

NEWSLETTER

Apr - Jun 2021 Edition

IMPORTANT DATES

Friday 2 April - Good Friday
 Saturday 3 April - Easter Saturday
 Sunday 4 April - Easter Sunday
 Monday 5 April - Easter Monday
 Sunday 25 April - Anzac Day

Monday 14 June - Queen's Birthday

New South Wales Floods, March 2021 - Australian Government Disaster Recovery Payment

As NSW grapples with the worst flood disaster in decades, the Federal Government is looking at ways it can help those impacted. People affected by NSW floods can claim \$1000 per adult and \$400 per child from the NSW government. Emergency Management Minister David Littleproud described the financial support package as a "first phase" of relief for victims.

Who can apply?

You have until 24 September 2021 to lodge a claim for AGDRP in the sixty (60) local government areas of: Armidale, Ballina, Bathurst, Bega Valley, Bellingen, Blacktown, Blue Mountains, Brewarrina, Byron, Cabonne, Camden, Campbelltown, Canterbury Bankstown, Central Coast, Cessnock, Clarence Valley, Cobar, Coffs Harbour, Cumberland, Dungog, Eurobodalla, Fairfield, Glen Innes Severn, Gunnedah, Gwydir, Hawkesbury, Hornsby, Inner West, Inverell, Kempsey, Ku-ring-gai, Kyogle, Lake Macquarie, Lismore, Liverpool, Liverpool Plains, Maitland, Mid-Coast, Moree Plains, Nambucca, Narrabri, Newcastle, Northern Beaches, Oberon, Orange, Parramatta, Penrith, Port Macquarie-Hastings, Port Stephens, Richmond Valley, Shoalhaven, Singleton, Sutherland, Tenterfield, The Hills, Tweed, Walcha, Walgett, Wingecarribee and Wollondilly.

Who can get it?

There are of course a variety of conditions. Among them, you must have been adversely affected by the floods or suffered significant damage to your home.

How do I claim?

You need to call Disaster assist on 180 22 66. More information can be found on the Services Australia government website

DEAR EDUCATORS AND FAMILIES

Apply for Dine & Discover NSW Vouchers

The NSW Government has launched Dine & Discover NSW to encourage the community to get out and about and support dining, arts and tourism businesses. NSW residents aged 18 and over can apply for 4 x \$25 vouchers, worth \$100 in total.

- 2 x \$25 Dine NSW Vouchers to be used for dining in at restaurants, cafés, bars, wineries, pubs or clubs.
- 2 x \$25 Discover NSW Vouchers to be used for entertainment and recreation, including cultural institutions, live music, and arts venues.

The vouchers:

- can be used at participating NSW businesses that are registered as COVID Safe
- are valid to 30 June 2021.
- each voucher can only be used once (if the bill is less than \$25, the remaining balance is given up and cannot be used)
- cannot be redeemed for cash or used for takeaway meals, alcohol, tobacco, gambling and online orders (Dine NSW Vouchers only).

Note: The Dine & Discover NSW Vouchers are rolling out by Local Government Area (LGA) throughout March. You'll need to check your address before applying for the vouchers.

How to apply?

Download the Service NSW app

1. Select the 'Check your address' button.
2. Enter your residential address to check when you can apply for vouchers.
3. If eligible, select 'Apply online'.
4. Log in, or create, your MyServiceNSW Account.
5. Follow the prompts to apply for the vouchers.

or apply through the ServiceNSW website and follow the prompts.

www.service.nsw.gov.au/transaction/apply-dine-discover-nsw-vouchers



EASTER SENSORY BIN

an easy toddler activity



Toddlers love rice bins.

It may seem simple.

It may seem crazy.

It may seem boring to you.

It may seem wildly messy.

But they love them.



Materials:

- Plastic Easter eggs
- Storage tub
- Rice (optional: dye it rainbow coloured)
Rice dying can be found at busytoddler.com/2016/03/rainbow-rice-sensory-bin
- Empty egg carton(s)

I grabbed our bag of rainbow dyed rice – which I dyed a year ago and keep on hand in a Ziplock bag – and dumped it in a storage tub. I cracked open a bunch of Easter eggs and put one half in the bin with the rice and the other half in the egg cartons.

What did my kids love?

They loved it all! They loved scooping the rice, pouring it, filling eggs and trying to snap them closed. My son (3.5) was able to make his own egg shakers and he loved it. My daughter (27 months) wasn't quite able to put two halves back together but she was able to ask brother for help.



But what about the mess?!

