



ON *this* MONTH

CONTENTS

| | |
|---|--------|
| Things to remember | Page 1 |
| Community events and book reviews | Page 2 |
| Quick, easy recipes | Page 3 |
| Health and safety | Page 4 |
| Photo Gallery | Page 5 |
| Play with purpose/5 minute moves | Page 6 |

AROUND THE COUNTRY

| | |
|-----------------------------|-------|
| Mabo Day | 3 |
| World Environment Day..... | 5 |
| World Oceans Day | 8 |
| Global Wind Day | 15 |
| National Refugee Week | 19-25 |

CCCC NEWS

Change Of Seasons

As we are coming into the colder months, here are a few things to remember when getting ready for the day.

- *Warm Clothes.* Although it warms up during the day, the mornings and afternoons have been quite cool so please remember to pack a jumper, shoes and socks etc.
-
- *Labeling!* Please label all your children's belongings as this allows us to identify and keep track of what belongs to who.
- *Changes of clothes.* Please pack a variety of clothing such as long sleeve, short sleeve, shorts, long pants etc. as the weather can be very unpredictable.





WORLD ENVIRONMENT DAY – JUNE 5

2022 is a historic milestone for the global environmental community. It marks 50 years since the 1972 United Nations Conference on the Human Environment, widely seen as the first

international meeting on the environment. The 2022 World Environment Day campaign #OnlyOneEarth calls for collective, transformative action on a global scale to celebrate, protect and restore our planet. [Find out more here](#)

NATIONAL REFUGEE WEEK – JUNE 19-25

Refugee Week promotes harmony and togetherness.

The 2022 Refugee Week theme is Healing. Australia and the rest of the world have a once-in-a-lifetime opportunity to hit the reset button on how we behave towards one another. [Find out how you can get involved](#)

PARMESAN CRUSTED ZUCCHINI CHIPS



PREP 10 min | BAKE 20-25 min

INGREDIENTS

- 2 zucchini, sliced into thin rounds
- 1 cup panko breadcrumbs
- 1/2 cup parmesan, grated
- 2 egg whites
- 2 tablespoons olive oil

METHOD:

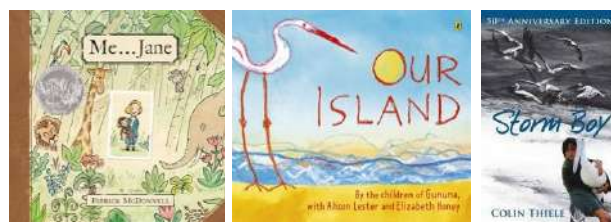
Preheat oven to 200 degrees Celsius. Place the panko breadcrumbs and parmesan in a shallow bowl and mix to combine. In a separate bowl place the egg whites along with a tablespoon of water and whisk to combine. Dunk each zucchini round into the egg white, letting excess run off before pressing them into the panko parmesan mixture. Line an oven tray with baking paper and drizzle with a little olive oil. Arrange the crusted zucchini rounds on the oven tray in a single layer.

Pop into the oven and bake for 20-25 minutes, flipping halfway. The zucchini parmesan chips are done when they are golden and crisp. Enjoy X.

Recipe and image from mylovelylittlelunchbox.com

Book reviews

3 must reads on sustainability for kids.



ME...JANE | Patrick McDonnell

In his characteristic heart-warming and minimalistic style, Patrick McDonnell tells the story of a young Jane Goodall and her special childhood toy chimpanzee named Jubilee. As the young Jane observes the natural world around her with wonder, she dreams of 'a life living with and helping all animals,' until one day she finds that her dream has come true.

OUR ISLAND | Children of Gununa, with Alison Lester and Elizabeth Honey

"Our island lies beneath a big blue sky, surrounded by the turquoise sea. Turtles glide through the clear saltwater, and dugongs graze on banks of seagrass." In this lyrical celebration of place, the children of Mornington Island explore their home in words and pictures.

STORM BOY | Colin Thiele

Storm Boy and his father live alone in a humpy among the sandhills between the Southern Ocean and the Coorong – a lonely, narrow waterway that runs parallel to a long stretch of the South Australian coast. Among the teeming birdlife of the Coorong, Storm Boy finds an injured young pelican whose life he saves. From then on, Storm boy and Mr Percival the pelican become inseparable friends and spend their days exploring the wave-beaten shore and the drifting sandhills. Mr Percival learns to help Storm Boy's father with his fishing and warn the other birdlife whenever poachers are coming, but his part in rescuing a shipwrecked crew leads to great changes in Storm Boy's life.



