



# ON *this* MONTH

## AT Gawler Riverside ELC

Preschool Graduation Party -----10<sup>th</sup>  
Families & Children's Christmas Party-----14<sup>th</sup>

### AROUND THE COUNTRY

Operation Santa ----- All of Dec  
Int. Day of People with Disability ----- 3<sup>rd</sup>  
Human Rights Day ----- 10<sup>th</sup>  
International Mountain Day ----- 11<sup>th</sup>  
International Migrants Day ----- 18<sup>th</sup>  
Christmas Day----- 25<sup>th</sup>  
Boxing day-----26<sup>th</sup>

## THIS MONTH POLICY REVIEW

This month we are reviewing the Photograph Policy. Please read the attached policy and if you have any comment please forward them to or discuss with Fortunate.

## From The Director

The festive spirit is upon us and we are all celebrating the end of the year. At GRELC, we are celebrating the successes of this year by throwing a party for our children and their families. This was previously planned for the 7<sup>th</sup> but postponed to 14<sup>th</sup>. The time remains the same from 3 to 5 pm. We hope to see you all and celebrate together. The children have been good so Santa is going to be generous this year. It is going to be an afternoon full of fun and prizes with raffle for our families worth \$1000.

We pride ourselves on delivering a high-quality education and care service to you and your children and over the coming year will strive to continue to improve in this space for you. We do ask if you have the time to write a review on our Facebook page or Google to spread the word of our service to other prospective families to join us at GRELC. As we are now getting closer to the end of the school year and Christmas so can you let us know if your child is going to be away during this time to allow us to roster appropriately and allow staff some well-earned leave. You can do this by either sending us through an email or completing a yellow holiday slip next time you are in.

We would like to wish all our families as safe and happy Christmas and New Year and for those that are leaving us for school all the best on this very exciting next learning adventure.





INTERNATIONAL MIGRANTS DAY – 18<sup>TH</sup>

Throughout human history, migration has been a courageous expression of the individual's will to overcome adversity and to live a better life. Today, globalisation, together with advances in communications and

transportation, has greatly increased the number of people who have the desire and the capacity to move to other places. This new era has created challenges and opportunities for societies throughout the world. Migrants Day promotes diversity and inclusion of migrants in society. Find out more: [iamamigrant.org/without](http://iamamigrant.org/without)

OPERATION SANTA – DECEMBER

The Target and UnitingCare Christmas Appeal has been a gift giving campaign, offering support to disadvantaged people of all ages for the past 27 years. 42,000 families were made a little brighter in 2017, what could you do to help in 2018? [unitingcarechristmasappeal.com.au](http://unitingcarechristmasappeal.com.au)



FESTIVE PASTA SALAD

PREP 10 min | COOK 8 min | SERVES 4

INGREDIENTS

- 500 grams short pasta (fusilli, penne or rigatoni)
- half a lebanese cucumber
- 4 vine ripened tomatoes
- 1 punnet of cherry tomatoes
- 2 spring onions, thinly sliced
- 1 cup basil leaves, roughly chopped
- 8 bocconcini balls
- 1/2 cup pitted kalamata olives

Pesto dressing:

- 2 heaped tablespoons basil pesto
- 3 tablespoons extra virgin olive oil
- juice and zest of 1 lemon

**METHOD:** Bring a large pot of water to the boil. Add the pasta and cook according to packet instructions or until al dente. Drain, run under a little cool water and set aside. Whilst the pasta is bubbling away, chop up your vegetables. Chop the cucumber into chunks, quarter the tomatoes, halve the cherry tomatoes and thinly slice the spring onions.

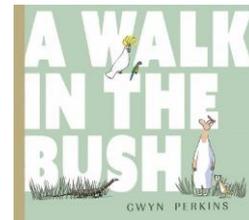
To make the dressing, place the pesto, olive oil, lemon juice and zest into a small bowl and mix to combine. To assemble the salad, place the cooked pasta, cucumber, tomatoes, spring onions, basil and dressing into a large bowl and mix to combine. Add the olives and bocconcini and mix to combine. Enjoy immediately for a lovely lunch or simple supper x



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



THREE MORE CBCA BOOK OF THE YEAR AWARD WINNERS FOR 2018



**A WALK IN THE BUSH**  
GWYN PERKINS

*Little Iggy doesn't want to leave the house, but Grandad insists – they always have fun together.* What follows is a

wonderful journey in the great Australian outdoors with singing birds, wallaby surprises, secret caterpillar messages and oodles of grandad humour. Here is a story about the wonders of nature, the funny side of life and spending time with the ones we love.

**THE GREAT RABBIT CHASE**

FREYA BLACKWOOD  
*Gumboots is an adorable family pet, but he has a mischievous side. He loves to escape and wreak all kinds of havoc!*



The whole town bands together to find this cheeky bunny in a story that celebrates what it means to live in a community and a reminder that life is full of surprises.



