

BE WHO YOU ARE AND SAY
WHAT YOU FEEL. BECAUSE THOSE
WHO MIND DON'T MATTER. AND
THOSE WHO MATTER DON'T MIND
— DR. SEUSS

SWEET POTATO FRITTERS
WITH AVOCADO SALSA –
A DELICIOUS NEW LUNCH
FAVOURITE

WINTER HEATING
HAZARDS – STAY
SAFE THIS SEASON
WHILE KEEPING
WARM



On this month

Metella Road Out Of School Hours Child Care Inc.

- 12th June- Public Holiday Centre **Closed**
14th June- Management Committee Meeting

AROUND THE COUNTRY

Mabo Day-----3rd
World Environment Day-----5th
World Oceans Day-----8th
Global Wind Day-----15th
Refugee Week -----18th- 24th

2018

Enrolments

2018 enrolments for Before and After School Care are now open to siblings of children currently using the service. Please log onto our web site www.metellaooosh.com.au and follow the enrolment link to Hub Works.

June
2017

Hi OOSH Families!!

Welcome to June! The weather is getting colder and we're all settling into Term 2. We have had lots of exciting things happening on the floor. Our 'Project Film Making' is about to wrap up with the children doing the final editing.

Attached to this newsletter is a copy of our July Vacation Care program. Enrolment forms will be available on our website, and on the family information table.

Please take the time to read all of the terms and conditions carefully as it contains important information about what to bring each day and routines!

Friendly Reminder: every day children must bring their hat, water bottle, morning tea and lunch.

Management Committee

Metella Road Out Of School Hours Child Care Inc is a not-for-profit organisation that requires parent volunteers to sit on our Management Committee. The Committee decides on matters of policy and meets the twice a term to make decisions about our centre. It was great to see some new faces at our last meeting and I can't wait for that to grow. Please lock into your calendar our Annual AGM which will be held on Wednesday 25th October 2017.



NATIONAL REFUGEE WEEK – 18TH - 24ST

Refugee Week is Australia's peak annual activity to raise awareness about the issues affecting refugees and celebrate the positive contributions made by refugees to Australian society. Go to refugeeweek.org.au for more information.

MABO DAY – 3RD

Mabo Day commemorates the courageous efforts of Eddie Koiki Mabo to overturn the fiction of *terra nullius*. This year marks the 25th anniversary of the Mabo Decision by the Federal Court of Australia, leading to the Native Title Act of 1993. Find out more at mabonativetitle.com

WORLD ENVIRONMENT DAY - 5TH

World Environment Day is a chance to reconnect with nature and celebrate the places that matter most to you. Go to worldenvironmentday.global



SWEET POTATO FRITTERS WITH AVOCADO SALSA

PREP 15 min | COOK 10 min | SERVES 4

INGREDIENTS

Sweet Potato Fritters: 1 large or 2 small grated sweet potatoes grated (basically you need around 1 1/2 cups), 2 eggs, 1/4 cup wholemeal self raising flour, 1/3 cup mint - leaves picked and roughly chopped, olive oil to fry in

Avocado Salsa: 1 tomato diced, 1 avocado diced, 1/3 cup mint chopped, good glug of extra virgin olive oil, juice of a lime

METHOD - Place the sweet potato, eggs, self-raising flour and mint into a large bowl and mix to combine. Heat a little olive oil in a nonstick fry pan to medium heat. Drop heaped tablespoons of the batter into the fry pan and cook for 2-3 minutes each side or until golden and crispy. Place on a plate lined with kitchen paper to remove any excess oil.

To make the salsa, pop the tomato, avocado, mint, olive oil and lime juice into a small bowl and mix to combine.

Serve the warm fritters alongside a good dollop of the zesty avocado salsa. www.mylovelylittlelunchbox.com

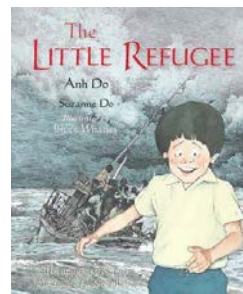
SAFETY – Remember to always supervise kids in the kitchen.



Source: Recipe and images belong to mylovelylittlelunchbox

Book reviews

Two books that talk about big topics especially for children.



The Little Refugee

Anh Do

Read and talk about the story together. Recommended for 4-8 year olds.

Anh Do's inspirational story about his family's incredible escape from war-torn Vietnam and his childhood in Australia, told especially for children.

Anh Do nearly didn't make it to Australia. His entire family came close to losing their lives as they escaped from war-torn Vietnam in an overcrowded boat. It was a dangerous journey, with murderous pirates and terrifying storms, but they managed to survive.

Life in suburban Australia was also hard for a small boy with no English and funny lunches. But there was a loving extended family, lots of friends, and always something to laugh about for Anh, his brother Khoa and their sister Tram. And eventually for a young Anh, who tried hard to see the bright side of life no matter what the difficulty, there was triumph.

Although it's a serious theme, he shows it is possible to hope against all odds, and that love and family can bring good from any hardship.



I'm Australian Too

Mem Fox

Read and talk about the story together.

