



# NEWSLETTER – MARCH 2024

## WHEELERS HILL CHILD CARE CENTRE

PHONE: 9561 7789

EMAIL: [wheelershillccc@bigpond.com](mailto:wheelershillccc@bigpond.com)

Welcome to our first newsletter for 2024. I would like to start with welcoming our new families to our centre. We are so happy with how all the children have settled in well and enjoy coming each day.

### SHASHNI'S HAVING A BABY BOY!



Shashni's last day will be on the 12<sup>th</sup> of April before going on Maternity Leave. Dinesha will be taking over Shashni's role as the Kinder 4 teacher while Shashni is on Maternity Leave.

Shashni has been a big part over the past 2 years of being our Kinder 4 teacher. She is not only our Kinder teacher but also our Educational Leader & 3IC.

We would like to say a BIG thank you for all her hard work.

We will miss her dearly but VERY excited for her new chapter as a mum!

We wish Shashni all the very best and can't wait to meet her little boy!



## *Is your child taking longer to settle than other children?*

Here are our tips:

- Quick drop off is always best
- Encourage children that they will come join their friends and engage in various activities
  - Be calm and relaxed
- Reassure them that you will be back to pick them up
  - Bring in a comforter from home. E.g. dummy, toy
- Encourage them to be independent. E.g. Let them walk in, carry their own bag.
  - Read books about starting childcare or kinder

If you ever have any questions, please let us know 😊

Some more tips: [https://www.windermere.org.au/news/simple-strategies-to-help-you-child-settle-into-kinder-or-care?gad\\_source=1&gclid=EAIaIQobChMI1N\\_Qh4L1hAMVcSiDAX29Ag7uEAAYASAAEgLIYvD\\_BwE](https://www.windermere.org.au/news/simple-strategies-to-help-you-child-settle-into-kinder-or-care?gad_source=1&gclid=EAIaIQobChMI1N_Qh4L1hAMVcSiDAX29Ag7uEAAYASAAEgLIYvD_BwE)

### Reminders:

- Please make sure you are signing your children IN/OUT each day. Each person that picks up and drops off **MUST** use their own log in. If your mobile number does not work when you try log in, please let me know to adjust it.
- If your child will be absent, please let us know as soon as you know so we can staff accordingly.
- For safety reasons, can everyone please make sure the front door is shut when you enter and leave.
- Dr. Chan visits fortnightly and the service is bulk billed and provides piece of mind if you are concerned, on any level, with your child's health. Immunisations are also available for your children. Please see more information about Dr. Chan on other page. Please see his next visit date on office window.
- If your child is due for their immunisation, please bring in/email through the updated immunisation statement for our records – This is a requirement by the department.
  - If you book in for an extra day, we need at least 48 hours to cancel that booking.
  - If you are going on holidays and want to use your Holiday Half Fee, we require 2 weeks notice to apply it.
  - If you would like to update your enrolment form to add new authorised people to collect your child, please come see me. If someone comes to pick up your child and we have not been informed and they are not on the collection list, we will need to call you to confirm the person who is attending.
- If you need to change your booking (reduce days), please remember we need 2 weeks notice.

- Our centre is open from 7am – 6.30pm therefore children are only allowed to be here between those times. A late fee of \$2 per minute will be charged should your child not be collected by 6.30pm.
- If your child has a birthday approaching, we are happy for you to bring in a cake to celebrate, however it needs to be purchased by a store with the ingredients visible & NO NUTS. Most cakes are brought in from Woolworths or Coles. Please let us know if you have any questions regarding this. Unfortunately we don't encourage lolly bags as we have children with allergies here at our centre. Thank you for your understanding.
- We would love to hear your feedback about our centre and we are always looking for ways to improve. We would really appreciate if you could fill in a quick feedback form (located on front wall)

**FACEBOOK** – Please like us on Facebook and show us some love 😊  
<https://www.facebook.com/wheelershillchildcarecentre>

**SEESAW** – If you are still not receiving Seesaw updates, please see me or the educators in the room so they can help you. Please be patient with the educators posting photo's as sometimes it gets a little busy and they may not be able to post photos every day.

