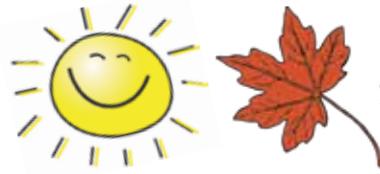




# Lake View children's centre



Summer/Autumn Parent Newsletter 2015

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## Dates for the diary:

Wednesday 25th March  
Bike-athon  
(3 YO Kinder and Bogong Room)

Friday 27th March  
Last day of term 1

Monday 13th April  
Term 2 starts

Wednesday 15th April  
Kinesiology session with  
Brendan O'Hara  
9.30am (3 YO Kinder) &  
11am (4 YO Kinder)

## News from the Rooms

### Kiewa Kids

#### Splash, splash

With the warmer weather comes lots of cool and soothing water play. Children develop an appreciation of this precious natural resource when given the opportunity to interact in a variety of settings; water trough play, out in the summer rain, jumping in puddles, watering the plants, and under the sprinklers on the garden beds at the end of a long hot day.



#### Letter recognition

Some of our older children recognize their written name. We use the magnetic letters to find some letters in our name and create some artwork with a large first initial on paper, brightly coloured paste and collage.



#### Ball Games

Developing ball skills, muscle strength and coordination; throwing, catching, running, chasing, kicking and waiting for our turn. Beach Balls have been popular with most children participating in group games.



#### Bubble Wrap Printing

Inspiring creativity with interesting textures and resources. We taped large sheets of bubble wrap onto our easel and the children painted over it using an assortment of painting implements and colours. Then we pressed some paper over the paint to create some beautiful artwork.



# Bogong & 3 Year Old Kinder

It has been a lovely start to the year with children and educators enjoying getting to know each other. Highlights for Term 1 have included:

## Silkworms -

After reading the story "The Very Hungry Caterpillar" by Eric Carle there has been an interest on the transformation that occurs from a caterpillar to a butterfly. We bought some silk worms and have been caring for them for the last couple of weeks. During this time we have watched them grow and have finally seen our first silk cocoon. We have done many activities relating to the life cycle of a silkworm. This has been a great adventure with the children connecting to the world in which we live and the other living beings who we share our environment with.

## Year 9 high school visit -

On Friday 6th March we had some year 9 students come and visit with us. During this visit they made slinky apples for morning tea, did a short play on nude food and reducing the waste that goes into the environment and played some games with educators and children. The children were very engaged with the game of Duck, Duck, Goose.

## Identity -

This term we have a strong focus on assisting the children with having a sense of belonging at the centre. Educators and children have worked together to develop some guidelines to ensure that we are all safe and happy. Establishing routines and smooth transitions have also been a focus. The children have amazed us with their ability to follow instructions and assist with packing up. We have also been encouraging self help skills to promote independence.

## Excursions -

The Bogong Room has enjoyed several excursions over the last few weeks with visits to the Library and Playground. Venturing out into the community provides the children with exposure to their surroundings and to the people who live within our community.

Over the next two months we look forward to welcoming some children that are turning 3 into the Bogong Room and Kinder program. It is always lovely to make new friends and share how much fun we have with them.



# 4 Year Old Kinder

What a lovely start to the Kindergarten year the 4 year old group have had. It has been delightful to get to know the 26 very happy and enthusiastic children and their families. Thank you to Kay and Izzy for helping to settle and transition the children in the first three weeks of the Term.

Highlights for Term 1 have included:

Floor Book relating to the development of Kindergarten rules and guidelines.

- The children were very keen to contribute their thoughts in relation to how we can safely conduct ourselves when at Kindergarten. This was carried out over a two week period in both small and large groups.
- The children have been introduced to a number of Bean Bag exercises and games which provides opportunities for children to integrate the primitive and postural reflexes. These activities aim to encourage greater balance, vision, spatial and auditory awareness, gross and fine motor skills as prelude to increasing reading, writing and formal learning skills.
- The children practiced an Emergency Evacuation to the Cricket Oval. It was discussed with the children when and why this may occur. It was so pleasing to observe that during this exercise the children displayed great concentration, focus and respect for each other. Thank you to Bridget's grandparents and Izzy for helping to carry out the Emergency Evacuation.
- Throughout the beginning of Term the children have been extending upon pre-existing relationships with each other and developing new ones. It is lovely to watch the children's sense of Identity grow and their sense of belonging to the group. A number of activities have required children to reflect upon who they are and what makes them special and unique.

