

WE DO NOT INHERIT THE EARTH FROM OUR ANCESTORS; WE BORROW IT FROM OUR CHILDREN – CHIEF SEATTLE

# Busy Kids Child Care



## ON *this* MONTH

### Mother's Day

Thursday 9<sup>th</sup> May 2019  
10.30- 12.00 noon

### Biggest Morning Tea

Tuesday 28<sup>th</sup> May 2019  
10.30am – 11.30am

Walk to school day  
17<sup>th</sup> May 2019

NSW Early Days Workshops:  
Aged 0 – 7 years

Progression to school:  
Tuesday 28<sup>th</sup> May 2019  
Broken Hill Musicians Club  
10.00am – 1.00pm

Tips for everyday skills  
Wednesday 29<sup>th</sup> May 2019  
Broken Hill Musicians Club  
10.00am – 1.00pm

### Monthly Theme ANIMALS

Throughout the month of May animals will be brought into the centre such as cats, dogs, chickens. Please let educators know if you do not want your child near these animals.

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NATIONAL FAMILIES WEEK – MAY 15 - 21

The aim of National Families Week is to celebrate the vital role that families play in Australian society. The enduring theme 'Stronger families, stronger communities', highlights the important role that families play as the central building block of our communities and that community wellbeing is enhanced by family wellbeing.

Find out more at [www.nfw.org.au](http://www.nfw.org.au)



## Wholemeal Apple Muffins

PREP 15 min | COOK 12-15 min | MAKES 12

### INGREDIENTS

- 1 cup (250 ml) yoghurt
- 3/4 cup (180 ml) vegetable oil (lightly flavoured olive oil or cold pressed macadamia nut oil are great choices)
- 2 eggs
- 1/2 cup (125 ml) maple syrup
- 1 teaspoon vanilla extract
- 1 cup (125 grams) plain wholemeal flour
- 1 cup (110 grams) almond meal
- 2 teaspoons baking powder
- 2 teaspoons cinnamon, ground
- 2 medium apples, skin on and diced plus an extra apple, thinly sliced

### METHOD:

Preheat oven to 180 degrees Celsius (350F). Line a 12-hole muffin tin with muffin papers. Place the yoghurt, oil, eggs, maple syrup and vanilla extract into a large mixing bowl and whisk to combine. Add the flour, almond meal, baking powder and cinnamon and mix until just combined. Do not over mix. Gently fold through the diced apple. Use a 1/4 measuring cup to ladle the batter into the prepared tin and top each muffin with a slice of apple. Bake for 12-15 minutes or until golden and cooked. A skewer inserted should remove cleanly. Allow to cool slightly before removing the muffins from the tin and placing on a wire rack to cool completely. Enjoy x

*Remember to always supervise kids in the kitchen.*

Source: Recipe and images belong to [mylovelittlelunchbox.com](http://mylovelittlelunchbox.com)

## ANZAC Biscuit Making



## Earn and Learn!

Earn & Learn is back for 2019

Shop at Woolworths between 1<sup>st</sup> May and the 25<sup>th</sup> June 2019 and collect as many stickers as you can.

You can either place your stickers in our "Busy Kids" box at Woolworths, at the centre, or stick stickers on the poster at the centre.

The more stickers we collect - the more resources we earn for the centre!



EYLF: 2.1

Children develop a sense of belonging to group & communities & have an understanding of the reciprocal for an active community participation.

## MOTHERS DAY!

Pamper day

Thursday 9<sup>th</sup> May 2019

10.30am – 12.00 noon

Let your child spoil you on this special day by pampering you with back massages, hand massages, footbaths and nail polish. We will also have tea/coffee and nibbles along with mother's day craft activities.

## World's Biggest Morning Tea

Tuesday 28<sup>th</sup> May 2019

10.30am – 11.30am

Let's get together and help raise money to support the cancer council.

We will be having tea and cake for \$5 at Busy Kids all donations will go towards the cancer council. To donate more click on the link on Facebook.

Anybody wishing to donate cakes prior to the event it would be greatly appreciated.

## I SPY... WITH MY LITTLE EYE

There are many different ways you can play I-spy. You might play using the first letter of the word, the colour and shape of the object or what you use it for. How you play will change depending on your child's age and how interested they are.

**To extend the game you can take turns with your child, Showing them different ways to ask questions.**

I spy with my little eye something that is green,  
Soft and found outside! Is it something we can eat? Can I roll on it?



## Wendy's Garden!

If parents wish to donate plants or gloves, it would be much appreciated. The children are enjoying helping Wendy with the gardening, learning a variety of different things like what some plants are good for, what plants we can eat and how to use gardening tools in the correct manner while also participating in a group environment.

EYLF 2.4

Children become socially responsible & show respect for their environment.



## Easter Hat Parade





## BE A PART OF THE PLASTIC FIGHT

**With an annual production of more than 300 million tons, plastic is one of the most widely used materials in the world.**

What often escapes one's attention is that the plastic is used for its main purpose for only a moment compared with its lifecycle of 20 to 500 years. Lightweight and designed to last, the discarded pieces are easily transported to ecosystems through the forces of nature causing serious threats to migratory species around the world.

Have you ever found a bird's nest where a part of it was made up of plastic? If you could make one change this month in a move towards more sustainable living we encourage you to stop using single use plastic. If everyone made this one small change then we could protect species for the future. Without change habitats will continue to deteriorate and become inhabitable.

Learn more at [www.worldmigratorybirdday.org](http://www.worldmigratorybirdday.org)

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

Next time you are at the playground don't just sit back and watch the kids have all the fun! Join in too. Your children will love having you play along and climbing, crawling, hanging and sliding all increase the heart rate. See how many slides you can all have in a minute? Who can cross the monkey bars? Who can swing the highest?

### HIT THE PLAYGROUND



# REMINDER!!

Please don't forget to bring a piece of shared fruit/veg each day so the children can experience a range of different healthy foods for morning tea. With a change of seasons, we would love to see a variety of different fruit or vegetables.



How can we make our newsletter even better?

What information would you like us to include?

## Busy Kids Child Care

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