**WEBSITE** – <https://www.wheelershillchildcare.com.au/>

## SMILE FOR KIDS DENTAL SERVICE IS COMING TO WHCC

Wednesday 1<sup>st</sup> of May



SMILE FOR KIDS

"Smile For Kids" is a mobile dental practice that provides education and preventative dental service to all children aged 2-18 years of age.

**Under the Child Dental Benefits Schedule (CDBS)**, to be eligible a child must be aged between **2-17 years** and their family must receive Family Tax Benefit Part A or a relevant Australian Government payment.

Forms were emailed out but here is the online consent form if you prefer:

<https://www.smileforkids.com.au/parents-consent/>

**Please return forms by 17<sup>th</sup> April, 2024.**

If you have any questions or queries at any time, please feel free to approach me and I will endeavour to help as best as I can.

Kind Regards,

Andrea Nicou – Centre Director

## UPCOMING EVENTS

*Easter Egg Hunt & Bunny  
visit - Thursdays 28<sup>th</sup> of  
March*

*Centre will be closed:*

*Good Friday - 29/03*

*Easter Monday - 01/04*



*Fantasy Dress up Day -  
Tuesday 23<sup>rd</sup> April*

*Mother's Day Afternoon  
Tea - Friday 10<sup>th</sup> of May  
(All mums & grandmothers  
welcome) 2.30pm - African  
Drumming*



*Centre Photo's -  
27<sup>th</sup> , 28<sup>th</sup> , 29<sup>th</sup> & 30<sup>th</sup> of  
May*

*(Magic Photography)*

## HAPPY FEET FITNESS With Miss Tori

Monday - 9.30am  
A great dancing and  
educational program  
for the Kinder 4  
children.



## Family Library

This year we created a library  
in the foyer for children to  
borrow books throughout the  
week. Please encourage your  
children to choose 1-2 books  
at a time 😊

## Advertise your business

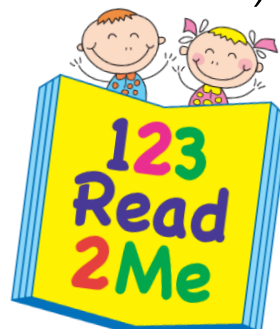
Outside the front door you  
can advertise your  
business for free! We want  
to help our families &  
community. You are also  
welcome to put up things  
you would like to sell. Let's  
help our community 😊

## Kelly Sports

Kinder 3 and 4 have Kelly  
Sports program every  
fortnightly on a Thursday  
at 10am.

## 123 Read 2 Me

Do you have books at  
home that you don't need  
anymore?  
Donate them to  
123Read2Me! These  
books are donated to  
disadvantaged kids  
across Australia. (Green  
bin located under sign in  
iPads)





## Dr Robert Chan

Dr. Robert Chan will visit the centre every 3-4 weeks on a Wednesday to see children and staff as required.

This service is bulk billed and provides piece of mind if you are concerned, on any level, with your child's health. Your Medicare number that is detailed in your child's enrolment form is used for the claim. A staff member will accompany your child at the consultation in the centre office.

Dr. Chan will provide you with a letter detailing his findings and write a prescription when required. If necessary, Dr. Chan will phone to discuss any concerns further.

Immunisations are also available. Parents are required to provide the child's health record book for completion. A form also needs to be completed, detailing which immunisation is required.

The doctor's form is situated on the shelf, outside the office window. Please complete with as much detail as possible, & if necessary, consult with a staff member so we can pass information on to Dr. Chan. If your child does not attend on the day Dr. Chan is here, you are welcome to complete the form and leave a phone number for us to contact you with when Dr. Chan arrives.

Please feel free to take advantage of this service as Dr. Chan comes highly recommended and can provide great peace of mind for working families.

If you have any questions, please do not hesitate to contact us. Thank you.





# Chef Mel's News

We welcome any ideas or recipes

## Recipe Sharing Wall:

We would love to see your family's favourite recipes on our recipe sharing wall. We may also use them here at the centre on our menu collection. Please email or hand them in directly to office or to me. The recipe wall is a great way to share ideas between families 😊

## Labelling bottles:

Please label all items brought from home including milk bottles/drink bottles or food items.