What mess? My kids have been taught and taught and re-taught how to use sensory bins and use them nicely. It didn't happen overnight and you can read all about it in my introducing toddlers to sensory bins post.

Nothing hooks a toddler like a rice bin. Add in the magic of Easter eggs and you've got one simple, easy and totally doable Easter Sensory Bin that your kids will love.



STRATEGIES FOR EASING SEPARATION ANXIETY

Although some children embrace child care straightaway and don't look back, it is common for many youngsters to feel separation anxiety when Mummy or Daddy drops them off and disappears out the door.

In fact, between the ages of six months and two years, lots of children experience separation anxiety, and although it can be hard leaving your reluctant child in care, this is an important part of growing up, becoming more self-sufficient, managing emotions and learning socialisation skills.

Let's look at separation anxiety in more detail and see how you can help your little worrier feel better.

What causes separation anxiety?

Age plays a key role in how your child feels about themselves and their connectedness with you.

KidsMatter says that younger children feel separation more strongly because, 'They don't yet have a separate sense of self; babies see their parents or carers as part of themselves and feel a part of them is missing when they are apart.'

To compound matters, babies don't necessarily understand that their parent will return for them, and they may also feel anxious around unfamiliar people, including new caregivers.

The good news is that as your child gets older, their separation anxiety usually decreases as they develop a separate sense of self, understanding that Mum or Dad will come back and grow accustomed to their child care experience.

What are some common signs of separation anxiety?

Separation anxiety in young children often presents as:

- Shyness
- Crying
- Screaming or tantrums
- Refusal to leave their parent
- Pretending to be ill



STRATEGIES FOR EASING SEPARATION ANXIETY

Although it can be frustrating or guilt-inducing when your child doesn't want to go to child care without you, there are some ways to make things easier for both of you.

How can parents help young children deal with separation anxiety?

As a parent, there are several ways to address your child's worries and help them manage separation distress:

1. **Work with your child's carer to provide a good child care experience.** Focus on 'positive goodbyes' and explain the benefits of being away from Mum or Dad, such as having fun with friends at child care.
2. **Assure them that you'll be back.** Children feel less anxious when they know their parent will pick them up again, so make this clear to your child.
3. **Show empathy.** Whether your child is crying, screaming or gripping onto your leg as though their life depends on it, it's important that you understand the meaning behind their behaviour and respond appropriately. Acknowledge their feelings, tell them that you understand how they're feeling and show empathy, whether that's with a comforting cuddle or some soft words.
4. **Model calm, confident and positive behaviour.** Children mimic their parents, so help your child feel safe and calm by appearing relaxed and reassured yourself.

Remember, although parents play an important role in helping children to feel less anxious about separation, young people do need to learn how to manage their own feelings.

KidsMatter says, 'It is important to find the balance between supporting and reassuring children and allowing children to have opportunities to practise managing their own emotions. By being emotionally available and showing understanding about children's fears, you help to manage children's distress when it is too big for them to manage on their own.'

How can parents help prevent separation anxiety?

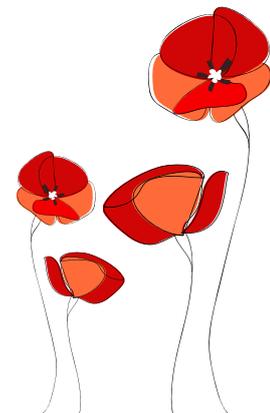
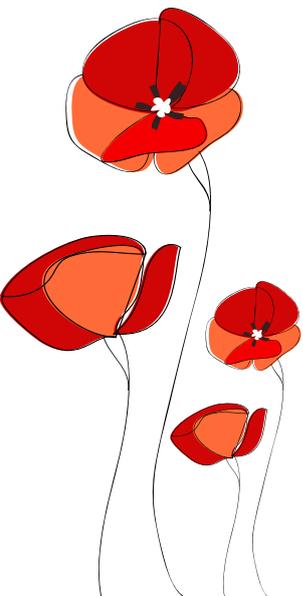
Although it's common for young children to worry when Mum or Dad leaves them, here are three ways to stop separation anxiety, going forward:

1. **Talk to your child about what to expect.** To help alleviate anxiety, explain what the day will hold, including when you'll drop off and pick up your child from care.
2. **Help them connect with caregivers.** It can take time for your child to feel comfortable with a new caregiver, but show them how you positively connect with the carer to help your child build their own connection.
3. **Exude confidence.** As mentioned above, children pick up on parents' emotions and behaviour, so focus on being a 'strong attachment figure' and this self-assurance will rub off on your child.