I'm Australian! How about you?

Many people from many places have come across the seas, to make Australia their home. How Australian is that? **I'm an Australian too** celebrates multicultural Australia and its rich diversity of citizens. No matter what we look like or where we're from, Mem Fox reminds us that we're all Australian with our own story.

FOCUS ARTICLE: The benefits of imaginary play

The demands of parenting are endless. Ensuring that a child (or two or three or four) has what he or she needs to grow and thrive can be as thrilling as it is demanding. We want to give our children all the things we didn't have, to guarantee experiences to shape them into humans that can take on the challenges of the real world. But the truth is, sometimes we overdo it. Sometimes, instead of adding another toy to the toy box or downloading another educational app on the iPad, all we really need to do is let our children reach for the play thing that doesn't cost a dime and ensures a lifetime of excellent entertainment: their imagination.

Today the concept of life without instant communication, a phone in your pocket at all times, and endless access to the internet seems like life in the stone ages. Even in an age when our children have constant, instant entertainment at their fingertips, it is more important than ever to ensure they are receiving an appropriate amount of play time using nothing but their own minds. Playing pretend gives children the ability to develop crucial skills that they may not build as easily with technology alone.

Now, in no way are we casting judgment on giving yourself a little downtime after a long day of work by putting an iPad in those little hands; there are many, many benefits to technology and our world wouldn't be thriving without it. Plus, sometimes that ten minutes of silence is worth it at the end of a long day! We just need to balance tech time with enough creative, imaginary playtime to let our children develop the skills they need to thrive in society.

Imaginary play gives children the chance to role-play and engage in the social and emotional roles of everyday life. Whether they are pretending to be a firefighter, a superhero, or a princess, they are having experiences that allow them to view life from someone else's perspective, creating empathy that will better equip them for social situations. When they are encouraged to play pretend with friends, siblings, or parents, they are even more likely to develop the social and cooperative skills that will help them as they grow and mature.

Imaginary play is also critical to the development of a child's language and thinking skills. By mimicking conversations they hear while observing everyday life, children will develop their own conversational skills and make connections between their own enchanted world and real life. This connection is crucial to engaging a child's critical thinking skills and taking them into higher level thinking. If a child and his playmate both want to play a certain role, they will be faced with the opportunity to problem solve and create a role that allows both to enjoy playtime. This kind of problem solving is the first step in a skill that children must possess to be successful not only in school, but also in adulthood. Additionally, there is research showing that imaginary play can benefit the development of the frontal lobe, thus decreasing the need to rough house or act out.



While it is important to keep up with today's technological advances, sometimes the old saying "keep it simple" wins. That's the point of pretend play—simplicity, at least on the surface. Who knows what kind of depths your child's mind is reaching!

6 Household Items To Help Your Child Imagine:

Crates and Boxes: Instead of throwing them out, let your child transform one into a playhouse, a rocket ship or a boat. Ask them where they are headed on their journey and watch them get excited about pretend play.

Old Clothing Items: Those old scarves, shoes, dresses and hats are the perfect dress up costumes for your little one. Don't you remember strutting around in your Mum's old high heels as a kid? Or was it Dad's boots? Either way, they'll love pretending to be a grown up.

Old Phone and Magazines: Kids see us use our phone to take care of business daily, so why not let them use an old one to handle a few things of their own. Playing office, house, and library are just a few they can pretend with these old items.

Kitchen Utensils: Old wooden spoons, plastic bowls, kid-friendly serving pieces make great supplies for your child to open their very own imaginary restaurant. Grab a few and let them see what they can cook up!

Stuffed Animals and Dolls: Whether Hoot and his friends are on an adventure, or the farm animals need feeding, these little guys provide never ending imaginary entertainment for little ones.

Blankets and Old sheets: Remember those old tents made of sheets that you constructed as kids: Why not give your itty bitties a chance to recreate a little of your own childhood magic. They could also use turn one into a cap and transform into a superhero in an instant.

Article source: The benefits of imaginary play By: Brittany Johnson | March 22, 2017



HEALTH & SAFETY: Winter Heating Hazards

Keeping warm and safe during colder months of the year also means being alert to heating hazards. These simple tips should help to keep you safe at home this winter.

Winter injuries and risks: Winter products such as hot water bottles, electric blankets and heaters can cause burns and other injuries. Other winter risks come from faulty electrical products which can overheat, give you an electric shock and could potentially cause a fire.

Fire safety: About half of all fires in the home start in the kitchen, and more than 40% of all deaths from fire happen during winter. Here are a few tips to keep you and your home fire-safe:

1. Install smoke alarms throughout your home and test them monthly. Change the batteries every year, perhaps on a memorable date such as Daylight Saving Day.
2. Where possible, make sure you and your family know more than one safe way out of every room in your home.
3. Have a written escape plan in the event of a home fire and practise it regularly.
4. Keep curtains, tablecloths and bedding away from portable heaters.
5. Keep wet clothes at least one metre from heaters or fireplaces, and never place clothes or towels on your heater.
6. Clean the lint filter every time you use a clothes dryer since lint that has built up can catch fire.
7. Never use your gas oven or stove as a room heater.
8. Use just one appliance per power point and switch them off when you're not using them. Heaters consume a lot of power and may overload the supply which can cause a fire.
9. Never leave burning candles or any open flame unattended.
10. Store matches and lighters in a safe place, out of reach of young children.
11. Always keep children away from open heat sources such as fireplaces and gas stoves, and remember that even clothing with a 'low fire danger' label can still catch fire.
12. Make sure children know that if their clothes catch fire, they



mustn't run away – this only makes the fire burn hotter and faster. Instead, tell them to:

STOP immediately where they are.

