

BE WHO YOU ARE AND SAY  
WHAT YOU FEEL. BECAUSE THOSE  
WHO MIND DON'T MATTER. AND  
THOSE WHO MATTER DON'T MIND  
— DR. SEUSS

JAYDE'S CARAMEL SLICE  
RECIPE – BY REQUEST  
- PAGE 5

WINTER HEATING  
HAZARDS – STAY  
SAFE THIS SEASON  
WHILE KEEPING  
WARM

**Koninderie  
Community  
Based Preschool**



## On this month

AT KONINDERIE COMMUNITY BASED  
PRESCHOOL

Thursday – FOGO Bin Education -----	1 <sup>st</sup>
Thursday – Worm Farm Education -----	8 <sup>th</sup>
Public Holiday -----	12 <sup>th</sup>
Weeks 9 & 10 – Chicks-R-Us at the preschool	
Monday – Platypus Dreamin' Aboriginal Education Program -----	19 <sup>th</sup>
Tuesday - Platypus Dreamin' Aboriginal Education Program -----	20 <sup>th</sup>
Friday – Last day term 2 -----	30 <sup>th</sup>

### AROUND THE COUNTRY

Mabo Day-----	3 <sup>rd</sup>
World Environment Day-----	5 <sup>th</sup>
World Oceans Day-----	8 <sup>th</sup>
Global Wind Day-----	15 <sup>th</sup>
Refugee Week -----	18 <sup>th</sup> - 24 <sup>th</sup>

## From the Educators

### *How can we look after our world?*

As a response to Earth Week at the beginning of term the children have been learning about sustainable practices. At the beginning of the project the children were asked ways they can look after their world. Most of the responses were 'pick up rubbish and put it in the bin'. We used these answers to extend their thinking about rubbish and make them aware of ways to reduce, reuse and recycle rubbish.

To **REDUCE** rubbish the children made a worm farm, learnt about what foods worms eat and don't eat and put this into practice daily. This also went for the composting which the children also do daily. The children also learnt about the various bins they have yellow-recycling, red-rubbish and green-plant waste. We played various games to embed this knowledge. The children also learnt about water conservation and we now have many water saving officers.

To **REUSE** rubbish the children made watering cans out of plastic bottles. They also used rubbish to make their own craft. They had ideas of watering our plants with reused water. The best idea the children had was to give their old toys that they don't play with to younger children/babies.

*Cont. page 6*







## NATIONAL REFUGEE WEEK – 18<sup>TH</sup> - 24<sup>ST</sup>

Refugee Week is Australia's peak annual activity to raise awareness about the issues affecting refugees and celebrate the positive contributions made by refugees to Australian society. Go to [refugeeweek.org.au](http://refugeeweek.org.au) for more information.

## MABO DAY – 3<sup>RD</sup>

Mabo Day commemorates the courageous efforts of Eddie Koiki Mabo to overturn the fiction of *terra nullius*. This year marks the 25th anniversary of the Mabo Decision by the Federal Court of Australia, leading to the Native Title Act of 1993. Find out more at [mabonativetitle.com](http://mabonativetitle.com)

## WORLD ENVIRONMENT DAY - 5<sup>TH</sup>

World Environment Day is a chance to reconnect with nature and celebrate the places that matter most to you. Go to [worldenvironmentday.global](http://worldenvironmentday.global)



## SWEET POTATO FRITTERS WITH AVOCADO SALSA

PREP 15 min | COOK 10 min | SERVES 4

### INGREDIENTS

**Sweet Potato Fritters:** 1 large or 2 small grated sweet potatoes grated (basically you need around 1 1/2 cups), 2 eggs, 1/4 cup wholemeal self raising flour, 1/3 cup mint - leaves picked and roughly chopped, olive oil to fry in

**Avocado Salsa:** 1 tomato diced, 1 avocado diced, 1/3 cup mint chopped, good glug of extra virgin olive oil, juice of a lime

**METHOD** - Place the sweet potato, eggs, self-raising flour and mint into a large bowl and mix to combine. Heat a little olive oil in a nonstick fry pan to medium heat. Drop heaped tablespoons of the batter into the fry pan and cook for 2-3 minutes each side or until golden and crispy. Place on a plate lined with kitchen paper to remove any excess oil.

To make the salsa, pop the tomato, avocado, mint, olive oil and lime juice into a small bowl and mix to combine.

