

ALL OUR DREAMS CAN COME TRUE, IF WE HAVE THE
COURAGE TO PURSUE THEM – WALT DISNEY



What's Happening?

AT NRCCC

FEBRUARY

Kinder Family Night-----19th

MARCH

Butterfly Family Night -----5th

Dragonfly Family Night -----5th

Public Holiday (Centre closed) -----11th

Children's DISCO -----15th

Family Portraits -----16th

Caterpillar Family Night -----19th

Chinese Cindy Incursion -----27th

Working Bee -----30th

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AROUND THE COUNTRY

Chinese New Year----- 5th Feb

Safer Internet Day ----- 5th Feb

National Apology Day-----13th Feb

Wbminjeka

Welcome to all our new
& returning families...

We are looking forward to sharing
another
year with your children.

We currently have 30 new families that have commenced
this year and we hope you are beginning to feel a part of
our NRCCC community.

Our focus when we returned in January and February
was orientating and settling children that moved up to a
new room and all our new children & their families into
the Centre.

We hope that you are all now feeling comfortable and
that you have a happy and enjoyable association with
our Centre.

At any time if you are concerned about the well-being of
your child and/or you have any questions please do not
hesitate to give the Centre a call or pop into the Office
with any queries.





CHINESE NEW YEAR - 5TH FEB

In 2019 the Chinese New Year officially begins on February 5th. This date marks the beginning of a new lunar year according to the traditional Chinese calendar rather than the Gregorian calendar. Chinese New Year, also called Spring Festival, has more than 4,000 years of history. It is the grandest and the most important annual event for Chinese people. www.chinesenewyear.net

NATIONAL APOLOGY DAY - 13TH FEB

This is the 11th Anniversary of the National Apology to Australia's First Peoples – a sacred moment in our nation's history that must never be forgotten. The journey to national apology began with the *Bringing Them Home* report – the findings of an inquiry instigated by the Human Rights and Equal Opportunity Commission in 1995. Find out more at www.apoh.gov.au



OUR FAVOURITE RECIPES @ NRCCC



ZUCCHINI SLICE

PREP 10 min | COOK 40 min | SERVES 4

INGREDIENTS

- 4 Zucchini's (grated)
- 1 large onion (chopped)
- 4 rashers bacon (chopped)
- 1 large carrot (grated)
- 1 cup SR Flour
- ¼ cup oil
- 6 eggs
- 1 cup cheese (grated)
- 2 teaspoons of mixed herbs

METHOD:

Preheat oven to 180 degrees Celsius (moderate oven). Place all ingredients into a large bowl and mix well. Then place all ingredients into a large glass baking dish (greased).

Bake for 40 mins or until set in 180 degrees oven.

Enjoy



Source: Recipe taken from OUR FAVOURITE RECIPES BOOK pg.25 Available for purchase at the office for \$8:00

News From the OFFICE

From Meryl & Megan

All Educators are well into their room programs and will be visiting our local Reserve, which is an enriching experience for both children and Educators. A visit to the Reserve has become a relaxed part of our educational programs so be sure you have signed your child's yearly permission form for this excursion.

We have started the year with the the "baby rabbits incursion" which is always great at the beginning of the year to encourage the children to look forward to a warm snuggle with a soft bunny. We also look forward to 'Chinese Cindy' visiting us soon.

Finally, whether you are at the start, middle or end of your journey with our Centre I encourage you to participate in as many of our activities- working bee's, social events and fund raisers. Not only will you and your child/ren get the most out of our community centre experience but you will also get to know like minded families and begin to create some wonderful memories and friendships



WORKING BEE DATES:

Saturday 30th March
Sunday 26th May
Sunday 18th August
Saturday 26th October

TIME: 9:00AM – Midday

Come along and participate in helping keep your child's community safe, tidy & maintained. This is also an opportunity to meet like-minded families in your community

Children are welcome to come along to working bees but must be supervised by a parent at all times.

A sausage sizzle will be provided at the end of the working bee.



WHAT'S HAPPENING WITH OUR EDUCATOR'S?

We have welcomed Karol to our team, she has joined Mini in the Dragonfly Room. Karol has truly settled into her new role within our community and the children are enjoying her warm and caring nature.

Gerry is on Annual Leave from Fri 1st March and returns Thursday 7th March. Megan will be on annual leave in mid-March for a few weeks.

