

HEALTHY AND HAPPY CHILDREN



All families are reminded to please ensure your accounts are up-to-date and there are no outstanding monies owing. As we near the end of the financial year we are required to finalise all transactions for auditing purposes. If you have payments outstanding please action these as soon as possible.

Also please be aware that new fees and charges are applicable as of 1 July 2019 and will be applied accordingly.

Stopping the spread of the flu - It's in your hands

- Get a flu shot
- Sneeze into your elbow
- Clean your hands
- Stay at home if sick

Get a flu shot now.

An annual flu shot is your best protection against influenza.

Flu shots are free for

- people aged 65 years and over
- pregnant women
- children under 5 years old
- Aboriginal people
- medically at risk groups.

Speak to your GP and get a flu shot now.

Flu fact You can't catch influenza from the flu shot.



REMINDERS

Earn and Learn

Earn and Learn is almost finished, get your stickers into the collection box's at the centers.

Entertainment Books

Entertainment books are still available containing many great vouchers.

Fees

As our fees will be increasing as of Monday 1 July 2019, please update your direct debit limit to cover this amount.

Sick Days

It's that time of year when many different bugs and viruses are around. Please keep your children at home if they are unwell and remember our 24hr exclusion policy for returning after an illness.



Long Day Care

Philippine Independence Day celebrations at CGCC were fun for all.

The children had a wonderful time celebrating Philippine Independence Day with our Educator Marilou and our Cook Maritus. Marilou provided craft experiences for all the children across the centre, such as painting banana stalks.

Marilou wore her beautiful brightly coloured traditional dresses as she performed her Philippine dances which symbolise the welcoming of the Filipino community coming together.

The scarf dance is a traditional Islamic Filipino dance. The hat dance which is performed as a Christian Filipino folk dance. All the children cheered at the end and were very eager to get up with Marilou to learn some of the moves.

Maritus cooked two of her favourite desserts Puto (steamed cheese and rice buns) and sticky rice and coconut for the children's afternoon tea.

These two dishes provoked many a conversation amongst the children and staff in regards to the different textures and tastes. Thank you to both Marilou and Maritus for sharing a part of your beautiful culture with us.

Jeral Puppet Show at CGCC

The children who attend on Thursdays experienced a visit from the amazingly famous Jeral Puppets who performed the delightful story of "The Ginger Bread Man" and a few other short stories and songs which included counting and language concepts.

The children thoroughly enjoyed the show, talked about it all day and in the Preschool room created their own puppet shows.



OOSH Update

With Reconciliation week a focus at OOSH recently, the children have been busy designing their own rock art using indigenous signs. Each child's rock told a story. Alexis' rock told the story of three men sitting on logs at their meeting place, when the clouds crashed, it stormed. The river stormed down the flats in flood. After two days a rainbow appeared across the sky.

The children also did paintings on hessian, they used earthy colours of their choice and decorated with reconciliation conversations happening at the same time.

After researching with the children we found this year's theme for reconciliation was 'Grounded in Truth'. Some children created painted hands as they used the official reconciliation poster to inspire their art. They shared ideas and conversation. Chyenenne shared her knowledge by teaching us some indigenous symbols and talking about aboriginal art in her home.



Mobile Preschool Update

At Mount Olive, the children have been engaging in mud play. This began as a child initiated experience and has continued into the following week. As we are supporting the children's interests, we celebrated International Mud Day on Thursday, 27 June 2019. Mud play provides children with the opportunity to explore and connect with their natural world. As mud is versatile, it encourages open-ended play and can be used in a wide variety of ways.

At Broke, the children have started to learn about how a foetus forms in the womb. The children have been forming their own hypotheses on what will happen next to the baby and have been learning about the different parts of the human body as we look through 'A Child is Born', Lennart Nilsson. The most recent discovery was of the veins that are visible under the foetus' thin skin, and the veins that can be seen on our wrists.

We would also like to remind families that the end of Term 2 is near. The last day of operation for Term 2 will be Friday, 5 July 2019.

VEGGIE QUESADILLAS

- 8 (384g packet) multigrain tortillas
- 1/3 cup tomato salsa
- 1 1/3 cups grated reduced fat tasty cheese
- 400g can no-added-salt red kidney beans
- 1 cup grated carrot
- 1 cup (30g) baby spinach leaves
- Olive oil cooking spray
- 1 avocado, peeled and chopped
- 1 tbs lemon juice

METHOD

1. Lay 4 tortillas on a clean surface. Spread with tomato salsa and sprinkle with half the grated cheese.
2. Top each one evenly with kidney beans, grated carrot and spinach leaves.
3. Sprinkle with remaining grated cheese. Cover with the remaining 4 tortillas.
4. Heat a large non-stick frying pan and grease with cooking spray. Add one filled tortilla, slide, carefully turn and cook other side until golden underneath. Using an egg
5. Repeat step 4 with remaining filled tortillas to make 4 quesadillas. Cool then cut each into 6 wedges.
6. Mash avocado with lemon juice in a small bowl. Serve with quesadillas if desired.

Recipe can be cooked a day ahead. Keep cooked quesadillas refrigerated in a container until required.
Tip: These tasty quesadillas can also be eaten warm as an after school snack or served as a light dinner with a salad. Substitute vegetables for creamed corn or any other combination you desire.

*Recipes from
the kitchen*

We're Fundraising with

 **entertainment**

Entertainment Books are here!

To purchase a hard copy or an electronic version please follow the link below for payment. Hard copies are also available at Colleen Gale.

<https://www.entertainmentbook.com.au/orderbooks/3556p4>



 **entertainment**

