



From Kerri's Kitchen 😊

New menu and compliance from NSW Health/Munch and Move

Kerri and Tara recently attended a menu review session delivered by NSW Health and Munch and Move to review our menu and ensure we are meeting all requirements and guidelines. We took into account the changes that families have made with us, including our famous roast veggies for late snack and include this twice a week during the colder months. Some changes have seen less fruit and more vegetables introduced, and of course the changes our families helped us make with less sugar, more wholemeal and whole grains and accommodating for children with allergies. We will send the new menus and our compliance certificate to you all on Seesaw, and welcome any other feedback or changes you may think of.



Hello families,

As the year moves on, we will see things continuously changing or finding a different kind of 'normal' through COVID19 and the effects it has had on many of us here in NSW. We really appreciate our families support throughout what has been a challenging and difficult time for all, and we are always so thankful to still be here every day with the children and each other. Thank you for understanding any changes or different ways of doing things that we may have had to adapt to.

Another thing that we are not so used to is the changes that have come our way with educators at Rose Cottage. We know that with the support of our existing educators, our families and the community we will get through this uncomfortable part and still be able to deliver high quality care and education for the children just as we always have.

We want to let families know it is now mandatory for you to use our QR code at the front entrance to sign in. For now, families are only dropping off and collecting at the front entrance but once things begin to go back to normal and families begin to come in we will require you to sign in with the QR code.

Professional Development for educators:

Munch and Move dance fundamental movement workshops: Davina 3rd June

Munch and Move e-learning: Tara 22nd June

First aid, CPR, asthma and anaphylaxis: Whole team 24th June

Freddy is our new travelling RC teddy! The Kangaroo children have loved inviting him into their home lives and sharing this together back at the centre.



Koalas Room

Over the past few months, our Koala's have continued to build strong & meaningful relationships with their educators and peers. The children have been enthusiastic within their learning, exploring social constructs and building further on their communication/language skills through these interactions. We continue to welcome new Koala's to the room as well, with the help of our older Koala's, who demonstrate empathy & care, helping our new bubs settle into their environment.

An exciting change that we have implemented within our educational program, is Australian Sign Language (ASL). The Koala's have responded so well to this learning opportunity, as they continue to learn various non-verbal signs and have been using these to communicate their needs, wants & interests, and using this as a tool for emotional regulation.

We have also been focusing on self-help skills, through our everyday routine. With these learning opportunities, the children have developed their sense of agency, resilience and decision-making skills. The children have responded enthusiastically to these opportunities, where they are able to grow, learn and develop personally.

We are so proud of our Koala's this year, and we love being a part of each child's learning journey.



Wombats Room

Over the last three months the Wombat's educators have been reflecting on different practices to promote the children's physical and emotional wellbeing. We introduced sleeping outside when the weather permits, this is to minimise the spread of viruses and encouraging fresh air during rest. The Wombats have demonstrated an interest in

Space which gave us an opportunity to collaborate alongside them to build a rocket, which they continue to use during their dramatic play moments with their peers. We have really begun to focus on caring for the outdoor plant life by encouraging the Wombats to get involved in the maintenance of our worm farm. We have helped to feed the worms, collect the worm juice and use the worm juice to water our garden to promote sustainable practice and respect for nature. Our focus on Aboriginal perspective

and respect for culture has meant we updated our Acknowledgment to Country, our Aboriginal tree in the reserve across the street has been restored too as well as implementing Dreamtime stories which the Wombat's have come to love (especially Tiddalik the frog). Over the next three months we will continue to implement experiences based on the children's interest and promote nurturing behaviours to ensure they learn the skills to maintain their connections and empathy for others.



Kangaroos Room

During the last couple of months, we have implemented a fitness/ dance component to our program. This is based off Munch and Move guidelines for health and fitness for children in an early childhood setting. Every day the Kangaroos get to partake in various gross motor development experiences including choreographer dance routines to encourage special awareness, rhythm, memory and also enjoying the music. We also enjoyed mediation breathing techniques and yoga.

During July we celebrated Reconciliation Week where the Kangaroos participated in the construction of the cultural corner of the room; we participated in excursions to the local park and reserve to obtain natural materials to complete the new addition to our learning space.

We have introduced STEM to the program focusing on different elements of science, technology, economics and mathematics. The Kangaroos have shown a growing interest in the science element and we have been having a lot of fun with science experiments together such as exploding soda bottles and Mentos, our very own volcano and chemical reactions to milk dishwashing liquid and food coloring.

We also donned our chefs hats and made our very own banana /raspberry fruit loaf!

This Month also saw a new friend join the kangaroo Freddy the travelling Teddy – this zebra is going places so far he has been to many a soccer game, travelled to Cairns and been to a martial arts tournament .



