



OUR PHILOSOPHY

Children have the right to be active participants and decision makers in their own learning journey.

[Links to Quality Area 1](#)

Meet the leadership team & administration staff.



Nicole Delbridge
Director/Nominated
Supervisor



Ami Lee Gross
Administration Manager



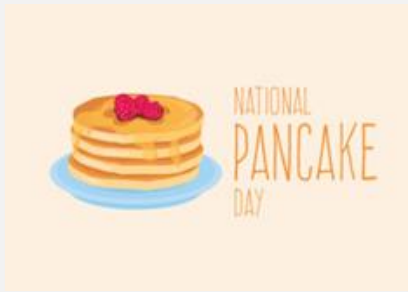
Erica Bartley
Educational Leader



Toni Murray
Administration Officer



Kate Bolton
Mentor



Pancake Day – February 13
We will be making pancakes!

Children will be able to enjoy coming together, to share pancakes at preschool.



Lunar New Year
Saturday 10 February



Tuesday 20 Feb



PROTEIN PANCAKES



PREP 10 min | COOK & SERVE as needed

INGREDIENTS

- 2 cups milk (alternatively use coconut or almond milk)
- 2 cups flour (or use do 2 cups spelt or 1 cup tapioca and 1 cup oat flour, but you could play around with different options)
- 4 tsp baking powder
- 4 eggs
- 6 tbsp protein powder*
- 2 tbsp hemp or chia seeds

**Optional nutra organics makes a great family protein powder try vanilla in this recipe.*

METHOD:

Simply blend all of the ingredients together and store in a jar! I cook ours in butter in a cast iron pan and they never stick. Serve with berries, banana, Greek or coconut yoghurt, pure maple syrup or raw honey, cinnamon etc! Or as one of my kids loves - peanut butter!

SO, WHAT ARE THEY GETTING? Good fats, fibre, protein, omega 3's, calcium, iron and fresh fruit, all before they leave the house for the day!

Recipe by Jo Kate Nutrition

BEST BLOGS



BABYVINE | babyvine.com.au

We place an emphasis on meaningful, useful and worthwhile content that parents can not only relate to but gain from.

Babyvine.com.au offers researched articles from experts, developmental play ideas, personal stories, and amazing giveaways that all work together to share everyday parenting experiences in all their variety.

Written by mothers of young children, the authors understand the endless roles Mums play every single day. From caregivers, chefs, chauffeurs, and educators and so much more, mums wear many hats and there's hardly a moment to breathe. Babyvine is a resource to help you answer those questions. Whether it is information you're looking for or play inspiration you can find it all right here. You can also find them on Instagram at [/thebabyvine](https://www.instagram.com/thebabyvine)

KIDDIPEDIA | kiddipedia.com.au

Kiddipedia is Australia's leading parenting resource website, providing useful parenting tips and all sorts of parenting information such as parenting helpline numbers, parent directory and kids events.

There are so many tools available on kiddipedia to help you be the best possible parent you can be. You can also follow along on Instagram at [/kiddipedia](https://www.instagram.com/kiddipedia).

FOCUS: The ART of creating

The process of creating and making art is natural to children, as they engage all their senses to explore the world around them. The arts enable children to use their whole bodies for learning and create endless opportunities for imagining and creating.

Children as young as 20 months can assign imaginative meaning to their playful mark making, art is a way to make their ideas, thoughts and imaginations visible.

Encouraging and engaging with children in art is essential in early development, with process art the preferred method for children to explore imaginative creation without direction, no right or wrong, and fun, pure, play. Allowing time as well is really important and the benefits are huge with creative exploration having many positive impacts on the development of your child.

