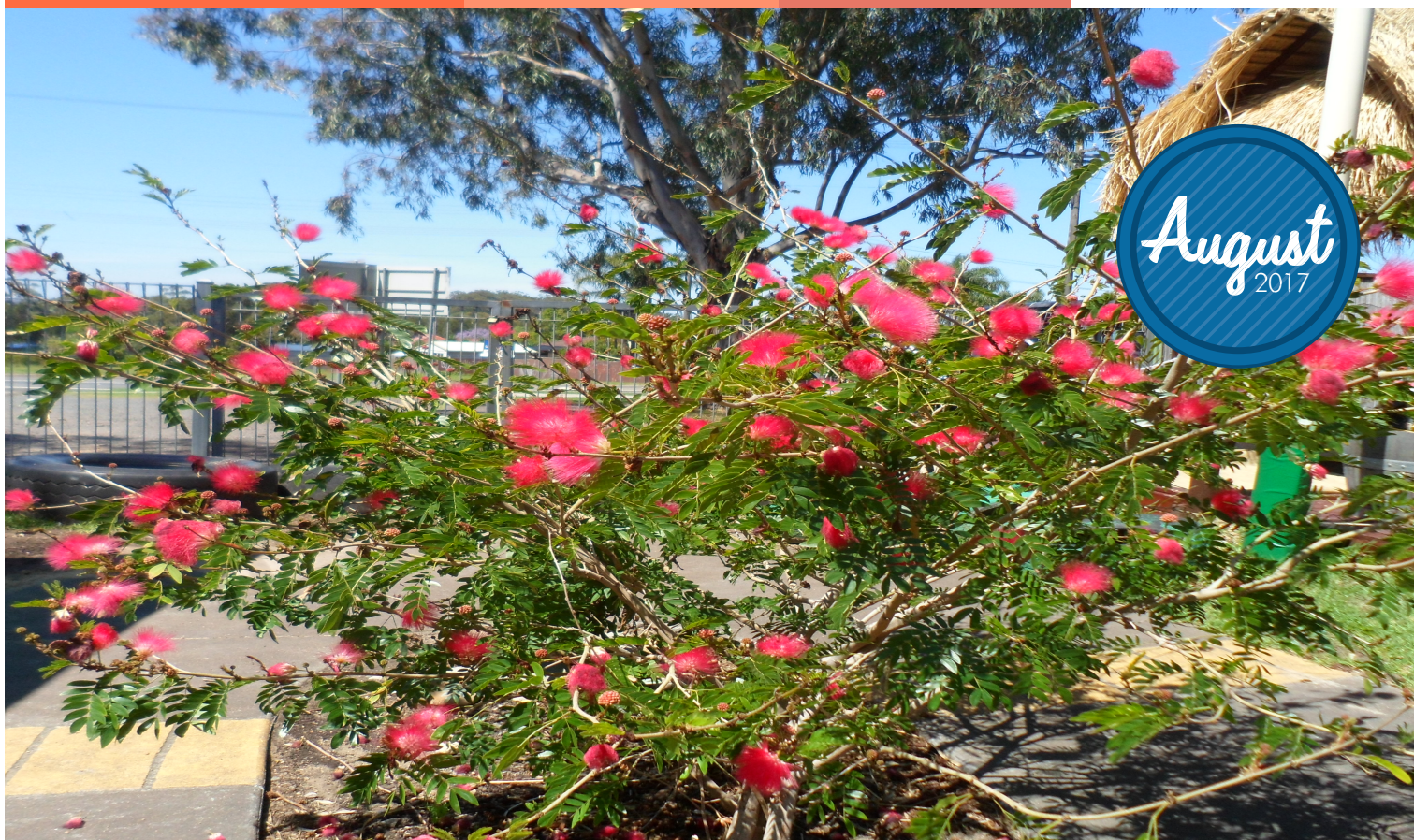


THERE ARE NO SEVEN WONDERS OF  
THE WORLD IN THE EYES OF A CHILD.  
THERE ARE SEVEN MILLION –  
WALT STREIGHTIFF

YUMMY LUNCH BOX  
TREATS EVERYONE  
WILL LOVE - PUMPKIN  
PIE COOKIES

TOP 10 ORAL  
HEALTH TIPS FOR  
PRESCHOOLERS

**Koninderie  
Community  
Based Preschool**



## On this month

AT KONINDERIE PRESCHOOL

Thursday - Platypus Dreamin' Aboriginal  
Education Program -----3<sup>rd</sup>

Nanga Mai – Dharawal Workshop with Peter  
Morgan -----8<sup>th</sup>

Book Week -----14<sup>th</sup> – 18<sup>th</sup>

Monday – Book Parade ----- 14<sup>th</sup>

Tuesday – Book Parade ----- 15<sup>th</sup>

Thursday – Book Parade ----- 17<sup>th</sup>

Thursday – Fire Service education visit ----- 24<sup>th</sup>

Friday - Platypus Dreamin' Aboriginal  
Education Program ----- 25<sup>th</sup>

Photo Week ----- 28<sup>th</sup> Aug to 1<sup>st</sup> Sept

# Portfolios

At Koninderie Community Based Preschool each child has an individual portfolio containing observations, documentations and samples of their own work as well as group projects and events.

These portfolios are located near the parent information area of the preschool room. Please view your child's portfolio at anytime and add your input in the comment areas on some of the documentations and reports.

The half yearly summaries are now in the portfolios, so please look and comment where you like.







### NATIONAL ABORIGINAL & TORRES STRAIT ISLANDER CHILDREN'S DAY – 4<sup>TH</sup>

Children's Day is a time for Aboriginal and Torres Strait Islander families to celebrate the strengths and culture of their

children. The day is an opportunity for all Australians to show their support for Aboriginal and Torres Strait Islander children, as well as learn about the crucial impact that culture, family and community play in the life of every child.

