



# Mountain View children's centre



## Spring Parent Newsletter 2014

### In this Issue:

Dates for the diary

News from the rooms

Educational leaders report

Seedlings

Maternal Child Health

Important Reminders

### Dates for the diary:

Ride or walk week  
October 15

National Children's Week  
19-27 October

Flying Bookworm Company  
22 October

Pete the Plumber  
28 October

Water Education with  
Diane Doyle  
25 November.

Mountain View  
Christmas party  
3 December

Christmas closure dates  
Close 5.45pm 23 December  
Re-open 5 January

## News from the Rooms



### Tiny Teddy Room

Educators - Marg, Melissa, Suz and Leanne.

As the children have grown so has their dispositions for curiosity, inquiry and a sense of agency.

As the months have gone by children have been active participants in their own learning.

Engaging in lots of creative and sensory activities such as Playdough, shaving cream, hand and foot printing and even exploring mud play on our special mud day.

Once again children were given the opportunity to explore diversity of culture and tradition during Naidoc week.

Learning to use just sticks and natural paint to create their own picture on paper bark.

Children have been busy building on literacy skills with listening to educators reading stories, engaging in puppet play and learning to sing and interact with song and dance.

Reflecting on their own learning and then practicing what they have learnt at home or during play in the Tiny Teddy Room.

Educators have taken advantage of the nice sunny days and have given the children lots of opportunity to participate in outside play and children have been taking more risks during physical play and are beginning to build on their climbing, balancing and gross motor skills.

Some children have had the opportunity to participate in outside excursions with Educators to some community places such as The Big Tree, basketball courts, Heiners Bakery and even a visit to Margs place to visit the chooks.





# Butterfly Room

Educators - Julie.N, Julie.S, Lea and Matt.

The Butterfly room have ventured on many walks around Myrtleford, including:

- morning tea at Heiners bakery
- visited the big tree at the aboriginal meeting place
- played at Cundy park
- visited the chooks at Marg's house
- ran down the hill at Marian College school
- Coles supermarket to buy some fruit for afternoon tea



On our adventures children are learning about the community in which they live. Children are learning through their senses, exploring the diversity of the smells, sights, textures and sounds. During our walks children have had the opportunity to engage in natural encounters such as collecting natural materials, encountering wildlife, picking wild flowers, and gaining respect for the environment.

Cooking continues to be an interest of the children's. We recently picked herbs from our caterpillar garden and used them in our tomato paste for our pizza's. We have also made some berry muffins.

This week we have explored different Identities, when we were all able to get dressed up in our favourite costumes. Our dress up day was to raise awareness of muscular dystrophy and to give families hope that the community are working to raise funds to help find a cure. We raised \$39.00, thank you for your support.



## Important Reminders

### Sun Smart Clothing, Hats and Shoes

It's that time of the year again. From September 1st 2014 until April 30th 2015 our Sun Smart policy has kicked in for yet another summer. Please remember that all children must wear clothing that covers their shoulders i.e. no singlet's or dresses with straps. Children must also wear a hat for outside play. Children are very active at the centre and need comfortable sturdy shoes. Thongs, crocks and high heeled shoes are not appropriate. Sunscreen will be applied at least 20 minutes before going outside.

If your service does NOT supply a hat, one must be supplied by the child/children's parent/guardian.

It must remain at the service, be clearly labelled with your child's name and must adhere to the following criteria:

- hat should shade your face, head, ears and neck
- a broad brimmed style hat should have a brim of at least 7.5 cm
- a bucket style hat should have a deep crown, angled brim of at least 6 cm and sit low on the head
- legionnaire style hats should have a flap that covers the neck and overlaps at the sides of the front peak

Please be aware that if your child does not have a hat they will NOT be allowed outside.

**Please also pack a drink bottle with your childs name on it.**





# Starlight and Rainbow Rooms

Educators - Shaneen, Leesa and Nicole.

It can be difficult to summarise all that happens in a day at child care let alone give a snapshot of the last 3 months so rather than talk about our everyday happenings we thought we would outline a few of our extracurricular activities.