Some benefits of art for children include

- Relaxation: children learn to focus and can explore feelings at their own pace, without interference
- Communication: art encourages language, as they discuss what they are seeing, feeling, wondering, evaluating
- Imagination: as they imagine and explore ideas, they will focus and concentrate, question and empathise
- Skill: children learn to predict, plan, problem solve as well as all the fine motor skills such as cutting, drawing, painting, printing.
- Children feel a sense of emotional satisfaction when they are involved in making art, whether they are modelling with clay, drawing with crayons, or making a collage from recycled scraps. This satisfaction comes from the control children have over the materials they use and the autonomy they have in the decisions they make.

When creating an artwork, children make decisions and continue to self-evaluate as they go. They decide what they will create, how they will create, mood, colour, form, who or what. As children grow and develop, their art-making activities move beyond exploring with their senses and begin to involve the use of symbols. Drawings move from scribbles to symbols, and all have meaning. Children begin to represent real objects, events, and feelings in their artwork. Drawing, in particular, becomes an activity that allows them to symbolise what they know and feel. It also helps children to make sense of the world, and visually step out what they are experiencing or feeling.



Encouragement is key

- Have a genuine interest in what they are doing, and listen to their meanings.
- Provide quality materials that spark joy (rather than cheaper paint colours that always end up icky brown)
- Give them plenty of time, and let them return to works in process, let them decide when an artwork is complete
- Having a permanent space for children to create is also important and can also keep the creative projects in one designated area
- Most importantly, share their delight in discovery, what they have created. This encourages feelings of self-worth and opens up communication channels. Art can be the place where you are able to chat openly together, and as they grow, continue to develop that link together

Allowing art making at home is the first step to developing the whole child through art experiences. Child friendly materials are easily accessible these days, and there are so many how-to inspirations for adults on the internet. Approach with open ended play, provide materials and invitations to play, as well as parental involvement without interference. Let it be a joyful experience!



Read the article via the QR code.

Source: Boyd, Janine. (2022, July 04). **The ART of creating**. Retrieved from kiddomag.com.au

PRE-WRITING LINES

Pre-writing lines are lines and shapes that toddlers and pre-schoolers learn in a developmental sequence that help them to form letters later on for handwriting. Lines down, across, cross shapes, circles, squares, and diagonal lines are all considered pre-writing lines. Pre-writing lines are typically copied and traced on paper, however here are some fun, non-conventional ways to practice them. Try a paintbrush in sand, a finger in shaving cream, peeling stickers and tracing the pre-writing lines. Go to growinghandsonkids.com for a huge list of ideas!



HEALTH & SAFETY: Button batteries

Button batteries are powerful, coin-sized batteries that are used in many toys and household products (e.g., keys, remote controls, calculators, musical greeting cards, watches and kitchen scales). Button batteries are especially hazardous if swallowed, and can cause lasting damage to the oesophagus and airway. Serious injury or death can result from ingesting a button battery.

If you think a child has swallowed a button battery, call an ambulance (000 in Australia) or go to your nearest hospital emergency department immediately.

Main cause of button battery injuries

Babies and toddlers tend to put things in their mouths, and button batteries are appealing to young children as they are small and reflective. Often, parents don't realise an item contains a button battery as the batteries are usually already installed. Children tend to have easy access to items that use button batteries (toys, pens, calculators, musical greeting cards). The covers on these items can sometimes be easily removed, making them a potentially deadly hazard for young children. If a button battery is swallowed, it can burn through the oesophagus (swallowing tube) in just two hours, causing internal burns, severe bleeding or death.

What to do if you suspect a battery has been swallowed

If you suspect a child has swallowed a button battery, call an ambulance (000 in Australia) or go to your nearest hospital emergency department immediately. Button battery injuries can be catastrophic if not treated immediately. If you think a button battery has been swallowed, do not wait for symptoms to appear before calling an ambulance.

A child who has swallowed a button battery without anyone being aware may develop the following signs and symptoms:

1. noisy breathing or chest pain
2. problems swallowing or drooling
3. vomiting blood or passing dark and yucky poo

If your child has any of the above, go to your nearest hospital emergency department immediately.

