

Marlin Coast Family Day Care



Get on the school readiness bus! Now not to be the bearer of ridiculous news, but did you know we only have 15 weeks left until the end of term! **What does this mean....it means we are making our lists and checking them twice.... No not Christmas lists.... School Readiness checklists. We are about to throw our little fish into a big pond...the school yard! So**

what is school readiness? Read on to find out what our Educators are working toward. It is not all child's play!

Out and Abouts! At **Emi's** they're working on daily routines becoming fluent & predictable with scheduled times like they do at school. Along with lots of stories for literacy, & songs with alphabet & numbers, because children learn through play! At **Jodie's** they are working on independence skills by allocating jobs. Responsibilities, there are many responsibilities at school! Routines include group & story time, programmed group games & individual tasks as this will be happening at school too! At **Hayley's** the garden is being revamped, with new veggie garden for the children to learn about sustainability, where food comes from and how to care for & nurture plants that feed us. Also being practiced with assistance are the children of different age groups interacting together well, as in the school yard children will need some experience in negotiating & problem solving on their own! At **Tania B's** the children have been all involved in designing & building a fairy garden! They have even been using real tools, this teaches them to be careful, purposeful & responsible. Their amazing creation will sit well in the garden that will be nurtured by the children that is being prepared as a spot to celebrate & remember precious little Daniel Kember. At **Shelly's** they made animals out of modelling clay, great for strengthening young hand muscles ready for holding pencils at school. Too they have been exploring shapes & counting sides of shapes. This is the early foundations of mathematical understanding! At **Louise C's** the children are inspiring the program! This is all about the Early Years Learning Framework! While playing with Letterland everyone created their names one letter at a time learning sounds & rhymes. Their proud work went up on walls at home we are told =) At **Toshie's** they are reinspiring the environment with conversation pit stumps so they can talk & have meaningful group times & chats about their interests. The Kitchen is to be redesigned to invite play, as role play is an extremely social act, & given that success at school has been largely pinned on a child's ability to positively interact with their contemporaries & adults, developing social skills is imperative in young children to be ready for a school environment! At **Amy's** they are working on name recognition, playing letter games & writing activities! As this is introduced through play, the children do not even realise they are learning! At **Lisa's** they are restructuring the daily routine to introduce transitions that will be similar to that in a school environment. Then when the children do start school they will be familiar with following routines, instructions & will be school ready! At **Marie's** they are currently nurturing a visiting brush Turkey who comes for scraps kept for him at breakfast each day. Learning that brush turkeys are an important part of our eco system. Sustainability is a huge component of school learning, so these little ones have a great start as they learn to recycle and not waste anything we throw out. At **Daphne's** the children all play so nicely together & show care & thoughtfulness for each other regardless of the vast age groups. They are brilliant at taking turns, & including & encouraging one another. The children are displaying wonderful qualities as citizens of our community. This is what the Early Years Learning Framework asks us to prepare our children to be! At **Jemima's** the children shared a lovely social event, a Teddy Bear's picnic offering them the opportunity to consider others needs including the Teddy's. When playing with others in group play environments, children learn appropriate social behaviours, such as sharing, cooperating, & respecting the property of others. In addition, while interacting with their peers, young children learn communication, cognitive, & motor skills. At **Tanja's** a garden revamp is underway, to bring play out into the natural environment where nature is abundant in their beautiful garden. Listening to the birds sing, filling the bird bath so they have somewhere to drink from in the summer is teaching children how to care for nature and think about the needs of others. Another skill they will require at school. At **Bec's** Jolly Phonics is catching on! The children are learning through music while they play about sounds of letters and the alphabet! This will be familiar to them in the classroom! At **Nes's** they are extending their ABC's with the letterland music! Lots of meaningful conversations & play evolved from Ricky reading the children a numbers book with Australian Animals in it! Visits to the office offer the children the opportunity to interact with different adults like they will at school & build appropriate social behaviours, like saying hello and goodbye when greeted by different adults. At **Rae & Shane's** the kids have been busy with the environment re-vamp! Even parents are getting recruited! For hours! What a lovely community culture the children learn here. Many hands make light work; offering to help others is a lovely lesson for children to learn from the adults in their lives. At **Mami's** they are counting, learning ABC's, practicing holding pencils for writing & doing these activities in play set ups, as children actually 'learn' through play, as rote is just reciting, not building understandings. At **Cheryl's** they built a post office box ... sustainability. This has been a great learning as they extended by posting actual letters! ... the journey of a letter! Aside from literacy..., the jobs & people involved in that journey ... learning about what a stamp is... currency... math... why letters need to have a stamp... transport used in the journey of a letter... letterboxes... seasons... uniforms... technology ... art... why is that artwork