Serve the warm fritters alongside a good dollop of the zesty avocado salsa. [www.mylovelylittlelunchbox.com](http://www.mylovelylittlelunchbox.com)

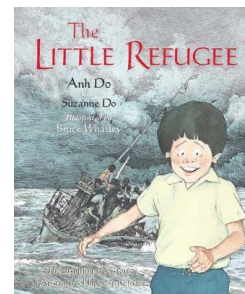
**SAFETY** – Remember to always supervise kids in the kitchen.



Source: Recipe and images belong to [mylovelylittlelunchbox](http://mylovelylittlelunchbox.com)

## Book reviews

Two books that talk about big topics especially for children.



## The Little Refugee

Anh Do

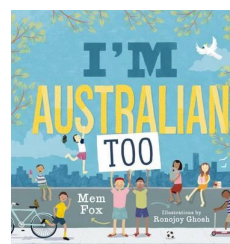
**Read and talk about the story together. Recommended for 4-8 year olds.**

Anh Do's inspirational story about his family's incredible escape from war-torn Vietnam and his childhood in Australia, told especially for children.

Anh Do nearly didn't make it to Australia. His entire family came close to losing their lives as they escaped from war-torn Vietnam in an overcrowded boat. It was a dangerous journey, with murderous pirates and terrifying storms, but they managed to survive.

Life in suburban Australia was also hard for a small boy with no English and funny lunches. But there was a loving extended family, lots of friends, and always something to laugh about for Anh, his brother Khoa and their sister Tram. And eventually for a young Anh, who tried hard to see the bright side of life no matter what the difficulty, there was triumph.

*Although it's a serious theme, he shows it is possible to hope against all odds, and that love and family can bring good from any hardship.*



## I'm Australian Too

Mem Fox

**Read and talk about the story together.**

I'm Australian! How about you?

Many people from many places have come across the seas, to make Australia their home. How Australian is that? **I'm an Australian too** celebrates multicultural Australia and its rich diversity of citizens. No matter what we look like or where we're from, Mem Fox reminds us that we're all Australian with our own story.



## FOCUS ARTICLE: The benefits of imaginary play

The demands of parenting are endless. Ensuring that a child (or two or three or four) has what he or she needs to grow and thrive can be as thrilling as it is demanding. We want to give our children all the things we didn't have, to guarantee experiences to shape them into humans that can take on the challenges of the real world. But the truth is, sometimes we overdo it. Sometimes, instead of adding another toy to the toy box or downloading another educational app on the iPad, all we really need to do is let our children reach for the play thing that doesn't cost a dime and ensures a lifetime of excellent entertainment: their imagination.

Today the concept of life without instant communication, a phone in your pocket at all times, and endless access to the internet seems like life in the stone ages. Even in an age when our children have constant, instant entertainment at their fingertips, it is more important than ever to ensure they are receiving an appropriate amount of play time using nothing but their own minds. Playing pretend gives children the ability to develop crucial skills that they may not build as easily with technology alone.

Now, in no way are we casting judgment on giving yourself a little downtime after a long day of work by putting an iPad in those little hands; there are many, many benefits to technology and our world wouldn't be thriving without it. Plus, sometimes that ten minutes of silence is worth it at the end of a long day! We just need to balance tech time with enough creative, imaginary playtime to let our children develop the skills they need to thrive in society.

Imaginary play gives children the chance to role-play and engage in the social and emotional roles of everyday life. Whether they are pretending to be a firefighter, a superhero, or a princess, they are having experiences that allow them to view life from someone else's perspective, creating empathy that will better equip them for social situations. When they are encouraged to play pretend with friends, siblings, or parents, they are even more likely to develop the social and cooperative skills that will help them as they grow and mature.

Imaginary play is also critical to the development of a child's language and thinking skills. By mimicking conversations they hear while observing everyday life, children will develop their own conversational skills and make connections between their own enchanted world and real life. This connection is crucial to engaging a child's critical thinking skills and taking them into higher level thinking. If a child and his playmate both want to play a certain role, they will be faced with the opportunity to problem solve and create a role that allows both to enjoy playtime. This kind of problem solving is the first step in a skill that children must possess to be successful not only in school, but also in adulthood. Additionally, there is research showing that imaginary play can benefit the development of the frontal lobe, thus decreasing the need to rough house or act out.



While it is important to keep up with today's technological advances, sometimes the old saying "keep it simple" wins. That's the point of pretend play—simplicity, at least on the surface. Who knows what kind of depths your child's mind is reaching!

