



YOUR CHILDCARE UPDATE

Direct Debit payments commencing 17 August 2020

Thank you to all of our families who have transitioned across to Direct Debit, if you have not already done so then please log in to My Family Lounge and complete the agreement.

QK appears to have rectified the commencement date issue for all families who have already transitioned across, as such we will start processing your amounts payable on Monday 17 August 2020. Please ensure you have funds available to cover these amounts to prevent any penalty fees. All accounts are to be maintained two weeks in advance at all times.

Dear Preschool Families,

It is that time of year to complete your child's enrolments to Primary School for 2021.

Please send us the information below, either by [emailing us](#) or completing the [online form here](#)

1. Is your child attending Primary School in 2021? Yes/ No
2. What is the name of the school your child is attending?

If you need any support or information for the school transition our preschool staff Amber and Heidi are happy to help.

REMINDERS

Vacation Care

Vacation Care Bookings Open Now

Please visit My Family Lounge to book in your care needs for the upcoming school holidays.

All Services

If you or your child is unwell, please remain at home.

If you or your child have visited any hotspot areas. Please ensure you are following Public Health advice and stay at home.

Childcare Service Survey

<https://mysay.is/childserv20>



Pirate Escape Room



“Scream and Run” with sunset vibes

It was beautiful outside, the sky bright orange, energy to burn, we reflected on vacation care and the children decided to play “Scream and run” .

The objective is to see how far you can run while screaming, the challenge is to not stop screaming and when you do, you stand on the spot continuing to watch the others try to reach the end of the yard.

Some children couldn't understand why anyone would want to scream and run so together as a group we discussed how it can help us: It can,

- Teach you how to control your breathing
- Supports each other building trusting relationships with peers
- Focuses on physical wellbeing and releases energy
- Releases any built-up negative emotions
- Promotes positive self-esteem, high self-worth, confidence and independence.

The group were able to build trusting relationships with each other; learning more about their peers, feeling acknowledged and confidently sharing their ideas

“Ahoy there, your challenge today is to find the hidden treasure with your fellow pirates, find the clues and solve the mystery”

The children were challenged to solve clues as a team climbing through a mountain, walk the plank and decode the hidden sentence. Working as a team the children built on their relationships and extended their confidence

Searching the room, the children had to search the treasure chests, each chest containing a key. The children were challenged to find the right key to unlock the golden box. Opening the box, the clue needed to be deciphered. The last clue read “under a pillow”, searching the room the treasure was found in a golden pot with the chocolate golden coins.

With each escape room, children are involved in organising materials and clues giving them responsibility and independence. With many ideas shared, everyone has the opportunity to participate in the fun.





MOBILE PRESCHOOL

Our mobile preschool children had fun participating in Pyjama Day in July and Crazy Hair Day in August to raise funds for Pyjama Day Foundation and Cystic Fibrosis. We are happy to tell you we raised \$50 for Pyjama Day and \$20 for Crazy Hair Day.

On the week beginning 17th August we will be taking class photos of the children. Miss Bree will be taking the photos instead of a photographer to help us reduce any additional social contacts to our children as part of our COVID-19 Safe policies.

Don't forget to brush your hair that morning !

During our Yarning Times we have been discussing our sense of well-being. Using the Aboriginal wellbeing cards we have learnt about the different aspects of wellbeing and had a yarn about this theme to delve into the children's ideas.

Hi, I'm Cassandra

I have a Diploma of Childcare and work in the 0-2 year old room at Colleen Gale. I enjoy the opportunity to give comfort and care to our littlest citizens while providing a play based learning atmosphere for them to explore.

With over 25 years experience in working with children of all ages, the 0-2 age group is the group I find the most rewarding and challenging.



Baked chicken risotto

Ingredients	6 serves
Brown onion	1 small
Chicken thigh fillets	350g
Baby spinach leaves	150g
Pumpkin	400g
Olive or canola oil	½ tablespoon
Arborio or basmati rice (uncooked)	1 cup
Reduced salt chicken stock	1 litre (4 cups)
Parmesan cheese	1 tablespoon

Method

1. Preheat oven to 180°C.
2. Peel and finely dice onion.
3. Cut chicken into small strips, removing any skin or bones.
4. Wash spinach. Peel and cut pumpkin into small cubes.
5. Heat oil in non-stick frying pan over medium heat.
6. Add chicken to pan. Cook, turning, for 5 minutes or until browned. Remove from pan and set aside.
7. Sauté onion until translucent.
8. Add rice. Stir to combine.
9. Add stock, spinach and pumpkin to pan and bring to the boil for 1 minute
10. Transfer mixture to a baking dish. Place chicken on top of rice, cover and Remove lid, stir and return to oven, cooking for a further 10 minutes or until rice is cooked through and all liquid has been absorbed. Top with cheese.

