earmuffs. The Popsicle. What do they have in common? All were invented by kids! 500,000 children and teens invent gadgets and games each year. These innovations help make our lives

easier, and more fun! Celebrate the ingenuity and value of young brainstormers on KID INVENTORS' DAY! Recognised annually on January 17th, the birth anniversary of Benjamin Franklin, who invented the first swim flippers almost 300 years ago at age 12! Find out more at kidinventorsday.com

AUSTRALIA DAY – 26TH

Australia Day is a day to reflect on what it means to be Australian, to celebrate contemporary Australia and to acknowledge our history. On Australia Day we celebrate all the things we love about Australia: land, sense of fair go, lifestyle, democracy, the freedoms we enjoy but particularly our people. www.australiaday.org.au



PUMPKIN CHOC PANCAKES

PREP 30 min | COOK 10 min | SERVES 4

INGREDIENTS

- 400 grams pumpkin, peeled and diced
- 2 teaspoons cinnamon, ground
- 2 tablespoons olive oil
- 2 1/2 cups self raising flour
- 1 teaspoons baking powder
- 1 1/2 cups milk
- 1 egg
- 1/3 cup maple syrup
- 1 teaspoon vanilla extract
- 3/4 cup dark chocolate chips
- butter, to grease
- to serve; Greek yoghurt, fresh strawberries and maple syrup

METHOD: Preheat oven to 180.C. Place the pumpkin on a baking tray, sprinkle with cinnamon, drizzle with oil and toss to coat. Bake for 20-25 minutes or until tender and cooked. Place pumpkin into a food processor and blitz until smooth. Set aside 1 cup of the puree and allow to cool. Place the flour and baking powder into a large mixing bowl and whisk to create a well in the centre. Place the milk, egg, maple syrup and vanilla into a jug and whisk to combine. Pour the wet ingredients into the well of the dry and whisk to create a smooth batter. Add the pumpkin puree and whisk to combine. Fold through the choc chips. Heat a nonstick fry pan to medium heat and brush with butter. Use a 1/4 measuring cup to ladle the batter into the pan, cook for 2-3 minutes or until bubbles appear on the surface, turn and cook for another minute. Repeat with remaining batter, brushing pan with butter in between batches. Serve the still warm pancakes alongside a good dollop of Greek yoghurt, fresh strawberries and a drizzle of maple syrup. Enjoy x

Enjoy x Remember to always supervise kids in the kitchen.



Source: Recipe and images belong to mylovelylittlelunchbox.com



**ROAD TRIP
BOREDOM BUSTERS
AND PARENT
SAVIOURS**



**KINDERLING
KINDERLING KIDS RADIO**

Kinderling is Australia's most popular kids radio station, playing family-friendly music from Sia to Sesame Street.. Play and download songs and

stories for the kids anytime, and soothe them with sleepy tunes at bed time. Plus there's parenting advice and meditations for grown-ups.

**PETTING ZOO BY
C. NIEMANN
FOX & SHEEP GmbH**



From acclaimed author and illustrator Christoph Niemann comes this interactive picture book.

Swipe and tap the 21 animals and be surprised at how they react. This app combines the charm of hand made animations and Niemann's wry humour with state of the art technology. What would an elephant in your bathroom do? Can a dog breakdance? A storybook app unlike all others!



**RORY'S STORY
CUBES
ASMDEE DIGITAL**

9 cubes, 54 images, over 10 million combinations and infinite stories. Shake to roll

the cubes. Create a story using all 9 face-up images. Keep all your Rory's Story Cubes® in one place with the app. The ultimate, mobile storytelling game loved by children, parents and grandparents on the go, creative writers, progressive teachers and games masters.



Welcome to 2019

Preschool Room (Fireflies)

Room leader for the preschool room in 2019 is Ellen Wilson. Ellen is diploma qualified and has 7 years' experience working in childcare.

Stephanie McDonald is diploma qualified and will be assisting Ellen in the preschool room until May when she will be going for maternity leave. Hannah Woods will then be taking over Steph's position.

Wendy Downton will be running the Lunch Time Club for the older preschool room, Wendy is also Diploma qualified.

Baby Room (Butterflies)

Baby room leader for 2019 is Amelia Tremelling. Amelia is cert III qualified and is excited to be working with the babies and helping them learn and grow.

