

“The Elder Street Herald”

February & March 07 Edition

In this edition we will be talking about:

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SCHEDULE OF EVENTS 2007

Can you believe it is already March! We have been busy planning and booking some exciting events for the coming months, some new ideas and some old favourites too! Have a look at the schedule below for what's coming to Elder Street for the first half of the year.

EVENT	DATE & TIME	VENUE
End of term fun week! Crazy kids day - face painting, crazy hairstyles, crazy dancing..... Get Jumpin' day - Jumping J-Jays Jumping Castle from 9.30-5.30... Bob Turner Wildlife Show - Bob and his reptiles come for a visit... Chill out Day - movies & popcorn, massages, finger & toe nail painting...	MON 2/4/07 TUES 3/4/07 WED 4/4/07 THURS 5/4/07	Elder St ECHC
Henny Penny Hatching A 12 day incubation program with a 360° incubator and 15 fertile eggs. The children can watch and learn as the eggs hatch. Once hatched we are welcome to keep the chicks or Henny Penny will pick them up.	Monday 7 May Running for 12 days	Elder St ECHC
Parent Information Evening - Speaker - Jennifer Sloan - Topic - "Your child can fly - Skills for School" Jennifer Sloan an Occupational Therapist from Sloan & Kemp Consultants specializes in training and resources to parents, schools and early childhood professionals. She will be talking about her book that focuses on children and their journey to school. (This book is available for borrowing from our Library in the foyer)	Wed 30 May at 7pm	Elder St ECHC
Preschool Wallaby - Library and Park Excursion Teachers, parents and children have a lovely session in our local library, a play on the park equipment, picnic lunch in the rotunda and back to the centre for a lovely rest.	Wed 20 June 10.00am - 12.00pm	Lambton Library & Park
Dress up Disco Party This will be our third Elder St Disco, with the last two being the best fun ever!! More information on this not to be missed night later on....	TBA - around June/July	Elder St ECHC

Parent Information Evening

Could you please return the form below to indicate your interest in the Parent Information Evening on Wed 30 May, 2007.

Yes, I _____ am interested in attending the above Information evening

PROGRAMMING - ROUND 1 - CHECKLISTS

Each family should have now received a Parent Suggestion Form for you to give to your child's focus teacher to plan their learning objectives. The first round (or term) of the year the staff complete checklists on each of the children. These cover all areas of develop and are a guide for general milestones for certain age groups. Once your child's focus week has been completed, you will receive a copy of the checklist and evaluation. Please feel free to ask your focus teacher for any further information or explanation on this round or your child's progress.

WHY ARE MY FEE RECEIPTS SHOWING STRANGE AMOUNTS?? - EQUIPMENT LEVY 2007

As detailed in our last newsletter, the equipment levy for this year was charged to all accounts on the 12 February. This levy was due on 25 February. If you are wondering why your receipt is showing an odd amount, yet you are still paying your normal fees, this would be due to the equipment levy. Once this levy is added to your account, the next time a payment is entered, StarCare (centre's accounting software) automatically credits this payment to the next charge that is outstanding ie, equipment levy, then fees. So in effect, your levy is paid but you are still owing fees. Unfortunately StarCare can not make part payments on charges that have a GST component (equipment levy), so to be able to allocate small credits showing the levy and fees need to be paid out in full. Hopefully this helps explain the not so easy to understand StarCare receipting system!! If you would like further information on receipts, please give me a call.

FAMILY COMMUNICATION POCKETS - Please keep little fingers away

We are having some what of a bad run with our pockets in the foyer lately. We have had some unexplained missing paperwork, discovered lots of receipts in the wrong pockets and we even have family name tags that are totally missing in action! I know the pockets are at perfect little person eye level, which can be hard to resist, but if parents can just keep a closer eye on the children as they move through the foyer and maybe pre-warn with a little comment each time you enter the foyer, such as "when we go inside, we only look at the pictures on the pockets, they are not for us to touch". If you do find your child clutching a receipt, please look for a surname on the receipt and place it back in the family pocket. Thanks.

SOME TIPS FROM DR JOHN IRVINE ON MEAL TIME MADNESS



Children love serving themselves



Abigail gets stuck in - no fork required!!

Here is some light hearted, yet quite sensible and reassuring information on kids and eating from Dr John as taken from a website transcript during interview on Channel 10 program "9am with David & Kim" 28/2/07.

