

IT IS EASIER TO BUILD STRONG CHILDREN
THAN TO REPAIR BROKEN MEN.

— FREDERICK DOUGLASS.

A NEW YUMMY
HEALTHY RECIPE YOU
AND YOUR CHILDREN
CAN ENJOY!

SOMEWHERE ELSE IN
THE WORLD

More information on
the final page;



April
2016

1 what's on NEWSLETTER | THIS MONTH

100
YEARS OF
ANZAC

THE SPIRIT
LIVES
2014 - 2018

ANZAC Day, originally a commemoration of the landing of Australian and New Zealand forces at Gallipoli on the 25th April 1915, has grown to become perhaps the most important national day in Australia. In addition to recognising the service and sacrifice of all Australians who have served in war or on peacekeeping operations ANZAC Day has become core to the identity of Australia itself, a day on which Australians reflect on the ANZAC spirit and its place in Australia today.

A Warm Welcome to *OUR NEW DIRECTOR*

Mr. Michael Wendleman will be the new Director of Pearl Street Child Care Centre as from 2nd May. A get-together will be organised very shortly so that all families can meet Michael and say hello.

Michael was an outstanding candidate for this position. His life's work for over twenty plus years has been as an educator grounded with a background of multiple degrees in education, including child psychology with focus on ages 0-5 years and primary school aged children. Michael comes to us with wide experience ranging from fourteen years as Head of the Pre-School to Year 2 of a co-educational Melbourne grammar school, and lately as Pedagogical and Educational Leader of a 160 place centre in Melbourne.

Michael grew up in Glenroy and knows and appreciates the community. His vision for our centre is to involve our families and the wider community in providing our children with skills to make informed responsible choices
(continued on back page)



APRIL FOOLS DAY– 1ST

It has become tradition on the first of April to pull jokes of the harmless variety on those near and dear to us. We plot and we scheme, and often the yuks are funnier in our imaginings than how they play out in reality, but that doesn't stop us from sending the little kid in us out on a rampage. Even the most staid among us have been known to indulge in a practical joke or two, so beware of trusting anyone on that day.

DAYLIGHT SAVINGS ENDS – 3RD

When local daylight time is about to reach Sunday, 3 April 2016, 3:00:00 AM **clocks are turned backward 1 hour** to Sunday, 3 April 2016, 2:00:00 AM local standard time. Instead Sunrise and sunset will be about 1 hour earlier on 3 Apr 2016 than the day before. It will be lighter in the morning.

*Daylight saving is not observed in Queensland, the Northern Territory or Western Australia.

KIDS IN THE KITCHEN

10
PREP10
COOK12
SERVE

Light Chocolate Truffles

Ingredients

- ½ cup good quality chocolate chips
- 1 tbsp. all natural almond butter (or peanut butter)
- ¼ cup fat free Greek yogurt (we use Chobani)
- ⅓ cup good quality unsweetened cocoa powder

Method

1. Melt chocolate chips in the microwave (at 20 second intervals) or on a double boiler
2. While the chocolate is still warm, stir in almond butter and mix until well incorporated
3. Carefully fold in Greek yogurt, mix well and refrigerate for about 15 minutes, until it starts to harden
4. Working with approximately 1 tablespoon at a time, form truffles, roll them in unsweetened cocoa powder and refrigerate until ready to serve

Tip: These truffles are creamy, chocolaty and decadent... and about 55 calories each!

<http://mayihavethatrecipe.com>

App Reviews

The best apps for preschoolers have few rules and objectives and really make the most of your preschooler's creativity, curiosity, and silliness. Here are a few that are worth the dollars.

Busy Shapes

EDOKI ACADEMY \$4.99

Busy shapes helps children improve their ability to handle simple objects through a series of puzzles, in which they must change simple shapes and place them in proper holes.



LeapFrog Songs: Toddler Rhythms

LEAPFROG ENTERPRISES - \$1.49

Toddlers and preschoolers can choose tunes all by themselves and move their bodies in time with the lovable animal orchestra. They can even get in on the fun by tapping each of the animals to make its special instrument play! Set a timer to control how long your little one grooves or snuggle up to play along as a family.

Domi Domi Blocks

YELLOW DOT - \$4.49

This app encourages children's creativity and provides them with engaging activities to train logical thinking.



Reading Jets A-Z

KATHRYN WATSON - \$3.99

Reading Jets A to Z is a powerful way for children learn the letters and sounds of the alphabet. The app is designed for children aged 3 to 7 years but is also suitable for anyone who is learning to read and write.



