

PLAY IS OFTEN TALKED ABOUT AS
IF IT IS A RELIEF FROM SERIOUS
LEARNING BUT FOR CHILDREN
PLAY IS SERIOUS LEARNING
- FRED ROGERS

PESTO CHICKEN TRAY
BAKE – A QUICK AND EASY
HEALTHY WEEKNIGHT
DINNER FOR THE WHOLE
FAMILY

TERM 1
FROM THE FLOOR
REPORT



On this month

Metella Road Out Of School Hours Child Care
Inc.

Last day of term 1 - 7th April

Vacation Care - 10th April – 25th April

Term 2 Begins- Wednesday 26th April

Management Meeting 3rd May

AROUND THE COUNTRY / WORLD

International Children's Book Day	-----2 nd
World Autism Day	-----2 nd
Nature Play Week	-----12 th - 23 rd
Easter	-----14 th - 17 th
Baisakhi	-----14 th
Earth Day	-----22 nd
Anzac Day	-----25 th
Pay It Forward Day	-----28 th

Amazing!! The End of Term 1 2017

As we draw to the end of our first term for 2017, Staff reflect on the past 10 weeks. We are particularly proud of the growth and development of our new kindergarten children. It's fantastic for staff to hear of an afternoon "Mum I'm not ready to go home yet". It shows that the centre is catering for their interests and building strong relationships.

We would appreciate ideas from parents on activities etc. that the centre may be able to offer children. A fantastic way of doing this would be to attend a management meeting. These are held twice a term. Our next meeting will be held Wednesday 3rd May 2017 at 7pm. Upcoming meetings can be found on the Metella OOSH website. www.metellaoosh.com.au or the school website.

Reminders:

- **Hubworks:** This software gives parents the ability to access their childcare account. Parents are able access their child's attendances, charges, payments (CCB and CCR) print receipts and statements as required. Parents are also required to ensure that all information provided on their accounts is kept up to date. If you are unable to access your Hubworks account please speak with David
- **Before School Care:** Parents must walk their child into the centre and sign them in.
- **After School Care:** If your child is not attending a book afternoon please ensure that you notify the centre.
- If your child is attending PSSA Training, Music Bus, Karate, Key board, Wonderers etc. on a booked day at ASC please ensure that you have filled in the Extra – Curricular Activity Permission Form at the centre. Children **will not** be able to attend these activities without the permission note.
- Please ensure that all individual children are signed out





ANZAC DAY – 25TH

On 25 April every year, Australians commemorate Anzac Day. Anzac Day goes beyond the anniversary of the landing on Gallipoli in 1915. It is the day on which we remember all Australians who served and died in war and on operational service. There are events being held Australia wide to find one near you go to awm.gov.au/commemoration/Anzac

INTERNATIONAL CHILDREN'S BOOK DAY – 2ND

International Children's book day has been celebrated since 1967. It is celebrated on or around Hans Christian Andersen's Birthday (2nd April). We celebrate to inspire a love of reading and call attention to children's books. This year's theme is 'Let us grow with the book'. Find out more at www.lbbby.org

EARTH DAY – 22ND

Earth Day is a day that is intended to inspire awareness and appreciation for the Earth's natural environment. This year's campaign is all about environmental & climate literacy. Stand up! Join up! Take action! Go to www.earthday.org



PESTO CHICKEN TRAY BAKE

PREP 20 min | COOK 50 min | SERVES 4

INGREDIENTS

1 carrot & 1 capsicum cut into batons | 1 zucchini, cut into rounds
1 eggplant, halved and cut into moons | 1 red onion, cut into thin wedges | 1 small bunch asparagus ends trimmed cut into three
200 grams cherry tomatoes, halved | 3 tablespoons olive oil
sea salt and pepper | 500 grams chicken breast
2 tablespoons basil pesto | 1 cup (250 ml) Greek yoghurt
To serve: a small handful of fresh basil leaves

METHOD

1. Preheat oven to 190 degrees Celsius and line oven tray with paper. Place carrot, zucchini, red capsicum, eggplant, red onion, asparagus, cherry tomatoes and 2tbs of olive oil onto the prepared tray - Season with salt and pepper and toss to combine. Pop into the oven for 30 minutes.

2. Meanwhile, place the chicken and pesto into a large bowl. Season with salt and pepper and toss to combine. Nestle the chicken breast into the vegetables and bake for another 20 minutes or until the chicken is cooked through. Make sauce by combining yoghurt, pesto and 1tbs of olive oil into a small bowl and season with salt and pepper. To serve pop the yoghurt sauce into the corner of the tray and sprinkle with fresh basil. See this recipe in action at www.mylovelylittlelunchbox.com

SAFETY – Remember to always supervise kids in the kitchen.



