



Term 1 Week 9 2023

[www.plcc.sa.edu.au](http://www.plcc.sa.edu.au)

## Port Lincoln Children's Centre Newsletter

Governing Committee: Monday 1st May 2023

Good Friday holiday: 7th April

Easter Monday: 10th April

ANZAC Day: Tuesday 25th April

Emergency Contact details

Please make sure you have provided PLCC with your current mobile phone number and that you are available during the hours your child is enrolled at PLCC. It is important that we are able to contact you in an emergency.

Dear Families

Bec and Kirsty with R.A.P working group, developed a Reconciliation Action Plan for PLCC which is published on Narragunnawali Reconciliation Australia website. We would like your feedback and support with our Commitment to Actions. We have a R.A.P book that we will add to as we work towards achieving and embedding our actions in daily life at PLCC. Throughout the year we will include 1-2 of our commitment to action in our newsletter. If you are interested to see our R.A.P book please come in and have a look through it. One of the first aspects we will focus on is teaching the children about the significance of the Aboriginal and Torres Strait Islander flags. If you would like to share your experiences in relation to flying or using the Aboriginal flag please let us know.

On Tuesday 28th March we had a visit from Jess Davis and Ben Sheridan, who came to film some of the great work Long Day Care staff and children engage in everyday. It is an honour to be asked as a centre to be involved in a project where practice and spaces will be shared with other Early Childhood services nationally through Child Care Community Fund Restricted programs and possible resources or publications.

I invite you to share the good things happening at our centre with others and share the things that we could do better with us. Any feedback from families will help us to improve our services to our children, families and community.

Joanne

*"Let the beauty we love be what we do. There are hundreds of ways to kneel and kiss the ground"*

JALAL'U'DIN RUMI

## Stop the Spread

[www.StopTheSpread.sa.gov.au](http://www.StopTheSpread.sa.gov.au)

[www.Australia.gov.au](http://www.Australia.gov.au)

Coronavirus  
(COVID-19)



Last week Rachel, Carmel and Twania came to the centre and talked about healthy food. First, Rachel read the book 'The very hungry Caterpillar' by Eric Carle and the children had to find the healthy foods he eats. Children had to choose healthy and unhealthy foods.



After the story we sat at the table and made some very delicious fruit pizzas.



The children were each given a slice of watermelon on a plate. Then they had to put on some vanilla yoghurt and spread it. They were given the choice of blueberries, grapes, kiwi fruit and strawberries to put on the top.

## Long Day Care

Introducing Isabella, the newest member of our team. Isabella is working 12.15pm to 5.15 each day. She has quickly fitted into the team and is already establishing positive relationships with the children. Please take the time to say hello.



You may have noticed that the Play Dough table is a regular feature at the Centre. This is because it is a wonderful learning activity. Playing with play dough provides children with the opportunities to develop fine motor skills, creativity, vocabulary, literacy and numeracy and social skills. It:

- Motivates children to explore its sensory qualities
- Strengthens small fingers, hands and wrists
- Builds children's imagination as they play with it, creating as they wish
- Developing self-esteem - no right or wrong to play
- It's calming and helps children relieve stress through their hands



### Simple Playdough Recipe

1 cup plain flour

1/2 cup salt

1 teaspoon cream tartar

1 tablespoon vegetable oil

1 cup of just boiled water and food colouring of choice.

Mix together dry ingredients and then add the oil and water. Mix until it comes together and knead until smooth. Sprinkle the play area with a little flour to prevent sticking.

Be careful as the mixture is very hot.



Educators are currently reviewing our Sleep and Rest policy to ensure it is up to date with the current health and safety guidelines and recommendations. We would appreciate any feedback or questions from families about this. A copy of the policy is attached to the newsletter with a feedback note. Please feel free to write a comment or speak to one of the educators.