### 6 Household Items To Help Your Child Imagine:

**Crates and Boxes:** Instead of throwing them out, let your child transform one into a playhouse, a rocket ship or a boat. Ask them where they are headed on their journey and watch them get excited about pretend play.

**Old Clothing Items:** Those old scarves, shoes, dresses and hats are the perfect dress up costumes for your little one. Don't you remember strutting around in your Mum's old high heels as a kid? Or was it Dad's boots? Either way, they'll love pretending to be a grown up.

**Old Phone and Magazines:** Kids see us use our phone to take care of business daily, so why not let them use an old one to handle a few things of their own. Playing office, house, and library are just a few they can pretend with these old items.

**Kitchen Utensils:** Old wooden spoons, plastic bowls, kid-friendly serving pieces make great supplies for your child to open their very own imaginary restaurant. Grab a few and let them see what they can cook up!

**Stuffed Animals and Dolls:** Whether Hoot and his friends are on an adventure, or the farm animals need feeding, these little guys provide never ending imaginary entertainment for little ones.

**Blankets and Old sheets:** Remember those old tents made of sheets that you constructed as kids? Why not give your itty bitties a chance to recreate a little of your own childhood magic. They could also use turn one into a cap and transform into a superhero in an instant.



Article source: The benefits of imaginary play By: Brittany Johnson | March 22, 2017  
<https://www.baby-chick.com/imaginary-play/>



# HEALTH & SAFETY: Winter Heating Hazards

Keeping warm and safe during colder months of the year also means being alert to heating hazards. These simple tips should help to keep you safe at home this winter.

**Winter injuries and risks:** Winter products such as hot water bottles, electric blankets and heaters can cause burns and other injuries. Other winter risks come from faulty electrical products which can overheat, give you an electric shock and could potentially cause a fire.

**Fire safety:** About half of all fires in the home start in the kitchen, and more than 40% of all deaths from fire happen during winter. Here are a few tips to keep you and your home fire-safe:

1. Install smoke alarms throughout your home and test them monthly. Change the batteries every year, perhaps on a memorable date such as Daylight Saving Day.
2. Where possible, make sure you and your family know more than one safe way out of every room in your home.
3. Have a written escape plan in the event of a home fire and practise it regularly.
4. Keep curtains, tablecloths and bedding away from portable heaters.
5. Keep wet clothes at least one metre from heaters or fireplaces, and never place clothes or towels on your heater.
6. Clean the lint filter every time you use a clothes dryer since lint that has built up can catch fire.
7. Never use your gas oven or stove as a room heater.
8. Use just one appliance per power point and switch them off when you're not using them. Heaters consume a lot of power and may overload the supply which can cause a fire.
9. Never leave burning candles or any open flame unattended.
10. Store matches and lighters in a safe place, out of reach of young children.
11. Always keep children away from open heat sources such as fireplaces and gas stoves, and remember that even clothing with a 'low fire danger' label can still catch fire.
12. Make sure children know that if their clothes catch fire, they



mustn't run away – this only makes the fire burn hotter and faster. Instead, tell them to:

**STOP** immediately where they are.

**DROP** quickly to the ground and cover their face with their hands.

**ROLL** over and over to put out the flames.

Every state and territory fire authority has resources to help children understand what to do in the case of a fire, such as easy-to-remember advice like "get down low and go, go, go!"

**Fireplaces:** If you have a fireplace in your home then make sure the chimney is clean and not blocked. Always place a screen in front of a fireplace when it's being used, and never burn rubbish such as plastics or foam, wood that is painted or treated with copper chrome arsenate (CCA) or creosote-treated timber (such as railway sleepers).

**Heaters:** No matter what type of heater you have, you should check every winter that it is safe to use. Always check your gas heater is working correctly and service it using a licensed gas fitter and according to the manufacturer's instructions.

To read this article in its entirety go to <https://www.healthdirect.gov.au/winter-health-hazards-at-home>

## UNO PEG COUNTING

**Materials:** Uno cards and pegs

Separate the number cards from the picture cards and discard the picture card pile. Shuffle the number cards placing them face down next to a pile of pegs. Now it is your child's job to pick up one card at a time, and clip the correct number of clothespins onto the card. Assist by counting as your go.

Fun with  
NUMERACY



## PHOTO SCAVENGER HUNT

Collecting things from the beach can be a fun activity but did you know you may be damaging a whole ecosystem just by picking up one shell?