Source: Recipe and images belong to mylovelylittlelunchbox

A Little Note.....Programming and Planning

I love the joyful learning I see in children's free play and although parents who walk through the door may be thinking 'what chaos', as I sometimes do myself thinking 'it looks like a bomb has hit this place'but when we sit back and observe the real chaos that results from children deeply engaged in self-directed and exploratory play..... It's exciting to see that 'chaotic mess' to a child is a place for exploration and discovery!!

Documentation is an important part of our work with children and families.

- ✓ We observe children and gather meaningful information about children's current knowledge, identity and culture to assess their learning and progress, a crucial step in planning meaningful learning experiences.
- ✓ Interpret the learning and set goals for individual and group learning.
- ✓ Involve children and families in decision making.
- ✓ Plan for further learning that supports children as capable, competent and confident people with the ability to make sound choices and decisions.



Please feel free to share with us any ideas you may have!!

We would love for you to join us ...Have a look at what we are doing... Come in, Play!!



From The Floor

What have we been doing??

Due to changes in weather we have had to adapt our program to suit. This has included utilizing the Library, Multi-Purpose Centre and Computer Room. To ensure we still offer gross motor options the Cola has also been in use for games of handball, dodgeball and king pin.

Popular Activities

In the Multi-Purpose Centre the children have been busy building using a variety of media, as an extension to building they have also incorporated dramatic play.

- ✓ Buildings soon became high towers for King Kong
- ✓ Blocks being sorted into colour schemes to represent different areas of a Zoo
- ✓ The design of a block laptop, scanner and printer, which had futuristic apps installed which would bring them into the future like a time machine.

Children have loved engaging in a variety of dramatic play scenes which have included:

- ✓ The 'OOSH café'
- ✓ Making movies which extended into designing and selling tickets to the show. Children created a story line, rehearsed and acted out their movie to the audience.

Creating paper planes, experimenting with sound, and back in fashion Bey-Blades.

Each afternoon we find a line of children asking "What's for craft today?" Each week we have a theme based on observations, children's interests and children's development.

This month's craft and themes:

- ✓ Crazy cooking: Didn't we make a mess!! Edible mud, rocky road, Milky Way trains etc. These cooking experiences branched out into lots of conversations about favorite foods, cooking at home and our favorite places to eat.
- ✓ Pokémon, Cartoons and Super Heroes: This week we were a bit all over the placeLarge colouring stencils were a big hit, Children's voices surveys, introductions to Hindi poems, paper plane designing and competitions. Children have been creating garden snails, snow men and their own beads using dough.
- ✓ Shake it off: Children created different types of musical instruments using a variety of media.
- ✓ Working in our community: This leads us into our current week's theme. What an event filled week, celebrating Harmony Day on Tuesday and Earth Day on Wednesday. We are exploring people who work in our community and the importance of unity and equality.
- ✓ Here comes Peter Cotton Tail: Loads of different Easter craft and activities

Library Area

Recently staff have evaluated the way our areas are working..... To maximise the learning opportunities for each area we have introduced new opportunities for play experiences. The library is primarily used as a quiet area where children have a place to do homework, quiet games, paper folding, reading and a focus on opportunities for "teachable moments". Recently we have introduced the use of iPad's on occasions, Just Dance, Mr. Martin's tissue paper flowers, and most recently a popular activity, which has branched out to all the areas...French knitting. The library is also a great area which, much like Before School Care, is a great time for those meaningful conversations. Listening to 'children's voices' and what they enjoy doing, what they don't enjoy and conversations about them!!

Computers

Much like the Library, the computer room is not just a place where children engage in digital technology. Over the term we have observed many conversations on culture, friendships, science and mathematical concepts, friendship building, and research based tasks. Children are learning to work in groups and individually on tasks. From the staff's observations we have programmed extensions of digital learning to hopefully enhance programs and future experiences.

Do you have an idea for Term 2???

What interesting things have you been doing on the weekends???



HEALTH & SAFETY: Sun Safety

Australia has one of the highest rates of skin cancer in the world. In 2013, more than 2,200 Australians died from this almost entirely preventable disease. Fortunately, being SunSmart is a simple and effective way to reduce your risk of developing skin cancer. It may be Autumn but it is important to remember the sun's rays are still dangerous. Follow the guidelines below to help prevent skin cancer:

Protect your skin - For best protection, we recommend a combination of sun protection measures:

1. **Slip** on some sun-protective clothing that covers as much skin as possible.
2. **Slop** on broad spectrum, water resistant SPF30+ (or higher) sunscreen. Put it on 20 minutes before you go outdoors and every two hours afterwards. Sunscreen should never be used to extend the time you spend in the sun.
3. **Slap on a hat** – broad brim or legionnaire style to protect your face, head, neck and ears.
4. **Seek** shade.
5. **Slide** on some sunglasses – make sure they meet Australian Standards.