Go to <http://aboriginalchildrensday.com.au>

### WORLD ELEPHANT'S DAY – 12<sup>TH</sup>

The elephant is loved, revered and respected by people and cultures around the world, yet we balance on the brink of seeing the last of this magnificent creature. World Elephant Day asks you to experience elephants in non-exploitive and sustainable environments where elephants can thrive under care and protection.



## PUMPKIN PIE COOKIES

PREP 10 min | COOK 10 min | COOKIES 30

#### INGREDIENTS

- ¼ cup (55 grams) rapadura sugar (or brown sugar)
- 1½ cups (225 grams) wholemeal flour
- 1 teaspoon baking powder
- 1 cup (90 grams) rolled oats
- 1½ teaspoon cinnamon, ground
- ½ teaspoon nutmeg, ground
- ½ teaspoon ginger, ground
- 1 egg
- 1 teaspoon vanilla bean paste (or extract)
- ½ cup (150 grams) maple syrup
- ½ cup (85 grams) coconut oil, melted and slightly cooled
- 1 cup (225 grams) pumpkin puree

**METHOD:** Preheat oven to 160 degrees Celsius. Line 2 cookie trays with baking paper and set aside. Place the sugar, flour, baking powder, bi-carb soda, oats, cinnamon, nutmeg and ginger into a large bowl and mix to combine. Add the egg, vanilla, maple syrup, coconut oil and pumpkin and mix to combine. Place tablespoons of the mixture onto the prepared trays leaving room for the cookies to spread a little [approx. 2 centimetres] and gently flatten each cookie. Bake for 10 minutes or until golden. Allow to cool for 5 or so minutes before placing onto a wire rack to cool. Enjoy. [www.mylovelylittlelunchbox.com](http://www.mylovelylittlelunchbox.com)

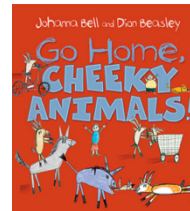
**SAFETY** – Remember to always supervise kids in the kitchen.



Source: Recipe and images belong to mylovelylittlelunchbox

## Book reviews

The Children's Book Council of Australia 2017 shortlist is out! Here are a few notable mentions.