If any bottles or food is brought from home, please take out of their bag and notify staff to refrigerate if needed.

## Absences:

If your child has special dietary requirements and they will be absent, please let us know by 10am before I start preparing their lunch. Also, if your child will be late, please notify us so we can save some lunch 😊

## Allergies dietary requirements:

If your child's circumstances change, please notify us so we can update your child's food allergies/dietary requirements.

# Sweet Chili Chicken and Avocado Sushi



**Makes 24**

## Ingredients

- 1 cup sushi rice
- 4 chicken tenderloins, cut into strips lengthways
- 1/4 cup sweet chilli sauce
- 5 tablespoons (100ml) of rice vinegar
- 1 x tablespoon (20g) caster sugar
- 2 teaspoons rice bran oil
- 2 tablespoons Kewpie mayonnaise
- 4 nori sheets
- 1/2 medium avocado, thinly sliced
- 1/2 Lebanese cucumber, cut into thin strips

## Method

1. Make sushi rice: Rinse and drain rice in cold water. Set aside for 10 minutes to drain. Place in saucepan with 2 cups of water. Bring to the boil on medium-high heat.
2. Decrease heat to low and simmer, stirring occasionally, for 12-15 minutes, or until water is absorbed
3. Remove rice from heat and put lid on saucepan. Let rice stand for 10 minutes.
4. Dissolve sugar in vinegar in small bowl. pour over rice and stir gently to combine.
5. Spread rice on tray and allow to cool.
6. Julienne cucumber.
7. Slice avocado.
8. Place chicken and 2 tablespoons sweet chili sauce in a small bowl. Turn to coat.
9. Heat oil in a small frying pan over medium-high heat. Add chicken. Cook, turning, for 5 minutes or until cooked through. Meanwhile, combine mayonnaise and remaining sweet chili sauce in a small bowl.
10. Place 1 nori sheet, shiny-side down, on sushi mat. Leaving a 2cm strip at 1 long end, spread 1/4 rice mixture over nori using damp fingers. Spread 1/4 mayonnaise mixture across center of rice. Arrange 1/4 chicken, avocado, cucumber over rice.
11. Using mat, roll up firmly to form a roll. Cut roll into 6 slices. Repeat with remaining nori sheets, rice mixture, mayonnaise mixture, chicken, avocado, and cucumber to make 24 pieces.
12. Serve.



# SUSTAINABILITY

WHCC cultivates the passion of sustainability and environmental love amongst their young learners. Our aim is to show strong commitment and responsibility towards environment and community. We would love to share our latest initiatives and activities aimed at fostering a culture of sustainability within our centre. Here's what happened and what we have planned:

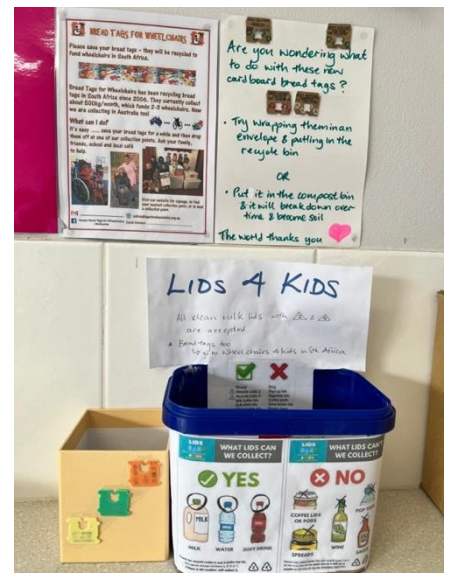
## CONTINUING COMPOSTING

Our compost pit is thriving, thanks to ongoing contribution of Chef Mel and our hardworking educator and sustainability member Rajini who continuously look after the compost pit and help divert the organics kitchen waste and fruit peels and turn it into nutrient rich compost. By doing this we are educating kids about how by doing this we can reduce environmental impacts and enhance the soil for future plant growth.



