

# NEWSLETTER

*Oct - Dec 2021 Edition*

## Current COVID-19 advice

- ECEC workers who live in the 12 LGAs of concern and work outside of their LGA will be required to carry a permit from Service NSW declaring they are an authorised worker.
- ECEC workers who enter into one of the 12 LGAs of concern to work must also carry a permit issued by Service NSW.
- ECEC workers and adult residents across the state are required to have received two doses of COVID-19 vaccination by 8 November 2021. An updated Public Health Order is expected soon.
- Any ECEC workers and adult residents who have not received mandated COVID-19 vaccinations by the above dates and are who unable to obtain a medical contraindication certificate from their doctor will not be able to attend early childhood educational settings.

## IMPORTANT DATES

Sunday 4 October - Labour Day  
Saturday 25 December - Christmas Day  
Sunday 26 December - Boxing Day  
Monday 27 December - Christmas Day  
(Additional Day)  
Tuesday 28 December - Boxing Day  
(Additional Day)

## Face masks

### Adults

Masks are required in indoor and outdoor settings in Early Childhood Education and Care settings across NSW.

Exemptions for wearing masks for staff in ECE apply:

- where a child is deaf or hard of hearing; or
- the clear enunciation or visibility of the educator's mouth is essential.

Where an exemption for wearing a mask applies, physical distancing should be practiced where possible as another measure to limit COVID-19 transmission.

Masks should also be worn by staff when engaging with other adults, such as during pick-up and drop-off, and in administrative areas of the service, including staff rooms.

All parents dropping off or picking up children should be asked to wear masks.

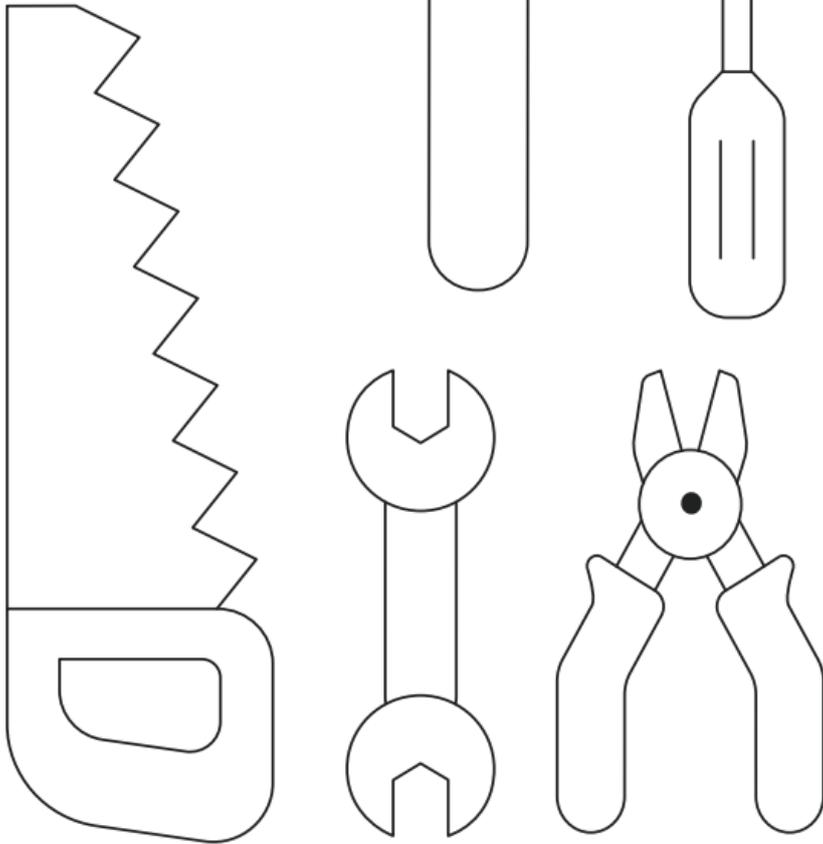
### Children

Masks are now strongly recommended for primary school aged children. This recommendation should also apply in Out of School Hours Care services, including before and after school care services and vacation care.



# LABOUR DAY CRAFT

see  
make  
play 😊  
where happy minds play 😊



**Create** a SUPER awesome tool belt for Labour Day.

- 1 Invite your mini maker to colour in the tools or trace them on to coloured cardboard and cut them out.
- 2 Decorate your tool belt with collage paper, stickers, anything that you might have in your craft box!
- 3 To create the tool belt, cut an A4 sheet of paper in half. Cut out two strips from the other half of the paper and glue a strip at either end of the 'belt.' See our image for inspiration.



# SWAP IT, DON'T STOP IT!

Tips for modifying recipes and meal plans to suit your local resources, service needs and/or children's likes, whilst maintaining their nutritional value!

## FUSSY EATERS

Support children to eat a range of healthy foods through healthy eating experiences and positive mealtimes i.e. encourage them to touch, smell and discuss foods they refuse. Children can also help with food preparation and cooking.

Remember: praise is key!