We have had a few visitors to the centre including;

- Simon from the Victoria Museum who brought along a few items from the Australian animal collection and told us lots of interesting facts about them. Every child was given the opportunity to look at and touch the taxidermy specimens.
- Brendan O'Hara who came and shared some Educational Kinesiology activities with us. The songs Brendan presented for us include dances and exercises that are a blend of movements designed to promote better communication between the different parts of the brain, particularly the right and left hemispheres, and better integration between the brain and the body.
- Paige from Reptile Encounters who brought some unusual pets for us to learn about and hold. There were tree frogs and lizards, insects and turtles, even a crocodile and a really big snake called 'Tiny'. It was very interactive and the children certainly seemed to get a lot from it.



Incursions are an important part of our program and provide experiences for the children that are outside the norm. To make the most of these extracurricular events we extend on the experience with a variety of activities such as; books and stories, songs and games, table play, discussions and pictures, as well as art and craft.

Of course we have been busy in our everyday program where we follow interests shown by the children, build upon the abilities they have developed and introduce them to new skills, knowledge and concepts. Parents can always look through our learning journals, floor books and children's portfolios to see some of the wonderful things we have been up to.



## Educational leader - Julie Sinnett

Learning environments.

Educators spend much time creating learning environments, both indoors and outdoors for your children. Learning environments are play spaces designed for learning. We aim to make these environments warm, friendly, inviting and stimulating. A mix of natural and processed materials, resources and props are used to provide spaces where children can learn through their play. These spaces are created to reflect the lives of children, to be flexible, to be responsive to interests, and to support children's developmental needs. Learning environments are created to invite conversations between children, educators, families and the broader community. Educators include their own interests, styles and personal touches thus providing a rich diversity between learning environments. Well-designed Learning environments allow opportunity for intentional teaching, scaffolding, collaborative learning, social interactions, independent exploration and sustained thinking.

By arranging environments with duplicates, open ended materials, loose parts and easy access allows children to make choices and develop their sense of agency. It is important to maintain the familiar for children so changes occur gradually and with consolation with children. Not sure on this added bit. Maybe to create interest in blue skies team.

Over the coming years many changes in our outside environment are planned. Our first area of development has been the dry creek bed, beach sandpit, new grass and deck. Please join our blue skies team to share your thoughts, ideas and points of view.

## Seedlings - Education for Sustainability



Congratulations to Mountain View Children's Centre who received 3 Thriving awards for the Seedlings Education for Sustainability Pilot Program. The educators have worked through a detailed and lengthy Milestones system over the last few months, documenting and providing evidence of how Education for Sustainability is embedded in the service provision of Mountain View Children's Centre. Paula, Julie and Shaneen travelled to Melbourne in August to receive the award on behalf of the centre, and also to present a display showcasing The Very Hungry Caterpillar vegetable garden in the 0-3 outdoor play space. This was very well received and a lot of interest shown in how we have applied the Floorbooks with this age group, and also an Educator from Ouyen eager to visit the centre. The Summit really indicated how very well Mountain View has done and continues to do in the area of Education for Sustainability. And so ends the Seedlings pilot program.

So while we wait to see what the future of Seedlings will be, Mountain View will continue with the practices already established and implement some new initiatives. Nanook Bear our sustainability mascot has been visiting the homes of some of our families. Enviro week began on the 24th August and we planned experiences around the theme of "Wild Child" which is encouraging outdoor play and enjoying nature. We also had a Super Hero Dress up day to raise money for Muscular Dystrophy early in September and we raised \$39.00. Thankyou for your kind donations.

## Myrtleford Maternal & Child Health

Rebecca Sacco has over 13 years of experience as a practicing nurse and midwife. In 2012 Rebecca completed a Masters in Maternal Child Health to transition into the community health sector and has been working with the Alpine Shire for the last 2 years. Rebecca is passionate about working with people, health and wellbeing, sustainable living and all things related to wool.



