Message Board

- The Alma Bugdlie Community Room will be opening soon. Stay tuned for more details.
- Migratory Bird Day —— 9th & 10th
- National Sorry Day ----------- 26th
- Please bring your child's updated immunisation information to preschool as soon as possible.

Happy Mother’s Day

We hope you all had a wonderful Mother’s Day full of hugs and kisses. The children put a lot of time and effort into their Mother’s Day art and enjoyed visiting the Mother’s Day stall. We hope you felt very spoilt.

Cough, Breathe and Blow

With the cold weather setting in we have started our cough, breath and blow program. It is highly beneficial to have a clear nose, throat and ears before completing a long day of learning through play. It allows your child to hear more clearly, think more clearly and helps them to feel better about their day. We are also ensuring that your child knows how to sneeze safe just in case they develop cold or flu symptoms. If you would like more information on these programs please don’t hesitate to ask.

Maddisyn giving Kyreece his immunisation needle.
NATIONAL FAMILIES WEEK – MAY 15 TO 21

The 2015 theme is 'Stronger Families, Stronger Communities'. This year’s theme highlights the important role families’ play as the central building block of our communities and that community wellbeing is enhanced by family wellbeing.

**Book Review**

**Little Big** – Jonathan Bentley

**Ingredients**

- 5 cups quick cooking oatmeal
- 8 oz. pitted dates (Check for pits)
- 1/4 cup coconut oil
- 1/4 cup raw sugar or organic sugar
- 1/4 cup water
- 1/2 cup unsweetened applesauce
- 3/4 tsp baking powder
- 1/2 cup unsweetened applesauce (optional)
- 1/2-1 cup raisins (optional)
- 2 tsp cinnamon (optional)

**Method**

Preheat oven to 200 C. Lightly oil a baking sheet.

In a saucepan, add the dates, coconut oil, sugar, and water. Bring to a boil for 2 minutes, and then quickly turn the heat down to low. Let simmer for about 10 minutes or until the dates are soft.

Transfer date mixture to a mixer and beat on medium until it turns into “date paste”. Turn the mixer off, scrape the sides down, and add the applesauce. Turn mixer back on low. Add the first cup of oats and the baking powder. Continue to add oats one cup at a time. If the dough starts to come apart into chunks, stop adding oats. Add optional extras.

Remove from mixer. Use an ice cream scoop to portion the mixture into your hands, roll and place onto the baking sheet.

Bake for 8 minutes, removing the cookies before they turn brown.

These vegan granola balls store well in an airtight container for 4-5 days.

The children’s book council of Australia: Book of the Year Awards; Notables 2014

*Being little is no good.*

*That’s because being big is better.*

*Except when being little is best of all.*

Sometimes little brothers just want to grow up fast so they can go to school, ride a bike and reach the cookie jar. *Little Big* is a scrumptious tale of wishing and dreaming about what it might be like to be big or even a little bit too big, and how great it is to be small.

This is a lovely story that many children will be able to relate to. Jonathan Bentley fills his pages with irresistible illustrations which are rich with things to discover. There is a subtle humour that appeals, particularly in the final spread which is the perfect end to a well-told tale. There is little text in this book allowing the imagery to do the talking.
Focus Article: Imaginary play

The word "imagination" conjures up images of children pretending with dolls, pushing dump trucks, or dressing up as princesses or pirates. While young children do spend much of their time in the land of make believe, the imagination is not just reserved for children's play. It is because of the development of the imagination during childhood that adults are able to do many of the tasks that daily life demands. Adults constantly use their imagination to help them invent new things, visualize, solve problems, enjoy a book or movie, understand others' perspectives, make plans, come up with ideas, and think creatively. No wonder Albert Einstein felt that "Imagination is more important than knowledge"!

Therefore, using one's imagination is a critical cognitive skill that is used throughout life, and it is important to encourage the imagination in childhood. But what is the connection between pretend play and language?

The connection between pretend play and language

Pretend play is also known as "symbolic play" because it involves the use of symbols. When we use symbols, we use something to stand for something else. In the case of pretend play, children may use one object to stand for another, such as pretending a spoon is a hairbrush, or a tablecloth is a cape. This type of symbolic thought is also needed for language, as our words are symbols. Our words stand for our thoughts and ideas. Therefore, pretend play and language both involve the same underlying ability to represent things symbolically (Weitzman and Greenberg, 2002). It's no wonder children start to engage in pretend play around the same time their first words emerge (between 12 to 18 months). Furthermore, children who have language difficulties sometimes also struggle with pretend play.