**DO NOT LICK THIS BOOK**

IDAN BEN-BARACK & JULIAN FROST

*Min is a microbe. She is small. Very small. In fact so small that you'd need to look*

*through a microscope to see her.* Or you can simply open this book and take Min on an adventure to amazing places she's never seen before - like the icy glaciers of your tooth or the twisted, tangled jungle that is your shirt.



# FOCUS ARTICLE: 20 phrases to use when your child isn't listening



Our children are often the best mirrors. Over time, I have gracefully taken a step back and realised I needed to clean up my communication. The lesson was clear for me. Talk to mini-humans the way you'd like to be talked to and things will go a lot smoother. Easier said than done, so over the years, I've adopted the motto "Progress over perfection."

These 20 positive phrases are a great place to begin if you'd like to make a fresh start with your communication:

1. "What do you need to remember?"  
Take a break from: "Be careful."
2. "Please talk softly."  
Take a break from: "Stop yelling!" or "Be Quiet!"
3. "Would you like to do it on your own or have me help you?"  
Take a break from: "I've asked you three times, do it now!"
4. "What did you learn from this mistake?"  
Take a break from: "Shame on you" or "You should know better."
5. "Please \_\_\_\_\_."  
Take a break from: "Don't!" or "Stop It!"
6. "We are on cheetah time today and need to move fast!"  
Take a break from: "Hurry Up!" or "We are going to be late!"
7. "Do you want to leave now or in ten minutes?"  
Take a break from: "Time to go..."
8. "Let's add that toy you want to your birthday list."  
Take a break from: "We can't afford that" or "No, I said NO TOYS!"
9. "Stop, breathe, now ask for what you want."  
Take a break from: "Stop whining"
10. "Respect yourself and others."  
Take a break from: "Be good"
11. "Use your teamwork skills."  
Take a break from: "Don't be bossy!" And "No one will want to play with you if act like that".
12. "I need you to \_\_\_\_\_."  
Take a break from: "Stop doing\_\_\_\_," and "It's not ok to \_\_\_\_\_"
13. "It's ok to cry."  
Take a break from: "Don't be a baby", or "Don't Cry"
14. "How will you take care of yourself?"  
Take a break from: Always fixing, i.e., "it's not a big deal."
15. "I'll stop, breathe and wait for you to finish."  
Take a break from: "Just let me do it."
16. "I love you no matter what."  
Take a break from: "No one wants to be with you when you're bad"
17. "I am not ok with \_\_\_\_\_ yet."  
Take a break from: "You're not old enough," or "You're too little to do that."
18. "You care, so I'd love for you to decide."  
Take a break from: "I don't care."
19. "I believe in you and am here to support you."  
Take a break from: Rescuing i.e., "I'll take care of this."
20. "How are you feeling?"  
Take a break from: "Chill out; you don't need to get so upset!"

Go to the link below for a more comprehensive explanation of each of these phrases including an example of how to use it and why it is beneficial to say one phrase over the other.

Source: Motherly (2018, November 15). 20 phrases to use when... Retrieved from <https://www.mother.ly/child/20-phrases-to-use-when-your-child-isnt-listening?rebellitem=13#rebellitem13>

## CAR PARKING NUMBERS GAME

You Need: Shallow box, 1-10 toy cars (more if you like), Blank writable stickers and a marker.

**Set Up:** Cut out a ramp in the box so cars can drive in. Draw lines inside the box to create parking spaces. Label each parking spot with a number. Write the same numbers on the stickers and place one on each car.

**First Play:** Place all the cars in their corresponding parks and invite your child over to take a look. Point to the cars; ask your child what they see, which is their favourite car and what is the number on top.

Demonstrate parking in the matching space to number on the car. You may then like to count the cars together or allow your child to jump straight into independent play and explore the new activity.



Source: B-inspired Mumma.com (2018, November15). A Car Parking Numbers Game to Make Learning Numbers FUN! Retrieved from <https://b-inspiredmama.com/numbers-game-car-parking/>

# HEALTH & SAFETY: Summer Safety



It's that time of year again, the days are long and hot and we are spending more time outside with friends and family, celebrating the end of the school year and the festive season.

Summer in Australia often centres around the sun and water of some sort, whether that is a pool (big or small) or the surf, these two Aussie summer prerequisites need to be treated with respect.

## SUN

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 is recommended you take a combination of the following 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 your 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.

## Check the 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 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 and keep track of the UV levels throughout the day.

## WATER

Drowning deaths occur year-round but peak over summer when Australians and tourists spend more time around our waterways. More than one third of lives lost to drowning took place in summer last year. This summer, we're urging people to stay safe when in, on or around the water. Here are our top water safety tips to keep you and your family safe this holiday season.

