

"HOW WONDERFUL IT IS THAT NOBODY NEED WAIT A SINGLE MOMENT
BEFORE STARTING TO IMPROVE THE WORLD." — ANNE FRANK

Caboolture
Christian
Childrens Centre

DECEMBER
2022

ON *this* MONTH



AROUND THE COUNTRY

Christmas Appeal	1-24
International Day of Persons with Disabilities	3
Human Rights Day	10
International Mountain Day	11
International Migrants Day	18
Christmas Eve	24
Christmas Day	25
New Year's Eve	31

Caboolture Christian NEWS Children's Centre

Centre closing dates:

23rd Dec – The centre will be closing at 3:30pm

26th December - 3rd January the centre will be CLOSED

Monday 23rd January is when the children will move up to their new rooms once school has started back. They will remain in their current rooms until this time





INTERNATIONAL MIGRANTS DAY – DECEMBER 18

Throughout human history, migration has been a courageous expression of the individual's will to overcome adversity and to live a better life.

Migration draws increasing attention in the world nowadays. Mixed with elements of un-foreseeability, emergency, and complexity, the challenges and difficulties of international migration require enhanced cooperation and collective action among countries and regions.

[Find out more here](#)

KMART WISHING TREE APPEAL – DECEMBER 1 - 24

Kmart and The Salvation Army are coming together to help support those doing it tough. Prior to the pandemic, more than 3 million Australians were living under the poverty line and The Salvation Army have seen a continual increase in need. That's why we encourage you to embrace the spirit of giving this year by supporting the Kmart Wishing Tree Appeal. [Find out more here.](#)



STRAWBERRY BARS

PREP 15 min | COOK 35 min | SERVES 12

INGREDIENTS

BISCUIT BASE

- 1 1/2 cups (190 grams) plain whole meal flour
- 1 1/2 cups (135 grams) rolled (traditional) oats
- 1/2 cup (75 grams) brown sugar
- 1/2 tsp cinnamon, ground
- 125 grams butter, melted and slightly cooled
- 1 egg, pinch salt
- 1 tbs honey
- 1 tsp vanilla bean paste (or extract)

STRAWBERRY LAYER

- 2 cups (300 grams) fresh strawberries, hulled and chopped

- 1 tbs brown sugar
- 2 tbs tapioca flour (or corn flour)
- 2/3 cup (170 ml) store-bought strawberry jam

CRUMBLE LAYER

- 1 tbs poppy seeds, 1 tbs flax seeds, 1 tbs chia seeds

METHOD

Preheat oven to 180 C (350 F) and line a square 20 cm x 20 cm tin with baking paper. Set aside.

TO MAKE THE BISCUIT BASE

Place the flour, oats, sugar, cinnamon and salt into a large bowl and mix to combine.

Add the butter, egg, honey and vanilla and stir thoroughly to combine. **Set** aside 1 cup of the mixture (for the crumble topping). **Press** the remaining mixture into an even layer in the bottom of the prepared tin. Set aside in the fridge.

TO MAKE THE STRAWBERRY LAYER

Place the strawberries, sugar and tapioca into a large bowl and gently mix to combine.

Retrieve the base from the fridge. **Cover** the base with an even layer of strawberry jam, top with prepared strawberries.

TO MAKE THE CRUMBLE TOPPING

To the reserved crumble, add the poppy seeds, flax seeds and chia seeds and mix thoroughly to combine. **Sprinkle** the crumble topping over the strawberry layer. **Bake** for 35-40 minutes or until the jam is bubbling and the crumble topping is a deep golden brown. **Allow** the bars to cool completely before cutting into 9-12 bars. Enjoy x

Recipe and image from mylovelylittlelunchbox.com

Podcast Reviews

Family get togethers mean time in the car, check out these family podcasts!



BRAINS ON | APM STUDIOS

Brains On! is an award-winning audio show for kids and families. Each week, a different kid co-host joins Molly Bloom to find answers to fascinating questions about the world. THE mission is to encourage kids' natural curiosity and wonder using science and history...but there's no age limit on curiosity and episodes of Brains On can be enjoyed by anyone.

SMASH BOOM BEST | APM STUDIOS

Smash Boom Best is a debate show for kids and families from the makers of the award-winning podcast, Brains On! Every episode takes two cool things, smashes them together and lets you decide which is best. Our debaters use facts and passion to make their case -- teaching listeners how to defend their own opinions along the way.



Fee Structure for 2023

The fees listed below will start from Monday 9th January 2023

All fees from 2022 must be up to date on the close of business 23rd December 2022 for us to continue your enrolment in the new year.

Nursery, Toddlers, Juniors and Pre Kindy Rooms

Full Day Session – All rooms excluding Kindy 100 subsidised hours p/f	\$110.00	9 hr sessions 36-72 subsidised hrs p/f ONLY	\$110.00	6 hr sessions 24 subsidised hrs p/f ONLY	\$99.00	5 day bookings ONLY – 10 hr sessions	\$109.00
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Kindergarten Fees Only

Kindy children must be at least **4 years of age**

by 30 June in the year in which they are enrolled to participate in the Kindy Program

Children must attend for a minimum of 2 days

Full Day Session – All rooms excluding Kindy 100 subsidised hours p/f	\$107.00	9 hr sessions 36-72 subsidised hrs p/f ONLY	\$107.00	5 day bookings ONLY – 10 hr sessions	\$106.00
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*Fee increases usually occur at the start of the year and in June/July.

Please see the Fees and Attendance Policy for more information – located via the OWNA app or front counter

A reminder of the following information regarding fees.