## COLLECTING BREAD TAGS AND BOTTLE LIDS

Our bread tag and bottle lid collection are in full swing! These small items may seem insignificant, but by collecting and recycling them we are supporting recycling efforts. So, keep those collections coming- EVERY TAG AND LID COUNTS!



## PLANNING TO PREPARE BIRD FEEDERS

What would be INTERESTING this year is that we are gearing to welcome some feathered friends to our centre with homemade and recycled bird feeders! We planned this when one day our kids spotted the family of TAWNY FROGMOUTH bird. They were so excited and concerned for them that we decided that by providing food and shelter for local birds we can create a welcoming environment for wildlife and foster a connection with the nature.

## USE OF GREEN BINS

It very important for the community to know that we should always separate the wet organic waste from trash that helps reduce the waste send to landfills and instead should turn into valuable

compost. Hence, we judiciously use the green bins for discarding our organic waste and also educate the students by awaking them about the benefits of this waste segregation.

## PLANTING NEW SEEDS WITH KINDER 4 AND KINDER 3 KIDS:

Our kinder 4 kids are excited about their new venture of gardening where they are planning to sow some new seeds and look after them. They are excited about learning the process of plant development from premature seedlings to a fruit bearing plant. They are exploring the magic of growth and importance of nurturing living things. They already love to water the plants and always are concern for the plants if they are dry. So, we are planning to encourage this interest by providing them more plants to look after.



## REPLACING VEGGIE PATCH

Our kids were really sad when this month due to excess heat our strawberry patch and veggie patch dried. So, we planned to prepare a new veggie and strawberry patch again. Our team and kids will work hard to replant the patches not giving up on our commitment to sustainable food production.

## RECYCLED ART SHOWCASE

Our students have been unleashing their creativity through recycled art projects! Using material like cardboards, paper etc, they have transformed everyday items into works of art. These efforts not only allow us to contribute to society but also makes students aware about the judicious use of resources and importance of recycling.



## FLOURISHING CENTRE LIBRARY

How can we forget our growing centre library! We want to express our heartfelt gratitude to the parents and the community people who generously donate kids' books to our centre library. This helps our kids to access a diverse selection of stories and resources that inspires curiosity, creativity, and love of learning. So, let's continue that and cultivate a community of readers and lifelong learners.

Rajani & Misha

## BABY'S ROOM NEWSLETTER

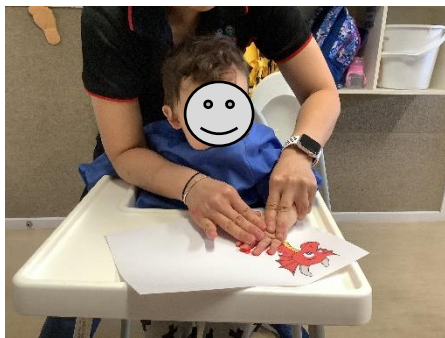
Hello to all wonderful parents and families of the baby room. My name is Min Yee and I am the lead educator in baby room this year. Myself and Rajee are so glad that all our new babies and toddlers settled well and engaged with many activities in the room. Term 1 had passed so quickly and it is so good to see the babies and toddlers developing their skills, seeing them achieving their milestone and gaining confidence each and every day.

During the hot weather, the babies and toddlers love their outdoor water play activities. This term they had water play with water toys and sea animals. They

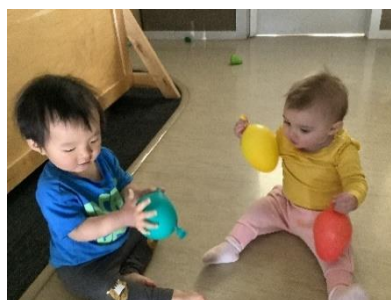
were all so happy splashing the water while exploring what is inside the tub



They also explored artwork by doing pasting, stamping and handprint painting. This term they made sun to decorate our summer wall, Australia flags and dragon to decorate our Chinese New Year wall.