DROP quickly to the ground and cover their face with their hands.

ROLL over and over to put out the flames.

Every state and territory fire authority has resources to help children understand what to do in the case of a fire, such as easy-to-remember advice like "get down low and go, go, go!".

Fireplaces: If you have a fireplace in your home then make sure the chimney is clean and not blocked. Always place a screen in front of a fireplace when it's being used, and never burn rubbish such as plastics or foam, wood that is painted or treated with copper chrome arsenate (CCA) or creosote-treated timber (such as railway sleepers).

Heaters: No matter what type of heater you have, you should check every winter that it is safe to use. Always check your gas heater is working correctly and service it using a licensed gas fitter and according to the manufacturer's instructions.

To read this article in its entirety go to <https://www.healthdirect.gov.au/winter-health-hazards-at-home>

UNO PEG COUNTING

Materials: Uno cards and pegs

Separate the number cards from the picture cards and discard the picture card pile. Shuffle the number cards placing them face down next to a pile of pegs. Now it is your child's job to pick up one card at a time, and clip the correct number of clothespins onto the card. Assist by counting as your go.



PHOTO SCAVENGER HUNT

Collecting things from the beach can be a fun activity but did you know you may be damaging a whole ecosystem just by picking up one shell?

In a study more than 30 years in the making, researchers have found that the removal of shells from beaches could damage ecosystems and endanger organisms that rely on shells for their survival. Other than rubbish nothing should be removed from the beach.

Next time you go to the beach go on a photo scavenger hunt – See if you can find all these things on your next trip. Send your photos to our preschool email address, lets see how many items we can find.



Beach Search List

- ☐ Heart Shaped Rock
- ☐ Green Seaweed
- ☐ Brown Seaweed
- ☐ Seagull
- ☐ Crab
- ☐ Rock pool

- ☐ Fish
- ☐ Surfer
- ☐ Litter (Pick it up after)
- ☐ Wharf
- ☐ Coral
- ☐ Shell
- ☐ _____

Outdoor Learning

Playing in an outdoor environment has huge benefits for young children's learning and development. Play is active learning that brings together the mind, body and spirit (Key words in our service philosophy!!) Their learning is holistic – they learn many different things at the same time and what they learn is connected to where, how and with whom they learn. Each day our children participate in a variety of outdoor games and experiences.

Studies of how young people learn have proven that children, especially, acquire knowledge experientially, through play, experimentation, exploration and discovery. Research shows us that many of the fundamental tasks that children must achieve, such as, exploring, risk-taking, fine and gross motor development and the absorption of vast amounts of basic knowledge, can be most effectively learned through outdoor play.

For more information on what our children are learning please join our private Facebook page 'Metella Road OOSH'



July Vacation Care Forms Out Now!!

2017 July School Holiday Program

Monday July 3 rd July Box	Tuesday July 4 th July Box	Wednesday July 5 th July Box	Thursday July 6 th July Box	Friday July 7 th July Box
Fit is Fantastic!  Join us in a day that is filled with children's boot camp style challenges!!	Disco Fever  Disco dancing and games, cupcake decorating competition and hot chocolate	Excursion to Westpoint Movies and Bowling 	Metella Road Has Talent!  A day of games, challenges, acting, parades and more. Jumping Castle	A super, ridiculously, fabulous, crazy, good kind of day!!  Come dressed as your favorite Super Hero!!
Monday July 10th A English Winter High Tea  Come dressed in your PJs as we spend the day cooking some yummy winter treats!!	Tuesday July 11th Fun Day Out Excursion  Super Gala Day at Penrith Basketball Stadium	Wednesday July 12th Little Italy  A day filled with everything Italian! Pizza and Pasta Lunch	Thursday July 13th A Spanish Fiesta  Plus Bag till you drop Disco and dance workshop	Friday July 14th All American Heroes  Jumping Castle and a Hotdog Lunch
Monday July 17th Art Attack  A day filled with crazy art and drawing challenges!!	Tuesday July 18th School Returns			

Enrolment forms to be returned to the Centre by Wednesday 14th June 2017.



Balloon Balance

Try balancing a balloon on the end of your finger.
Have a competition to see who can do it for the longest.
The balloon must not be held, only balanced, and it must not be tapped. The finger must be in direct contact with the balloon at all times. Good for focus, concentration and physical movement.

Feedback
is always welcome



How can we make our newsletter even better?

What information would you like us to include?

info@metellaoosh.com.au
www.metellaoosh.com.au



Metella Road OOSH (private group)