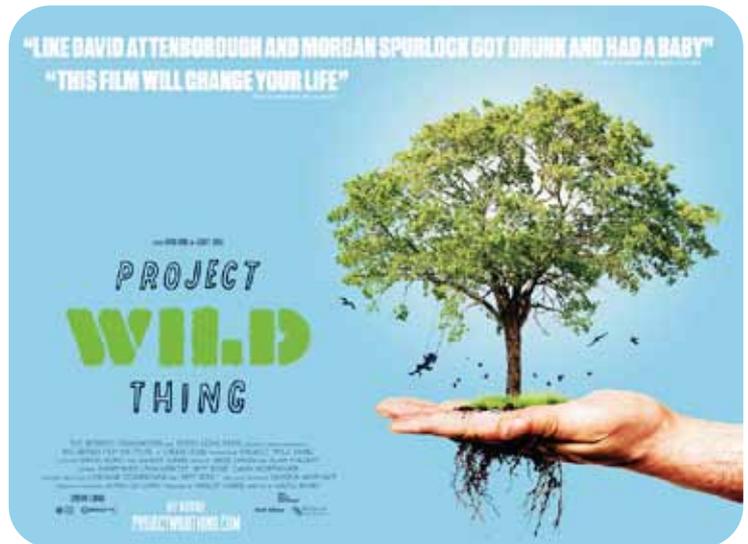


## Seedlings - Education for Sustainability

An important aspect of sustainability, and our curriculum at Lake View, is community connections. Lake View Children's Centre has recently demonstrated that they are actively involved in making and maintaining these connections through the following activities:

- Supporting the Sweet Valley Sounds Festival by providing educators to work in the Children's Tent
- Year 9 students visited the centre to make apple slinkys and play games with our 3 year old kinder children
- Secondary College students are making toys for the children at the centre
- The community band is coming to play at the centre
- H and Helen have been taking the children to the library for storytime

An upcoming community event that families can look forward to is a movie night on Friday 17th April. Project Wild Thing is a film led movement to get more kids (and their folks!) outside and reconnecting with nature. The film is an ambitious, feature-length documentary that takes a funny and revealing look at a complex issue, the increasingly disparate connection between children and nature. Project Wild Thing is much more than a film, this is a growing movement of organisations and individuals who care deeply about the need for nature connected, free-range, roaming and outdoor playing kids in the 21st century.



## Recipe

### Moroccan Chicken (serves 4)

#### Ingredients

- |                                       |                             |
|---------------------------------------|-----------------------------|
| 1 brown onion                         | 30g dried apricots chopped  |
| 500g diced chicken                    | 400g tinned tomatoes        |
| 1 large zucchini cut into 3cm lengths | 1 tbsp garlic               |
| 1 carrot cut into 3cm lengths         | 1 tsp orange rind and juice |
| 1 x tin chickpeas                     | ½ tsp honey                 |
| 2 tsp ground cumin                    | 1 tsp ground cinnamon       |
| Pinch ground cloves                   | ½ tsp paprika               |
| 1 tsp ground coriander                | ½ tsp fennel seeds          |
| ½ tsp turmeric                        | 400g tomato soup            |

#### Method

- Fry onions in oil until soft. Add garlic and spices.  
Add carrot, tomato, tomato soup, orange rind, juice and honey.  
Cook chicken in separate pot. Add chicken stock.  
Add cooked chicken pieces to vegetable mix. Simmer 1 hour.  
Add zucchini and apricots and drained and washed chickpeas. Cook for a further 10 minutes.  
Serve with cous cous or rice.



