



ON *this* MONTH

AT **Gawler Riverside**

Gawler Riverside Children & Families Christmas party-----7 Dec

AROUND THE COUNTRY

- Outside Classroom Day ----- 1st
- Melbourne Cup ----- 6th
- Diwali Festival of Lights ----- 7th
- Australian Food Safety Week ----- 10-17th
- Remembrance Day ----- 11th
- Orangutan Caring Week ----- 11 - 17th
- National Recycling Week ----- 12 - 18th
- World Kindness Day ----- 13th
- Universal Children's Day ----- 20th

THIS MONTH POLICY REVIEW

This month we are reviewing the Enrolment and Respect for Children Policy. Please read the attached policy and if you have any comment please forward to Fortunate.

From The Director

Time flies and we are coming to end of the year! October has been a good month in terms of reviewing our programs and practices. A big thank you for your continued support and feedback. Let us keep the conversation going on how to continue improving your children's experiences here at GRELC. To celebrate our success, we have lined up some celebrations for our children and their families in early December - graduation party for our preschool children who are going to school and a Christmas party for all the children and their families. Details and posters will be on our notice boards soon.

I am also excited to announce our new After-Hours Care! See last article of this newsletter.

It is now only just 6 weeks until Christmas so we are asking you to please let us know if you will be away during this period to assist us with staffing at this time. Please either email the Centre or complete a Holiday Slip next time you at the Centre.

If you have questions and need further clarification on anything about what we are doing please do not hesitate to contact us.

Have a great Month!
Fortunate Mapuvire





REMEMBRANCE DAY – 11TH

This year marks the 100th anniversary of the Armistice, which ended the First World War (1914–18). Each year on this day Australians observe one minute’s silence at 11 am, in memory of **those** who died or suffered in all

wars and armed conflicts. Go to your council website to find out details on your local Remembrance Service.

NATIONAL RECYCLING WEEK – 12-18TH

Planet Ark is encouraging everyone to reboot their perspective on recycling in the lead up to the most important National Recycling Week since it was founded 22 years ago! This year’s theme will explore the impact of the War on Waste and China's waste policies on Australia, the opportunities and positive waste stories emerging and the tools making it easier for you to reboot recycling. www.recyclingweek.planetark.org



BANANA BLUEBERRY AND COCONUT LOAF

PREP 15 min | COOK 1 hr. | SERVES 10

INGREDIENTS

- 2¼ cups (340 grams) wholemeal (whole wheat) flour
- 2 teaspoons baking powder
- 1 teaspoon cinnamon, ground and a pinch of salt
- 1 cup (170 grams) brown sugar
- ¾ cup (170 ml) sour cream
- ½ cup (125 grams) butter
- 1 teaspoon vanilla extract
- 3 eggs
- 3 bananas, mashed (approx. 2¼ cups) PLUS 1 banana sliced, to decorate
- 1 cup (125 grams) blueberries
- ¾ cup (70 grams) shredded unsweetened coconut

METHOD: Preheat oven to 170 C (350 F) and line a large loaf tin with baking paper. Set aside. Sift flour, baking powder, salt and cinnamon into a large bowl. Set aside. Using an electric mixer on medium-high speed, beat brown sugar, sour cream and butter in a large bowl until light and fluffy (approx. 4 minutes). Add vanilla and beat for 1 minute. Add eggs, one at a time. Beating well after each addition. Reduce speed to low, add flour mixture and mix until just combined. Add mashed banana, blueberries and coconut and mix until just combined. Pour batter into prepared tin and top with sliced banana. Bake for 1 hour or until a skewer inserted removes cleanly. Allow to loaf to cool for 15 minutes before placing on a wire rack to cool completely. Enjoy x *Remember to always supervise kids in the kitchen.*



Source: Recipe and images belong to mylovelylittlelunchbox.com



An app for learning and one for saving precious memories!



PEEK-A-ZOO
DUCK DUCK MOOSE

An award-winning interactive experience that asks children to identify different animals who dance, eat, wag their tails, wear sunglasses,

sleep and more. The basic game involves your child identifying the correct cartoon animal, based on a simple clue. Once the correct character is selected, a new scene appears. A great way to teach toddlers comparisons.