All in all, it's natural for babies and young children to feel anxious at the prospect of leaving Mummy or Daddy. However, going to child care without you is also an opportunity for them to gain independence, manage their feelings, build new relationships and prepare for 'big school' – with a little help along the way.

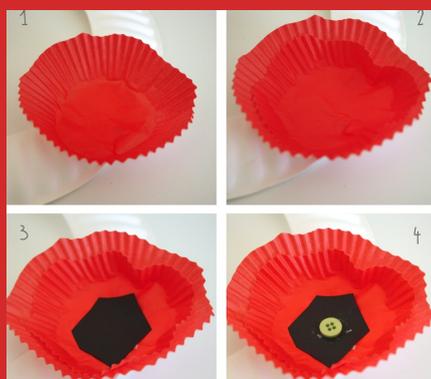
REMEMBRANCE DAY

POPPY WREATH



What you need:

- A paper plate
- 16 red cupcake liners
- Some black paper scraps
- Some green paper
- Some green buttons
- Scissors and glue



The project is so simple, start on cutting out the black flower centres. it will be a good challenge to practice cutting them into circles. You can draw circles onto small black squares of paper and children can practice slowly turning the paper as they cut round the diameter of the shapes.

Prepare cupcake liners for the petals. First off, invert them so that the red side is on the inside. If you don't have red liners, you can colour white ones with red paint. Then trim off the edges of half of the paper cups with a wavy line. For the other half of the cups, trim about halfway down the liner in order to make them smaller.

Next, cut the centre out of the paper plate. With all of the supplies ready, start assembling the flowers. Stack up the layers of flowers making sure they were glued down well. Then attach them to the paper plate ring, making sure to keep them close to one another.

The wreath looks beautiful as it is, but you can add a few paper leaves where you could see the white plate peeking out. As soon as the glue dries, it could be hung up on a door. This simple poppy wreath can be a way of showing that we remember.

Sausage Rolls

Prep time: 30 mins Cook time: 25 mins Serves:20 Serve Size: 3 sausage rolls

INGREDIENTS

- 1½ cups Breadcrumbs
- 1 Onion, grated
- 750g Lean beef mince
- 1 tbs Dried mixed herbs
- 2 Eggs, plus 1 extra egg
- 2 tbs Tomato paste
- 1 Zucchini, finely grated
- 6 sheets Frozen puff pastry, just thawed
- 2 Carrots, finely grated
- Tomato or sweet chilli sauce to serve

HELPFUL TIPS

- Use a piping bag for a quicker way to spread mince filling onto pastry. Ensure it is a bag dedicated to use with meat and is never used for raw foods such as icing!
- Chilling the rolls prior to baking helps the pastry to puff.
- Beef mince can be replaced with chicken mince.

STEPS

1. Preheat oven to 200°C and line 4 baking trays with baking paper.
2. Process breadcrumbs, mince, and 2 eggs in a food processor until well combined. Place in a bowl and mix well with vegetables, herbs and tomato paste.
3. Cut 1 pastry sheet in half. Spoon 2-3tbs of the mixture lengthways along the centre of each piece. Fold 1 edge of pastry over and tuck in beside filling, then fold over the other side to make a roll, pressing down lightly to seal. Repeat with remaining pastry and filling.
4. Cut each roll into 4 pieces and cut 2 small incisions into each roll to prevent splitting. Place on baking sheets, cover and chill for 10-20 minutes.
5. Brush with beaten egg. Bake for 25-30 minutes until the rolls are lightly golden and cooked through.

SERVING SUGGESTION

Serve with 1 cup of salad or ½ cup of sticks per child.

Source: The Yummy Tummy Book

CHOOSE WATER AS A DRINK

There are many reasons why water is the best drink of choice and why we need to encourage children to drink it regularly throughout the day. Water helps keep us hydrated, assists in regulating body temperature and maintains bowel health. In most parts of NSW water also contains fluoride, which helps develop strong healthy teeth. Children should be encouraged to drink water and plain milk.

How much fluid each day?

- ✓ Toddlers (1-2 years) 
- ✓ Preschool aged children (3-5 years) 

* Cooled boiled water can be introduced to babies in a sipper cup from 6-12 months.

** For children under 2 years full cream milk is recommended and for children older than 2 years reduced fat milk is recommended.

Tips on how to encourage water at home:

- ✓ Add fresh citrus segments / slices to the water to add natural flavour.
- ✓ When you go out always take a full water bottle for your child.
- ✓ Talk with your child about how we need water to survive, just like animals and plants do too.
- ✓ With the family meal serve water to everyone so you can role model drinking water too!