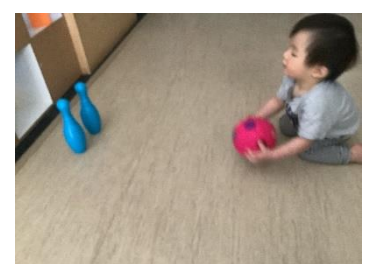
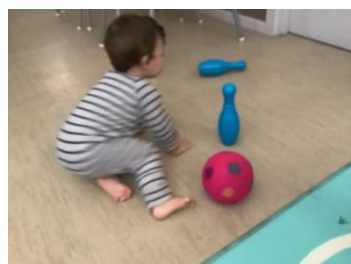
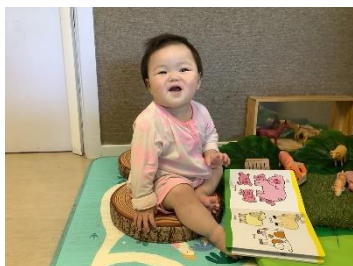
Sensory play were also popular in the baby room. They explored sensory play with rice and bottle lids, ice play, playdough, sensory bottle and squishy balloons. All these sensory play stimulates the their senses which support their brain development.



Everyday we set up lots of indoor and outdoor activities as we understands that the babies and toddlers need lots of playtime and practice to develop their large and small muscles to promote their development.



We do reading, singing with puppets, playing with toys and activities and lots of physical play . We interact with them during their playtime and mealtime and it is wonderful to see them responding with their smiles, gestures and sounds while enjoying their play.





So we want to express our thanks to all parents and families for your trust and support over me and Rajee to take care of your precious little ones. We are happy to see them leaving the centre with smiling faces at the end of the day and bring back happy memories.

Regards,

Min Yee & Rajee

# TODDLER 1 ROOM NEWSLETTER

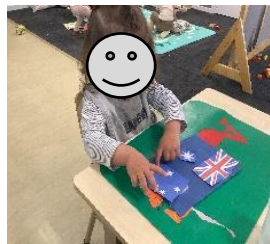
Dear New Families,

We are thrilled to welcome you and your little one to our Toddler's Room Family! Whether this is your first experience with childcare or you have just joined us, we are here to ensure a smooth transition and provide a nurturing environment for your child to grow and thrive. As the children are settling in the room, we are excited to share all the fun and learning experiences your little ones have been enjoying in the centre.

Our toddler 1 room is designed to provide a safe, stimulating and loving environment for children. Led by our dedicated team of educators, we prioritize the social, emotional and cognitive development of each child, fostering a sense of curiosity, independence and belonging. Our curriculum is thoughtfully designed to support the developmental milestones of toddlers, through age-appropriate activities, games and experiences.

A Portfolio of the child's work is kept in a folder with examples of artwork and activities they are given and also observations and checklists. It is available for you to look at, at any time. Please make sure that you don't take it home. It will be handed over to you at the end of year.

We started our first month of the year, January by exploring the wonderful world of animals and fascinating sea creatures! From roaring Lions to gentle giraffes and from tiny gold fish to majestic whales. We celebrated Australia day, toddlers did acknowledgement of country showing respect to the elders. Children also used their artistic skills to make Australian flag and incorporated the Aboriginal style of dot painting. Various water plays were our favourite activities as we had lot of sunny days.



The month of February was filled with many festive days to be celebrated. Chinese New Year which is year of Dragon was celebrated by making Dragon using hand imprints and did fire work painting. We also enjoyed Kite flying day by making our Kites, pizza day where children enjoyed making their own pizzas for afternoon tea. Children made beautiful love heart cards for their loved ones on Valentines Day!!





In March we had occupational day, children came dressed in which occupation they would like to be when they are older. On cereal day, children enjoyed variety of cereals for their morning tea.



Whilst celebrating these special days children also explore sandpit activities, outside play area, music corner, kitchen corner and many more areas designed for their play and development.

Our doors are always open, and we welcome your feedback and suggestions! We believe that open communication and collaboration between parents and educators are essential for the well-being of our toddlers. We encourage you to share your child's interest, preferences and any concerns you may have, so that we can work together to create the best possible experience for your little one. We look forward to months of laughter, learning and growth!