During times when an educator has leave from your child's room please be reassured we endeavor to cover educators by using our "regular pool of relievers" but no doubt we may have to use agency staff to work some days, if needed. Agency staff are always supported by our permanent educators so that the care we offer to children and our families is not compromised.

CONGRATULATIONS TO
JADE & JASON
ON THE SAFE ARRIVAL
OF
THEIR DAUGHTER
BOWIE



RITCHIES COMMUNITY BENEFIT

DID YOU KNOW WHEN YOU SHOP AT Nth. Ringwood RITCHIES and present your **community benefit card** Ritchies will donate a percentage of money from your shop back to our centre?

Please think of NRCCC when you shop at Ritchies as they benefit our community.

If you WANT a card please ask the Office.



Source: COMMUNITY NEWS



Information technology is now used in virtually every home in Australia. Ninety-seven per cent of households with children aged under 15 years have access to the internet, with an average number of seven devices per household. Parental involvement in the safe use of technology should start from a child's first use, and parents continue to be a critical influence in children and young people being responsible digital citizens and engaging in online activities safely.

Why internet safety matters: Preschoolers like going online to look at videos or to play games. They can do this using computers, mobile phones, tablets, TVs and other devices. There are safety risks for pre-schoolers online, although pre-schoolers won't usually be exposed to as many risks as older children because they're less likely to be using the internet independently.

When you take some practical internet safety precautions, you protect your child from risky or inappropriate content and activities. And your child gets to make the most of her online experience, with its potential for learning, exploring, being creative and connecting with family and friends.

Internet safety risks for pre-schoolers:

There are three main kinds of internet safety risks for children:

- **Content risks:** these risks include content that children might find upsetting, disgusting or otherwise uncomfortable. Examples are pornography, violence, images of cruelty to animals or programs meant for older children.
- **Contact risks:** these risks include children coming into contact with people they don't know. For example, a child might use a communication app and talk to a stranger.
- **Conduct risks:** these risks include children acting in ways that might hurt others. For example, a child might destroy a game his friend or sibling has created. Accidentally making in-app purchases is another conduct risk.

Teaching safe and responsible online behaviour

You can help your child learn how to use digital media and the internet safely, responsibly and enjoyably. If you teach your child how to manage internet safety risks and worrying experiences for himself, he'll build digital resilience. This is the ability to deal with and respond positively to any risks he encounters online.

You can do this by: Going online with your child, by being a good role model, teaching your child about good and bad content and teaching your child about in-app purchases.

Going online with your child - Your child will get more out of being online if you're watching or playing with her. You can get her to show you websites that are fun or interesting, ask her to show you how to play the app or game that she's playing, talk about the videos she's watching. If you think the app or video isn't appropriate, you could say, 'This is a bit grown-up. Let's find something else'. Then help your child to find something more appropriate.

Being a good role model - Your child learns from you. This means you can model safe and healthy internet use by using digital media in the way you want your child to use it now and in the future. For example, you can keep internet-connected devices out of bedrooms.

Teaching your child about good and bad content - You can explain to your child that there's good and bad content on the internet, including content that isn't true. Encourage your child to talk to you if he sees something upsetting, scary or worrying. For example, you could say, 'Some videos on the internet can be upsetting or scary. Tell me if you see something that scares you or makes you unhappy'.

Teaching your child about in-app purchases - Lots of games and apps have in-app purchases for things like character costumes and new levels. You could teach your child about these by saying something like, 'People use the internet to make money and we have to be careful that we don't give them our money by mistake. If something pops up on the screen don't click it. Come and tell me'.

Source: Raising Children (2019, January 16). Internet Safety: Children 3-5 years Retrieved from

<https://raisingchildren.net.au/preschoolers/safety/personal-safety/internet-safety-3-5-years>

Raffle tickets available in hallway opposite Goldie the Fish.

\$2 each or 3 for \$5

1st NIGHT FOR TWO SAGE HOTEL RINGWOOD
(INCL BREAKFAST)

2nd \$50 VOUCHER ROSEBANK NORTH RESTAURANT

3rd TWO BOTTLES GIANT STEPS WINE

4th 1KG YARRA VALLEY CHOCOLATERIE CHOCOLATE

Please remember.....

To only speak briefly to the educators each day your child is in care at arrival and departure time. Discussions at these times are for passing on/receiving messages about your child's day.

**As educators are interacting and supervising children at this time,
these discussions will be kept quite brief.**

If you would like to discuss your child's progress, issues or concerns in length and with the educator's full attention please ring to make a time to meet with the nominated educator.