LOOPIMAL
YATATOY

Build loops! Create sequences! Compose music! Loopimal is a building tool full of handcrafted animations and sounds effects!



It is your child’s first entry into the world of computer sequencing. With intuitive and fun gestures they can create quirky animation sequences for different animals. The content is created with loops of melodies, rhythms or movements. The possibilities for creation are endless. There is no goal, no wrong or right, it’s a fail-safe kit for creation.



EPIC
DUCK DUCK MOOSE

Welcome to Epic! – the leading digital library for kids.

Children can explore their interests and learn with instant, unlimited access to 25,000 high-quality eBooks, audiobooks, learning videos, and quizzes for kids 12 and under. *In-App Purchases required.*



FOCUS ARTICLE: Transition to School



When children first start school there is a lot for them to get used to. Some children will adapt more easily than others. Helping children to feel confident and positive about school will give them a good start. There are many things you can do to help your child transition to school as smoothly as possible.

Becoming familiar with your child's school.

- Refer to the school as your child's school whenever you are passing by.
- Attending school fetes, fairs or community events.
- Finding out from your preschool or day care centre which children from the centre will be attending the school. You can then organise play afternoons and get to know some other parents.
- Asking if your preschool is running a parent evening to provide information on school readiness.
- Attend the school orientation days and parent information sessions

Building your child's confidence for school: Some children adapt very easily to school. It is important that you do not display anxiety about attending school nor speak negatively about your children not being at home. Talk about the excitement of attending school, and present school as the next interesting chapter in your child's life.

Visit the library and borrow books about children going to school. Download stories your child may like to read and read them on a computer or tablet.

Read to your child on a regular basis and model reading to them whenever possible. Develop a love of reading, books and learning.

As a parent, reframe your questions about school, preschool and day care from, 'What did you do today?' to a more positive question such as 'Tell me the best thing you did at school today', 'What is one thing you learnt today?' Segment the time at school and ask what did you do during the morning, after recess today? This is a useful way of talking with your child after school – not just in kindergarten, but also throughout their schooling.

Other tips:

- Start to get your child into regular sleep and waking hour routines. Children need to be in bed at a reasonable time to wake up refreshed. Televisions or technology (e.g. computers or tablets) should not be in the child's room. If these items must be in the room, establish a routine, such as not allowing them to be on after dinner. This will help your child begin to relax and prepare for sleep.
- Establish packing away routines with toys and encourage your child to help with simple tasks around the home to develop responsibility.
- Label your child's belongings for school. Set a pattern that expensive toys and treasured items are not taken to school. If they get lost or broken, this can create a lot of anxiety for you and your child.
- Help your child learn to dress themselves in their uniform and if using laces to tie up their shoes.
- Ensure your child can go to the toilet unassisted and teach them how to ask the teacher should they need to use the toilet during class time.
- Practice walking or travelling to school.
- Become familiar with the many resources available to help keep your child safe as they journey to school, for example safety town.
- Have your child help you pack their lunch. Remember schools are nut-free zones, so consider carefully what to provide in your child's lunch box. Think about easy-to-open lunch boxes, re-useable water bottles, sandwiches, and fresh fruit and vegetables.

To read the article in its entirety go to the link below. Source: NSW Education Standards (2018, October 19). Transitioning to School Retrieved from <http://educationstandards.nsw.edu.au/wps/portal/nesa/parents/parent-guide/transitioning-to-school>

PRE-WRITING SQUISHY BAGS

Pre-Writing Activities with Squishy Bags is a great way to target writing skills without using paper and pencils. It is providing a fun and exciting way to invite children to practice writing letters, numbers, their name, drawing pictures, shapes and words. Children can practice hand and finger movements for pre-writing development on the squishy bag.

Squishy Bag: For one squishy bag, you will need 1 cup of flour, 6 tablespoons of water and food colouring. You will also need zip-lock lunch bags (22cm x 22cm), sticky tape and a small mixing bowl. Adjust the flour and water amounts if you are using a smaller or larger zip-lock bag. Mix until all the ingredients are well blended. Scoop into zip-lock bag, before fastening the end, place the squishy bag onto a flat surface. Gently push any excess air out to avoid air bubbles. Press clips closed and tap to secure.