## Educational Leader - Helen Zirstein

Educators document children's learning everyday. It is a requirement of our National Quality Standards and Early Years Learning Framework. It informs our curriculum daily, evidencing children's interests and skills.

Some of the ways that educators do this include daily reflection journals, learning stories, intentional teaching and evaluations, photos, jottings and collecting artworks. As educators we search for how to effectively document learning in a way that is not time consuming and consequently gives us more time to spend with your children.

After meetings with all educators, a few ways we can document more effectively were established. You can expect to see that Daily Reflection Journals may focus on one or two meaningful experiences and go into these in more detail. Copies will then go to the Learning Journals of the children they apply to. A slide show of photos will be playing each day.

Floorbooks will be used following an intentional teaching experience, incursion or excursion. Floorbooks are large books which the children are actively involved in producing. The children participate in the Floorbook experience by cutting out and drawing pictures, while being engaged in discussions with educators who capture their words in the Floorbook. In this way Floorbooks document children's voices, artwork, pre-literacy skills, communication, and social skills.

## Valuable Training for our Educators

45 educators from Alpine Children's Services (ACS) attended a valuable day of training in Bright on Saturday 14 March. The day was presented by Catharine Hyden who covered the importance of professionalism in early childhood education. Catharine is well known in Australia as a strong advocate for professionalism, ethical practice and as a facilitator of pedagogical leadership.

ACS General Manager Jenny Griffiths said it was a fantastic day for all of the educators to come together for professional development. The educators came from all of ACS services including Alpine Family Day Care, Alpine View Children's Centre, Lake View Children's Centre and Mountain View Children's Centre.

"ACS really appreciates everyone giving up their Saturday to attend this training," she said.

"This reflects our commitment to high quality early childhood education and the dedication shown by our teachers and educators.

Georgina Fonay, an educator from Lake View Children's Centre, said, "I will now be more mindful and deliberate with identifying children's potential learning and development".

- Working in collaboration with educators from across ACS who have a diverse range of skills and experiences,
- Learning how to support children's learning so children progress from "I need help to do this" to "I can do this on my own", and
- Improving the educator's skills and knowledge of the early years learning framework to enhance the development of each child.



**ACS is having a second day with Catharine Hyden on Monday 27 April with all services managed by ACS closing for the professional development day.**



## School newsletter insert

State Emergency Service

Benalla Office, 64 Sydney Road, BENALLA, 3672.

# Flood experts and enthusiasts wanted! SES needs your help to develop the Myrtleford Flood Guide!

SES is seeking interested members of the Myrtleford community or local organisations to help develop and check a new flood guide being developed for the town. A draft Myrtleford Flood Guide is now ready for community review and input. Anyone with an interest or experience of floods in the Myrtleford area is encouraged to get involved. It is very important that the guide captures local knowledge and that the information we have already gathered is checked before going to print.

The draft guide is available for community comment and/or input until Friday 27<sup>th</sup> March 2015. Electronic and printed copies are available from the SES NE Regional Office by contacting: [northeast@ses.vic.gov.au](mailto:northeast@ses.vic.gov.au) or 9256 9650. Printed copies of the draft guide are also available from the Myrtleford Library (Cnr Standish Street and O'Donnell Avenue Myrtleford) and Alpine Shire offices in Bright and electronic copies from the Alpine Shire website: [www.alpineshire.vic.gov.au](http://www.alpineshire.vic.gov.au).

This flood guide is one of over 50 flood guides being developed for flood-prone towns in Victoria and is funded by the Federal Government's Natural Disaster Resilience Scheme. The finalised guide will include a flood map, local flood history and advice on how to prepare, respond and stay safe when floods happen.

During April, a flood information night will be advertised and give residents the opportunity to ask questions about the flood guide and the information it contains. Representatives from SES and Alpine Shire will be available on the night to copy your photos, gather more "local knowledge" and answer any questions.



