



A bright beginning
Early learning Centre
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Calendar of events

5-12 July NAIDOC Week

17 July Teddy's Bear's Picnic (bring in your Teddy bear)

Upcoming Events

4 August National Aboriginal & Torres Strait Islander Children's Day

5-11 August Dental Health Week

9 August Crazy Hair Day

11-18 August National Science Week

17-23 August Children's Book Week

20 August PHOTO DAY

19-25 August Keep Australia Beautiful Week

Policies to be reviewed in July

Please send any feedback to:

abbakindy@optusnet.com.au

July newsletter A word from the director

It is hard to believe we are half way through the year. We had a busy six months and the next six months are looking just as busy.

We are pleased to announce that after ten years of being opened we now have a brand new website please feel free to go have a look at www.abbaroseville.com. You will also notice that we have we also have new logos as well.

We would like to congratulate Valeri and Frank and of course Sophia on the arrival of her baby brother James.

Next month we have a lot going on with Dental Health week, Science week, Children's Book Week and Keep Australia Beautiful Week. We also have a Photo Day on the 20th August information packages to follow.

We would like to thank Fu Chi (Shann's mother) for donating her time to volunteer to teach the children Mandarin on Friday mornings.

Cheers
Aleta



From the Caterpillar and Butterflies

This month has been busy for the children within the centre. We started off this month with NAIDOC week and then followed that up with a Teddy's Bear picnic.

We have been following the children's interests and have lead us to many different sensory experiences.

Morning group time we have been welcoming one and another by saying our Acknowledgement to Country We have been making the most of the dry weather spending time in the yard doing activities.

Children's instrest have been dinosaurs, emergency trucks, musical instruments and exploring sounds.

As well as our incursion classes of Playballs, music and Miss Cheryl's dancing. Although we missed music during the school holidays and Playballs Miss Cheryl still came in for her class. Classes started back the week of the 22/7/19 everyone was so happy to see coach Lauren, Thuy.

As most of our under two's have turned two we are now family grouping on a daily basis. This will make their transitions to the Butterfly room a smooth and happy journey.

We celebrated Nihu and Kiaan's birthdays. They all turned three.



NEWS FROM THE ROOMS

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NEWS FROM THE ROOMS

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NAIDOC
WEEK
2019

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VOICE TREATY TRUTH

07 - 14
JULY 2019

Lets work together for a shared future.

Let's work together.

NAIDOC week is a celebration of the achievements of Indigenous peoples including music, culture, languages and dance.

NAIDOC week is an important celebration that all One Tree services can take part in. In the spirit of NAIDOC and reconciliation, we invite you to participate and share in a simultaneous story time or activity.

Here are some activities you may want to try:



Invite indigenous educators, volunteers or community members you have made contact with, ask them to get involved by sharing a story, a piece of history a song or dance.



Ask for volunteers to lead children in making cultural foods such as damper or kangaroo tail stew for services in remote areas.



Display the work of local or national Aboriginal artists to inspire the children's own painting and drawing.



Make some dilly bags.



Participate in some face painting activities.



Get involved in some fabric painting.



Make your own ochre paint from natural materials. You can use the ochre to paint your own musical instruments such as shakers, clapping sticks.



Hand painting or rock painting can be done using templates like native animals, flags.

Caring about sharing

Article by Jacque Shaw

Sharing is an important life skill. Children need to be able to share so they can play with others without conflict. Sharing teaches them about empathy and generosity as well as negotiation and compromise. Sharing develops social and emotional abilities and has a positive impact on a child's future communication and socialisation.

We often see from a very early age, babies naturally sharing with others around them. They will often give their food and toys to others. However, as babies become toddlers and their growing need for self-identity grows this desire to share changes and they often become selfish with their possessions. This is a normal stage of development.

As parents and educators, we need to praise children for their actions, so they continue to develop the sharing skill. Saying things like; "Thank you for sharing your toy with me," or "Did you see the smile on Sammy's face when you let her have a turn with the dinosaur," will help children to recognise that sharing and taking turns are positive ways of behaving. Creating a good attitude to sharing is much better than forcing a child to share.

You will know that you have been successful in developing good sharing behaviour if, by the age of four or five, you begin to see your child selectively sharing their possessions with others. Always check whether a toy in question is a prized possession before offering it to another child to share. Don't expect a child to share a favourite toy. If the toy is a precious possession, then respect the child's need to not share. Instead, respect normal possessiveness while encouraging and being a model yourself. Practice with objects that will possibly have a low value to a child such as a ball, while saying 'your turn to bounce, my turn to bounce'.



Be realistic about a child's ability to share and take turns.