on that stamp... introducing them to the correct conventions of writing, addressing and posting letters... At **Julie's** they are learning self-help skills, like putting their own bags & lunches away, like at school they will have to do this. Fine motor play to strengthen muscles in hands for prewriting strength, & group activities, learning to share, listening to instructions, waiting for their turn and negotiating, all skills required for the large group setting at school. At **Circe's** amongst the water play & action heroes obstacle course they are focusing on practicing their listening skills they will need for the classroom. For a school experience to be positive children need to be able to sit for extended periods of time, listen & follow instructions from their teachers. At **Miki's** the children are nurturing their new garden of flowers, herbs & fruit. Learning where food comes from & what plants need to survive. Also walks to the local park for gross motor play, allows the children to learn about road safety, sun safety, self-safety, looking after each other & being aware of what is happening around them. At school they will need these skills as there is a yard full of children, obstacles, and rules to follow. At **Sue's** a busy little crew amongst beach nature walks, they have been nurturing ducklings. This teaches them about friendship, responsibility, loyalty, and empathy, skills they will need to be good citizens and classmates. At **Shani's** a planned trip on the bus to foster a sense of responsibility, independence & self-confidence. They discussed scenarios, such as traffic lights not working, buses not turning up, being approached by strangers, how to work out appropriate responses & teach them about safety on and around buses. Learning who to talk to if they are lost, knowing their full name and address and Parents full names and phone numbers... At **Nadine's** the children are being encouraged to engage in meaningful conversations. Communication is the way people share their thoughts and feelings. Communication skills are vital for building & maintaining relationships with friends & family, & for success in school & employment as adults. At **Alisha's** while exploring the garden they encountered snails... the younger that children learn about caring for insects the better. If they can grasp the idea that insects are just as important as animals children can learn good citizenship skills in that other living things have needs and they have responsibilities to meet them as all creatures great and small have their place in the world..and that the loss of individual organisms, however small, may have unforeseen consequences for a whole habitat. New curriculum guidance says the well-being of "mini-beasts", including bees, ants & worms, will be taught in classes as part of primary school's "animals and us" section of the citizenship curriculum, as they pose the question what is the difference between a hurting an animal to stomping an ant.... At **Nisha's** there has been a focus on healthy eating & looking after ourselves. Learning about consuming nutritious foods helps children, develop, do well academically & feel good about themselves. Talking about the why's like, having the correct energy levels to sit and concentrate at school, strong bones muscles so you can play sports with your friends, & looking after yourself and taking responsibility for your own health & body. At **Louise R's** they too have been exploring the post office, writing postcards and mailing them, exploring all the processes and the journey of the postcards. In addition to using technology... YouTube songs to teach shapes, including 3D shapes. Technology will be a large part of their school experience with interactive whiteboards, iPad & computers daily. At **Manoja's** a magical fairy garden was built. Imaginative play is an important for the development of children's cognitive and social skills, as this was a group activity, the children learn how to share ideas, & encourage one another, take turns, and negotiate. All skills required for success in a school environment. At **Kat's** a book called the Long Walk is inspiring the program that is focusing on sustainable practices. Turning the tap off, using grey water to water the garden, saving scraps for the chickens, as children are the future shapers of our world this learning needs to be ingrained from an early age. By teaching children sustainability behaviors at an early age they will have an easier time developing sustainable habits that will last a lifetime. Sustainability is embedded in the Qld Curriculum in schools from Prep, Kat's children will be well viced in their early knowledge! At **Tricia's** the outdoor play space is being reinvented to inspire curiosity, and exploration! The children have been engaged in their new environment creating opportunities for child led play. Child-led play is about waiting to see what unfolds while observing and supporting. They will share, explore, climb, tumble, trip, negotiate & have little conflicts, & in this it is our job to support them only when absolutely required. Without our constant help they will discover what they are capable of. Problem solve. Self soothe. Occasional gentle suggestions guide them to work out what they can do for themselves. Tricia is very gifted at this, and recognises this skill needs practice to be able to function well in a large school environment. At **Tanya V's** the environment is set up to lead the children into their own discovery. The children are very independent, as encouraged. As Tanya recognises that Children who receive the right sort of support & encouragement during these years will be creative, adventurous learners throughout their lives, from being, allowed to make their own simple reasonable choices, they achieve satisfaction from both the act of choosing & from the opportunity to play what they want. And since the activity is generating the motivation, it is mostly self-sustaining for as long as the child wants to continue the activity. In turn they learn how to persist for a time at a task... = school readiness! At **Mayumi's & Naoko's** sequencing games with Edie Echidna! Sequencing is the process of putting events, ideas, and objects in a logical order. This helps children understand school routines!

