

IF YOU THINK YOU ARE TOO SMALL TO MAKE A DIFFERENCE,  
TRY SLEEPING WITH A MOSQUITO – DALAI LAMA

# Caboolture Christian Children's Centre



NOVEMBER  
2022

## ON *this* MONTH

### POLICIES IN REVIEW THIS MONTH

- Fees and attendance policy
- Environmental responsibility policy

### AROUND THE COUNTRY

Melbourne Cup Day	1
Outdoor Classroom Day	3
National Recycling Week	7-13
Remembrance Day	11
Australian Food Safety Week	12-19
Orangutan Caring Week	13-19
World Kindness Day	13
Universal Children's Day	20

## Caboolture Christian NEWS Children's Centre

### *End of year events*

**2<sup>nd</sup> December** - Centre Christmas  
Party 5:30-7:30pm

See flyer on page 3 for details

**2<sup>nd</sup> December** – Kindy Christmas  
Party 3-5pm

**7<sup>th</sup> December** - Kindy Graduation  
Party 5pm

**Centre Closing Dates:** We will be  
closing at 3pm on **23<sup>rd</sup> December** and  
will be reopening on **3<sup>rd</sup> January**.





### NATIONAL RECYCLING WEEK – NOVEMBER 7-13

National Recycling Week was established by Planet Ark in 1996 and is held every year during the second week of November. This year, National Recycling Week explores the idea that *Waste isn't Waste until it's Wasted*.

This year it is all about quality over quantity, it is not about recycling more, but recycling better. [FIND OUT MORE HERE](#)

### REMEMBRANCE DAY – NOVEMBER 11

At 11 am on 11 November 1918 the guns on the Western Front fell silent after more than four years of continuous warfare. Each year on this day Australians observe one minute's silence at 11 am, in memory of those who died or suffered in all wars and armed conflicts. There are many ways to commemorate from wherever you are - at home, school or work - this Remembrance Day. Observe a minute's silence at 11am, Explore the origins of 'Remembrance Day', Wear a poppy, make a wreath.

[FIND OUT MORE HERE](#)

## BETTER FOR YOU BROWNIES



PREP 20 MIN | COOK 20 MIN | SERVES 16

#### INGREDIENTS

- 85 grams good quality **dark chocolate**
- ½ cup (125 grams) **butter**
- 1½ cup (315 grams) **CSR Rapadura Sugar**
- 2 **eggs**
- 1 tablespoon **vanilla extract**
- ½ teaspoon **sea salt flakes** (or pinch of salt)
- ¾ cup (100 grams) **wholemeal spelt flour**
- 1/3 cup **cacao powder**
- 1/2 cup **cooked beetroot**, finely grated (optional)
- 1/2 cup (100 grams) **mashed sweet potato** (optional)
- 1/2 cup (80 grams) good quality **dark chocolate**, *chopped*

#### METHOD:

**Preheat** oven to 175 C and line a 20 cm x 20 cm square tin with baking paper. Grease the baking paper with a little butter. Set aside.

**Place** chocolate and butter into a heat-proof bowl and place over a saucepan of simmering water. Do not let the bottom of the bowl touch the water. Stir the mixture until melted. Take off heat and allow to cool for 5 minutes.

**Add** the sugar, eggs and vanilla to the melted chocolate and whisk to combine.

**Add** the salt, plain flour, cacao and whisk to combine. Gently fold through the beetroot, sweet potato and chopped chocolate.

**Pour the batter** into the prepared tin and bake for 20-25 minutes or until set. Allow to cool in the tin. Cut into 16.

Images and recipe from [mylovelylittlelunchbox.com](http://mylovelylittlelunchbox.com)



**my child**  
MAGAZINE



### THE NATURAL PARENT MAGAZINE

[thenaturalparentmagazine.com](http://thenaturalparentmagazine.com)

The Natural Parent Magazine is the leading parenting magazine both online and in print, for conscious parents. Here, you'll find lots of nice bits and pieces including parenting support, pregnancy and birth, maternity fashion, parenting news, craft, photography, travel, events and more.

### MY CHILD MAGAZINE

[mychildmagazine.com.au](http://mychildmagazine.com.au)

This is a place to find not only wholesome and simple parenting reads and information, but encouragement, humour and motivation for your journey as a caregiver.