### Go Home, Cheeky Animals!

Johanna Bell and Dion Beasley

#### **The Book of the year: Early Childhood 2017 Notable**

At Canteen Creek where we live, there are cheeky dogs everywhere. But when the cheeky goats, donkeys, buffaloes and camels make mischief in the camp, the dogs just lie there – until those pesky animals really go too far. Then the cheeky camp dogs roar into action. This is the lively follow up to 'Too many Cheeky Dogs'. The cheeky dogs books are the first books that have been written by a hearing author and a deaf illustrator. This is a great story with quirky pictures



### Gary

Leila Rudge

#### **The Book of the year: Early Childhood 2017 Notable**

Gary the pigeon can't fly. When his racing pigeon friends head off in their travel basket, Gary stays at home. He organizes his scrapbook of travel mementos and dreams about the adventures the other pigeons are having. But when Gary accidentally ends up a very long way from home, he discovers that flying is not the only way to have adventures.



### A-Z of Endangered Animals

Jennifer Cossins

#### **Shortlisted for the 2017 CBCA Eve Pownall Award for Information Books**

On this journey through the alphabet, you will encounter some of the world's most beautiful, rare and endangered animals, from the majestic Amur tiger and the curious kakapo, to the misunderstood Tasmanian devil and the shy zebra duiker.



# FOCUS ARTICLE: SIX TIPS TO SIMPLIFY CHILDREN'S LIVES



"Outside Mama," says my little man, "outside".

A momentary break in our round-the-clock west coast spring rain reignites my son's passion for the outdoors. His instincts are telling him life's better in the fresh air. With my husband away on business I decide to throw our schedule out the window and go with the flow my son is about to create. We rake the yard. Dig for worms. Study ladybugs. And paint watercolor dinosaurs sitting on the grass.

"Are we done buddy? Inside now?" I ask after being outside for an hour and a half.

"No Mama" he says pointing to the back gate, "Bat and ball". Off we go. My two-year old son confidently leads the way. We take our time, examining spring bulbs, collecting rocks and looking for "Six Toes", our neighbour's cat.

We arrive at our local park and start tracking dinosaurs. Their footprints are scattered all across the gravel pitch and their eggs are resting in a hollowed out tree. We head up to the diamond and play baseball in the fading afternoon light. And we play hide and seek in the adjacent woods with another little boy and his Dad.

The park is quiet as the other kids go home for dinner. The dog walkers come out and we make friends with a rescued black and white collie. The sunsets and my son finally agrees to go home for dinner after I suggest the bears may soon appear.

Our three-and-a-half-hour adventure leaves me feeling calm and peaceful, as if I've been meditating. I had no idea how far my little man's imagination would take us this afternoon. His innocent curiosity and slow pace remind me of the power and beauty of simplicity. It leaves me craving more.

*I often find myself feeling as if I need to entertain, stimulate or teach my son. But he's proven if I hand him the reigns, he's got this*

And what's more – he's ready to take me on marvellous adventures. It's a privilege to be included in his enchanted imaginary world. A simple afternoon where not much happened was exactly what we both needed. Simplicity is a rare gift in modern life. It's an obvious message and when we hear it, maybe we can't help but shout YES.

Slowing down feeds our souls and nurtures our families.

No matter what parenting style we practice, this topic unites us. Simplicity is a powerful tool that shows our kids unconditional love, strengthens our parent-child connection and makes us happy.

## SIX TIPS TO SIMPLIFY CHILDREN'S LIVES

### 1. CONQUER THE CLUTTER

Perhaps the most obvious place to start and also a LOT of fun. Fewer toys benefit kids, giving them the freedom to immerse themselves deeply in imaginative rather than superficial play.

### 2. SIMPLIFY INFORMATION

While it's healthy for children to be aware of the world around them, we need to safeguard them against age inappropriate information which will not "prepare" our kids for the world but will paralyze them.

### 3. KILL THE SCREENS

The American Academy of Paediatrics reports that children spend an average of seven hours a day on screens, including television, devices, computers and phones.

### 4. SIMPLIFY THE RHYTHM OF LIFE

In Simplicity Parenting, Kim John Payne describes daily life as a song, with both high and low notes. The high notes are school, sports practice, music lessons and birthday parties. The low notes are walking the dog, getting an ice cream with Dad or playing games in the backyard.