Ways to prevent button battery injuries

Children should never be allowed to play with button batteries. To prevent button batteries from being swallowed:

- keep household items you suspect may contain button batteries out of reach
- don't allow children to play with car keys, remote controls or other household products containing button batteries
- check toys in your home that contain button batteries and ensure they either have screw-on battery covers so that batteries can't fall out or be easily removed or discard them if they don't have this safety feature
- avoid buying toys that require button batteries as a power source
- keep spare batteries locked away and out of reach.

Disposing of batteries

Rather than throwing batteries into the rubbish bin, take used batteries to your local recycling collection point – this will prevent children having access to batteries and accidentally finding them once they have been discarded. You can recycle batteries at the following places:

- Your local council (council websites often list additional disposal points)
- Planet Ark
- Aldi supermarkets
- Battery World

Key points to remember

- Button batteries are found in many different household items and toys.
- Button batteries can cause serious injuries or death if swallowed.
- Any child who is thought to have swallowed a button battery should be immediately taken to the nearest emergency department.



Read the article via the QR code.

Source: The Royal Children's Hospital. (2023)
Safety: Button batteries Retrieved from
https://www.rch.org.au/kidsinfo/fact_sheets/Safety_Button_batteries/



TAKE 3 FOR THE SEA

Plastic pollution is devastating oceans, killing wildlife, changing our climate and threatening the health of our planet. It is a global problem, and it can be easy to think that we, as individuals, can't do anything to solve it. But you can and it's simple!

Take 3 pieces of rubbish with you when you leave the beach, waterway or... anywhere, and you have made a difference.





Being Environmentally Responsible

Sustainability is more than gardening, worm farms or composting. As educators, we have to think beyond these green activities. Sustainability has shifted away from being just about environmental education to thinking about it as education for sustainability (Davis, 2010). Although both education threads are separate, they are certainly not isolated. Education for sustainability is about linking the 'about' with the 'doing'. - Yvonne Paujik Curriculum Lead Teacher Campus Kindergarten University of Queensland

Within our Service children:

- **Connect with the natural world** Children use their senses to explore their surroundings through free play and guided discovery.
- **Learn to care for the environment through** Play and directed activities. This may be sorting items into their correct bins, caring for 'injured' wildlife, planting gardens, observing wildlife.
- **Observe sustainable practise** through modelling from our educators and daily practise.

Being environmentally responsible is neither a subject nor an 'add on', it is a way of thinking, a way of practice. Education for sustainability is interdisciplinary and involves different members of the community with different expertise and knowledge collaborating to tackle issues that affect sustainability.

We hope children think of sustainability as being broader than the environment, to thinking about how people and change can influence every living thing. Encourage and support your child and the next generation at home by being environmentally responsible in every possible way.

National Quality Framework | Quality Area 3:
Physical Environment Element 3.2.3 Environmentally responsible

We would like to remind parents that our preschool is open from 8.00am to 4.00pm. Families are to remain outside the main gates before 8.00am. Your child needs to be collected and signed out before 4.00pm. This is compliance under our licensing agreement. We thank you for your understanding and cooperation.

Office Open Hours

Mon 8.30 to 4.00

Tue 8.30 to 4.00

Wed 8.30 to 4.00

Thurs 8.30 to 4.00

Fri 8.30 to 4.00

We ask families to please follow NSW road rules and refrain from parking in the No Stopping Zone, adjacent to the Preschool. This is for the safety of all our children and families.



TWISTER

Short simple activities to get some active minutes in the day.

Check your games cupboard for this oldie! Physical games such as Twister help to strengthen core muscles, improve balance and strength, as well as improve their hand-eye coordination. It also encourages focusing with their brains while undergoing physical exertion – further strengthening the bond between their body and brain.

Set it up and play a few rounds together. If you don't have twister you can use chalk and draw a similar gameboard on a driveway or deck!

Feedback 
is always welcome

Rainbow Preschool

Email: rainbowpreschool@bigpond.com

Phone number: 80 87 2122.