- When you pretend with your child, you will help him learn to play with others. Eventually, your child will start to pretend with other children, where he will learn to take turns and collaborate.
- When children take on a pretend role, they imagine what it is like to be another person. This helps develop their ability to take others' perspectives and develop empathy.
- Pretend play is fun! When you play like a child and let your imagination lead, you and your child will never run out of things to play with or talk about!

Why Encourage Pretend Play?

There are many reasons why parents and caregivers should consider encouraging their child's pretend play skills:

- Your child will gain practice with using symbols. This strengthens the foundation for your child's pretend skills and language skills.
- Pretend play is an excellent way to expose your child to new vocabulary that he may not be exposed to in everyday life, such as "pirate", "sword", "rescue", "castle", or "fairy".

Read more of this article here: 
http://www.hanen.org/Helpful-Info/Articles/The-Land-of-Make-Believe.aspx
Photo credit: Candere Photography from whattoexpect.com
Health & Safety: Resist the urge to hibernate!

So what are we waiting for?
Children and adolescents should be active for at least one hour a day. There are many ways to reach this target during the winter months.

- Make autumn yard work fun. Have kids come up with different ways to pick up leaves or pine cones (i.e. squatting, bending, leaning, stretching, or balancing on one foot). Provide kids with rakes and other tools that are kid sized for comfort and safety.

- Keep warm without a doona, make an obstacle course and race your child.

- Put on a raincoat and go searching for the biggest puddle you can find.

Don’t forget to apply sunscreen and insect repellent to protect you and your family from the sun and mosquitoes.

Australia’s winter hardly compares to that of other parts of the globe, however, as the days get cooler we spend less and less time outside playing. A motto at a pre-school in Ireland is:

"Sunshine is delicious, rain is refreshing, wind braces us up, and snow is exhilarating; there is no such thing as bad weather, only different kinds of good weather."

- John Ruskin

Make your own Bath Bomb

Most of these ingredients can be found around the home, why not engage the kids in this activity to make some affordable and enjoyable bath time treats.

INGREDIENTS
- ½ cup of baking soda
- ¼ cup of mineral salts
- 6 drops of essential oil lavender, geranium, peppermint
- ¼ cup of citric acid
- 2 teaspoons of water
- 2 Tablespoons of vegetable or coconut oil

OPTIONAL EXTRAS
- ¼ cup of dried flowers (rose petals, potpourri, tea bags)
- Food colouring (use sparingly)

EQUIPMENT
- Rubber moulds, such as cupcake moulds
- Paper towel
- Large glass bowl (Use glass over aluminium or metal, as the citric acid can react.)
- Measuring cups

METHOD
1. Place all dry ingredients into a glass bowl, and combine well.
2. Place all the wet ingredients into a jar and shake well
3. Add liquid ingredients to dry, a drop or two at a time, mixing with hands. If you see foam you are pouring too fast.
4. The ingredients will still be quite dry, resist the temptation to add any more oil or water.
5. Tightly pack mixture into mould, leave in the mould for 2 hrs.
6. Gently transfer to some paper towel, and leave to dry overnight.

Tips
- Try and use best quality citric acid and mineral salts.
- Be aware that people’s skin may react differently to oils.
- In humid weather, you might want to leave them for a little longer in the mould.
- To give your bombs a pretty, textured look, sprinkle extra herbal tea or potpourri into the moulds before you press in the mix.
Our Philosophy of Care governs everything we do and everything we say. It reflects our professional attitude, operational behaviour and approach to early education.

It should also reflect the mutual goals & forecast outcomes of our Service community - YOU! As part of our on-going quality improvement program and in keeping with the philosophy statement being considered a 'living - breathing' document, we ask that you read the copy we provided you and submit any suggestions or question. Here are the steps we will take to complete the annual review:
1. Staff review
2. Parents & family review
3. Owner / Director’s review
4. Review feedback from all above stakeholders
5. Complete draft copy & question relevance
6. Generate & share new Philosophy

We look forward to your valuable input!

Happy Birthday Malakyee!!