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**For more information, contact:**

**Name:** Sue Sheldrick

**Position:** Community Resilience Coordinator

**Phone:** 03 9256 9650 / 0400 877 731

**Email:** [northeast@ses.vic.gov.au](mailto:northeast@ses.vic.gov.au)

# Maternal Child Health



## What's On In Alpine? (For Toddlers and Pre Schoolers)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p><b>Myrtleford Maternal and Child Health Centre</b> Appointments 9am-4pm Ph. 5751 1959</p> <p><b>Playgroup - Mt Beauty</b> Community Centre 9.30-11.30am Ph. 0438 111 554 Nicole</p>	<p><b>Bright Maternal and Child Health Centre</b> Appointments 9am-4pm Ph. 5755 5101</p> <p><b>Immunisations- Mt Beauty (Bi-Monthly)</b> 9.30-10.30am (free) Mt Beauty Community Centre 14<sup>th</sup> April, 9<sup>th</sup> June, 11<sup>th</sup> Aug, 13<sup>th</sup> Oct, 8<sup>th</sup> Dec 2015</p> <p><b>Immunisations-Myrtleford (Bi-Monthly)</b> 10-11am (free) Senior Citizens Centre 7<sup>th</sup> April, 2<sup>nd</sup> June, 4<sup>th</sup> Aug, 6<sup>th</sup> Oct, 1<sup>st</sup> Dec 2015</p>	<p><b>Myrtleford Maternal and Child Health Centre</b> Appointments 9am-4pm Ph. 5751 1959</p> <p><b>Immunisations-Bright (Bi-Monthly)</b> 9.30-10.30am (free) Bright Senior Citizens Centre 6<sup>th</sup> May, 1<sup>st</sup> July, 2<sup>nd</sup> Sept, 4<sup>th</sup> Nov 2015</p> <p><b>Learn To Swim</b> Bright Sports Centre Gavan Street Classes 9-11.30am (6m+) Ph. Barbara 5755 1049</p> <p><b>Mount Beauty Country Women's Association</b> 3<sup>rd</sup> Wednesday of the month 7pm Uniting Church Hall Ph: Karen 0404 153 168 Email: mountbeautywva@gmail.com</p>	<p><b>Mt Beauty Maternal and Child Health Centre</b> Appointments 9am-2pm Ph. 5754 4734</p> <p><b>Mt Beauty Toy Library</b> Lakeview Children's Centre 9.15-10.15am Ph. Claire 0414 543 920</p> <p><b>Learn To Swim</b> Bright Sports Centre Gavan Street Classes 9-11.30am (6m+) Ph. Barbara 5755 1049</p> <p><b>Story time - Bright</b> Bright Library 10am (free) Ph. 5755 1540</p>	<p><b>Storytime-Tawonga</b> Tawonga Primary School 9.30am (free) Ph. 5754 4468</p> <p><b>Rhyme Time - Bright</b> Bright Library 10.30am (free) Ph. 5755 1540 (Birth-2 year olds and parents)</p> <p><b>Learn To Swim</b> Bright Sports Centre Gavan Street Classes 9-11.30am (6m+) Ph. Barbara 5755 1049</p> <p><b>Playgroup - Harrietville</b> Harrietville Hall 10-11am Ph. Anna 0417 056 432</p>	<p><b>Toy Library- Bright</b> Multipurpose Room Alpine View Children's Centre 9.30-11am Ph. Tracy 5755 1688</p> <p><b>Toy Library-Myrtleford</b> Senior Citizens Centre Smith Street 10-11.30am (2<sup>nd</sup> and 4<sup>th</sup> Sat of Month) Ph. Sukey 0421 286 334</p>
<p><b>Playgroup - Bright</b> Multipurpose Room Alpine View Children's Centre 10-11.30am Ph. Sarah 5755 1332 0411 027 083</p> <p><b>Book Bugs-Myrtleford</b> St Mary's Primary School- Nagle Centre 10-11am (free) Ph.5752 1808</p> <p><b>Wiggly Woo Children's Hour - Alpine Radio</b> Kiewa 