

PRETTY MUCH ALL THE HONEST TRUTH TELLING THERE IS IN THE WORLD IS DONE BY CHILDREN – OLIVER WENDELL HOLMES



SEPTEMBER  
2020

# ON *this* MONTH

# Hello

It's crazy to think that we are already into the month of September!

It has been a busy year and doesn't look like it will slow down anytime soon! We are still making our way through enrolments for 2021. Please keep in touch with any changes or queries.

We have received the data from our family surveys and want to thank everyone for their time and effort in giving us such helpful feedback. The survey is still open if you would like to contribute or if you're more comfortable as always feel free to call through and chat to Sophie in the office.

We hope you all enjoyed our "on the go" Fathers Day breakfast and we look forward to sharing in some end of year celebrations as we close out 2020!

## AROUND THE COUNTRY

## DATE

Wattle Day -----	1
Save the Koala Month -----	1-30
Early Childhood Educators' Day -----	2
Indigenous Literacy Day -----	2
National Flag Day -----	3
Father's Day -----	6
Child Protection Week -----	6-12
International Literacy Day -----	8
Sea Week -----	12 - 18
Talk like a Pirate Day -----	19
Sustainable House Day -----	20
World Maritime Day -----	24
World Rivers Day -----	27





### EARLY CHILDHOOD EDUCATORS' DAY – SEPTEMBER 2

Early Childhood Educators' Day recognises and celebrates the work of Australia's educators in early learning services for their wonderful contribution to the wellbeing and healthy development of the young children in their care.

It's a chance to say thank you to Australia's early childhood educators on a very personal level by service operators, families and their children, as well as collectively at the national level.

**Find our more here.**

### WORLD RIVERS DAY – SEPTEMBER 27

World Rivers Day is a celebration of the world's waterways. It highlights the many values of our rivers, strives to increase public awareness, and encourages the improved stewardship of all rivers around the world. **Where is your local river? Find out more here.**

## STRAWBERRY MUFFINS WITH CITRUS HONEY GLAZE



### INGREDIENTS

#### Muffins

- 2 eggs
- 3/4 cup (180 ml) lightly flavoured olive oil
- 1 cup Greek (or natural) yoghurt
- 1/2 cup brown sugar
- 1 teaspoon vanilla bean paste (OR extract)
- 1 cup buckwheat flour (OR 1 cup plain wholemeal flour)
- 1 cup plain wholemeal flour
- 2 teaspoons baking powder
- pinch of salt
- 1 cup (fresh or frozen) strawberries, PLUS extra strawberries sliced, to decorate
- zest and juice of 1 orange

#### Glaze

- 1 tablespoon honey
- Juice and zest 1 orange
- 1/2 teaspoon vanilla bean paste (or extract)
- 1/2 cup icing sugar, sifted

**METHOD:** Muffins Preheat oven to 180 C, line a 12-hole muffin tin with papers. Set aside. Place the eggs, oil, yoghurt, sugar and vanilla into a large bowl and whisk to combine. Add the buckwheat flour, plain flour, baking powder and salt and using a wooden spoon gently stir to combine. Do not over mix. Gently fold through the strawberries and orange zest and juice. Evenly divide the mixture between the prepared tin. Top each muffin with a slice of strawberry. Bake for 10-12 minutes or until a skewer inserted removes cleanly. Cool for 5-10 minutes before placing on a wire rack to cool completely.

**Glaze -** Place the honey, orange juice, zest and vanilla into a small bowl and whisk to combine. Add the icing sugar and stir until smooth. Drizzle glaze over the cooled muffins. Serve immediately.

Recipe and Image from 'mylovelylittlelunchbox.com'

## App reviews

A mixed bag of apps to keep pre-schoolers entertained and learning.