Quick Spinach Pasta *Ready in 15 mins!*

Servings: 4

Prep time: 5 min

Cook time: 10 min

INGREDIENTS

225 g Pasta (any kind)
1 Tbsp Olive Oil
2-3 garlic cloves, minced
250 g baby spinach
1/4 tsp salt
140 g cream cheese
30 g parmesan cheese
1/4 tsp ground nutmeg
2 tsp baking soda
salt and pepper to taste



DIRECTIONS

1. Cook your pasta following package directions. Before draining, reserve at least 1/2 cup of pasta cooking water and set aside.
2. Meanwhile, heat the olive oil in a large skillet over medium heat.
3. Add garlic and cook for about 1 or 2 minutes until fragrant (make sure not to burn)
4. Add part of the spinach and season with salt. Stir until wilted adding handful of spinach at a time.
5. When the spinach are wilted but still bright green, stir in cream cheese and 1/3 cup of pasta cooking water (don't add all the reserved water straight away, but save the rest incase you need to loosen the sauce when you add the pasta to the skillet).
6. Then add grated parmesan cheese and nutmeg to the sauce and give a good stir. The sauce will be ready in a couple of minutes.
7. Drain pasta, add to the skillet and toss to combine. Serve immediately with a drizzle of olive oil, black pepper and freshly grated parmesan cheese.

Raspberry Peach Nice Cream *3 Ingredients!*

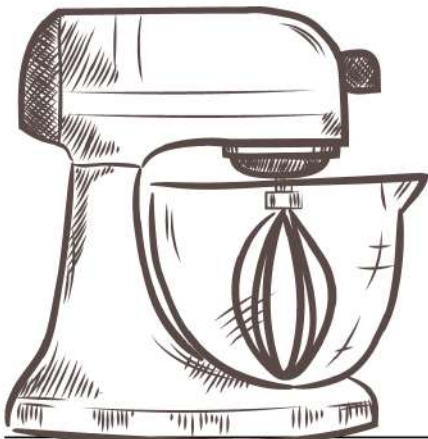
Servings: 4

Prep time: 5 min

Cook time: 5 min

INGREDIENTS

2 over-ripe bananas
1 cup frozen raspberries
1 cup frozen peach slices



DIRECTIONS

1. Peel the bananas and cut them into even slices
2. Place the banana slices in an airtight container and freeze for at least 2 hours until frozen solid
3. When ready to make the nice cream, toss the bananas in the blender with frozen raspberries and peaches
4. Blend all the fruit together (you will need to use a spoon to scrape the sides of the blender a few times so it all blends together)



THE RHYMING GAME

Kids love the rhyming combinations of popular authors like Dr. Seuss. Build on that by having kids think of as many rhyming words as possible on your next car ride. Start with easy words like cat. Another fun rhyming game is to have the passengers in the vehicle talk in rhyme until you get to your destination. For example, if your child asks you “Are we there yet?” You answer, “No, are you upset?”

Source: www.newfolks.com/activities/literacy-games-kids/



HEALTH & SAFETY: Benefits of Family Dinners

Our belief in the “magic” of family dinners is grounded in research on the physical, mental and emotional benefits of regular family meals.

Over three decades of research have shown that regular family meals offer a wide variety of physical, social-emotional and academic benefits. While some of these benefits can be gained through other activities, eating together is the only single activity that is known to provide all of them at the same time.

We recommend combining food, fun and conversation at mealtimes because those three ingredients are the recipe for a warm, positive family dinner — the type of environment that makes these scientifically proven benefits possible.

Some of the specific benefits of family dinners are:

- Better academic performance
- Higher self-esteem
- Greater sense of resilience
- Lower risk of substance abuse
- Lower risk of teen pregnancy
- Lower risk of depression
- Lower likelihood of developing eating disorders
- Lower rates of obesity
- Better cardiovascular health in teens
- Bigger vocabulary in pre-schoolers
- Healthier eating patterns in young adults

There are also benefits for adults, including:

- Better nutrition, more fruits and vegetables and less fast food
- Less dieting
- Increased self-esteem
- Lower risk of depression

Researchers found that for young children, dinnertime conversation boosts vocabulary even more than being read aloud to. The researchers counted the number of rare words – those not found on a list of 3,000 most common words – that the families used during dinner conversation. Young kids learned 1,000 rare words at the dinner table, compared to only 143 from parents reading storybooks aloud. Kids who have a large vocabulary read earlier and more easily.