It's important that we build in regular low notes for our kids to rely on as a release of tension and a break from the pressures of daily life. It's also a valuable opportunity to strengthen our connection with our kids.

### 5. MINIMISE SCHEDULES

By prioritising time for free play over organised activities we foster creativity, self-reliance and happiness. As an added benefit, parents who feel like a taxi service enjoy a new sense of calm and a chance to spend more quality time with their kids; one of the simple joys of parenting.

### 6. GET OUTSIDE

Spending time with children outside is never a mistake. Nature provides endless possibilities for healthy stimulation, creativity and confidence building.

Whether it's going for a hike come sunshine or rain, playing at the park, swimming in the ocean or exploring your own backyard, getting your kids outside as often as possible will always lead to good things.

Article source: SIX TIPS TO SIMPLIFY CHILDREN'S LIVES

By: Tracy Gillett | March 26, 2017

*To read this article in its entirety, follow the link below:*

<http://simpleasthatblog.com/2017/03/six-tips-to-simplify-childrens-lives.html>



# HEALTH & SAFETY: Top 10 Oral Health Tips for Preschool Children

How should you brush your child's teeth? How often should your child have a dental check-up? How can tooth decay in children be prevented? Read these simple tips for good oral health, for preschool aged children 3–5 years old.

## 1. Use low fluoride toothpaste from 18 months to 6 years

Use a small pea-size amount of toothpaste. Encourage children to spit out toothpaste, do not swallow it or rinse with water. Spitting out can be difficult for small children. You may need to show them how to do it.

## 2. Brush teeth and along the gum line twice a day.

Brushing teeth removes plaque (the build-up on teeth) that causes tooth decay. Brush all surfaces of the teeth and gums twice a day (after breakfast and before bed). Gently brush in small circles along the gum line. Choose a toothbrush that is designed for children. It should have a small head and soft bristles. Children will need an adult to help them brush their teeth until about 7 or 8 years of age. Let your child have a go first before you brush their teeth. Give lots of encouragement.

## 3. Water is the best drink for preschoolers

## 4. Preschoolers don't need fruit juice or other sweet drinks.

Fresh fruit is a better alternative. It provides the same nutrients, plus fibre and is more filling than juice.

## 5. Limit sugary food.

Limit foods high in added sugars. Eating foods with high levels of sugar causes tooth decay. Avoid using foods as incentives or rewards for good behaviour.

## 6. Healthy meals and snacks are important for healthy teeth



Enjoy a wide variety of healthy foods every day including fruits, vegetables, grains and cereals, dairy, lean meat, fish and eggs. Milk, yoghurt and cheese (and some dairy alternatives) are excellent sources of calcium, which is good for teeth. Choose dairy products that do not have added sugar.

## 7. Encourage children who are still sucking their fingers, thumbs or dummies to stop

## 8. Children should have an oral health assessment by 2 years of age.

## 9. Ask your dentist how often your child should visit

## 10. See your dentist if your child damages their teeth

If your child knocks out a baby tooth, do not put it back in place. This can damage the adult tooth underneath the gum. If concerned see your dentist.

Source: <https://www.dhsv.org.au/dental-advice/general-dental-advice/preschool-children>

## BUILD AND MEASURE Materials: Blocks, Lego or stackable objects, measuring tape.

Stick a measuring tape to a wall, make sure the zero starts at the floor and counts up as it rises.

Build towers next to the measuring tape so they are easy to measure. Who can build the biggest?

Choose a number and challenge your child to build their tower to reach that height. Can you mix building materials and still build a tall stable tower?

Fun with  
NUMERACY



## WORM WATCH

What happens when worms are under the ground? Make a mini worm farm and see exactly what happens. Make your predictions and watch as it unfolds before your eyes. Science experiments are all about observing so watch and learn with science.

You need: large plastic bottle, soil, sand, dead leaves water, earthworms, food wrap, dark paper, pencil, banana peel.