### THE LORAX

Oceanhouse Media | AGE 4+ | \$9.99

If you care about the environment and want your child to care too, then the Lorax App is a no-brainer. The classic Dr. Seuss book comes to life with this app thanks to its interactive activities and exquisite animation. The app has won the Academic Choice "Smart Choice Media" award as well as the Parents' Choice Award Silver Honour award. The story is about how industrialisation destroys environments and this app teaches environmental awareness in a very approachable way.

### BANDIMAL

YATATOY | AGE 3 to Adult | \$5.99

BANDIMAL is a fun and intuitive music composer that lets kids discover the creative world of making music. Set up a drum loop, swipe through animals to change instruments, compose melodies, change loop speeds and add a quirky effect on top. Amusing animals animate in hilarious ways as you perfect your song.

### WORLD OF PEPPA PIG

Entertainment One | AGE 3 – 5 | FREE

The World of Peppa Pig app offers your family a safe and ad-free environment, filled with lots of learning and fun!

Tailored towards the development of pre-schoolers, there are plenty of games, videos and activities for your little ones to enjoy and grow with.



## FOCUS: This year isn't ideal, but let's make the best of it!

My father has helped me around many twists in life's road with his saying, "What's real isn't always what's ideal, and what's ideal is rarely real." I've never felt it more applicable or helpful than while parenting and educating during COVID-19. Things are not ideal in many, fundamental ways, and yet here we are. Though hopefully not forever, this is our reality, and probably will be for a while.

This begs big questions for parents and educators alike—do we anchor on what is ideal or on what is real as we support our kids during such a wild time? Do we hold kids precious and protect them from this reality, or do we help them to navigate within and adapt to it? Which will help them to thrive more in the long term?

**My vote: Let go of 'ideal' and parent for real.**

*In any given moment we have two options: to step forward into growth or to step back into safety. —Abraham Maslow*

**Kids will roll with it if you let them.**

Humans—especially wee ones—are naturally quite resilient, adaptable and hopeful. Kids don't rage against reality like we adults often do—they tend to roll with things, especially if we give them the okay and support to do so.

**Kids don't suffer the loss of the ideal**

Many of us are torn between the ideal and real—between taking and foregoing chances to help kids adjust to this moment. It's a hard balance to strike. Many people are leaning into this new normal and bringing their children along, showing them how to learn new ways of doing things and make this new reality work. On the other hand, I have heard equally caring adults grow fiercely attached to an ideal view of life for kids.

For example, I've heard people say that it would be psychologically damaging to ask a child to keep social distance from a friend or loved one. For sure, it feels neither natural nor easy for kids to hold back from being close and even embracing one another or their elders. Again, as an early childhood educator, I would certainly not advise it under normal circumstances. That desire to touch is a sweet feature of our early days on the planet. It is also understandable that educators and parents alike find it easier *not* to ask kids to even try, especially if you live in a place where you may be judged when your child needs reminders or practice.



But is it really damaging to ask kids to learn to keep close to family while keeping a 6-foot bubble from others? Really? The alternative to asking kids to learn to keep social distance can mean isolation from friends and family, lost chances to be among other people and feel part of a community. For many families, that would also mean not seeing grandparents who are at risk. Is that a better option? And what lesson does avoiding these social encounters teach our kids?

**Let's put ideal in our back pocket and parent for real**

*"Challenges are gifts that force us to search for a new centre of gravity. Don't fight them. Just find a new way to stand." —Oprah Winfrey*

**So much of how our kids adapt to new challenges is how we present and respond to those challenges. That has never been more true than it is now.**

Let's never lose sight of what is ideal. Let's agree to look forward to days when it's easier, more natural and more free to let our kids be and play like kids have long been able to do. But, let's not let the ideal be the enemy of all of the good lessons and good chances to be together that are real in this moment.

