



**SINGLETON**  
CHILDRENS SERVICES

25 September 2020



## CARING AND LEARNING

### Fees and Charges

All accounts not transitioned to Direct Debit will be charged a non-direct debit fee of \$1.90/month. Any account in arrears will be charged \$10.80/fortnight in-line with the Fees and Charges schedule.

To avoid these charges, please log in to My Family Lounge and complete the Direct Debit Agreement and ensure fees are paid 2 weeks in advance. Statements are issued weekly and indicate the Due Now amount, please ensure you are reading any messages that appear on page one.

### Union Picnic Day Service Closure

Colleen Gale Children's Centre, Singleton OOSH and Singleton Mobile Preschool will be closed on Friday, 16 October 2020.

### REMINDERS

#### Vacation Care

**BOOK NOW** to secure your place.

#### Christmas Care Form

Please click anywhere on this box linking you to an online form.

Please indicate your care requirements for the week 21 – 24 December 2020, this will allow us to determine staffing levels leading in to Christmas.

## Childcare Service Survey

<https://mysay.is/childserv20>



## Seeing the World Through Different Eyes

Recent painting experiences have allowed the children to show their sense of identity. These activities allow the children to see that everyone is different. Painting is a great way to express who you are, your interests and views on the world.

The children are working on skills, learning more about composition, blending and painting the world through their eyes. They have painted with watercolours, showing patience and persistence. The children are sharing ideas, skills learnt and offering support and guidance to each other.

- Hannah is enjoying focusing on detailing eyes. Painting them in different shapes and colours showing everyone her interest into the window of a person.
- Jonathan started out on paper illustrating the outback of Australia in its beautiful orange colours with old tall trees. Challenging himself he started to transfer his image onto canvas.
- Aria, Georgia and Annika copied an image of a horse. This was a good opportunity for the children to co-operate and share strategies on how they were going to paint the horse. The group focused on how they would copy the shape and use colours to bring their image to life.



## OOSH REMINDERS

### Before & After School Care Notice Period

Casual bookings can be made up to 1 week in advance.

Cancellations within 3 days prior to booked session, will result in being fees charged and absences recorded.

### Vacation Care Notice Period

Booking can be made up to 12 weeks in advance.

NO cancellations within 14 days prior to the session. Fees will be charged without the 14 days' notice.

### Breakfast Times

Did you know... Breakfast is served between 6.30am – 7.30am. After this time fresh fruit is available. This allows children and staff to be organised for a smooth transition to the buses

### Hats Required

Please remember to send a hat with your child. We are a proud Sun Safe Centre and encourage all children to wear wide brimmed hats for outdoor play.



## NURSERY ROOM

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“Bunnies sleeping” is one of our favourite songs. When the children hear an Educator start to sing the song they enthusiastically join her, laying down. At the time in the song when they wake up, the children move quickly to their feet and start jumping up and down. They then lay back down and wait for their Educator to sing the song again.

We encourage you to give it a try at home.

### Song Words

See the little Bunnies sleeping til it's nearly noon

Let's go and wake them with a merry tune

See how still

Are they ill?

Wake up little bunnies

Hop little bunnies. Hop, Hop, Hop, Hop, Hop,  
Hop, Hop, Hop, Hop, Hop x2



## JUNIOR ROOM

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Cellophane in the wind....whoosh!

The children used coloured cellophane squares to explore their environment, eagerly looking through it to see what colours different areas of the playground became. The ground became green and the air, blue and purple.

The children discussed the colours seen and felt the texture of the cellophane. Through this experience the children were able to demonstrate their curiosity and enthusiasm.



## PRESCHOOL ROOM

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The preschool children are enjoying the warm weather and are very active in exploring the outdoor environment. Water in the sandpit has been very popular with children digging large holes and then filling them up with water. They then watched in awe as the water disappeared. This led to discussions on what they could do to stop the water disappearing.

The children have been exploring creativity, colour recognition and fine motor skills by painting on the recycled pipes. The children enjoyed using pipes as their canvas and found it challenging to be painting on something round, leading to many discussions and thoughts.





## Supporting Literacy through Play

Emerging literacy skills continue to be supported through our creative experiences, helping to build foundation skills.

Exploring foaming paint, the children used the fine motor muscles in their hands to pump the re-purposed foaming soap dispensers getting the paint onto their paper. Then, using their hand-eye coordination, they rubbed the paint around the paper with their fingers to produce their final creation.

## Pirate Day

We recently celebrated Pirate Day, with amazing pirates - ranging from superheroes, princesses and captain pirates for our dress up day. We engaged in a treasure hunt with the children every day during the week, adapting the words to “Wibbly Wobbly Woo” as our clues for the scavenger hunt to find our treasure. This experience also supported the children’s emerging literacy skills, as they further strengthened their ability to recognise similar sounds and patterns in speech, particularly rhyming words.



## Obstacle Course

The obstacle courses have also engaged the children at both venues, further developing their emerging literacy and numeracy skills. They engage in discussion about the shapes and colours of the obstacle course (numeracy) and strengthen their core balance (literacy) as they navigate the course. Their physical development skills are also developed as they strengthen their hand-eye and foot-eye coordination skills.

# Cheesy Popcorn and Veggie Snack Mix

## Ingredients

Popping corn	2/3 Cup
Carrot, trimmed and diced	1
Lebanese cucumber, diced	1
Apples, diced	2
Pepita and Sunflower mix	2 Tbs
Tasty Cheese, grated	2/3 Cup

## Method

1. Place the popcorn in a large paper bag and fold the top over three times to seal tightly. Microwave on high for two minutes or until the popping sounds starts to slow down.
2. Transfer the popcorn to a bowl and toss to cool. Add the carrot, cucumber, apple, seeds and cheese, mix to combine and serve.



*Recipes  
from the  
kitchen*







# Our childcare philosophies and guides

## What is Self-Regulation

Self-regulation is the ability to understand and manage your behaviour and your reactions to feelings and things happening around you.

It includes being able to:

- Regulate reactions to emotions like frustration or excitement
- Calm down after something exciting or upsetting
- Focus on a task
- Refocus attention on a new task
- Control impulses
- Learn behaviour that helps you get along with other people.

### Why is it important

As your child grows, self-regulation will help them:

- Learn at school – because self-regulation gives your child the ability to sit and listen in the classroom
- Behave in socially acceptable ways – because self-regulation gives your child the ability to control impulses
- Make friends – because self-regulation gives your child the ability to take turns in games, share toys and express emotions in appropriate ways
- Become more independent – because self-regulation gives your child the ability to make good decisions about her behaviour and learn how to behave in new situations with less guidance from you
- Manage stress – because self-regulation helps your child learn that she can cope with strong feelings and gives her the ability to calm herself down after getting angry.

### How can I help:

The best way to help your child learn to self-regulate is to provide support when they need it. Here are some ways you can do this:

- Talk about emotions with your child. For example, 'Did you throw your toy because you were frustrated that it wasn't working? What else could you have done?'
- When your child struggles with a strong feeling, encourage her to name the feeling and what caused it. Wait until the emotion has passed if that's easier.
- Help your child find appropriate ways to react to strong emotions. For example, teach your child to take a break or get adult help when he feels overwhelmed. Say things like 'Let's relax' and 'I can help you if you like'.
- Remember to be patient. It can be very hard for young children to cope when they have strong feelings.