## ACCESS TO FRESH PRODUCE

If your service cannot access quality fresh fruit and vegetables at affordable prices, choose frozen or canned alternatives to substitute in recipes. Dried options i.e. herbs and spices are also suitable. These are usually readily available, last longer, can be cheaper and also provide the same nutrition as fresh fruit and vegetables! When buying canned alternatives, be sure to choose ones with minimal added salt and sugar.

## COST OF INGREDIENTS

If your budget is tight, consider buying multiple canned or packet ingredients on special and store in the cupboard, fridge or freezer. For example, wholegrain bread can be bought and kept in the freezer. Buy locally for cheap and fresh produce or grow your own. Limit food waste to save money, or contact your local supermarket to enquire about donation arrangements.

## PROTEIN OPTIONS

Offering a variety of protein sources such as lamb, beef, ham, chicken, fish and turkey is important however some meats are less accessible. Consider offering eggs, legumes, canned tuna, tofu or veggie patties if meat options are not available. Remember to serve iron containing foods throughout your menu and fruit/veg high in vitamin C with vegetarian meals.

## ALTERNATE INGREDIENTS FOR ALLERGENS

The following substitutions are useful when catering for children with allergies but should not be used when planning entire menus. Services should discuss food allergies, menus and management plans with the child's family and encourage families to seek advice from health professionals when appropriate.

### EGG

Experiment replacing one egg with:

- ¼ cup applesauce
- ¼ cup greek yoghurt
- ¼ cup mashed banana
- ¼ cup pureed silken tofu
- Commercial egg replacer
- 1 tsp baking soda & 1 tbsp vinegar
- 1 tbsp ground flax or chia seeds mixed with 3 tbsp water and left for 1 min to thicken
- 3 tbsp aquafaba

### DAIRY

- Replace cows milk with alternative such as soy milk. Choose brands with added nutrients (e.g. Vitamin D and B12 and calcium)
- Replace yoghurt with silken tofu or dairy free yoghurt alternatives (e.g. soy)
- Replace cheese with dairy free alternatives (e.g. store bought soy cheese)

### GLUTEN

- Use gluten free bread, wraps, pasta and noodles
- Use quinoa flakes, buckwheat, cornflour, brown rice flour instead of wheat based flours/products

# Vanilla Berry Smoothie

Prep time: 10 mins    Cook time: 0 min    Serves:10    Serve Size: 1 cup (250ml)



## INGREDIENTS

2.5 cups	Frozen or fresh berries
1L	Reduced fat milk
750g	Reduced fat vanilla yogurt
0.5 tbs	Vanilla essence (to taste)

## STEPS

1. Place fruit in blender and puree.
2. Add yogurt, milk and vanilla blend until smooth. Add vanilla gradually to taste.
3. Pour into glasses to serve.

## Helpful Tips

- Replace berries with banana, blueberries, peach (fresh or tinned) or other frozen fruit.
- Berry flavoured yogurt could be used for extra flavour.
- For a sweeter smoothie, add 2 tablespoons honey.

## Safety Tip

Honey can contain botulism so should not be given to any infants under 12 months of age.

This includes honey used as an ingredient in a recipe as cooking honey does not destroy any botulism present.

# CHRISTMAS CRAFT

## How to make rustic twig christmas ornaments

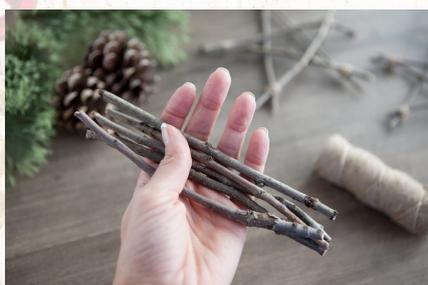


### SUPPLIES

- Thin branches or twigs
- Garden shears
- Glue gun and glue sticks
- Twine
- Sharpie
- Buttons
- Sprigs of faux pine / berries

### INSTRUCTIONS

To make the star ornament trim 5 twigs to equal length with your garden shears.



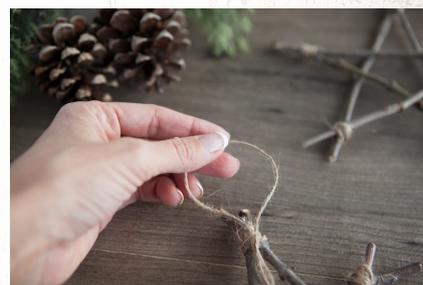
Begin with two twigs, over lap them in an upside down "V" shape. Using hot glue attach the two twigs at the top as pictured.



Get another twig and attach on top of the first two twigs going across diagonally.



To reinforce the point of each star, take a short length of twine. Hot glue it to the back side of the ornament at one of the points. Wrap around 3-4 times then hot glue the end of the twine to the back of the ornament. Trim any excess.



Continue adding your twigs until the star is complete.



Take another small length of twine, form a loop and hot glue the two ends to the top point of the star at the back. This will be for hanging the ornament on the tree. Trim any excess.