Focus Article: The Play Deficit

Children today are cosseted and pressured in equal measure. Without the freedom to play they will never grow up. By Peter Gray

When I was a child in the 1950s, my friends and I had two educations. We had school (which was not the big deal it is today), and we also had what I call a hunter-gatherer education. We played in mixed-age neighbourhood groups almost every day after school, often until dark. We played all weekend and all summer long. We had time to explore in all sorts of ways, and also time to become bored and figure out how to overcome boredom, time to get into trouble and find our way out of it, time to daydream, time to immerse ourselves in hobbies, and time to read comics and whatever else we wanted to read rather than the books assigned to us. What I learnt in my hunter-gatherer education has been far more valuable to my adult life than what I learnt in school, and I think others in my age group would say the same if they took time to think about it.

For more than 50 years now, we in the United States have been gradually reducing children's opportunities to play, and the same is true in many other countries. In his book *Children at Play: An American History* (2007), Howard Chudacoff refers to the first half of the 20th century as the 'golden age' of children's free play. By about 1900, the need for child labour had declined, so children had a good deal of free time. But then, beginning around 1960 or a little before, adults began chipping away at that freedom by increasing the time that children had to spend at schoolwork and, even more significantly, by reducing children's freedom to play on their own, even when they were out of school and not doing homework. Adult-directed sports for children began to replace 'pickup' games; adult-directed classes out of school began to replace hobbies; and parents' fears led them, ever more, to forbid children from going out to play with other kids, away from home, unsupervised. There are lots of reasons for these changes but the effect, over the decades, has been a continuous and ultimately dramatic decline in children's opportunities to play and explore in their own chosen ways.

Over the same decades that children's play has been declining, childhood mental disorders have been increasing. It's not just that we're seeing disorders that we overlooked before. Clinical questionnaires aimed at assessing anxiety and depression, for example, has been given in unchanged form to normative groups of schoolchildren in the US ever since the 1950s. Analyses of the results reveal a continuous, essentially linear, increase in anxiety and depression in young people over the decades, such that the rates of what today would be diagnosed as generalised anxiety disorder and major depression are five to eight times what they were in the 1950s...



The decline in opportunity to play has also been accompanied by a decline in empathy and a rise in narcissism, both of which have been assessed since the late 1970s. Empathy refers to the ability and tendency to see from another person's point of view and experience what that person experiences. Narcissism refers to inflated self-regard, coupled with a lack of concern for others and an inability to connect emotionally with others. A decline of empathy and a rise in narcissism are exactly what we would expect to see in children who have little opportunity to play socially. Children can't learn these social skills and values in school, because school is an authoritarian, not a democratic setting. School fosters competition, not co-operation; and children there are not free to quit when others fail to respect their needs and wishes.

In my book, *Free to Learn* (2013), I document these changes, and argue that the rise in mental disorders among children is largely the result of the decline in children's freedom. If we love our children and want them to thrive, we must allow them more time and opportunity to play, not less. Yet policymakers and powerful philanthropists are continuing to push us in the opposite direction — toward more schooling, more testing, more adult direction of children, and less opportunity for free play.

'The Play Deficit' by Peter Gray is available in its entirety at <https://aeon.co/essays/children-today-are-suffering-a-severe-deficit-of-play>. This essay has been edited to fit into this newsletter.

Peter Gray is a psychologist and research professor at Boston College. He writes the *Freedom to Learn* blog, and is the author of *Free to Learn* (2013) and *Psychology* (2011).



Health & Safety: Wellbeing for parents

By Dr Alanna Horadam

The first few months of the year are a great time to take stock of your life, especially if you've been lucky enough to have had a holiday over Christmas. Start by considering what matters most to you. What's your purpose in life? Are you living your life well? How do you see your life in ten years time?

Relationships with friends and family are crucial to your mental health, but you need to work on these relationships. You need to spend time and effort catching up with your friends and family. Those close to you are most likely to be able to be frank with you if they see a problem in your life and support you through the hard times.

Helping other people, such as voluntary community work in a sports club or in an organisation that can match your skills with their needs, is another great way of maintaining your mental health.

Exercising regularly, ideally every day and preferably in the morning, will help your energy levels. Getting some sunshine on your skin during a morning walk is also a great way to wake up the hormones in your brain.

