



## SPRING TIME

Spring is on its way and with its arrival we are starting to see variations in the weather, from cool and windy to warm and sunny days. Please ensure you pack a range of clothes in your child's bag each day to cater for the changes in weather we are having.

### REMINDERS

#### Direct Debit

Please log in to My Family Lounge and transition to Direct Debit if you haven't done so already.

#### Sunsmart

Remember to pack hats and water bottles as the weather warms up.

#### Fees

Fees are to be paid 2 weeks' in advance.

### Welcome

We would like to welcome Susan Norrie to the Colleen Gale kitchen.

Susan is a very experienced cook and horticulturalist. We are looking forward to her ideas and input into meals for the children and the rejuvenation of some vegetable gardens.



## OOSH

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With winter gone and spring in the air the children have been exploring the natural resources in the OOSH playground.

Flowers are starting to bloom, even the lovely yellow weeds! The children have sourced out all the different flowers around the playground to make some daisy chains, as well as necklaces, bracelets, headpieces, earrings and bouquets. They proudly wore them, showing everyone their fabulous creations.

## PRESCHOOL ROOM

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The preschool children have been further exploring their creativity with clay. The children enjoyed being able to sit under the trees and listen to calming music while they smacked, kneaded and rolled their clay on the table.

The children admired the landscape around them and used this as their creativity to make objects using the clay. They observed the birds in the trees, admired their body features and the sounds made. This led to many of the children making birds with their clay. Others just enjoyed exploring the textures of the clay, building on their hand muscles and fine motor skills. Throughout the activity the children enjoyed sharing their amusement, laughter and achievement with their peers.



## JUNIOR ROOM

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Continuing on with the children's interests in dinosaurs and their request to build a "big one", we decided to build a box dinosaur.

This was an ongoing project where the children made suggestions and ideas as to how to make it and what we needed to add to the dinosaur. We collaborated over the course of a month to create our box dinosaur. Starting with the construction right through to creatively decorating him with paint, adding teeth and jaws, a tail and horns.

He sits proudly in our room where the children incorporate him into their play and interact with him on a daily basis. We even came up with a name, we called him 'Dino'.





## NURSERY ROOM

Shadows have created wonderful excitement in the Nursery room. With the sun shining and standing on the concrete one of the children noticed their shadow. He excitedly bent down to say "Hello" to it. The other child noticing this, came over to see what was happening.

With some direction from educators the children were enthusiastic and curious when they spotted their own shadows. They moved their bodies to watch it move and squatted down to babble to it or to get a closer look.

## REMINDER

In the nursery we check/change the children 2 hourly. This is at 8.00, 10.00, 12.00, 2.00 and 4.00 and a check before going home as part of our routine. We also change children at other times when needed.

Could you please pack enough nappies to get through the day. We would recommend 6-8 nappies per day.



## MOBILE PRESCHOOL

Sports have been a big focus for the children especially with Footy Colours day. The children were involved in a variety of sports activities.

### Bean bag throwing

Bean bags were made and the net with target holes placed. The children enjoyed throwing the bean bags and trying to get them through the holes. Some children found it easier than others but the persistence and helpfulness of their peers made for many successful shots.

### Bats and Balls

A very popular activity with cricket, tee ball and basketball. The children all took turns at these sports. Cricket was a little more difficult with hand eye coordination required to hit the moving ball. The children enjoyed Tee-ball, quickly working out how hard to hit the ball. Basketball is always popular with throwing the ball into the ring, it was fun to throw any ball including the footballs and odd shaped balls to score a goal.



# Cauliflower Nuggets with Yoghurt Dipping Sauce

## Ingredients

1 small head cauliflower
1 egg
1 cup fresh wholemeal breadcrumbs
1 cup grated low fat cheddar cheese
1/4 tsp ground coriander for nuggets
1/4 tsp ground cumin
1/4 tsp garlic powder
Extra-virgin olive oil spray
1/2 cup low-fat Greek yoghurt
1 tbsp finely chopped coriander for dip
2 tsp lemon juice

## Method

1. Preheat oven to 190°C fan-forced. Line a baking tray with baking paper.
2. Cut cauliflower into small florets, place in a microwave-safe bowl and cook on high for 3 minutes or until soft.
3. Place cooked cauliflower in a food processor and blitz into small pieces. Add the egg, breadcrumbs, cheese, herbs, garlic powder, salt and pepper and blitz until mixture combines.
4. Spoon tablespoons of mixture onto lined baking tray and shape into nuggets. Bake for 10 minutes before turning and baking for a further 10 minutes or until golden.
5. Meanwhile, to make dipping sauce place yoghurt, coriander and lemon juice in a small bowl and stir to combine.
6. Remove cauliflower nuggets from oven and allow to cool slightly before serving with yoghurt dipping sauce.



# Self-regulation and Power needs

## Self-regulation and Power needs

As children start learning about their feelings and self-regulation, power struggles can affect children's ability to control their emotions. Giving children the power to make decisions allows them to see a different way of relating to the world. It allows them to experience relationships that are mutual and respectful. It helps them to trust themselves and to see their experiences, feelings, and perspective as mutually important in a relationship.

**RETHINKING POWER NEEDS** @kwiens62

**POWER IS NOT LIKE A REMOTE CONTROL**  
WHERE ONLY ONE PERSON HAS ALL THE POWER AND CONTROL.

**POWER IS LIKE A CANDLE.**  
YOU CAN GIVE A CHILD POWER WITHOUT GIVING AWAY ANY OF YOUR OWN POWER.

**YOU DON'T HAVE A SET AMOUNT OF POWER**  
~ LIKE A BUCKETFUL.  
THERE ARE WAYS TO GIVE A CHILD POWER WITHOUT LOSING ANY OF YOUR OWN.

**KIDS DON'T WANT YOUR POWER. THEY WANT THEIR OWN.**  
RICHARD LAVOIE

WHEN A STUDENT FEELS THEY HAVE

- POWER WITH THE ADULTS AS WELL AS
- POWER WITHIN THEMSELVES

THEY'LL HAVE LESS NEED TO SEEK POWER OVER OTHERS

A NEW UNDERSTANDING OF POWER CAN HELP WITH THIS

**"SEE A CHILD DIFFERENTLY... SEE A DIFFERENT CHILD"**  
STUART SHANKER

**6 WAYS TO HELP KIDS MEET THEIR POWER NEEDS**

1. OFFER CHOICE, NOT ORDERS
2. GIVE RESPONSIBILITY
3. START WITH STRENGTHS
4. EXPRESS INTEREST RATHER THAN PRAISE
5. ASK FOR THEIR OPINION
6. ASK FOR THEIR HELP

**6 POINTS TO REMEMBER**

1. AVOID POWER STRUGGLES
2. AVOID MAKING THREATS
3. GROWING POWER NEEDS ARE A HEALTHY PART OF CHILD DEVELOPMENT
4. RESPECT BOUNDARIES
5. THE RULES (NOT THE ADULT) SHOULD BE OBEYED
6. REFLECT ON YOUR OWN NEED FOR POWER & CONTROL

**"THE REALITY IS THAT NO ONE WINS A POWER STRUGGLE"** ROSS GREENE

# What do you think of our menu?

<https://tinyurl.com/y5s62kcv>