(This article was edited to fit into the constraints of this newsletter. To read the article in full follow the link below. Fitzgerald, Meghan. (2020). *Motherly: To families starting school: This year isn't ideal, but let's make the best of it.* Retrieved from <https://www.mother.ly/child/how-to-model-resilience-during-pandemic>



## SHAPE HOUSES

*Children begin to recognise and name shapes around 2 years old. Simply naming shapes you see around your home or out and about is a great way to build their understanding.* These houses are a really easy and low-prep shape activity. You can easily put them together with supplies that you most likely already have at home. Simply cut out a range of shapes from different coloured paper. Include a big rectangle or square for the main part of the house, and a large triangle for the roof. (Of course, like with all art activities there is no right or wrong way to do it, a triangle house is just as perfect as a square one.) As your child/ren create their homes ask them which shape they have decided to use for a roof, the windows. Make real world connections by asking them 'What shape are our windows in this house?' Use glue to stick the shape house together. **Find more early literacy activities here**



# WHAT'S BEEN HAPPENING AT SEAFORTH

## New additions to the Early Learning Playground

You may have noticed a lovely new addition to our 0-2 playground this month! We have invested in a veggie pod. We have so many amazing plants taking up residence in our newest garden including lavender, pansies, strawberries, parsley, mint, lettuce and carrots!

People of all ages can enjoy gardening but children particularly love gardening and all the amazing benefits it brings! Here are just some of the benefits our starfish and turtles will now be experiencing

**Responsibility** – Taking care of plants and making sure they stay happy and healthy.

**Understanding** – Children can observe cause and effect. For example plants need water.

**Self-confidence** – Feel like they are becoming experts and knowledgeable about gardening.

**Love of nature** – gives children a chance to learning about science, plants, the environment, nutrition and simple life cycles.

**Fine motor development** – children use fine motor development in planting and watering

**Colour recognition** – Children are able to observe the wonder of nature and all its natural colours.

**Sensory learning** – Allowing children to feel, taste, smell and feel.

The children will also be exploring the worm farm located in our pre-school play ground to ensure it gets all the amazing natural fertiliser we grow right here in our own play space!



## Kookaburras and Cockatoos support Step-tember.

Through the month of September some of our fabulous staff are raising money for Cerebral Palsy by participating in the fundraiser Step-tember. Through the month of September, the Kookaburras and Cockatoos will be doing their bit by actively getting our steps up and getting our bodies moving!

If you would like to donate to our fabulous team who are taking part to raise money, we will be collecting money in the last week of September to help them reach their goal of raising \$1000

## Around the world with the Kingfishers.

This month in the Kingfishers class they are taking an educational trip around the world!

To begin the children researched what country is significant to them. It could be a place of family origin, a place they have visited or just a country they are particularly interested in. This then led into the children looking at monuments and building all around the world. The children explored these concepts through loose parts play and construction.

Next stop the Kingfishers will be exploring foods from around the world! This week will allow children to explore nutrition, cooking techniques and flavours! Cooking is always hugely popular so we look forward to the yummy updates as they unfold for the Kingfisher's through out the month of September.

## Sustainability CORNER

**THE SEA** | Did you know September includes 'Sea Week'? It is Australia's major national public awareness campaign to focus community awareness, provide information and encourage an appreciation of the sea. Here are a few activities you can do with your children to build their appreciation of the sea!

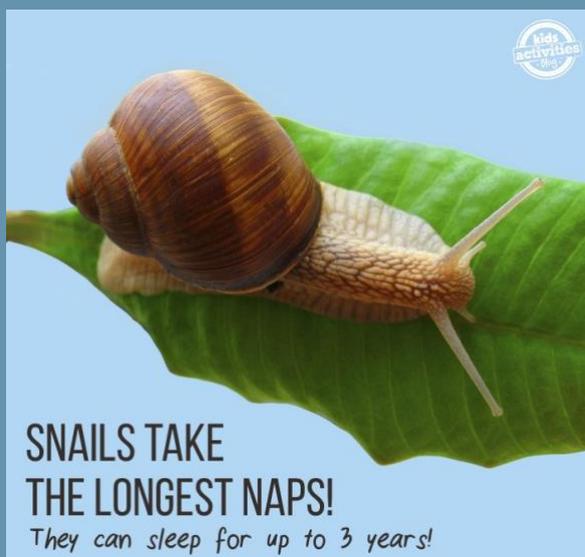
**Do you live near the ocean?** Visiting the sea provides endless opportunities for discovery. Next time you are at the beach take time to actually talk about: What lives in the ocean, what the animals in the ocean eat, whether the water is salty (taste it). Look in rock pools and talk about what you can see and what might live there.