Warm regards,

Toddler 1 Educators

# TODDLER 2 ROOM NEWSLETTER

Hello Toddler 2 families,

First of all, I would like to welcome all the new families to Toddler 2 Room. Children are settling down very well in the room. They are trying to explore new environment and settling in that environment. They say time flies when you are having fun and this is most definitely true of the first two months in the Toddler's Room.

As reflected on in the term 1 newsletter we had a terrific start to the year in first two months and have continued in the coming months too. January has blown by! Literally! During last two months we focussed on "Caring and Sharing." We are encouraging the children to communicate with their friends by using their words during their play interactions. We are also working on basic manners such as saying "please", "Sorry" and "thank-you." We are trying to add more words in their vocabulary as some of them just started talking.

In our room the activities we plan are developmentally appropriate and goals are set for the child to achieve. You will also see samples of the toddler's work displayed around the room. A Portfolio of the child's work is kept in a folder with examples of artwork and activities they are given and also observations and checklists. It is available for you to look at, at any time. Please make sure that you don't take it home. It will be handed over to you at the end of year.



January month was full of excitement. They children were trying to explore new things. They were settling down with the new educators. We celebrated Australia day in January. Children made Australian flags and also painted some Australian animals. Children also came dressed in their multicultural dresses on this day. All of them were looking very different and cute. We had lot of sunny days in this month so we got chance to enjoy lot of water activities.



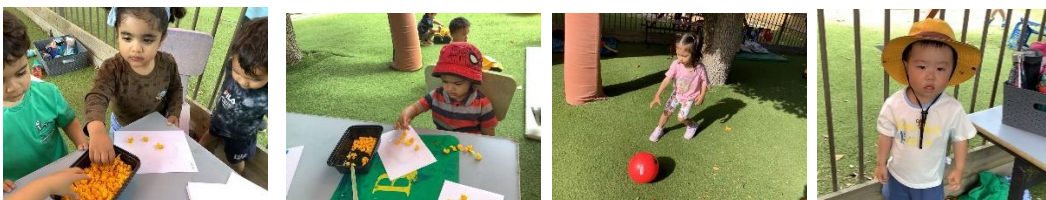
In month of February, we also celebrated Chinese New Year which is year of Dragon. We made paper lanterns and we also painted our dragons. we also enjoyed Kite flying day, pizza day where children enjoyed making their own pizzas for afternoon tea. We also celebrated Valentine Day. Children made beautiful love heart cards for their mum and dad.



In the month of March, cereal day, St Patrick day, funky hair day and harmony day.



We also enjoyed lots of other activities during this month like drawing, water play, playing in the kitchen corner, animal farm fun, sand pit play, reading books, musical instruments , climbing bridge etc.





We welcome parent input in many ways. So please feel free to communicate with us about your child, our program, our room or our centre at any time. It is important to us that you feel comfortable coming to us to ask questions about your child and their day and how they are feeling. Please come and see us at any time if you have questions or concerns about your child. If you want to chat with me, please don't hesitate to contact me. I am always available to help you at any time.





I would like to thank my team members Yamisha, Naeleh, Sukhdeep and all the other staff for giving me support at all the time.

Regards

Kanwal

# Kindergarten 3 Newsletter

By Amelia, Hadeel & Dinesha

Dear K3 families, we hope you've enjoyed the hot sunny weathers over the past couple of months 😊

Firstly, we would like to extend a warm welcome to both new and returning children and families. It is such a pleasure to have you as part of our K3 family. We are looking forward to working together to make this year a memorable and fun year 😊

Kindergarten 3's January and February were very fun and busy filled with lots of arts and crafts activities such as exploring the alphabets, celebrations and events. Here are some snap shots of key events.

## January

*Australia Day -tennis rackets inspired from Australian Open*



## Water Play Day



## February

### Chinese New Year

Children celebrated Chinese New Year by reading 'Chelsea's Chinese New Year' narrated visual story. They discussed about what Chelsea did to celebrate her new year. Children learned that people celebrate with many decorations, fireworks and lanterns.

Charlie G: We celebrate!

Felix: Decorations!