Sharing also extends to taking turns. Encourage this by saying something along the lines of; "Ask Jack when he'll be finished with the toy and if you can have a turn with it." If Jack decides he doesn't want to share, you can try and make it fun for Jack to give up the toy by distracting him with something else. If you make the alternative sound exciting, then Jack may happily share the initial toy.

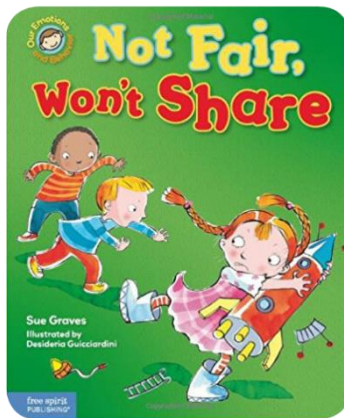
Encourage children to communicate their needs to their friends and try to give them time to work any disagreements about possessions. Only intervene if you feel the situation is getting out of hand and try to do it in a way that the children feel they have been part of the resolution process.

Be realistic about a child's ability to share and take turns. Remember that very young children are still learning about life and many can find it hard to understand other people's feelings. If you continue to encourage children to share fairly they will develop more patience and tolerance as they get older. This will help them navigate and form more complex relationships in the future.



BOOK REVIEWS

NOT FAIR, WON'T SHARE

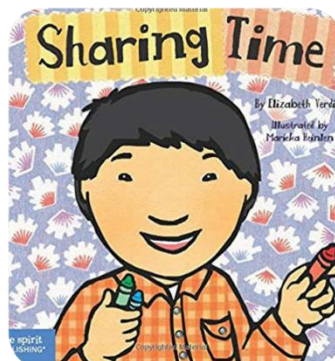


SUE GRAVES (AUTHOR) & DESIDERIA *emotions and behaviour series*).

When Nora, Dan, and Henry have trouble sharing at school, they all end up feeling mad. With the help of their teacher, the friends learn that when kids get frustrated,

there are ways to calm down, share, and play fairly.

SHARING TIME (TODDLER TOOLS)



ELIZABETH VERDICK (AUTHOR) &

Sometimes it's fun to share, and sometimes it's hard.

This book offers toddlers simple choices (take turns, use the toy together, wait for another time) to make sharing easier, and shows them where to turn for help when sharing is difficult. Little ones learn that sharing can mean double the fun—and sharing a while can make someone smile! Includes tips for parents and caregivers.

SHARE AND TAKE TURNS (LEARNING TO GET ALONG)



CHERI J. MEINERS M.ED.

Sharing is a social skill all children need to learn.

Concrete examples and reinforcing illustrations help children practice sharing, understand how and why to share, and realize the benefits of sharing. Includes a note to teachers and parents, additional information for adults, and activities.



HEALTHY
EATING



Baked sweet potatoes

Paired with crisp salad, fresh creamy yoghurt and a scattering of seeds, it's a real visual

Ingredients:

4 sweet potatoes (350g each)
olive oil
1 lemon
160 g fat-free natural yoghurt
½ teaspoon turmeric
½ teaspoon ground cumin
3 carrots
10 radishes
2 raw beetroots
1 red onion
1 apple
extra virgin olive oil
1 big handful of pumpkin seeds
1 big handful of sunflower seeds
50 g rocket



Instructions:

Preheat the oven to 180°C. Scrub the sweet potatoes, pat dry, then rub with a little olive oil and a pinch of sea salt and black pepper. Roast on a baking tray for about 40 minutes, or until cooked through.

Finely grate half the lemon zest into a small bowl and mix in the yoghurt, turmeric and cumin. Leave at room temperature until needed.

Scrub the carrots, radishes and beetroots, peel the onion and core the apple. In this order, carefully push the carrots, radishes, red onion, apple and beetroots through the grating blade of your food processor, or coarsely grate by hand, then tip into a bowl.

Mix the veg with the lemon juice, 1½ tablespoons of extra virgin olive oil and a good pinch of salt and pepper.

A few minutes before your potatoes are ready, toast the seeds in a small frying pan on a medium heat for 2 minutes, or until smelling fantastic.

Carefully pour onto a sheet of greaseproof paper, leave to cool and don't touch!

Cut a cross in the top of your cooked potatoes and gently break them open with a fork, mashing a little of the inside as you go.

Spoon over a good dollop of the spiced yoghurt, followed by the juicy grated salad, and the seeds. Serve with the rocket scattered over.

Your feedback is important to us

We are always trying to improve our centers and would love to hear any thoughts or suggestions you may have. Please get in touch and let us know!

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