Gulda Group

On Friday 17 March 2023, three year old kindy went on an exciting trip to The Lions Picnic Park to see what they would find in the rockpools. This was an excursion in line with the sea theme we have this term. We have been reading 'The Rainbow Fish' books by Marcus Pfister, 'The Hidden Forest' by Jeannie Baker, 'Looking for Crabs' by Brue Whatley, 'Waves' by Janet Stott-Thorton and 'The Silvery Sea' written by the children of The Royal Children's Hospital Melbourne with Alison Lester and Jane Godwin. Learning through play is the best way. There was lots to discover and we all loved it! Before we went, we had to talk about how we could be safe, so close to the sea water (Risk Assessment/Benefit). We had some great comments from the children.

Nana Sissy, Beau and Sage

'Broken glass - don't pick it up. Talk to a teacher'

Sage

'Wear a hat'

Poppy and Nevaeh

'Walk on the rocks and sand'

Penelope and Sage

'Listen to the teachers'

Nevaeh and Malikai

'Seat belts on'

Penelope and Beau

'Walk to the bus'

Poppy

'No swimming'  
'Sunscreen'



Poppy

'I've seen a crab'



## From the kitchen ....

The children enjoyed eating Boston Bean Bake for lunch.

### Ingredients

4 eggs  
1 onion  
440g tin baked beans  
125g cheese, grated  
2 carrots, diced  
1/2 packet frozen spinach  
2 teaspoons mixed herbs  
Breadcrumbs, as needed

### Method

1. Sauté the onion in a lightly-oiled pan
2. Add all ingredients to large bowl (adding enough bread-crumbs to make a thick mixture)
3. Mix together with cleaned, washed hands
4. Put baking paper onto a tray. Place mixture onto the tray. Press flat (about 3-4cm thick)
5. Bake in oven at 180 C for approximately 40 minutes or until firm
6. Remove from tray immediately onto wire racks (to prevent the bottom from getting soggy). Cool before slicing
7. Serve with salad or cooked vegetables

This makes an ideal lunch box snack

## Reconciliation Action Plan

We have 14 Actions and goals which we will continue to include in our newsletter throughout the year. We would like your feedback on our Actions and Goals. We have a RAP book for any comments or feedback.

### Action 1: Acknowledgement of Country

Goal: to share an Acknowledgement of Country during daily routines and events. Include an Acknowledgement on our website. To teach children, families and staff the importance of Acknowledging the Traditional Custodians of the land we are on.

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### Action 2: Aboriginal and Torres Strait Islander Flag

Goal: To teach children, families and staff about the importance of displaying the flags and to learn what the colours represent for Aboriginal people.

## Reminders:

- Long Day Care families: if we receive two weeks notice of cancellations for childcare bookings, a holding fee will be charged at half the usual price. We will charge full price if we do not receive any notice of absence
- Please name your child's belongings
- Please make sure spare clothes are provided if your child is toilet training
- \$1.00 per day for a hot lunch is available for children
- Kindy families: Please ring 86833073 if any changes to kindy pick up times. Staff are available for phone calls from 8:15am.
- Please make sure you are at home to collect your child from the bus run. If you are unsure of kindy finish time please check in with kindy staff.
- Kindy and Long Day Care fees help us to provide and update resources for children, develop our outdoor space.
- Have a look at our Native Bush Garden Walking trail.

## Building Coping Skills

### ..... In your children

Building Coping Skills is a FREE workshop that helps you as parents and caregivers to support your child or young person's resilience.

Our workshops are full of helpful information with a choice of simple, practical strategies that each family can adapt for their own parenting situations.

Topics to support parenting include:

- ◆ Wat is resilience?
- ◆ Understanding stress for children and young people
- ◆ **The benefits of 'considered risks'**
- ◆ How parents can help build resilience

Everyone is welcome, bookings essential Please arrive 10 minutes early to register

Workshops are based on the latest parenting research and use information from Parenting SA.

Light refreshments and crèche available

Where: Community Hub—Lincoln Gardens Primary School

When: Part 1 - Friday 24th March 2023

Part 2 - Friday 31st March 2023

Time: 9:30am to 12:00pm

To book: ring Kerry on 0409300531