Adelle: Dragons Alexander: We celebrate with lanterns!



### National Kite Flying Day



Children made their unique koi fish kites and had fun flying it.

### International Pizza Day



Children mixed the dough ingredients, kneaded, rolled the dough, put toppings on and ate their yummy pizza 😊 Thank you Rose for sharing your own Italian pizza dough recipe.

## *Shrove Tuesday*

*Cooking and eating pancakes!*



## *Valentine's Day*



## *Birthdays*

*Happy 3<sup>rd</sup> Birthday Adelle and Valentino!*

*Thank you for bringing yummy cake to share with your friends 😊*



## *Kelly Sports Incursion*

*We had our first Kelly sports incursion. Children enjoyed playing mini games with the coaches. We look forward to playing more games and building on our physical skills.*





## *Yoga Incursion*

*stretching like tall trees!*



## *Bollywood Dancing*



*Thank you, Uttara, Norah's mum for coming in and teaching kinder 3 children Bollywood dancing. Children loved the music and dancing to it. Thank you again!*

## *Letter of the week Artworks*



## Kinder 4 Newsletter

We would like to welcome all the children and families to our first newsletter of 2024. I hope everyone is having a great first term. Kinder is well and truly underway and it is exciting to see both new and familiar faces. Term 1 is all very new and exciting and even daunting at times, but children have done so well settling in. Sometimes our emotions are on a rollercoaster throughout Term 1 which is completely normal and that Kinder is a daily occurrence can be a little overwhelming at times. The children have adapted well to the new routines, rules and expectations and is beginning to be active participants of their learning.

The first term is all about building relationships, getting to know one another, and feeling safe and secure in our surroundings. There have been lots of name recognition activities, group games, whole group artwork and cooking experiences. Music and group games has been a highlight with lots of involvement and participation from the children. Children are exploring both the indoor and outdoor environments with great excitement and enthusiasm which is wonderful to see. Happy Feet and Kelly Sport incursions are loved by all children.

For most children, Kinder is a first step into the world of structured learning, a journey into a space of play, learning, relationships, creativity, imagination, and growing independence. It is a delight to watch your children's growth and progress throughout the year. If you have any queries or concerns about your child or would like to touch base about your child's progress, please feel free to make time to speak with me or Dinesha.

I cannot believe how quickly time has flown by in these past couple of months. My due date is fast approaching and my last day at work will be the 12<sup>th</sup> of April. I would like to say thank you to all your support and it has been truly special being a part of your child's journey.

Shashni

### Our STAR OF THE DAY program

To provide children with more opportunities to take on responsibility, we have started a star of the day program. Each day a child gets randomly selected to be the star and they get to take on responsibilities such as feed the fish in our room, Spotty, feed the worm farm, be the line leader and special helper for the day. This will build children's confidence and independence while building a sense of belonging and community.

## Reminders

- Please be on time each day to allow your child to participate in the start of day routine and first group time (9.00am). If you are late, it can disrupt your child's Kinder routine, involvement in learning and sense of belonging.
- Seesaw - We hope you are enjoying using the Seesaw app to learn about your child's day. We would love to see more family engagement on the app. You can also use the app to send any queries or questions you might have.

*We have been very busy celebrating some very special and meaningful days in Term 1.*

## Australia Day



## Water Play Day



## Chinese New Year



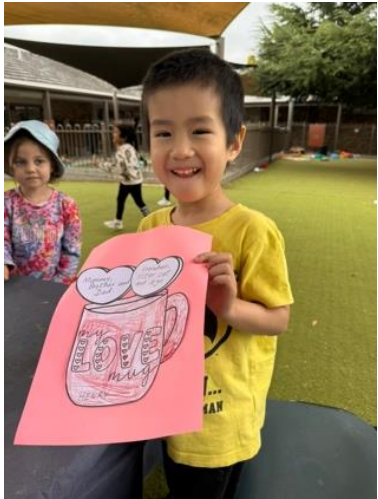
## National Kite Flying Day



# International Pizza Day



# Valentine's Day



## Shrove Tuesday



## Occupation Day