Your body needs enough of the right fuel at the right time. Keep a diary/app of your dietary intake. Check you are eating sufficient good quality protein, complex carbohydrates (like rice, pasta and sweet potato), five serves of other vegetables and at least three serves of fruit each day. Don't be tempted to just eat your child's leftovers. Make sure you have some iron-rich foods every day to boost your energy (pulses, green leafy vegetables or red meat). Try to trim your alcohol intake to less than two glasses per day, with at least two alcohol-free days each week. Even less



alcohol is better. Caffeine can certainly wake you up, but more than three to four cups of tea or coffee, or significant intake of cola or energy drinks will cause you to burn out. Smoking also has serious consequences to your physical health.

Lastly, plan for some unplanned time, when you can do whatever you want. Try not to have every moment of every day jam packed with activities, and have a wonderful 2016.

Dr Alanna Horadam Principal, Cremorne Medical Practice

Source: This article appeared in Health Q & A in the February 2016 issue of CHILD Mags

<http://www.childmags.com.au/family/relationships/8472-wellbeing-for-parents>

SUSTAINABILITY CORNER

Eggshell seed starters

Need: seeds, eggshells, egg carton, potting soil, spoon, thumbtack, knife, pot and stove, natural soil-safe crayons or finger paints (optional), spray bottle (optional)

- 1. Prick a pinhole.** Using a thumbtack, gently punch a small drainage hole in the bottom center of each shell.
- 2. Chop the top.** Remove the top 1/3 of the eggshell using a small knife to gently pick away at the shell. Take care not to damage the bottom of the egg.
- 3. Make dinner.** Empty the raw egg from the shell into a bowl. Make an omelet or save for scrambled eggs for dinner. Yummy.
- 4. Wash and boil.** Wash the eggshells and then boil them in a pot for three minutes to kill any bacteria. Inspect eggshells for leftover debris, and let them dry.

5. Protect eggshells. Place each eggshell in a cardboard egg carton for support.

6. Spoon soil. Fill 2/3 of each eggshell with potting soil.

7. Plant a seed. Add a seed to the soil. Always follow the recommended seeding depth on your seed package, and be aware of the average germination time.

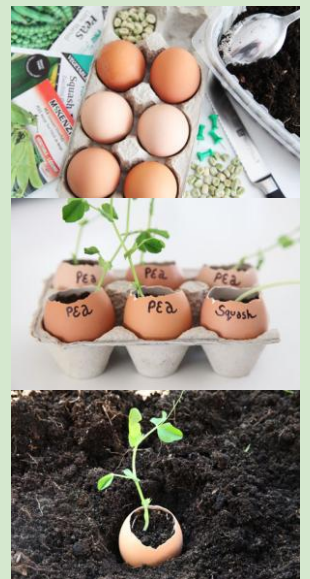
8. Add sunlight, water. Place eggshell seed-starters in a warm and sunny location. Keep the soil moist (but not soaked) by watering regularly.

9. Make your mark. Using natural soil-safe crayons or natural finger paints, gently label the outside of each shell with the type of plant seeded. Decorating eggshell seedling pots is a fun project for the kids, plus you'll teach them about gardening.

10. Get planting. Once your sprouts have sprung, go ahead and plant your eggshell seedling pots in some freshly tilled soil in your garden. When planting, give each eggshell a gentle (yet crushing) squeeze — you want the seedling roots to easily find the fresh soil.

Find all instructions and helpful images at

<http://www.squawkfox.com/2012/04/12/seedling/>



Cupcake tin math

Materials: Muffin tin/s (6 and 12 hole), cereal or dried beans...

This is an activity that could be used while you are cooking in the kitchen, while your child is sitting at the table or just as a fun learning activity you can do together.

- Setup:** Write the numbers one through six on six small post it papers. Place these papers in the bottom of each muffin tin hole. Start by ensuring numbers are in order
- Play:** Have your child place one cereal piece in the one space and two in the two and so on.
- Extend:** Mix up the numbers so they aren't in order - use a 12-hole muffin tin, count backwards as the cereal is taken away from the holes.



What we've been up to lately

BABIES ROOM

Over the past few weeks, the babies have enjoyed a number of activities ranging from a visit from the Easter Bunny, reading books, building with blocks and drawing on the blackboard. We have also been making the most of the nice weather and spending time playing and climbing outside. The children have also been doing some drawings and paints which they have thoroughly enjoyed. Some of these 'masterpieces' are displayed in the room as well as in your child's portfolio.

From Sarah, Patty and Marie

TODDLER ROOM

In the past couple of weeks, the children have been playing outside and pretending to camp. So we are going to be camping inside the room complete with singing songs around our pretend campfire! We have also had a gym set up inside to provide children with active experiences on days when the weather is not inviting for outside activities. Parents and children will also have welcomed Ganga, a diploma qualified educator, who is now part of the Toddler Room team. Bye for now.