1. **Keep Watch of Your Children** - 29 children under the age of 5 drowned in Australian waterways last year. Swimming pools were the leading location for toddler drowning, accounting for 45% of all deaths. A lapse in supervision is the number one contributing factor in toddler drowning deaths. Active supervision is vital. Be prepared, be close, and give all of your attention, all of the time. Don't be distracted by other activities such as checking your phone, answering the door or preparing food. Always Keep Watch and stay within arm's reach.
2. **Check Your Pool Fence** - Inadequate pool fencing continues to contribute to toddler drowning deaths. Check regularly to ensure your pool fence, gates and latches are in working order, and remove anything that kids could use to climb over.
3. **Swim between the flags** - The flags mark the area patrolled by surf lifesavers and lifeguards. They mark the safest place to swim at the beach, because if the surf lifesavers or lifeguards can't see you – they can't save you.
4. **Never swim alone** - Having someone with you when you're in, on or around the water can help save your life if you get into trouble. Whether you're heading down to the beach for a dip, taking the boat out, or going fishing, take someone with you. Not only are they great company, they can assist in an emergency.

Source: Cancer.org (2018, November 14). Preventing skin cancer Retrieved from <https://www.cancer.org.au/preventing-cancer/sun-protection/preventing-skin-cancer/>

## WRAPPING PAPER

**Who else has an enormous pile of beautiful artworks our children have gifted us but don't know what to do with?**

This year instead of placing those pictures in a file for safekeeping, celebrate your child's time and effort and share it with the whole family. Wrap gifts in beautiful artwork. Grandparents, family and friends get the

added bonus of receiving a one of a kind picture, the paper is recycled and your child gets to share what they have created.

Check with your child first, and maybe select a few that they are particularly fond of to be stored away. But, enjoy the rest. That is what art is for.



## QK Enrol – Now Online

We are now up and running with QK Enrol, our online booking system. You may have received an email with login detail if you have not previously logged into QK Journeys. This program will allow families via My Family Lounge, that you already use to access your child's portfolio, to:

- submit a waitlist request for your child to secure a permanent spot
- Request change of the days your child is currently booked in for when required
- easily provide detailed information about your child to our service such as medical information, diet requirements, emergency contact details and more! All this information is simply added into the online enrolment form and submitted to the service.

On the app you will also be able to:

- Book in casual days for your child straight from your phone
- Access an online calendar where you can see live availability within the Centre
- Manage bookings for one or more children from a single log in
- Record your child as 'absent' in advance for a permanent session
- Cancel a 'casual day' where the session is no longer required

At this stage we will still manage holiday notifications via the office as we roll out the system, but we look to be using this system for holiday bookings as well from early next year.



## New Website!

We have relaunched our website with new content, access to My Family Lounge and details on the Extended hours.

Please take the time to visit our site at [www.grelc.com.au](http://www.grelc.com.au) as we continue to upload additional content in the coming months including newsletters and key policies.

## Extended Hours Service

We are now up and running with our extended hours service with some families taking advantage of.

If you are needing to attend any Christmas functions in the coming weeks or just need a night out and are looking for someone to care for your child, we are able to help by having the children at the Centre from as early as 5.30 am to as late as 11.30 pm seven days a week.

Please contact Fortunate with any booking enquires or if you would like any further details.

### HOLIDAY NOTIFICATIONS NOW DUE

Please submit your holiday notifications as soon possible for us to plan our staffing over this time. All notifications need to **be in by 7 December** to ensure you receive the reduced fee at Christmas time.

*If your child is changing or dropping days due to attending another Kindy in 2019 can you please also email these changes as soon possible to assist in our planning for next year.*

**DON'T FORGET THE CENTRE WILL CLOSE AT 5PM ON CHRISTMAS EVE MON 24 DEC**

## ROLE PLAY



Role play is a very important part of a child's education. The imagination is a powerful tool which as we know is innate in some children but needs encouraging in others. It is important that preschools provide children with the opportunity to develop their imagination. In order to accomplish this they have to equip the children with spaces, scenarios, props and the support they need to explore their real life or imaginary worlds. Imaginative play not only aids intellectual development but also improves children's social skills and their creativity. In addition it gives children a chance to play out events that they have observed or experienced in real life

**Home Corner:** Using the home as a setting for role play works extremely well with children as the home plays an important role in each young child's life.

**Imagined Worlds:** These role-plays take place in places where the children are very unlikely to visit such as the moon or under the sea and they can meet characters that they are very unlikely to meet such as a dragon or a talking bear.

Source: [teachpreschool.org/2011/06/12/role-play-in-early-years/](http://teachpreschool.org/2011/06/12/role-play-in-early-years/)



**National Quality Framework | Quality Area 3:**  
Element 3.2.1 – *Inclusive Environment*. Outdoor and indoor spaces are organised and adapted to support every child's participation and to engage every child in quality experiences in both built and natural environments.

## Pics From Preschool Graduation.



## 5 Minute MOVES ROCK AROUND THE CHRISTMAS TREE

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

**EQUIPMENT:** Your Christmas tree, music.

This is a simple Christmas themed game of statues. Put on that Christmas music and get dancing. When the music stops, you freeze. This activity is about moving, fun and active family time. No winners or losers.

**Feedback**   
is always welcome

How can we make our newsletter even better?

What information would you like us to include?

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