96.5FM, Owens 92.9FM 12 noon - 1pm (free)</p>	<p><b>Myrtleford Toy Library</b> Senior Citizens Centre (2<sup>nd</sup> and 4<sup>th</sup> Tuesdays of month) 10-11am Ph. Sukey 0421 286 334</p> <p><b>Romp N Stomp</b> Bright Community Centre 10-11am (Crawlers up) Ph. Michelle 0417 256 728</p> <p><b>"On The Move" Playgroup-Tawonga</b> Tawonga Hall 10-11am Ph. Nicole 0438 111 554</p>	<p><b>Myrtleford Library</b> O'Donnell Avenue 10am (free) Ph. 5753 2038 (Birth-2 year olds and parents)</p> <p><b>Playgroup-Porepunkah</b> Porepunkah Primary School 9.30-11am Ph. 5756 2253</p> <p><b>Mt Beauty Pram Walk</b> (Starts at Mount Beauty Library) Meet at 11am (Cuppa &amp; chat in wet weather) Ph. Bronnie 0418 822 109</p> <p><b>Mount Beauty Community Parenting Group</b> Mt Beauty Library (free) 11am (Last Thursday of Month) replaces Pram Walking on this week Ph: Bronnie 0418 822 109</p> <p><b>Story time- Mt Beauty</b> Mt Beauty Library 10.30am (free) Ph. 5754 4542</p> <p><b>Bright Pram Walkers (Autumn and Spring Only)</b> Details TBC</p>	<p><b>Learn To Swim</b> Bright Sports Centre Gavan Street Classes 9-11.30am (6m+) Ph. Barbara 5755 1049</p> <p><b>Story time - Bright</b> Bright Library 10am (free) Ph. 5755 1540</p> <p><b>Mt Beauty Pram Walk</b> (Starts at Mount Beauty Library) Meet at 11am (Cuppa &amp; chat in wet weather) Ph. Bronnie 0418 822 109</p> <p><b>Mount Beauty Community Parenting Group</b> Mt Beauty Library (free) 11am (Last Thursday of Month) replaces Pram Walking on this week Ph: Bronnie 0418 822 109</p> <p><b>Story time- Mt Beauty</b> Mt Beauty Library 10.30am (free) Ph. 5754 4542</p> <p><b>Bright Pram Walkers (Autumn and Spring Only)</b> Details TBC</p>	<p><b>Learn To Swim</b> Bright Sports Centre Gavan Street Classes 9-11.30am (6m+) Ph. Barbara 5755 1049</p> <p><b>Story time - Bright</b> Bright Library 10-11am Ph. Anna 0417 056 432</p> <p><b>Mt Beauty Pram Walk</b> (Starts at Mount Beauty Library) Meet at 11am (Cuppa &amp; chat in wet weather) Ph. Bronnie 0418 822 109</p> <p><b>Mount Beauty Community Parenting Group</b> Mt Beauty Library (free) 11am (Last Thursday of Month) replaces Pram Walking on this week Ph: Bronnie 0418 822 109</p> <p><b>Story time- Mt Beauty</b> Mt Beauty Library 10.30am (free) Ph. 5754 4542</p> <p><b>Bright Pram Walkers (Autumn and Spring Only)</b> Details TBC</p>	<p><b>Learn To Swim</b> Bright Sports Centre Gavan Street Classes 9-11.30am (6m+) Ph. Barbara 5755 1049</p> <p><b>Story time - Bright</b> Bright Library 10-11am Ph. Anna 0417 056 432</p> <p><b>Mt Beauty Pram Walk</b> (Starts at Mount Beauty Library) Meet at 11am (Cuppa &amp; chat in wet weather) Ph. Bronnie 0418 822 109</p> <p><b>Mount Beauty Community Parenting Group</b> Mt Beauty Library (free) 11am (Last Thursday of Month) replaces Pram Walking on this week Ph: Bronnie 0418 822 109</p> <p><b>Story time- Mt Beauty</b> Mt Beauty Library 10.30am (free) Ph. 5754 4542</p> <p><b>Bright Pram Walkers (Autumn and Spring Only)</b> Details TBC</p>