Toddler Room (Ladybirds)

Room leader for Toddler room 2019 is Kayla Williams. Kayla is Diploma qualified and was toddler room leader last year.

Teagan Pascoe will be assisting Kayla in the toddler room. Teagan is cert III qualified and has years of experience with children.

Alicia Camilleri is studying her Diploma and will also be assisting in the Toddler room. Alicia was Baby room leader last year and is excited to come up to the toddler room for this year.

Hannah Woods is cert III qualified and has been working in childcare for 4 years. Hannah will be in the Toddler room until needed in preschool room in May.

Jasmin Mitchell is studying cert III and is excited to be working with the toddlers this year. Jasmin has experience with children.

DIY FAMILY 2019 CALENDAR

YOU NEED: Month Print outs (you can use Word or Publisher to pre-generate the months for you), 12 pieces of cardboard labelled with each month, markers, crayons, glue, photos, old magazines.

Choose one month to begin with, talk about why this month is special to your family, what season is it apart of or what events happen in this month. You might like to read books about that time of the year. For example for January you may read "Magic Beach" By Alison Lester, and illustrate the January page with activities you do as a family. This could be a painting, a collage of photos or a drawing. It is your family calendar!



January 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
	31					

Once you have finished decorating all your months compile and bind together.

Fun with
LITERACY

You don't need to complete every month, straight away. This could be an activity you complete every rainy day until it is finished. At the end of 2019 you will have a beautiful keepsake to look back on.

Image:sturdyforcommonthings.com



MUSIC AND DANCE



Play with purpose

If you've ever witnessed pre-schoolers grooving to music, you can't help but smile. They obviously love the feeling of moving to the tunes we play for them. But music and dance are much more than just fun activities for children. In fact, it's very beneficial for pre-schoolers to participate in these "performing arts". Here's why:

Music and dance engages the brain: Children learn new things, like sounds, words and patterns through music. And with dance, they can explore and control their body movements. These activities are great for development and stimulate connections in the growing brain.

It helps cultivate communication skills: Bringing together kids with songs, rhymes and actions lets them discover how to interact and connect with others. They develop listening and social skills that will give them self-confidence and better prepare them for school.

Music and Dance allows kids to express themselves Happy, nervous, tired? Engaging in creative activities lets kids release their emotions and express their feelings. It's a fantastic opportunity for children who aren't yet able to put their thoughts into words.

It helps foster physical skills: Young musicians and dancers learn skills like balance, control and coordination. Singing and movement is also good aerobic exercise- linked to stress reduction, physical fitness and overall good health.

Music and dance contribute to creativity and imagination: With children spending more time in front of screens rather than physically playing, music and dance encourages them to be curious and imaginative. This creative outlet can also give them opportunities to learn about other cultures through the arts.

National Quality Framework | Quality Area 1: Element 1.1 – Program. The educational program enhances each child's learning and development.

HEALTH & SAFETY: The Mental Health Benefits of Exercise

Healthy body = healthy mind

We're starting to realise just how vital exercise is for our wellbeing, both mental and physical. New research from the Department of Health published in October 2017, reported 12 per cent of cases of depression could be prevented with an hour of exercise each week. Up your workouts to three a week and you could reduce your risk of depression by 30 per cent.

Can exercise help you handle stress?

Sure thing. A team of neurologists at Stanford Medical School, U.S., studied brain scans and found regular exercisers have more grey matter in the prefrontal cortex, which governs stress-management. But when we feel down, everything can feel overwhelming. Time to crawl into a hole? In fact, the more stressed out you feel, the more you need to look after yourself – and a workout can be the happiest medicine. Research has shown that exercise is clinically proven to stimulate serotonin, your natural feel-good neurotransmitter.



BALANCE AND FOLLOW THE LEADER

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

EQUIPMENT: Bean bags or folded hand towels

Participants place a beanbag or folded hand towel on their head. Choose a leader to begin. The leader must then challenge their followers balance. Over, under, around, jumps, fast pace ect.

The leader swaps over when they loose their bean bag or all those who are following do.

Feedback 
is always welcome

How can we make our newsletter even better?

What information would you like us to include?

Busy Kids Childcare

Email: admin@busykidschildcare.com.au
Phone number: (08) 8088 7033