Source: healthykids.nsw.gov.au

THE GUIDE TO CONDUCTING EVACUATION DRILLS

Implementing Evacuation Drills requires a great deal of time and deliberation. It exists to give a full guide on what to do if a fire breaks out or in an emergency situation.

Above all these concerns, one should be able to answer a question for a reflective basis like, "How will you educate children in the facility to practice and understand the emergency evacuation plan?" Topics like this have to be treated with utmost diligence considering the impact it might do to the child; Furthermore instilling caution in the child while giving them a sense of comfort.

To initiate a fire drill evaluation, certain measures are to be taken into account such as the following:

- Evacuation drills should be rehearsed every 3 months for children to completely grasp the idea of it and familiarise all important steps.
- These drills should be recorded and kept.
- Drills are different from each other by changing each scenario. Good practice involves a different cause of fire and at a different time of the day. If the situation is all too familiar, it is likely too vague and may not be effective enough.

Conducting Evacuation Drills is not a walk in the park. Missing a small step can cause a huge fall on the safety meter of the facility, and nobody wants that to happen.

SUSTAINABILITY PRACTICES IN CHILDCARE

EGGSHELL MOSAICS

Using eggshells and imagination, children can create unique mosaic-like designs.

Materials needed:

- Eggshells (at least 4)
- Food coloring or tempera paints
- Small bowls
- Water
- Rolling pin
- Paper towels
- Elmer's glue
- Paper
- Pencil
- Hairspray (Optional)

What to do:

Step One: Children can choose the food coloring or paints they want to use in her picture and decide what they are going to draw.

Step Two: Dye the eggshells different colors using food coloring or tempera paints. Let the shells dry on paper towels.

Step Three: Crush the eggshells with a rolling pin. Make them small enough that they will lie flat, but not so small that they are too difficult to handle. You may want to separate the eggshells by color on separate paper towels.

Step Five: Ask children to draw a picture in pencil on the paper.

Step Six: Glue the various colors of eggshells to the paper to color in children's picture. Help them fill in blanks with little pieces. (Eggshells can be slippery.)

Step Seven: Spray the picture with hairspray to create a shiny gloss.



Eggshell Mosaic Art

WHAT'S ON

Local Community Events

Cumberland Council

The Bush School Storytime -Join Cumberland City Council's Children's Development team for fun mornings of stories, songs and nature play. (Central Gardens Park, Merrylands)

Session 1 - First Monday of month.
10am start on the following dates:

- **Monday 12 April 2021**
- **Monday 3 May 2021**
- **Monday 7 June 2021**

Session 2 - Third Monday of month.
10am start on the following dates:

- **Monday 19 April 2021**
- **Monday 17 May 2021**
- **Monday 21 June 2021**

Both sessions in each month will have the same content.

Bookings can be registered at
www.cumberland.nsw.gov.au/bush-school-storytime

Ryde Council

APRIL

- **7th Wednesday**

School Holiday Program: Worm Farming Workshop

They're squirmy, wriggly and a little bit tricky. Learn how to look after our wriggly friends in this hands-on Worm Farming Workshop presented by Suez!

Where: West Ryde Community Centre Hall

Age: 6-8

Cost: \$5

Registrations essential through Ryde council events listing.

- **25th Sunday 9:00am-10:00am**

Anzac Day Commemoration Service

This year Council will be holding a commemorative service for the community at Anzac Park.

Parramatta Council

There are currently no events held during this period

The Hills Council

Year One Reading Club 2021

Bring your mum, dad or carer along to the library so you can become a library member. Ask to join the Year One Reading Club to receive your log book. All Children in Year One can join and it is free! Join until 31st October 2021.

Then come to the desk every time you borrow from the Library to receive a sticker in your log book. After every two stickers you will receive a special reward!

APRIL

- **15th Thursday 1:00pm-1:45pm**

Go Green - Plastic Pollution Workshop

Free | Bookings essential online | Suitable for children in school years K-4
This event is for children only. Due to space restrictions parents will not be permitted and do not require a ticket. This event is fully supervised by library staff.

Strathfield Council

APRIL

- **10th Saturday 9:00am 2:00pm**

Strathfield Recycling Day

- You can bring a maximum of 8 items. One full bag of clothing and linen or one box full of toys and kitchenware will count as one item.
- A listing of items you can bring are included in the flyer on the council website.
- Place your items in a car or trailer. You must arrive in a vehicle as this is a drive through drop off day. Trucks will not be permitted.
- This event is for residents only. Please bring below flyer with you to gain entry or you may be asked for proof of address.