# SUSTAINABILITY IN FAMILY DAY CARE

## What is sustainability?

**Sustainability** means meeting our own needs without compromising the ability of future generations to meet their own needs.

**Sustainability** requires making changes to how we live and use available physical, natural and social resources so that we allow the living systems in which humans are embedded to thrive forever.

**Sustainability** is also about using, conserving and enhancing the community's resources so that ecological processes, on which life depends, are maintained, and the total quality of life, now and in the future, can be increased.

**Sustainability** in Family Day Care is more than being aware of what we are doing with our rubbish. It is about consuming less, it is about helping children learn about biodiversity, it is about helping children develop a level of curiosity and wonder about the world they live in.

## Features that enable children to explore the natural environment

- Gardens where children can grow their own plants
- Sandpits for sensory, symbolic and physical play
- Digging patches where children can use garden equipment
- A range of planting to encourage a variety of modes of play such as playing with gum nuts, small branches, flowers, stones and bark
- Small pits of pebbles, gravel, coarse sand and smooth river rocks for fine motor and imaginative play
- Plants for picking and eating

## Four key topics that children need to learn about in connection with sustainability are:

- Climate change
- Water conservation
- Energy use and the cost of using non-renewable forms of energy creation
- Consumption and the impact on the environment of excessive consumption and the issues it creates with waste disposal.

## Making your Family Day Care more sustainable

Making your Family Day Care sustainable basically means following the Reduce, Reuse, Recycle path.

### Reduce:

- Only purchase new resources when you can't find them second hand or can't repair what you have. When you do buy new equipment or resources try and buy ones of wood rather than plastic.
- Your use of water (turn off taps, only use a certain amount of water in water play)
- Your use of energy (turn off lights and air conditioners)
- Your use of chemicals in cleaning (use greener products)
- Avoid single use disposable materials
- Can you collect natural materials for play (never taking too many) such as pine cones, stones, sticks, leaves?

### Reuse:

- Make reuse common in your service. Can you use cardboard boxes for art, junk mail for collage?
- Can you set up a compost bin or a worm farm so that your food waste becomes re-used to help your garden grow?

### Recycle:

- Purchase as much as you can second hand
- Make recycling an everyday act at your service.

# WHAT'S ON

## Local Community Events

### Ryde Council

#### DIGITAL | GRANNY SMITH VIRTUAL KIDS COOKING CLASS: PORK AND APPLE SAN CHOY BAU

Friday 08 Oct / 4:00pm - 5:00pm

Join in the fun of this interactive workshop, aimed at 7-14 year old's.

#### Register online

<https://www.ryde.nsw.gov.au/Events/Listing/GSF-Virtual-Kids-Cooking-Class-Pork-and-Apple-San-Choy-Bau>

#### RYDE WHARF MARKET

Sunday 10 Oct, 14 Nov, 12 Dec /  
8:00am - 2:00pm

Ryde Wharf Markets is a fresh produce, International hot food, food products and artisan monthly market.

With 70+ stalls, held at Anderson Park, Meadowbank on the Parramatta River every 2nd Sunday of the month, It is located on Parramatta River and is a beautiful place to come along and enjoy a stroll around the market stalls, sit in the park and eat, shop for food and gifts as well as a few activities for kids.

### The Hills Council

#### CHILD RESTRAINT FITTING DAYS

Wednesday 17 November 2021 /  
09:00 am - 02:00 pm

Places are limited and dates fill up quickly so please book early to avoid disappointment.

- Bookings for only one vehicle per family will be taken on each date.
- Bookings are only available for residents of the Hills Shire and are limited to a maximum attendance of 2 days per year.
- Please provide your address, the number of restraints to be checked and a time, between 9am and 2pm, when you would like a booking.
- To Book contact Council's Road Safety Officer on 02 9843 0145 or email [avernicos@thehills.nsw.gov.au](mailto:avernicos@thehills.nsw.gov.au)

### Strathfield Council

#### GARAGE SAIL TRAIL

Saturday 13 Nov - Sunday 21 Nov

Registrations to host your own sale open on Saturday 10 September and can be made by <https://www.garagesaletrail.com.au/strathfield>

More information on how to host a sale and how you can get involved is available here. <https://www.garagesaletrail.com.au/get-involved/virtual-garage-sale>

#### CHEMICAL CLEAN OUT

Sunday 14 Nov / 9:00am - 3:30pm

Strathfield Council Depot - 1 Weeroona Road, Strathfield NSW 2135

Items you can drop off:

- Garden chemicals
- Pool chemicals
- Household cleaners
- Hobby chemicals
- Poisons
- Batteries
- Paint
- Motor oils, fluids and fuels
- Fluoro lights
- Gas bottles
- Fire extinguishers
- Smoke detectors

### Parramatta Council

COVID-19: - Strict lockdown restrictions now apply for Parramatta LGA. There are currently no upcoming events.

### Cumberland Council

COVID-19: - Strict lockdown restrictions now apply for Cumberland LGA. There are currently no upcoming events.