Outdoor play and cooler weather – do the benefits outweigh the “negatives?”

Myth: Cold air can make you sick. Despite being called the common "cold," lower temperatures alone won't make you sick. In fact, the exact opposite is true. "Cells that fight infection in body actually increase if you go out into the cold". Germs make you sick, not cold weather itself.

Why is it that we think twice about getting kids outdoors during the winter? Why do we keep children inside when the colder months begin to settle in? All of a sudden the rain, cold become reasons to stay indoors; along with the growth of technology. With a little bit of preparation and planning, winter play outdoors can be a sensational experience with incredible lifelong benefits.

1. Fresh Air Strengthens the Immune System: Playing outdoors in the winter months is especially critical. Breathing in fresh air strengthens the immune system and allows children to escape the recycled indoor air that may be filled with germs and bacteria.
2. Creative Problem-Solving: Outdoor Winter Play invites children to think differently about their outdoor play space and forces children to use their imaginations for new outdoor learning challenges that come with the colder months. Using larger muscles to move outdoors during colder weather.
3. Reconnecting with Nature: Research says that children are spending more than 5 1/2 hours in front of a screen. Therefore, it is critical get children outdoors in nature year round. Winter weather can offer challenges with wind and rain. On the other hand, it can open also incredible opportunities for curriculum development and growth.
4. Exercise: Research says "20% of children will be overweight before they start school." Getting outdoors during the winter months is especially invigorating. Make getting outdoors easy. Make sure you have appropriate clothing and a plan. To begin, take a simple observation walk and get curious about the season changes.
5. Vitamin D: Getting outdoors gives us the needed Vitamin D that we need; especially during the winter months. Vitamin D is key to fighting off many diseases.

SOME FRIENDLY REMINDERS

The importance of outdoor play for children (even during colder months)

Outdoor play and being outdoors is so important for children and their wellbeing and development. Many studies show the rise in children using screen time when at home or the percentage of children that are experiencing weight issues or obesity. Being able to give the children the opportunity to be outdoors is something we value, not only for their physical health but also for their wellbeing and development. Being immersed in nature is great for children's self-confidence, risk taking, emotional skills and resilience. Please see this link for more information:

<http://thespoke.earlychildhoodaustralia.org.au/importance-outdoor-play-winter/>

We follow the age old saying of **“there is no such thing as bad weather, only inappropriate clothing”**. We will always take the children outdoors no matter the weather, and studies and research prove that what makes us sick is not cold weather or temperatures – it is germs and virus that make us sick. The es children are grouped together inside in recycled air, the better for their immune systems! Send in warm clothes for your child, and wet weather gear such as gumboots or rain jackets. Excursions are a huge part of our service philosophy and the importance of the connection between outdoor learning for the children.

Staying Healthy in Childcare and exclusions

Given the time of year when so many illnesses and virus are going around, we adhere to our exclusion policies and follow the guidelines of the Staying Healthy in Childcare edition when it comes to exclusion periods for notifiable illnesses. We ask our families to please ensure they are keeping their child home when they are unwell. Also, if a parent is feeling unwell to notify us and keep in line with having a COVID test if any symptoms are present. Together we will all maintain a healthy and safe environment here at Rose Cottage. Please find attached a PDF document regarding infections.

Be You survey – mental health and wellbeing

I recently sent our families some information about Be You and ways in which we support mental health and wellbeing as an early learning service. There is also a survey we have asked families to complete to help us better our ways of discussing and supporting mental health for our educators, children and families:

https://beyou.syd1.qualtrics.com/jfe/form/SV_8BrqyFHxH_oJ4DXv/?org_id=ORG-0084639

One of our families has also sent us details of some webinars that her business has developed. They work with organisations delivering corporate wellness programs (with a big focus on food and mood):

Food and Mood: <https://vimeo.com/416537780>

Eating well in iso: <https://vimeo.com/416537780>

Building a meal when WFH: <https://vimeo.com/405385949>

Why its all about ingredient prep: <https://vimeo.com/405385949>

Maintaining a healthy routine: <https://vimeo.com/405385949>

If you would like more information this is the website or you can ask me and I can direct you to Chloe ☺

<https://healthandperformancecollective.com/>

Please take a look at the following website which details the benefits of year-round outdoor learning. This article talks about the added benefits during the current times we are living in with COVID-19. It also discusses planning for outdoor learning with families, educators, children and the community and ways we can enhance this learning at our setting:

[The benefits of year-round outdoor education, plus tips to get started - Community Early Learning Australia \(cela.org.au\)](https://www.cela.org.au/early-learning/the-benefits-of-year-round-outdoor-education-plus-tips-to-get-started)

*“A person's a person,
no matter how small”*

Dr Seuss