

Term 1 week 8 2022

www.plcc.sa.edu.au

Port Lincoln Children's Centre Newsletter

Upcoming events:

PLCC Governing Committee meeting: Monday 28th March 2022

Childcare will be closed for these Public holidays Good Friday: 15th April which is the last day of term 1.

Easter Monday :18th April ANZAC Day Monday 25 April

School and kindy holidays: 18th - 29th April

Kindy starts again on Monday 2nd May for Koala Group and Thursday 5th May for Gulda Group

Dear Families

It has been a busy term with children engaging in many learning experiences and enjoying learning through play with their friends and peers in our outdoor spaces. Interacting with their peers and educators helps children develop social awareness and skills they will be able to transfer to other environments and situations. They engage in experiences that are collaborative and creative when building with blocks, moving equipment or in the sand pit. We have many spaces that foster dispositions for learning such as independence, resourcefulness, purposeful, persistence, imaginative, curiosity and communication which are all a part of a process for learning as children grow to be citizens of the world they live in.

Fundraising: We will be holding a Pattern Dress Up day on Tuesday 12th and Thursday 14th April with a gold coin donation to fundraise for an Early Childhood Centre affected by the floods in Queensland or New South Wales. Your donation will be greatly appreciated.

A reminder that kindy fees are overdue, please contact Kerry or myself if you are unsure of how much the kindy fee is for your child. There are a range of ways kindy fees can be paid which are cash, eftpos or direct debit, instalments or in full for each term.

Childcare spaces: we have some spaces available for over 3s on select days, if you are interested please ring 86833073 and speak to Lynn or submit an online waitlist form for childcare, the link is available on our website www.plcc.sa.edu.au

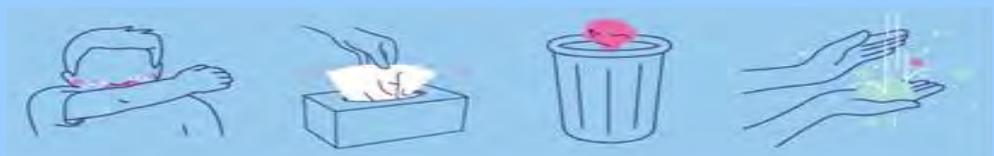
Thank you for supporting our childcare and kindy programs, our events and our staff.

Joanne

Stop the Spread

www.StopTheSpread.sa.gov.au

www.Australia.gov.au



Childcare News.....

This has been an exciting term for childcare, we have been:



Learning about butterflies



Exploring our feelings



Learning about numerals



Learning to balance.



Discovering different textures



Helping Emma to prepare morning tea.



Making friends



Trying different types of art.

We would like your help to review our Philosophy Statement. This helps guide our practice at Port Lincoln Children's Centre.

Please read and make any comments on this page and hand it back to any staff member.

Your ideas and suggestions are greatly appreciated. Thanks

Port Lincoln Children's Centre supports Aboriginal culture, lifestyles and child rearing practices by valuing parents and extended families and Acknowledging and respecting the cultural heritage that children, families and staff bring to the centre. We will refer to the articles in the child friendly UN Convention on the Rights of the Child.

We believe:

- Every child has the right to secure, trusting, nurturing relationships (article 1,2,3,19)
- In respect for children, families, each other and the environment (article 29),
- Families are important, they are the main educators and caregivers (article 5, 28)
- In equality, equity, fairness and diversity (article 19, 23,30)
- In being responsive to children, parent, staff and community voice (article 12,13,17)
- That children have the right to positive play and rest throughout the day (article 31)
- All children are capable and competent learners (article 28,29)
- In play based learning (article 13, 28, 29)
- In the importance of staff developing and maintaining trusting relationships with children, families and each other (article 3, 4, 29)
- Healthy eating is essential for physical and mental development (article 24)
- Every child has the right to be safe (article 19),
- Every child has the right to challenge their capabilities (article 29)

We will:

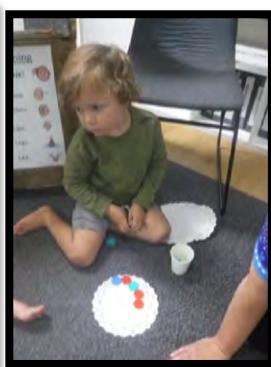
- Follow the requirements of the National Quality Standards and the principles and practices of the Early Years Learning Framework,
- Value and respect children, families , each other , community and the environment,
- Develop partnerships with families by listening and supporting them in their role of nurturing children,
- Be inclusive and respectful,
- Listen and respond to children, parent, staff and community voice,
- Provide a diverse environment that supports the opportunity for intentional teaching and include areas for both quiet and active play that promotes individual knowledge, strengths and interests,
- Make ourselves available to build and maintain close relationships with children, families, community and each other,
- Encourage and support children to explore and learn through experiences,
- Create an environment that is safe but allows children to challenge

Reviewed 15/4/2016 Reviewed Term 2 2017 (14 parents have reviewed Philosophy statement during Term 2 and agreed that there doesn't need to be any changes or additions at this time) Reviewed 29/3/2018 Reviewed 25/1/2019 2020 did not review due to covid
2021 provided in newsletter, email, hard copy for staff and families to review

Koala group news.....