Sun protection for infants

It is important to ensure that infants are well protected from the sun. Childhood sun exposure contributes significantly to the lifetime risk of skin cancer, and babies' skin is sensitive and can burn easily. Plan daily activities to ensure the infant is well protected from the sun and aim to minimise time (or take particular care) outside during the middle of the day during the summer period when UV levels are at their strongest.

UV Index

Ultraviolet (UV) radiation is the invisible killer that you can't see or feel. UV radiation can be high even on cool and overcast days. This means you can't rely on clear skies or high temperatures to determine when you need to protect yourself from the sun.



The SunSmart UV Index is reported daily by the Bureau of Meteorology. The alert identifies times during the day when the UV level is 3 or above and sun protection is needed. As well as appearing on the Bureau of Meteorology website, the alert is published in the weather section of daily newspapers, on Cancer Council Australia's home page and as an app for smartphones.



Download the SunSmart app for iOS or Android keep track of the UV levels throughout the day. Always remember to **SLIP, SLOP, SLAP, SEEK and SLIDE!**

SHAPES IN NATURE

Materials: Pictures of shapes as a support

Time to explore outdoors, there are shapes everywhere help your child discover them. Print images of shapes to use as a support for finding shapes in nature. Go on a walk with your child and look around ask: Can you see any circles? You may see a rock, a snail shell, a puddle. Can you see any rectangles? A log, the holes in a spider web.



GET GROWING!

Growing plants is a fun and simple way to teach kids about sustainable living, while they have fun getting their hands dirty.

What you grow depends on the space you have. Be that a windowsill or half your backyard. There is a vegetable for you.

You need: Seed compost, 10 cm pots, (once a plant has four or five leaves you can move them outside to an optimum position with the required space and sunlight.) Your chosen vegetable seeds (each packet will detail the correct conditions for your vegetables to flourish.)

Fill small pots with seed compost and plant seeds following depth recommendations on packet. Place pots in a sunny position and wait for those 5 leaves to sprout before moving them onto their permanent home. Growing your seedlings indoors protects them from the elements and slugs during their most vulnerable stage.

Tip 1: Start your plants indoors and protect them while they're vulnerable.

Tip 2: Nurture your soil with organic compost matter.

Try: Lettuce, kale and rocket can be grown in a window box and provide a steady flow of salad greens as you can harvest leaves as the plant is growing. Cherry tomatoes and strawberries grow great in pots and are fun picking for kids. Zucchinis are great if you have a little more space. Children will enjoy the novelty of eating the flowers too.



THE WILD WORLD

IT'S NO SECRET THAT GLOBALLY OUR CHILDREN ARE SPENDING MORE TIME IN DOORS THAN EVER BEFORE. HERE IS AN INITIATIVE FROM THE UK TO INCREASE WILD TIME – AKA TIME OUTDOORS!



THE WILD NETWORK|UK: "We exist to grow Wild Time in families, schools and communities. Wild Time is time spent outdoors, wherever it occurs and we want to show how it is vital to help children thrive in the 21st century."

The Wild Network grew from the following of filmmaker David Bond documentary "Project Wild Thing". PROJECT WILD THING is the hilarious, real-life story of one man's determination to get children out and into the ultimate, free wonder-product: Nature.

The Wild Network has outlined barriers that restrict access to 'Wild Time'.

11 barriers to wild time:

Fear - Stranger danger, risk-adverse culture, danger streets, calamity

Time - time poor parents, nature starved curriculum, lack of free range play

Space - vanishing green space, Play INC, kidvertising,

Technology - rise of screen time

The challenge: To create conditions to overcome these barriers and the impact they have.

How:

Library of ideas: to get outside for all ages.

Wild Local: Supports and collaborates with grass-root, local efforts to get kids more wild time. *Scouts/Girl Guides..*

Communities: Connects like-minded people through online forums and events to encourage Wild Time.

Wild Learning: an easy-to-use, web-based tool, to help teachers take learning outside. The site gives you learning activities tagged against curriculum learning topics and key learning stages - all set out by time.

Go to www.thewildnetwork.com to find out more.

Have you joined our CLOSED 'Metella Road OOSH' Families Facebook group??

Our 'Metella Road OOSH' Facebook group is a private group and has been set up to keep families updated with things happening at our centre. This group will be used to post information, newsletters, updates, and give families an insight to what is happening on the floor.



Wishing all our Families a fun and safe holiday break!!



5 minute moves WALK or RUN

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

This is one you need to head outside for. You might like to go to beach, a local park, a footy field or even just your back yard.

The exercise is simple...you just walk or run. You aren't running anywhere in particular or walking to a destination you are just moving with your child. Take a deep breath and be present in this moment. Copy them, are they running with their arms out wide, are they walking sideways, maybe they decided to roll in the grass why not try that too!

Feedback
is always welcome



How can we make our newsletter even better?

What information would you like us to include?

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