



Easter Afternoon Tea

On Wednesday 6th of April from 1:30pm – 3:00pm Country Bumpkins is hosting an Easter Afternoon Tea for all families.

Country Bumpkins will provide food and drink and there may be a surprise visit from the Easter Bunny!

To determine numbers for catering if you could please RSVP to this event by Monday 4th of April.

Here is the link to the booking sheet:

https://docs.google.com/spreadsheets/d/1eg4Ok_guHC7z3za3CP9NHRXh1111sr4eNjmbjX9Vaw/edit?usp=sharing

We look forward to seeing you there!

Birthdays

Country Bumpkins would like to wish the following preschoolers a big Happy Birthday! We hope you had an amazing day!

- Tom
- Audrey
- Pippa
- Sebastian
- Logan
- Evelyn



MOROCCAN PUMPKIN & CHICKPEA STEW



PREP 10 min | COOK 4-6 HRS SERVES 5

INGREDIENTS

2 cups pumpkin, peeled and chopped
2 tins chickpeas, drained and rinsed
2 onions, diced
3 cloves garlic
1 cup kale
1/2 cup dried figs or dates
2x chopped tomatoes
4x Dutch carrots, chopped or 2x regular carrots
1 cup vegetable stock

Moroccan spice blend:

1 tsp ground cumin, 1 tsp ground ginger, 1 tsp salt
3/4 tsp black pepper, 1/2 tsp cinnamon, 1/2 tsp coriander
1/2 tsp cayenne, 1/2 tsp allspice, 1/4 tsp ground cloves

METHOD: Heat 1 tbsp olive oil in a pan and sauté the onion, garlic and the spice blend until onions are soft. Add to a slow cooker along with the pumpkin, chickpeas, kale, figs, tomatoes, carrots and stock. Cook on high for 4-6 hours. It will be ready when the pumpkin and carrots are soft. Serve on its own or with some rice, quinoa or sourdough. Pop it into the slow cooker and enjoy the fact that dinner is mostly done.

Love this recipe and want more? Go to [Jo Kate Nutrition](#)

Jo's course [The Nourished Family](#) provides you with a realistic approach to nutrition, health and cooking and will teach you foundational principles to use for the rest of your life.

BEST
BLOGS

Three of
Australia's best
parenting blogs
for 2022.

my
child
MAGAZINE



MY CHILD MAGAZINE

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. My Child Magazine is a free subscription online mag that's always there when you need it.

KIDDIPEDIA

kiddipedia.com.au/parenting-blog

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. Use the search function to find answers and articles for any of your parenting questions instantly.

PARENTING IDEAS | POSITIVE PARENTING

parentingideas.com.au/blog/

Parenting Ideas was founded by Australia's leading parenting educator, Michael Grose. Parenting Ideas offer positive parenting tips on child development for raising children and teenagers to be happy & resilient and building strong families.

Over the course of nearly twenty years, Parenting Ideas has become one of Australia's most trusted sources of parenting education and support.



HEALTH & SAFETY: Sensory processing difficulties

We've all experienced sensory overload at some point or another. We just don't stop to think about it, or give it a name. Sensory overload happens when something around us overstimulates one or more of our senses. That could be a loud TV, a crowded room, or a noisy, smelly cafeteria. There's suddenly too much information coming in through our senses for our brain to process. It's usually easy enough to escape the discomfort we're feeling. We leave the party, eat somewhere else, or walk out of the room where the TV is. And if not, we just put up with our discomfort. But overload is more intense and much harder to deal with for kids with **sensory processing issues**. Many everyday situations can trigger a response.

About sensory processing difficulties

Sensory processing difficulties are a group of symptoms and related behaviours that happen when someone has trouble taking in information from their senses and responding appropriately to it. This can be information related to sight, hearing, touch, smell and taste, or information related to internal sensations in the body, like pain and movement sensations. Some children with sensory processing difficulties might behave in unusual ways, or in ways that aren't typical for their age. Others might avoid particular activities. Most children have trouble with sensory information sometimes. But when these reactions happen frequently, or for long periods of time, they can interfere with social interaction, learning, behaviour or development.

Children with sensory processing difficulties might be:

Oversensitive (hypersensitive) – that is, they take in too much sensory information

Under-sensitive (hyposensitive) – that is, they take in too little sensory information.

Sensory processing difficulties affect up to 1 in 6 children.

Symptoms of sensory processing difficulties: oversensitivity

Here are some examples of behaviour that you might see if your child is oversensitive, sometimes called hypersensitive.

Sound Your child hides or runs away from common sounds like the sound of the vacuum cleaner. Or your child is hard to settle during or after noisy activities or birthday parties.