CARNIVAL ON COLLINS is a Cairns' Father's Day tradition and a sustainably-run community event, held on the last day of Cairns Festival, when over 25 000 people flock to the city's Botanic Gardens precinct for a giant day of family fun. Featuring loads of free entertainment for people of all ages, it's a slice of life in the tropics, with over 250 market stalls offering local art & craft, produce, plants, food and refreshments. The event features entertainment on stage, food, a Fundraising Zone and Kids Carnival in the Botanic Gardens, exhibitions in the Tanks as well as roving entertainers and more.

COST: FREE **TIME:** 9AM – 3PM **VENUE:** TANKS ARTS CENTRE + BOTANIC GARDENS + COLLINS AVENUE

LUNCH BOX STARS

EASY CHICKEN MASALA

Flavours from India...

INGREDIENTS

- 1 cup plain yoghurt
- 1/4 cup coarsely chopped coriander
- 3 tablespoons extra-virgin olive oil
- 1 tablespoon garam masala
- 2 teaspoons coarse kosher salt
- 1 large garlic clove, pressed
- 1 whole chicken, cut into 8 pieces, backbone removed
- 2 small onions, cut into 1/4-inch-thick slices

METHOD

Step 1: Mix yogurt, chopped coriander, olive oil, garam masala, salt, and garlic in a glass-baking dish. Add chicken to marinade, 1 piece at a time, coating all sides. Cover with plastic wrap; refrigerate at least 2 hours. Can be made 1 day ahead. Keep refrigerated.

Step 2: Preheat oven to 200°C. Arrange onions in baking dish. Top with chicken pieces in single layer, spacing apart for even roasting (chicken will still be coated with marinade). Discard remaining marinade.

Step 3: Roast chicken until cooked through and juices run clear when thickest portion of thigh is pierced with knife, about 1 hour.

Kids will love eating this the next day at school or for a fun alternative shred the chicken into Naan bread or tortilla wraps.



DIARY DATES

Donations for PNG Dump Children



Thongs, Warming Tabs
& Underpants required

Thank You!

Sustainability Corner

Container Magnets

Inspired by Martha Stewart



Give pretty spice or candy containers a new life in seconds by turning them into refrigerator magnets. Place a small, powerful magnet inside the back of an empty tin, which makes the tin itself magnetic. (Non-metallic containers will work if you stick an adhesive magnet on the outside.)

Sustainability Home Activity: Show the kids that you're serious about our environment by playing your part. This super easy and very chic collection of container magnets will not only serve a purpose for you by keeping things organised, but you will also be showing your children how quickly we can recycle or repurpose household items, sending them a powerful message about sustainability starting in the home.

With Spring fast approaching, now is the perfect time for a big Spring clean and discover what treasures you have laying around the house.

Involve the kids and let their imaginations run wild...you'll be surprised at how resourceful the little ones can be.

Resilience

Resilience is a 21st Century parenting concept that every parent needs to understand. Some kids are resilient by nature –

their temperament helps them to be mentally and psychologically tough. You know those kids. They get straight back up after a setback or disappointment. Rejection in the playground doesn't faze them. Unfortunately, not every child has such natural resilience.

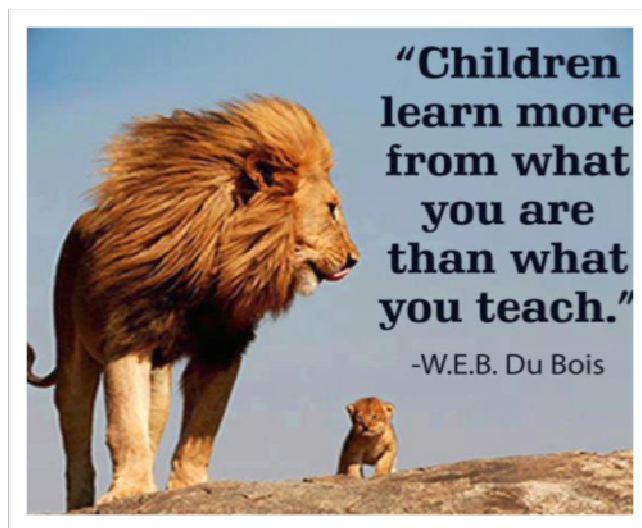
The good news is that most of the research shows that resilience can be nurtured and developed, particularly when parents themselves are resilient and they actively foster it in their kids. Resilient kids share four basic skill sets: *independence, problem solving, optimism and social connection.*

Building Resilience:

From resilience perspective parents need to coach kids through some of their more challenging moments and reviewing what they may have learned for next time. Avoid solving all their problems for them.

You can promote a lasting sense of resilience in your kids by:

- ✓ Having a positive attitude your-self. Your attitude as a parent impacts on their ability to bounce back from some of the difficulties they face. Make sure you model a 'you can do it' attitude for your child when he meets some of life's curve balls.
- ✓ Look for teachable moments. Many kids' learning opportunities are disguised as problems. Make the most of these opportunities so that kids can grow and learn from some of the challenges they face.
- ✓ Make kids active participants in the family. Active participation in a family develops the self-help, problem solving and independence skills of kids that are necessary for resilience.