2019 NRCCC CALENDAR

March

05/03/2019	Tuesday	<i>Butterfly Room Family Night</i>
07/03/2019	Thursday	<i>Dragonfly Room Family Night</i>
11/03/2019	Monday	Labour Day PH (Centre Closed)
15/03/2019	Friday	Children's Disco (Fundraiser)
16/03/2019	Saturday	Family Portrait Aver & Line (Fundraiser)
19/03/2019	Tuesday	<i>Caterpillar Room Family Night</i>
27/03/2019	Wednesday	Children's Incursion: Chinese Cindy dancing 10:00am
30/03/2019	Saturday	Working Bee

April

19/04/2019	Friday	Good Friday PH (Centre Closed)
22/04/2019	Monday	Easter Monday PH (Centre Closed)
25/04/2019	Thursday	ANZAC Day PH (Centre Closed)

May

26/05/2019	Sunday	Working Bee
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June

10/06/2019	Monday	Queen's Birthday PH (Centre Closed)
TBC		Cadbury Chocolate (Fundraiser)

July

02/07/2019	Tuesday	STAFF PD (Centre Closed)
24 th - 26 th	Weds/Thurs/Fri	Aver & Line Childcare: Children's Photos

August

18/08/2019	Sunday	Working Bee
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September

16/09/2019 (TBC)	Monday	NRCCC Committee / Centre AGM
		Wine fundraiser
27/09/2019	Friday	Grand Final PH (Centre Closed)

October

27/10/2019	Saturday	Working Bee
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November

06/11/2019	Tuesday	Melbourne Cup Day PH (Centre Closed)
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December

TBC		Christmas Party
23/12/2019 TBC		NRCCC Shuts for Christmas

January 2020

13/01/2020 TBC	Monday	NRCCC Re-opens for 2020
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PLAY WITH PURPOSE



ART & CRAFT

Art is a natural activity to support this free play in children. The freedom to manipulate different materials in an organic and unstructured way allows for exploration and experimentation. These artistic endeavours and self-directed explorations are not only fun, but educational as well. Art allows youth to practice a wide range of skills that are useful not only for life, but also for learning.

So why is art so important for pre-schoolers?

Skills youngsters practise when participating in art activities include:

Fine motor skills - Grasping pencils, crayons, chalk and paintbrushes helps children develop their fine motor muscles. This development will help your child with writing, buttoning a coat and other tasks that require controlled movements.

Cognitive development - Art can help children learn and practice skills like patterning and cause and effect (i.e., "If I push very hard with a crayon, the colour is darker."). They can also practice critical thinking skills by making a mental plan or picture of what they intend to create and following through on their plan.

Math skills - Children can learn, create and begin to understand concepts like size, shape, making comparisons, counting and spatial reasoning.

Language skills - As children describe and share their artwork, as well as their process, they develop language skills. You can encourage this development by actively listening and asking open-ended questions in return. It is also a great opportunity to learn new vocabulary words regarding their project (i.e., texture). In addition to helping youth develop important skills, free expression is also good for overall health and well-being. Giving your child a creative outlet can help relieve stress and work through things happening in their lives. By encouraging artistic expression, you can help facilitate learning.

Source: <https://montessorirocks.org/importance-art-preschoolers/>

National Quality Framework | Quality Area 1:
Element 1.1 - Program. The educational program enhances each child's learning and development.

What is a family night?

The educators in your child's room organise one family night at the beginning of each year.

This is an opportunity for your family to meet your child's Educators, friends and families and share a plate of food with the NRCCC community.

We hope you enjoy this opportunity to get to know one another which may lead to you organizing catch-ups with other families outside the childcare/Kinder environment.

- Kinder Family Night ----- 19th Feb
- Butterfly Family Night ----- 5th March
- Dragonfly Family Night ----- 7th March
- Caterpillar Family Night ----- 19th March



KINESIOLOGY CRAWL CHASE

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

When was the last time you got on your hands and knees and crawled like a baby? Give it a go, it is quite tiring and is a great brain workout too.

This activity is simple and requires no equipment just a little space: IT IS TAG ON ALL FOURS... take turns being 'in' everyone gets into crawling position and crawls away trying to avoid being tipped!
Have fun.

Feedback is always welcome



How can we make our newsletter even better?

What information would you like us to include?

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Email: nrccc@netspace.net.au
Phone number: 9879-2875
Website: www.nrccc.com.au