Sights Your child avoids brightly lit places or avoids looking at faces or busy spaces like walls with lots of pictures. Or your child prefers dull-coloured clothes or food.

Smell and taste Your child walks away from strong smells like perfume or eats only bland foods.

Touch Your child avoids messy play, rubs hands or fingers or holds them tightly together after touching everyday objects, or refuses to wear clothes like socks with seams on the toes.

Movement or body position Your child avoids playground equipment like swings or monkey bars, or gets upset or feels unwell in cars or on public transport.

Other internal sensations Your child is upset by changes in temperature. Your child avoids having a bath or swimming, or avoids going to the toilet because she doesn't like the feeling. Or your child is hard to settle after a minor cut or scrape.

Symptoms of sensory processing difficulties: under-sensitivity

Here are some examples of behaviour that you might see if your child is under-sensitive, sometimes called hyposensitive.

Sound Your child doesn't notice noises like alarms or always wants the volume on loud.

Sights Your child likes to watch lights go on and off, or doesn't notice changes in personal details, like someone having a new haircut.

Smell and taste Your child seeks out strong smells, or likes strong tastes like salty or spicy food.

Touch Your child doesn't respond when someone taps him on the shoulder, or he fidgets a lot or drops things that are easy to hold.

Movement or body position Your child doesn't like being turned upside down or stretching a lot.

Other internal sensations Your child doesn't seem to feel pain.

Other signs of sensory processing difficulties If your child has sensory processing difficulties, you might also notice that your child gets anxious or worried in busy or unpredictable environments like parties or on public transport, finds it hard to focus, gets tired, particularly in busy environments like playgrounds and shopping centres. They may have trouble getting to sleep and staying asleep, avoid tasks that involve lots of sensory experiences, like dressing herself.

Assessment of sensory processing difficulties If you're concerned that your child has sensory processing difficulties, it's a good idea to talk with your GP. Your GP can refer your child to a health professional with expertise in sensory processing difficulties – for example, an occupational therapist, psychologist or paediatrician.

Source: Raisingchildren.net.au. (2019, November). Sensory processing difficulties. Retrieved from <https://raisingchildren.net.au/guides/a-z-health-reference/sensory-processing-difficulties>



Waratah Room

Welcome to the month of March in the Waratah room. This month proved to be another great month for learning with all preschoolers displaying great successes and achievements in their learning and development!

This month saw the Waratah group continue to focus on their name writing and pencil grip abilities. The Waratah preschoolers are making great progress in learning how to identify the letters in their name. The next focus area will see the Waratah group learn how to write their name without their tracing sheets while also exploring letter formation.

The highlight of the month for the preschoolers was the floating and sinking program they enjoyed learning about floating and sinking, developing their researching and investigation skills while also having the opportunity to engage in water play!

A big highlight for me this month was watching the preschoolers gain confidence withing themselves to try different learning experiences. Another highlight for me was supporting the preschoolers in their name writing, some preschoolers were so unsure how to spell or identify the letters in their name and now they have great enjoyment and confidence to do this!

Thank you, Waratah preschoolers, for a great month! I look forward to what April has install for us! If you do have any questions or concerns or even feedback for the Waratah program, Please do not hesitate to contact me.

Warm Regards
Toby Schneider





Bottlebrush Room

What a great month it has been in the Bottlebrush room!

This month the preschoolers have displayed greater confidence in understanding the routine and room expectations as well as seeking more enjoyment when contributing to group discussions.

A big focus for this month has been the continuation of supporting preschoolers to develop their wellbeing and emotions which enables them to develop a sense of belonging, security and identity.

There has also been a bigger focus this month on developing and supporting preschoolers connection to the local Aboriginal Countries (Ngambri/ Ngunnawal). This was done through picture books, Acknowledgment to Country and research using the iPad's. I hope to further provide opportunities to support the preschoolers understanding on Aboriginal and Torres Strait Islander perspectives, histories and cultures.

A big highlight for me this month was watching the preschoolers grow in their confidence when engaging with the learning experiences.

I look forward to seeing what the month of April has install for the Bottlebrush group!

If you do have any questions, concerns or even feedback for the Bottlebrush program,
Please do not hesitate to contact me.

Kind Regards
Mikayla Tattersall





Family Picnic

Thank you to all the families who came along to our picnic on Friday 25th of March. All educators had a great time hosting this event! Thank you to everyone who made this event so special!

Warmest Regards
Country Bumpkins Team





Developing a Philosophy

As part of our Harmony Week celebrations, the educators decided to provide opportunities to the preschoolers to document their own philosophy and how they view themselves at Country Bumpkins. Each pre-schooler received a special canvas that they were able to use to document and express their beliefs and values. You can find their images displayed in near the locker area.