Build kids coping skills:

There are plenty of strategies you can pass on to kids to help them cope when life doesn't go their way, including acceptance, getting away for awhile, and normalisation.

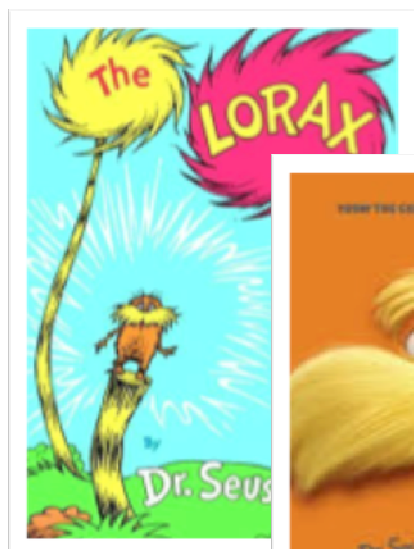
Promoting resilience in kids is not a single event but a continuous process that requires adults to be supportive and empathetic when things don't go their way. It also requires you as a parent to have an understanding of resilience, so you have faith in yourself, and your child's ability to cope.

Little Taccas Date: Thu 03 Sep 10:00 am
Location: Botanic Gardens, Collins Avenue, Edge Hill
Contact: Botanic Gardens Visitors Centre 4032 5560

Tacca Integrifolia (or White Batflower) is a show-stopper of a flower, and the namesake for the new nature-based activities program aimed at connecting children under 5 and their carers, with the environment at Cairns Botanic Gardens. The program is designed to encourage children to learn about and experience the natural world whilst also forming friendships, with the opportunity to develop and grow through the support of caring volunteers and supportive parents in a safe, yet active, natural environment. Parents/guardians will have the opportunity to meet other parents in the community and children will enjoy a variety of nature activities, such as; garden discovery walks - exploring nature - storytelling & singing - nature-based art & craft + playtime and fun! You can book a session at a time or book for the complete term. Bookings are essential as there are limited places.



For wonderful lessons on caring for our environment, we highly recommend:



**Book idea
or family
DVD night**



Long before “going green” was mainstream, Dr Seuss’s Lorax spoke for the trees and warned of the dangers of disrespecting the environment.

In this cautionary rhyming tale, we learn of the Once-ler, who came across a valley of Truffula Trees and Brown Bar-ba-loots (“frisking about in their Bar-ba-loot suits as they played in the shade and ate Truffula Fruits”), and how his harvesting of the tufted trees changed the landscape forever.

For preferred options to obtain a copy Google: The Lorax

Health & Safety

Sneeze Safe



At Marlin Coast Family Day Care we promote healthy hygiene practices amongst the children. With all of the nasty colds and flus in full force at the moment, it is an opportune time to remind children of these little routines that will help keep them fit and healthy.

Kleenex has been promoting their ‘Sneeze-safe’ campaign for many years and it is truly effective in teaching young children the basics of preventing the spread of germs. Only 3 simple steps to remember:

1. **Catch It** – cover your nose and mouth with a tissue when you cough or sneeze
2. **Bin It** – throw your tissue away
3. **Kill It** – wash your hands with soap

For interesting research facts and some more respiratory hygiene tips check out the Kleenex Sneeze safe website:

<http://www.sneezesafe.com.au/Parent/Default.aspx>





Thank you for updating your child's records!

The National Law and National Regulations requires that we must keep up to date enrolment records for each child enrolled at our service. As part of this legal requirement it is important that you provide us with any updated information such as change of address, phone numbers, emergency contacts etc.

Any additional information that may assist us with the care of your child would also be beneficial - illness of a grandparent, a pregnancy announcement, change in family circumstances etc. This sort of information allows us to create a connection with your child and allows us to offer reassurance and extra comfort. *Thank you.*

2016

As the end of year quickly approaches, Educators will be looking at their enrolments for 2016. Have you considered your needs for 2016?

If you are a Conscientious Objector to immunisation and your child/ren are not immunised by Jan 2016, CCB and Rebate will no longer be paid to parents for childcare. Please contact DHS/FAO/CL 136 150 and find out about your options.

Tania and Adam, in memory of their darling baby boy born sleeping on the 17th August, are raising money to purchase a 'cuddle cot' for the Cairns Private Hospital. A cuddle cot allows parents whose babies are born sleeping to be with their baby for up to 3 days, versus 3 hours. Contact 40579977



We welcome your feedback!

How can we make our newsletter even better?
What information would you like us to include?

Call us on: 4057 9977 Find us on FB!

Or Email: marlincoastfdc.com.au
www.marlincoastfdc.com.au