1. Cut the top off of a large plastic bottle and poke a few small holes in the bottom for drainage.
2. Dig around some soil outside and try to find 2 or 3 earthworms and add them to your soil.
3. Fill the bottle with layers of soil (worms) and sand, add a piece of banana peel to the middle to decompose and give food to the worms.
4. Add 4 teaspoons of water to the soil and put dead leaves at the top of the soil.



5. Cover the bottle with food wrap and poke some holes in it with a pencil.
6. Tape dark paper around the sides of the bottle to simulate a worms natural habitat.
7. Add 2 teaspoons of water each day to keep the soil damp.
8. After a couple of days take the dark paper off and see what the worms have been up to. You should see that the worms have mixed up the soil and made tunnels.

Don't forget to return the worms to where you found them. Make sure you don't put the bottle into direct sunlight

Source: <http://www.kidspot.com.au/kids-activities-and-games/Science-Experiments+10/Make-a-wormery+11067.htm>





## SUPERHERO DAY: TUESDAY GROUP INTEREST



On Tuesday the 18<sup>th</sup> August the children were playing and discussing Superheroes and asked if they could wear their own superhero costumes and capes the following week. So on Tuesday 25<sup>th</sup> August the children wore their costumes and capes to preschool and had a great day creating masks and playing their superhero games.



Please see  
attached article:  
*The value of  
Superhero Play*

# Tuning in to Kids



*"It made me a calmer parent, and my child is calmer and we feel closer to each other. My child is also better able to manage their behaviour."*

**Parenting Program for  
Mums, Dads and Carers**



Funded by

**SHELLHARBOUR  
COMMUNITIES  
FOR CHILDREN**

**When**

**Wed 2 Aug 2017  
(Every Wednesday for 6 weeks)  
10:00 - 12:00 pm**

**Where**

**Albion Park Rail Public School  
Tongarra Road Albion Park Rail**

**Fee**

**No charge (funded by Shellharbour Communities for Children)**

**Topic**

**The program teaches you about how you, as a parent, can help your child develop good emotional skills.**

### ABOUT THE PROGRAM

✉ [admin@sahssi.org.au](mailto:admin@sahssi.org.au)

Visit the website for more details. Limited child minding is available (conditions apply). You must register for this program via the website.

Suitable for Mums, Dads and Carers.

Eligibility: Living in the Shellharbour LGA (Warilla, Warilla North, Barrack Heights, Mount Warrigal, Albion Park, Albion Park Rail, Oak Flats, Lake Illawarra)



**Learn More & Register:  
[sahssi.org.au/programs](http://sahssi.org.au/programs)**

**Communities for Children  
Shellharbour**





## BABY ANIMALS

Did you know, cute things hijack our brains? The National Institute of Child Health and Human Development claim cuteness may be one of the strongest forces that shape our behaviour – potentially making us more compassionate. Looking at cute photos of baby animals also makes us feel good – so enjoy!



## LIBRARY BORROWING – PARENT HELPER

Thank you to the parents who have been helping out with processing the Library Borrowing with the children.

We would like to remind parents / carers that the Library Borrowing service can only operate if we have parent helpers to help the children choose a book and then record the books borrowed. The children love to be able to take a book home to share with their families. There is a roster on the notice board easel at the front door to the preschool for you to record the day/s you are available to help. This is also a good way to meet your child's preschool friends and to get to know other children who attend on your child's day/s.

This term will be adding some Maths Activity Bags to the Borrowing Library for loan. These bags contain ideas of how you may include maths concepts into your daily life with your child/ren and also some games to play together.



*Please like us on Facebook  
or log into our website and let us  
know what you think!*

## 5 minute moves Home Circuit

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

Create a simple circuit by combining a few basic exercises together. Involve your child by taking turns creating the moves. Start with 4 or 6 and see how many times you can complete the circuit in 5 minutes. For example: Hopping 10 times on each foot, jumping around the dining table, run up and down a set of stairs...

**Feedback**  
is always welcome



How can we make our newsletter even better?

What information would you like us to include?

Koninderie Community Based Preschool

Email: [koninderieps@bigpond.com](mailto:koninderieps@bigpond.com)

Phone number: 4256 3093

Website: [www.koninderiepreschool.com.au](http://www.koninderiepreschool.com.au)