Let their imaginations run free to draw, create shapes, lines and patterns on the squishy bag. Use a soft paintbrush or a cotton wool bud (Q-Tip) to write your name, letters, numbers and shapes.

Source: Learning4Kids (2018, October 19). Pre-Writing Squishy Bags. Retrieved from www.learning4kids.net/



HEALTH & SAFETY: Powerful phrases to tell your child instead of “good job”.



"Good Job...You are SO smart, what a pretty little girl you are!"

Sounds good, right? Familiar, perhaps, as you praise your child all through the day? Of course, you are doing this from a loving and well-intentioned place. However, praise of this kind can sometimes displace just what our children need the most.

Yes, displace. Stay with me here. I know praise for all they do seems like the way to grow those strong-from-the-inside-out kids. But as we give what feels like encouragement to our children in just the above way, we can undermine their ability to be intrinsically motivated—firing from inside themselves as they tap into their strengths and abilities to, on their own, pursue all things in life. We can undermine their growth as a strong inner-directed person.

Think about this: If we tell a child "Good job!" when they willingly get dressed in the morning, what does this communicate when they have a hard time getting dressed the next morning? That they are doing a 'bad job?' This is what a child 'hears,' and it does little to help them decide, on their own, to want to get dressed in the morning.

If we tell a child "You are so smart!" when they bring home an assignment they got 100% on, how do they feel when they come home with one marked with 75%? Or when they find themselves struggling with homework? If we've told them they are so smart, then they may feel like they are failing when they struggle. "I'm supposed to be so smart. Why can't I DO this??"

If we tell our daughter how pretty she looks as she prances out in her frilly red dress, what are we communicating is important? How she looks? How could this influence her over the years...as a teen...if how she looks becomes the go-to response she gets from us?

What CAN we do? Oh so much.

Describing what you see rather than praising is essential for our children to grow intrinsically motivated and to feel authentically affirmed. Here's how that can look:

- "You chose the red frilly dress! And you buttoned all those buttons by yourself. That took a lot of work."
- "Wow. That took a lot of brainwork to come home with 100% on your assignment. I bet you feel really good about how your hard work paid off."
- "Math can be hard! Look at all the problems you've accomplished. You've concentrated on this for a long time."
- "Your friend is happy you shared your toy! What a kind thing to do."
- "It takes a lot of courage to climb up so high. When you are ready, you can give it a go."

What is different? Now you are focusing on their abilities, strengths, qualities—things you want to encourage as they help our children become more confident, feel more capable, able to take risks, to rally from mistakes, to move through struggle.

To know "I can really use my brain" sets a child up to work through a tough homework problem in an empowering way. Hearing "You are so smart!" can leave a child at a loss when they don't do well on a test, or when they can't figure out a problem. Using "You CAN be" instead of "You ARE..." gives a child the chance to be something else.

Use struggles as a time to name and affirm their feelings, rather than find something to praise in order to 'make them feel better.' Use struggles as a time to identify the inner strengths they are trying to tap into to succeed.

For example:

- "That puzzle is really difficult. It is frustrating for you! I can see you are working really hard to figure it out."
- "When your friend says those things it hurts your feelings and I can tell you feel sad. What might help you right now?"

This is important. Growing children who feel empowered, authentically affirmed and intrinsically motivated is key for living well all through life. It makes your job as a parent easier as your child can now move through struggles more successfully, can call upon their own selves to solve something, can make healthier choices with peers, and feel truly competent and capable.

Source: Motherly (2018, October 19). Retrieved from <https://www.mother.ly/10-thoughtful-phrases-to-praise-your-child-instead-of-good-job>



RECYCLING REBOOT

Recycling isn't just making sure you sort your rubbish correctly, recycling can be swapping and reusing items.

Swap Parties encourage people to reuse items, which, in turn, reduces the demand for new items. By swapping, rather than buying, a pair of jeans, a resident will save over 6,000 litres of water. Swap Parties are a good way to encourage people to reuse. Events like

this, particularly if they achieve a high media profile, introduce a large number of people to the practice of exchanging rather than disposing of items. You could attend a pre-organised event or even host one of your own.