- Absences are charged at the normal rate
- Family Holidays will still be a 50% discount only if 2 weeks' notice is given.
- Public Holidays will continue to be charged at a 25% discounted rate of a normal absence.
- There will be a late fee of \$25.00 if your account is not up to date at the end of the 2nd Week of billing. Unpaid fees may result in your position being terminated – see policy for more details.
- The preferred payment is by Direct Debit
- If you would like to pay in lump sums your account will need to be paid in advance and not arrears.
- 2 weeks' notice must be given if you are intending on ceasing care
- Fee increases usually occur at the start of each year and in July of each year depending on the current CPI increases at the time.

We look forward to the year ahead and please don't hesitate to come and talk to us if you have any questions.

Kind Regards

Helen Hopkins – Director



HEALTH & SAFETY: 4 Simple ways to declutter your child's play space

Simplifying the toys in your home will cut clutter, reduce stress, and improve how your kids play. You know that feeling of overwhelm and inability to focus when you have too many browser tabs open? That's how our kids feel in the presence of too many toys. When kids play, their brains are hard at work growing and learning. But when their environment is overrun with clutter, their brains go into overdrive. They have the same trouble focusing. The same stress of not knowing what to do next, or what it is they're even looking for. They jump from toy to toy, distracted and overwhelmed, just like we alternate between tabs, apps, and devices. Think of the opposite scenario though. When you have a single device in front of you with just one or two tabs or applications open. You're better able to focus and get your work done, right? The same goes for our kids.

Open-Ended Toys vs. Closed-Ended Toys

Open-ended toys (or open toys): These are toys that promote physical, creative, and/or imaginative play. *Closed-ended toys (also referred to as closed or fixed toys):* These are toys that usually only have one function, and often are toys that can be completed or mastered.

How to declutter your toys

Step 1: Watch & reflect. Watch your kids play for a week. Make notes of which toys are played with most frequently and for the longest periods. Note the toys that are being ignored.

Step 2: Sort your toys. It helps to declutter toys by category. Having everything visible in one space makes it easier to pick out the favourites and ones that add value, but also see the excess. Gather all toys in a specific category in one room. If you have a lot of toys or just want to break them up, tackle one category at a time.



Step 3: Declutter one category at a time. Now that your toys are sorted, it's time to purge!

Step 4: Organise & arrange. Toys that you are keeping and want your kids to play with should be easily accessible and visible. If we want kids to play with their toys, they need to be able to see and access them with ease.

Step 5: Get rid of your unwanted toys. The last step to decluttering your toys is to remove them from your home. I recommend doing this while you've got momentum — within a few days or so.

Decluttering is hard and it may take a few attempts. Read this article in full and enjoy the space it makes in yours and your children's mind.

Source: Modernminimalism (2022). How to declutter toys. Retrieved from <https://modernminimalism.com/how-to-declutter-toys/>

Shaving Cream Words

Shaving cream is such an amazing sensory activity! Your kids will be so excited to use shaving cream for a learning activity, it won't even feel like they are learning! **First**, spray foam shaving cream on an art tray. **Then** Spread it out so the shaving cream is all over the tray! Write their name or a sight word that you are working on in the shaving cream and ask your child if they know what the word says. Ask them to copy their name or the word in the shaving cream. Repeat this process over and over again! Let your child erase the words so they get a chance to play in the shaving cream! Find this and more activities [here](#).



REDUCE, REUSE, RECYCLING CHRISTMAS

This year don't buy wrapping paper or Christmas cards make your own or better yet use art already created.

Collect your kids drawings and paintings – After your child's art has spent its time on the fridge, tuck it away ready to be used as wrapping paper or as apart of a Christmas card. Family friends and family will love receiving gifts and cards created with love.

If you do have to buy cards or wrapping paper – Choose cards and paper not wrapped in plastic. Check that items you are buying are made of recycled materials. You could even try sending e-cards this year.

D-eco-rations – Many of us reuse our decorations year after year already but if you are planning on buying new ones this year why not try making some instead. Turn off your lights at night and try to use LED ones instead.

Presents – Take a look around your home. How many things do you already have? Do you really need more stuff? Maybe instead of buying more things this year, you could try an 'experience' Christmas. Like, a **trip out to a theme park** with a friend. Or a **surfing lesson**! You can also ask your family to get all their gifts at **online eco-stores** this year!

We can all play a part in helping the earth this Christmas.

<https://www.natgeokids.com/au/kids-club/cool-kids/general-kids-club/eco-friendly-christmas/>



JOBS TOGETHER

Toddlers love to mimic those around them. They learn from watching others and doing what they are doing – most especially they love being like their parents. Give your little one a broom, or a mini-tool and get busy together. Spend some time sweeping the patio, or “fixing” the wooden blocks together. You will be surprised at how involved they become in these activities.

Try washing up:

Washing up is a fun activity to do together, there will be water everywhere and dishes may not actually get clean but there it will be fun.

Laundry:

Put the washing in the machine and let your child press the buttons and turn the machine on. When it comes to hanging it out why not do that together too. Using pegs is also a great fine motor skill too.

Gardening:

Rake the leaves, pull the weeds, hose the garden. There are so many gardening activities you can do with your child they may even invent some of their own.

Making the bed:

Yep, even the daily mundane activity of making the bed can be an activity your child will love being apart of. Pull up the sheets together, hide under the sheets, let your child lie under the sheet as you throw the sheet up and they watch it float down.

Preparing dinner:

Besides the huge range of benefits preparing meals together have it is also lots of fun.



Rocking around the Christmas Tree

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

Ok so this is just old fashioned ‘statues’ jazzed up with some festive fun! Search ‘kids Christmas carols’, ‘dance Christmas carols’ or ‘upbeat Christmas carols’ on your favourite music platform. Take turns at being the music person. Everyone else starts frozen, press play, everyone dances and then press stop everyone freezes in their best Christmas tree pose. Switch the Christmas lights on and press play!