Fights over food have to rank as the single and least sensible battles we have with our kids. Why do we fuss? We know that kids don't starve if there is food around. Maybe it's so we can pass on the diet books when they're older. But whatever the reason, here's my pick of our top five meal motivators:

1. *Motivation by maths: "be a good boy, just 27 more mouthfuls"*
2. *Motivation by mass: "eat up or you'll never be as big as Uncle Mick"*
3. *Motivation by starvation: "ok, don't eat it. But its' in the fridge and you won't get another thing till it's gone!"*
4. *Motivation by petrification: "eat or you won't grow, get sick and die!"*
5. *Motivation by morbidity: "that's great! You've just wasted one African!"*

It's all a bit silly when you think about it - the kid's aren't going to starve and all it has done is kill conversation, topple the tastebuds and mangle the meal. Did you know that when a child is being pressured to eat, it creates stress and the physiological change of a reduction in gastric juices in turn causing a major loss of appetite? It does explain why about 20 minutes after the table hysteria of "I'm not hungry" that their appetite magically appears - no stress = hunger! Remember appetites vary, kids vary and it takes time to learn the three meal a day obsession. Here are some expert suggestions that have been collected over the years, you may have already heard of a few:

- *Avoid threats, bribes or fuss as eating has nothing to do with good or bad behaviour*
- *Prepare easy or their favourite meals and freeze for later thawing, so you're not angry if it's not eaten*
- *Variety is the spice of life so tune up the tastebuds with variations in what, when, where and how it's eaten*
- *Keep helpings small - better to reinforce success than to practice failure*
- *Have healthy snack food on hand - raw carrot, cheese, apple, whole-grain bread.*
- *Let young children feed themselves*
- *Let children serve themselves instead of plating up their meal - they will enjoy choosing their food with the whole family and having some control over what goes on their plate*
- *Forget about finishing everything on the plate - let it go! One mouthful may be all they need - they will not starve.*

From 0-6 years we force them to eat - "this kid doesn't eat anything!", from 7-12 years we try to guide what they eat - "No! Have something healthy!" From 13 years on we battle to stop them from eating - "they are eating us out of house and home!!" Remember to relax and good luck!

PARTNERSHIP WITH PARENTS QUESTIONNAIRE & CENTRE PHILOSOPHY REVIEW



Each year we distribute the above document for parents to give us much valued feedback on the children's service that we provide. The questionnaire itself is reviewed each year by staff, and then sent out with the newsletter. As explained in the introduction to the questionnaire, we use this feedback to form the next level of our ongoing Continuous Improvement Plan,

professional development purposes for staff, develop topics for our Parent Information Evenings and to ensure that our Program and Centre Philosophy review has input from our families. Please find both these documents attached and return by the **23rd of March 2007**. **We appreciate your time, effort and thoughts.**

HAPPY BIRTHDAYS FOR FEBRUARY!

Abigail turned 2

Leroy turned 2

Declan turned 4

Ellie turned 3



Leroy aka "Bob"



Declan aka "Decki"



Ellie aka "Ellie G"

THANKS!!

Thank you to the Crisafulli family for donating some of their used (hardly at all!) toys from home. We would like to thank Nick for being such a great sharer!

CONGRATULATIONS

To our very own Kate Mitchell for completing and officially receiving her Certificate III in Children's Services. Kate is now aiming to begin her Diploma later this year.

RECIPES FROM CATHERINE'S KITCHEN

Here's another favourite recipe that we love at Elder Street. This lunch time meal is always devoured and often the children will ask for more. If you have a fussy eater, give this a try at home.

Zucchini Slice Feeds family 4-6

Preparation time 30 minutes - Cooking time 30-40minutes -Yes suitable for freezing

Ingredients

2 medium zucchini, scrubbed
1 onion chopped
150g (3 slices) lean ham
1 cup grated cheese
1 cup self raising flour
6 beaten eggs

Method

Grate unpeeled zucchini coarsely
Add chopped onion, ham, cheese, flour and eggs.
Pour into greased baking dish
Bake in a moderate (180 deg) oven for 30-40 min

Helpful Hint

Use ½ wholemeal flour and ½ white flour for a healthier product

Keep smiling

Team Elder Street