## Bright Maternal & Child Health

Dee McKerral started her nursing career as a State Enrolled Nurse then travelled to her country of birth to reconnect with family. Once back in Australia, Dee returned to study and completed her Bachelor of Nursing at La Trobe University and then moved to Melbourne to consolidate her university education at Monash

Medical Centre. Dee continued with her nursing studies & completed a Post Graduate Diploma in Midwifery at Monash University, and has practiced as a nurse and midwife in metropolitan, regional and rural settings. Dee decided to continue studying & returned to La Trobe University to complete a Post Graduate Diploma in Maternal & Child Health as her interest was to eventually work with families and their children in the

community. Dee has worked in both the public and private sectors. Having worked in Alpine and other local government areas over the last 10 years, she has recently taken on the role of coordinator of the service.

Other than work, Dee spends many hours running her three children around to sport; she enjoys walking, reading and good food and times with friends.



## Mount Beauty Maternal & Child Health

Mandy Lawless' nursing career spans thirty three years so far.

This has included five years in Accident and Emergency Department Nursing, twenty- two years in Maternal and Child Health Nursing in Melbourne and N.E. Victoria and three months as a Volunteer Midwife in Central Pakistan.

After in-hospital training at the Royal Melbourne Hospital and Mercy Hospital for Women, she completed a Graduate Diploma of Applied Science (Child and Family Health Nursing) in 1992 and took up Maternal and Child Health Nursing full-time.

The privilege and challenges of supporting diverse types of families in their early parenting experiences has kept her coming back for more. Offering a service which recognises and supports the cultural backgrounds and needs of families, and the unique role of fathers are particular professional passions.

An Alpine tree change in 2011 with her very supportive partner and great son brought her to the area after years of holidaying in Porepunkah.

Out of hours sees her growing food and flowers, dressmaking, soaking in the Alpine scenery while walking the dogs, and dreaming of Norfolk Island and hammocks (and a good book) by palm fringed lagoons!





# CHRISTMAS PARTY

Join us Wednesday 3rd December 6-8pm at Mountain View Children's Centre for our Christmas party.

A sausage sizzle will be provided with parents to bring a salad to share. Join in the fun, we hope to see you there!

**Christmas Hamper:** Mountain View's Fundraising group will be organising a Christmas raffle and hamper to be drawn at the Christmas Party later in the year. We are calling for donations to this hamper, a bottle of wine, some chocolate, a kids game, a voucher or anything else you can think of. Please drop your goodies off at the office and tell Paula it is for the Christmas Hamper.

## Jeans for Gene's Day

Mountain View participated in Jeans for Gene's day. The children wore their favourite pair of jeans and participated in some craft activities using old pieces of cut up jeans. We raised \$139 in donations which is used for children's medical research. Thank you for your support.



## Fudge Fundraiser

Mountain View made \$690 profit in Fudge Sales. We would like to thank The Myrtleford Butter Factory for kindly donating the fudge for this fundraiser. The money is going to be used to purchase a much needed mat for the outdoors.

**Thank you for your support.**



Love this super easy Sticky Date Pudding recipe. We have adapted this recipe for childcare by reducing the amount of sugar and eliminating the caramel sauce. For home, the Caramel Sauce is a must!

## Super Easy Date Loaf (serves 4)

### Ingredients

1 cup SR flour	100g butter
2 eggs	¼ cup brown sugar
1 cup boiling water	½ tsp bicarb
1½ cups chopped pitted dates	
Caramel sauce	
1 cup brown sugar	
300ml cream	
60g butter	
½ tsp vanilla	

### Method

Place dates, water and bicarb into bowl of food processor. Allow to stand for 5 minutes.

Add butter and sugar and process until well combined.

Add eggs and flour and process until just combined.

Pour into a greased tin and bake at 180 for 30-40 minutes.

### Caramel Sauce

Place all ingredients in saucepan over medium heat. Bring to the boil stirring consistently. Reduce heat and simmer for 2 minutes. Pour over sticky date loaf and ENJOY