In the Koala group we have been continuing on with Patterns from last year.

During Kindy we have been looking at Patterns in Numeracy. Patterns can be found almost anywhere in the environment. Patterns have a structure that is ordered and predictable. It is the search for order and or repetition in arrangements of objects, space, numbers and designs. We have been on a pattern walk, copied a pattern made by an educator, continued a pattern, made our own patterns, listened to patterns in music and performed patterns in dance. We made patterns with fruit kebabs and learnt that they aren't always in a straight line they can go in a circle.



In Literacy we have been focusing on Pig the Tourist. We have talked about what it means to be a tourist. We looked on YouTube at some of the places that Pig visited.

Some of the new words (Tier 2 Words) that we learnt were Shattered, Disaster, Catastrophe. As you might have guessed from these words Pig was always getting into trouble.



Gulda group news.....

balloons

Lolly wrapping



Celebrating Clean Up Day (3 & 4 year olds and Childcare)

We went to the soccer oval and discovered lots and lots of rubbish. But before we did the visit we had a discussion about being safe and being responsible because we had to cross a road and listen to our teachers. We had to put on gloves and not to pick up broken glass but tell the teachers.

We found rubbish that were made of plastic, metal, wood and broken glass.

Read a big book 'Let's Learn about where the rubbish goes' by Matthew Ingram

straws



Plastic lids and paper cups

ropes



Cans



Bottle tops

FROM THE KITCHEN

How to create a healthy lunchbox for (and with) your kids

To build a healthy lunchbox, pick something from each core food group:

Fruit: buy seasonally for the best taste and price and cut into pieces to make it easier for little fingers.

Vegetables, legumes and beans: snacking vegetables like cucumbers, carrots, cherry tomatoes and snow peas are quick and easy options.

Milk, yoghurt, cheese and alternatives: UHT milk poppers, cubes of cheese and frozen tubs of yoghurt are all great choices for strong bones.

Go for calcium-fortified if you are choosing [plant-based alternatives](#).

Lean meats, poultry, fish, eggs, tofu, nuts, seeds, legumes and beans: support growing muscles by mixing it up with animal and plant-based sources of protein.

Grain (cereal) foods: grainy and wholemeal breads, wraps, pita, rice, couscous and wholegrain crackers are just a few ideas to include in the lunchbox for energy to get through the day.

Water: include a refillable water bottle to keep hydrated to help concentration throughout the day.

For more ideas, have a look at the Department of Health and Human Services [Pick & Mix 1-6 guide](#) and check out [Woolworths recipe ideas for kid's lunches](#).

Cheesy Oatburgers Recipe

In a bowl combine 1 cup grated cheese, 1/4 cup chopped green capsicum, 1 chopped tomato, 1 cup oatmeal, 2 eggs and 1/3 cup flour. Make into patties and fry in hot oil.

Fussy Eaters Workshop

Do you have a 'fussy eater' in your family?

Do you have constant mealtime battles?

Join Kirton Point Children's Centre Speech Pathologist Melanie and Occupational therapist Alice for a chat about babies, toddlers, children and food

Discover some information that just might help.

Wednesday 30th March 2022

9:30am to 11:00am

At: Kirton Point Children's Centre

Please phone 8682 5969 to register
by Monday 28th March 2022

I AM AFRAID...

As children grow up, they develop different worries and fears. Some of these feelings are common in all stages of child development.

- AGES 2-4**
 - Fear of the dark
 - Fear of wardrobes
 - Fear of sleeping alone
 - Fear of the weather (thunder and lightning)
 - Fear of shadows
 - Fear of loud sounds
- AGES 5-7**
 - Fear of the dark
 - Fear of doctors
 - Fear of sudden loud noises
 - Fear of insects and animals
 - Fear of friends' rejection
- AGES 8-11**
 - Fear of ghosts
 - Fear of losing beloved persons
 - Fear of school failure
 - Fear of evil people (kidnapping)
 - Fear of disappointing their parents
- AGES 12-18**
 - Fear for personal safety
 - Fear of school presentations
 - Fear of death
 - Fear of the future
 - Fear for self-image (fear of what other people think of them)
 - Fear of abuse
 - Fear of world events

upbility
Publisher of Therapy Resources