



From Kerri's Kitchen 😊

Seasonal menu and allergies

As summer comes along, seasonal produce changes and so does a couple of the menu options for lunch. Our ever favourite pumpkin soup will be gone until the cooler months arrive again ☺

We will introduce other fruits and vegetables and encourage children to eat more variety of these and "try the colours of the rainbow". We have had new children begin and this does mean some new allergies, please ensure that you try not to bring food into the centre unless you have checked with Kerri, Tara or the educators about any allergens that can be a risk.



Hello families,

It has been quite a while between newsletters with lots of things happening at Rose Cottage! Over the last few months we have seen ourselves faced with another lockdown, missing out on seeing children and families for quite a long time. Now that we have hit November, we are so pleased to see the service full once again. As early childhood educators, we have had to embrace change in a very different way over the last two years – this has seen collaboration and connection grow like never before. In turn, we are able to provide and deliver high quality care for all of the children who we are so lucky to have in our lives. Thank you to all of our families for placing trust in us to be the other important adults in your children's (and your) lives. We are so grateful for you all!

As we creep towards December, we have so many exciting things to look forward to!

Professional Development for educators:

- Growing leadership skills and confidence: Davina, Teasha July
- What does being an early childhood professional mean? Laura July
- Making the planning cycle visible: Davina, Orlando August
- Setting up beautiful outdoor spaces focused on learning and aesthetics: Teasha, Laura September
- An introduction to schemas: Re-imagining curriculum for Infants: Marcela, Maria, Jess, Riley, Teasha September



Koalas Room

Over the past few months, we have been focusing on maintaining strong relationships with our Koalas and our team to provide secure and consistent love, care, and education as we navigate some changes in the world and in our centre. We have welcomed several new friends to the room and the older children have been very excited to meet the new babies and help them feel at home.

We have turned our attention towards our garden in recent months, and have engaged in many conversations about how plants grow and what they need while putting this into practice.

Our hard work has paid off, and we are now seeing beautiful sunflowers blooming in the garden!

The Koalas have been enjoying our loose parts area indoors, so we have added a second table of loose parts and materials that is at a height to encourage standing and cruising for our little ones. We've added a range of natural materials and interesting objects to extend on the Koalas interest in the transporting, enclosing, and trajectory schemas. We have also added a whole lot of wooden fruits and vegetables to the home corner, as well as plates and cutlery, which the Koalas have had a lot of fun cutting up and serving to each other.

And finally, this month we are so excited to welcome GrowFit back to Rose Cottage! It's such a joy to once again have this fantastic opportunity for engaging and challenging physical activity and gross motor development.



Wombats Room

Over the last four months the educators have implemented different experiences focused on the children's interests.

Using these experiences has supported us educators and the children to consistently build on our relationships in the Wombat room. We saw this through planned tea parties where the children were able to sit with their peers and educators, creating a positive social space that encouraged all the children to be heard.

Emotional wellbeing has been a big part of our program with the wombats as they are constantly learning more about themselves and navigating through their big emotions. We have focused on different strategies to collaborate and support them during this self-discovery based on each individual child's interest to ensure they're each gaining the skills and knowledge needed to eventually support themselves as autonomous individuals. This has been seen through cosmic yoga, the smiling minds app, games focusing on body control, breathing exercises and grounding exercises (drawing from our five senses); making sure they have the freedom and safe space to express their feelings.

We made a lot of changes this year to our learning spaces.

We ensured the wombats were a part of that process, together we looked at photos, resources and gave the children a voice when adding or removing parts of the room.



Kangaroos Room

We have incorporated a new letter of the week focus into our curriculum that has seen the kangaroos application to learning a new letter of the week with various experiences taking part around that letter every week. We also introduced the concept of calendar while children told the day, date and month and did our own calendar every day.

This has enabled all the kangaroos to focus on literacy, phonics and word association .

Over the past few months we have continued to incorporate the FIT and Dance into the curriculum with the introduction of workout Wednesday which sees the kangaroos undertake a variety of gross body movements to music and working as a team, learn different choreography to music and of course a dance party at the end where the kangaroos can do some freestyle movements.

B is for Boxing – another welcome addition has been boxing where the kangaroos have been able to don the boxing gloves and go through some punching movements .

Dance is still a regular fixture and has been a huge hit with the kangaroos as–

Kangaroos are masterchefs – we have also incorporated cooking experiences into the curriculum and have made Lasagne for world lasagne day, vegan raspberry slice, fairy bread and honey joys.

During this time we also celebrated book week – we had dress ups and read a book every day via zoom to all of our friends who were not attending the centre.



Outdoor and nature play – post pandemic

Spending time outdoors and immersed in nature has many benefits for children’s health, wellbeing and development. Now, more than ever, we must ensure we are providing children with large periods of uninterrupted play so that they can reconnect to play in a way that they have not been able to do during the period of COVID-19.

We need to spark curiosity, exploration and children’s imaginations! It is our plan to develop new risk assessments and state the risk benefit that being outdoors has for children – not only due to fresh air and ventilation, but for their mental health and wellbeing. After all, as educators we are wanting to ensure that children are able to obtain lifelong skills that they take with them for years to come. Not only for a transition to school or academic skills – skills that ensure they are empathetic and caring about land and country, where they learn to express themselves freely and in their own individual ways. These are the practices that we as educators should be focusing on to ensure children are “ready” not only for school, but for life! Please read this wonderful article about being outdoors and what this means for children:

<https://theconversation.com/rewild-your-kids-why-playing-outside-should-be-a-post-pandemic-priority-156077>

SOME FRIENDLY REMINDERS

COVID-19 and early childhood education

As we get back to our normal lives after the lockdown and attempt to live with COVID-19, there will be many updates and other pieces of information that we share with our families along the way. Please see this link for a detailed factsheet from the Department of Education:

https://education.nsw.gov.au/content/dam/main-education/early-childhood-education/coronavirus/Families_factsheet-COVID.pdf

https://education.nsw.gov.au/content/dam/main-education/early-childhood-education/coronavirus/families-factsheet-community-languages/COVID-19-Parent_Factsheet_SimplifiedChinese.pdf

Christmas closure 2021/2022

Thank you to our families who completed the survey about our closure dates over Christmas. We have collated the responses and have decided that the final day of operation in 2021 will be Thursday 23rd December. Our first day back in 2022 will be Wednesday 5th January. This was originally going to be Monday 10th January, but due to survey responses and what we have gathered this suits best. During the time we are closed, fees will not be charged to families. The final fee payment for 2021 will be on Thursday 23rd December and will only include three days of attendance so will be a very small debit; even smaller for some of you.

Rose Cottage tea towels!

Each year, the children create their handprint or self-portrait for our tea towel that parents can purchase. They are an excellent Christmas present for families or just a beautiful keepsake.

All money that is spent and raised goes towards beautiful resources for the children in the new year. Look out for the order form being sent out shortly.



Family survey – plans for 2022

I would love some feedback from our families in regards to 2022 and our educators working in the environments.

Each year we normally plan for one educator to transition with the children who will be starting in the new learning environment. This may need to be a different approach as we come into the new year, due to many factors. COVID-19 has impacted in more ways than one; change being a major one for us. We are not used to so much change, but must do what is best for all of the children and also the educators. Please complete this survey to help us with our decisions for which learning environments educators will be in 2022:

<https://www.surveymonkey.com/r/J786G8N>

“Education is the most powerful weapon which you can use to change the world”

Nelson Mandela