Older children also reap intellectual benefits from family dinners. For school-age youngsters, regular mealtime is an even more powerful predictor of high achievement scores than time spent in school, doing homework, playing sports or doing art.

Other researchers reported a consistent association between family dinner frequency and teen academic performance. Adolescents who ate family meals 5 to 7 times a week were twice as likely to get A's in school as those who ate dinner with their families fewer than two times a week.

You can read about all the additional benefits [here](#) but, of course, the real power of dinners lies in their interpersonal quality. If family members sit in stony silence, if parents yell at each other, or scold their kids, family dinner won't confer positive benefits. Sharing a roast chicken won't magically transform parent-child relationships. But dinner may be the one time of the day when a parent and child can share a positive experience – a well-cooked meal, a joke, or a story – and these small moments can gain momentum to create stronger connections away from the table.

The Family Dinner Project. (May 22, 2022). Science says: eat with your kids. Retrieved from thefamilydinnerproject.org/about-us/benefits-of-family-dinners/

Ketchell, Misha. (May 22, 2022). Benefits of Family Dinners. Retrieved from <https://theconversation.com/science-says-eat-with-your-kids-34573>



WORLD ENVIRONMENT DAY SCAVENGER HUNT

One of the best ways to celebrate 'World Environment Day' is to get outside and experience nature. While exploring complete a scavenger hunt. Below is an example. Customise your list for your own local environment. Write the items you're looking for on a piece of paper with bug check boxes to tick off when you find or do each item.

Scavenger hunt list:

1. Draw a picture of 3 different flowers or plants.
2. Spot a pelican or seagull.
3. Spot a bee.
4. Take a photo of an animal you see.
5. Safely collect any rubbish you see.
6. Hug a tree.



7. Find a smooth rock
8. Find something rough.

Remember to only observe, do not disturb or take things out of the environment.



Photo Gallery



PLAY WITH PURPOSE

Much of your child's day at our service revolves around playing fun games with educators and peers. While you may think these games your child is playing are just a way for them to enjoy their time away from home with their friends, many of those games are actually teaching them very important skills.

For most of us, our life consists of schedules and structure and running from one commitment to another. Between work and extracurricular activities, there often isn't a lot of time left for play or free time. Play becomes even more important for toddlers in a pre-school setting because they may not have a lot of time for play otherwise.

Toddlers are constantly asked to follow rules and adhere to schedules, so being able to play games with friends at pre-school allows them the opportunity to express themselves differently. Whether they are making up the game or expressing themselves and their emotions through games like role-playing, dress-up, or puppets, games help children learn how to solve problems and get creative. Playing games also helps toddlers develop social skills as well as their language and counting skills without feeling like work.

You may think a rousing game of *duck, duck, goose* or *musical chairs* is just a way for kids to burn off some energy, and you're not wrong. However, these games are also teaching kids some pretty great life skills. These games can teach kids strategic skills, how to win and lose gracefully, how to practice self-control, and the importance of patience and taking turns. Games like *Simon Says* help children learn how to be leaders, while games like *hide-and-seek* teach children about problem-solving and critical thinking. Even though these games are a lot of fun for the children to participate in, they're also requiring your children to practice different skills and techniques as they play that they may not learn otherwise.

Playing games also helps your child with their memory, speech, and language abilities, as well as recognising words and letters.

Playing games like hide-and-seek, hopscotch, red light, green light and more at home can help your child build on these essential skills.

Catana, Kelli. (2022). *Those silly day care games kids play are secretly getting them ready for school*. Retrieved from www.newfolks.com/activities/day-care-games/



5 Minute MOVES

Bubble Pop

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

You will need a bottle of bubbles and a bubble wand.

It doesn't matter what age you are bubbles are always enjoyable and a fun way to engage children. Begin this activity by blowing some bubbles and ask your child/ren to pop all the bubbles they see. They will have to run and jump to catch all the bubbles.

Once you think they have exhausted bubble catching, ask your children to lay down. Blow bubbles over them and ask them to pick a bubble and watch it drift and glide until it eventually pops all on its own.

Feedback 
is always welcome