To find out more Visit recyclingweek.planetark.org.



On Line Booking System Coming Soon!

In the coming weeks we will be introducing the final part of our enrolment and booking systems which is QK Enrol. This program will allow families via the My Family Lounge App, 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 centres
- 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.

Further details will be emailed to families in the coming weeks regarding the access to this system and when it will be operational.

HOLIDAY NOTIFICATIONS – NOW DUE FOR CHRISTMAS PERIOD

Are you planning on going on holiday during the Christmas period? Please let us know when your child is away by emailing us or filling in the yellow holiday form next time you are at the Centre.

We will be open throughout the holidays except for public Holidays however on the 24th December we are closing @5pm to allow everyone to be ready for Christmas.

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

The Gawler Riverside Family Christmas Party

7 December 2018

3.00pm to 5 pm at GRELC

All our Families are welcome to attend

There will be a free bouncy castle and face painting along with Christmas craft activities and visit from Father Christmas around 4pm.

Santa has something Special for all the children and a mystery prize for attending families!

The children are also practicing for a show/performance on that day



UNO EXERCISE

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

EQUIPMENT: A Pack of UNO Cards, pencil and paper

1. Work together to assign each colour an exercise and write what it is on your page. Consider your child's abilities and make sure you note the repetitions, time or distance the exercise is carried out. For example yellow might be "Hop 3 times" and blue may be "skip to the garage and back". A Draw Four is complete all exercises, Draw two – choose two, and a wild is free choice.

2. You can use the whole pack of cards, half or a selected amount appropriate for you and your children. Shuffle the cards and place face down in the middle, take turns selecting the card. Everyone completes the exercise and then a new card is turned over.



INVITATION TO PLAY



An invitation to play is arranging the environment so that it “invites” young children to come to an area in their classroom and explore, investigate, question, examine, participate, touch, feel, and manipulate through as much independent play as the materials can possibly allow.

An invitation to play should:

- Capture a child’s curiosity
- Be intentional in design and purpose
- Be appropriate for the age of children
- Include materials that the children can freely touch, manipulate, and explore

An invitation to play is not just setting up a pretty table but it is instead intentional in design to foster learning and to keep the child engaged the learning process.

You can set up ‘invitations to play’ at home too. Anna Ranson from The Imagination Tree has written a simple explanation on what to do here: theimaginationtree.com/creating-invitations-to-play/ images belong to the [imaginationtree.com](http://theimaginationtree.com)



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.

NEW AFTER HOURS PROGRAM FOR FAMILIES

The community asked and we listened!

Effective immediately, we have embarked on a program to support families who work outside normal childcare hours. Upon request/booking we are extending our hours from 5.30am to 11.30 pm seven days a week. The good thing is families can still access childcare subsidy if they are eligible. See flyer below for more information or contact us for further information.

Needing Daycare Support for 2019 with Flexible Hours? Finding it hard to find a quality Early Learning Centre for 2019, particularly one that can assist if you are a Shift Worker or work outside normal childcare hours?

Have you considered Gawler Riverside Early Learning Centre, right in the heart of the Town on the banks of the river. Serving the Gawler Community for many years, under new ownership the Centre is seeing the benefit of change with new family owners committed listening to and meeting our families’ needs.

Aside from standard care hours we know at times families need support outside these times whether it be to support extended work hours, or just allow parents some free time together. Gawler Riverside is here to support this need should it suit your circumstance.

Whether you are looking now or just planning for 2019, give us a call to book a Tour and discuss how we can support your family.

OSHC (Fee includes Transport to and from Schools) \$2.50* 6.30–8.30 AM. \$3.75* 3.30–6.30 PM.

Accredited Preschool Program (Ordinary Hrs) \$20* per day

Day Care and Early Learning Support for your children (Ordinary Hrs) \$20* per day.

Extended Hours Care—by arrangement \$21 per hr* As early as 5.30am, as late as 11.30pm, 7 days.

Occasional and Respite Care \$6* for 3 hr session \$20* for the full day

*** Based on full entitlements to Child Care Subsidy being recovered.**

Feedback 
is always welcome

How can we make our newsletter even better?

What information would you like us to include?

Gawler Riverside ELC

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