Look closely at shells, who and what might use shells? Take a bag and collect rubbish safely. When you find old fishing line or plastic, explain to your children what these items can do to sea life.

**Even if you don't live near the ocean** you can still talk about all these points. You may have another waterway near you, you can visit. Or use YouTube to help children visualise the topics you're talking about.

**There are some brilliant activities you can try [here](#)**





## RANDOM FACTS THAT YOU WON'T BELIEVE ARE TRUE.

*Do you have a child who absolutely loves random facts? These are some of the facts that our kids have thought were hilarious. They didn't believe they were true!*

1. Kangaroos cannot walk backwards.
2. Sea Lions have rhythm. They are the only animal known to be able to clap in beat.
3. While you sleep you can't smell anything, even really, really bad or potent smells.
4. Your brain uses 10 watts of energy to think, and does not feel pain.
5. Glass balls can bounce higher than rubber ones.
6. The smallest country in the world takes up .2 square miles, it is the Vatican City.
7. Hippopotamus milk is pink.
8. Your fingernails grow faster when you are cold.
9. Applesauce was the first food eaten in space by astronauts.
10. The average person spends two weeks of their life waiting at traffic lights.
11. Don't like mosquitos? Get a bat. They eat 3,000 insects a night.
12. A typical cough is 60 mph, a sneeze is often faster than 100 mph.
13. There are 31,556,926 seconds in a year.
14. Cans of diet soft drink will float in water; regular soft drink cans will sink.
15. On Venus, the planet, it rains metal.
16. Baby koalas are fed poo by their parents after they are born, this helps them digest Eucalyptus leaves later in life.
17. Cows can walk upstairs, but not down them.

Source: [kidsactivitiesblog.com/76701/50-random-facts/](https://kidsactivitiesblog.com/76701/50-random-facts/)

## SCHOOL READINESS

### What to expect at Seaforth Child Care in 2021.

At Seaforth we have a well-developed, structured preschool program which is implemented from the moment your child enters the classroom right up until they graduate and make the next step of attending formal education.

Throughout the year the Kingfishers engage in a wide range of topics which are determined by a combination of factors; community events, significant dates to families, child interest, family goals and aspirations and teach led goals.

While we offer a stimulating play-based learning environment, this is complimented by our educators using play as a tool for delivering a highly in-depth school readiness program.

When your child engaged in small structured group times, they are gaining the ability to be able to concentrate in a busy setting, remain engaged and on task during periods of increased environmental noise and also follow teach based instructions. These are all skills that continue to be developed and refined throughout the year to ensure when the children make the step to big school, they are able to remain on task and engaged while listening to teacher instructions.

Seaforth Childcare believes that literacy and numeracy should be immersed within our learning environment for children and not just during intentional teaching moments. This results in your child gaining authentic knowledge surrounding letters and numbers while leaving behind the traditional, less beneficial methods of 'letter of the week' approach style learning.

Other areas the children work on throughout the year are self help skills, independently toileting, completing tasks, becoming a responsible member of the community and becoming a confident learning. We look forward to sharing your learning journey for 2021.



### Get Up & Move Dice Game

Short simple activities to get some active minutes in the day.

Make two giant dice out of boxes. On one, write action words like "jump, climb, run." On the other, write direction words like "in a circle, like a monkey, forward." Throw the dice and do what they instruct. ("Jump like a monkey.") This will get you moving too!

For full instructions, **visit Growing a Jeweled Rose.**

**Feedback**   
is always welcome

YOUR SERVICE NAME

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