### KIDDIPEDIA

[kiddipedia.com.au](http://kiddipedia.com.au)

Kiddipedia is Australia's leading parenting resources website, providing useful parenting tips and all sorts of parenting information such as parenting helpline numbers, parent directory and kids events.



# CCCC (Nursery-Pre-K) Christmas Party

WHEN: FRIDAY 2ND DEC  
WHERE: CHIPMUNKS, MORAYFIELD  
TIME: 5:30-7:30

- Snacks provided, food available for purchase on the night
- Limited to immediate family only



Let us know if you will be attending

## Kindy's CHRISTMAS Pool Party

WHEN: 2ND DECEMBER, 2022  
WHERE: DECEPTION BAY POOL  
TIME: 3PM-5PM



**KINDY ONLY**

You are  
**INVITED**

TO CCCC'S KINDY  
GRADUATION PARTY!

When: Wednesday 7th  
December 2022

Where: CCCC (At Kindy!)

Time: 5pm

End of year  
events:

See notices for  
Nursery-Pre-K  
Christmas  
party, Kindy's  
Christmas party  
and Kindy's  
graduation  
party.





**YUMMIES**  
for Little Tummys

# GOOD FOOD ROLE MODELLING

## 5 HANDY HINTS WHEN EATING WITH THE KIDS



The way you behave with food today often stems from childhood experiences with parents, siblings, or even dear old Nanna. We know kids love copying behaviours, and mimicking the way we behave with food is no exception. So, is now a good time to stop and contemplate the 'food' influences you could have on your kids?

Here's 5 tips to help you influence their healthy eating behaviours at the table now, and in the future?



### ROUTINE & RELAX!

Mealtimes should be relaxed & even fun! Demonstrate a good pre and post routine to give kids the chance to shift gears from play. Sing a song while washing hands, show a sense of excitement for mealtime, & have something fun to discuss for everyone.

### CONTENTED TUMMIES

When we're born we know when we're hungry and full. Remind kids how to listen to our tummies and know when we're content, or when we need more energy to fuel our bodies.



### BE POSITIVE!

Make positive comments about foods or stay neutral. Celebrate smells, colours, and flavours! It takes time to learn to like so many foods. Phrases like "you're still learning to like that" instead of "don't you like that" avoids reinforcing a dislike about a food early. Show we're 'not rude to food'... we say our yes pleases & no thank yous, and never yuk!



### BE INTRIGUED!

Kids love a good adventure. Saying "Let's see what is inside!", "how many can you find?", and "what different colours are there?". Stimulating ideas of curiosity can encourage them in wanting to know more about a food.

### FOCUS ON NUTRITION

Be aware of how you talk about weight. Switch to nutrition and what the food does for our bodies. Nutrition gives us energy and helps us grow strong, happy and healthy!



LEARN MORE AT [WWW.YUMMIESFORLITTLETUMMIES](http://WWW.YUMMIESFORLITTLETUMMIES)







# October PHOTO GALLERY





## MUSIC PLAY

The benefits of engaging in music activities and games with your preschool and kindergarten child are endless and should be a part of your daily play together.

Researchers keep telling us that music is not only good for children in its own right, it also enhances learning in many other ways. So why not use your own love of music and your child's natural affinity for music to:

- learn about the world through song
- learn to control emotions through melody and an expressive voice
- learn to listen and predict patterns through rhythmic movement, fun dances and instrumental play
- learn how to get along with others by making music together
- learn coordination indoors when you can't go out o play through drama games, actions and dances

### Fun Music Games for Pre-schoolers

- Musical Statues and Musical Chairs
- Pass the Parcel
- How Many Instruments Do You Hear?
- Draw the Music
- Hide and Listen
- Dance to the Song
- Let's Make Up the Words

Find out how to play these games [here](#)

Free Musical Child resources for Learning Music [here](#)



## 5 Minute MOVES

### DUCK, DUCK, GOOSE

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

It's a well know game, but just in case you've forgotten...

All players except one sit in a circle. One person walks around and taps each player on the head saying "duck" until suddenly he decides to say "goose." The goose needs to jump up and chase after the first person, who needs to run around the circle and get to goose's seat before he is tagged. Try changing up the names...Orange, orange, apple or Bear, Bear, Goldilocks.