In a study more than 30 years in the making, researchers have found that the removal of shells from beaches could damage ecosystems and endanger organisms that rely on shells for their survival. Other than rubbish nothing should be removed from the beach.

Next time you go to the beach go on a photo scavenger hunt – See if you can find all these things on your next trip. Send your photos to our preschool email address, lets see how many items we can find.



### Beach Search List

- ☐ Heart Shaped Rock
- ☐ Green Seaweed
- ☐ Brown Seaweed
- ☐ Seagull
- ☐ Crab
- ☐ Rock pool

- ☐ Fish
- ☐ Surfer
- ☐ Litter (Pick it up after)
- ☐ Wharf
- ☐ Coral
- ☐ Shell
- ☐ \_\_\_\_\_



## MAY HAPPENINGS AT KONINDERIE COMMUNITY BASED PRESCHOOL



### *Exploring Sustainability and Literacy*

The children observed how a worm farm works and produced letters with the castle blocks

### *KIDSFEST:*

Tuesday children enjoyed their walk to the “Helper Friends” Emergency Services Expo at the Illawarra Rural Fire Service Control Centre



Thank you to the parent helpers on the day. The children had fun exploring the emergency services vehicles.



*Thank you to Shellharbour City Council for providing a grant towards the cost of our new fencing!*

## Feature Article

### Jayde's Caramel Slice

Some families have asked for Jayde's Caramel Slice recipe so here it is!



#### **Ingredients:**

60g desiccated coconut  
60g brown sugar  
90g self-raising flour  
80g butter, melted  
80g or ½ cup of dark choc chips  
200g sweetened condensed milk

#### **Instructions:**

1. Preheat oven to 180 degrees
2. Line a square tin with baking paper
3. Place butter, flour, Coconut and sugar into a food processor or bowl
4. Mix to a combine until a dough like consistency is achieved
5. Press into the tin. Use the bottom of a glass to smooth out and compress the base, make sure it is compressed really well.
6. Sprinkle the choc chips over the top.
7. Drizzle the condensed milk. Rustic is fine. It doesn't have to cover the whole base.
8. Bake for 20 minutes or until a slight golden layer has formed. See picture.

#### **Notes:**

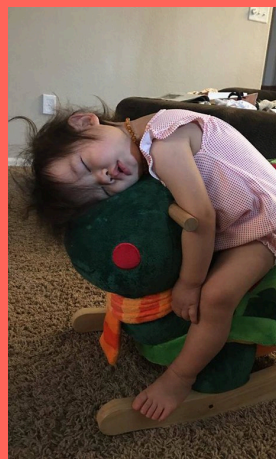
If you want to make a large slice you can double the base and choc chips, use only 300g of condensed milk and use it in a lamington or slice tray. Cook for an extra 8-10 minutes if doubling.





## TIME FOR A NAP?

Though kids are notorious for keeping their parents from sleeping, they can apparently pass out almost anywhere for a quick snooze.



Source: Sleep and Wellness | Hollis Miller  
[http://www.huffingtonpost.com/entry/37-photos-of-kids-taking-a-quick-snooze-in-odd-places\\_us\\_5911e841e4b0a58297dfc8c2?section=us\\_parents](http://www.huffingtonpost.com/entry/37-photos-of-kids-taking-a-quick-snooze-in-odd-places_us_5911e841e4b0a58297dfc8c2?section=us_parents)

## From the educator's cont.

To **RECYCLE** rubbish the children learnt about what items can be recycled and put in their yellow bin. They did this through sorting games, language discussions and role playing games. Last week (Week 4) we again asked the children "How can we look after our world?" Their answers were a little more varied this time. The children thought and these were some of their revised answers:

- 'Turn the tap off'
- 'Put fruit scraps in the worm farm'
- 're-use paper'
- 'wash your car with a bucket not the hose'
- 'put bananas in the compost'
- 'put rubbish in the right bin'

We feel our world is in safe hands!

Sanndra, Debbie, Amanda, Jayde, Ashlyn, Shenay and Jo



## 5 minute moves Spell your name

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

**Time to bend and stretch! Making body letters is a simple movement game perfect for toddlers, preschoolers and Kindergarteners and is easy to play both indoors and out. This is a great activity for raising the heart rate while developing co-ordination and balance.**

**Create the letters of your name with your body. You and your child could spell out each name individually or work together to spell out each of your names. Support young children by helping them spell their name out and writing it onto a piece of paper.**