JUNIOR ROOM

The Juniors have been very busy this past month. We have enjoyed many different learning experiences that foster and extend on their communication, cognitive, concentration, balance and physical skills.

The children have enjoyed playing at our beauty salon. They have enjoyed using their imaginations and the resources provided to apply 'make-up', style and cut hair as well as paint nails. This area has been something that all the children have experienced and have enjoyed playing at.

The children have enjoyed our music and movement area. Here they have experimented with sound, rhythm, tempo, pitch and their own body movements. I have brought in a dj mixing deck and

What we've been up to lately (cont'd)



microphones. They have enjoyed playing their favourite songs, mixing them into the next song, singing along to the music as well as experimenting with the different buttons and levels on the deck.

While outside, the children have been working collaboratively while using our large foam blocks. They have helped each other lay them out and join them

together. Once all the blocks were placed out, the children have enjoyed walking over them as they carefully balance. They have also enjoyed jumping off the blocks and over the blocks. The children have been making sure there are no friends in the way and that it is safe to jump off before jumping.

These are just a few things the children have been busy doing. Please have a look at our Reflection Book to see what we have been up to each week. You can also read the plans displayed just outside the Junior Room to see what I have planned for your children each fortnight. Feel free to make suggestions for future plans. Thank you Kristy



KINDER ROOM

In the Kindergarten room, our goal for this month was sharing and listening to friends and teacher when they speak. In addition, kinder children have been growing their academic skills in literacy and numeracy through a range of activities.

We have been learning more about geometry and numeracy concepts. The children have been learning more about the duration of events using the everyday language of time, such as the days of the week, seasons and time. Furthermore, the children have been understanding the language and processes of counting by naming and learning to recognise numbers from 1 to 20.

In literacy, the children have been focusing on all concepts of literacy such as writing, speaking and listening and reading. In this month, children have been learning the letters 'A' and 'S'. They have also been learning how to write letter 'A' and 'S'. For reading the children have been recognising the letters of the alphabet through one-on-one activities with word puzzles. For speaking and listening, the children have been exploring the language used to express their likes and dislikes, creating questions and statements, speaking in sentences and pronunciation.

We have been continuously practicing their fine and gross motor skills through activities based on interests and progress. For gross motor, the children have been practicing using their leg and arm muscles through doing outdoor activities such as the obstacle course and team building activities.

Finally, the children have been extending their interpersonal, numeracy and literacy skills through interacting with friends and playing with a range of activities.

Until next month, Carmen and Kim



This Friday, 25 April is Anzac Day. It's 99 years since the ANZAC landings at Gallipoli. Thousands of Australian and New Zealand youngsters left their homes and families and never came back. Talking to kids about war and death is never easy but there are ways to start the conversation so that the next generation knows just how important Anzac Day is and why it should always be commemorated.

Try these ideas below to help your kids understand and appreciate this special day.

Lest we forget.



Anzac recipes

The original Anzac biscuit is thought to have originated in the First World War. Unlike our modern version, it was not sweet at all and instead was a savoury hardtack biscuit, otherwise known as an Anzac tile or wafer. It was used as a substitute for bread in the Australian and New Zealand soldiers' rations.

Baking these delicious Anzac treats with kids is a great way to start a conversation about Anzac Day.



Similarities between the Canadian and Australian education systems.

Australians and Canadians consider education as an important factor to success. As much as education is equally important to mankind, it is more essential to nation building that's why it is prioritized in highly developed countries such as Canada and Australia. Looking at the literacy level of these two countries, it is indeed proven that education is an indicator of economic growth. A country develops fast if its folks can read and write. A country could achieve progress if its citizens are educated.

Australia and Canada takes pride of its high literacy rate reaching to 99%. The factors that contribute to this high percentage are the quality of education and the educational attainment of its residents. Children as early as 4 years old already attend school and would usually spend an average of 15 years in schooling.

Another factor is the availability of books. There are a lot of libraries that house millions of books available for the every student in Canada and Australia. These books allow them to expand their knowledge and literacy levels making them read and write at an early age. The availability of resources plus quality of education in Australia and Canada had led to the high ranking of both countries in Reading, Mathematical, and Scientific Literacies.

Literacy is almost the same in both countries but Australia has an edge with regard to the quality of universities. There are 12 universities in Australia that belong in top 100 universities compared to only 3 of Canada.

The high quality of education and the existence of top universities in Canada and Australia have also attracted foreign students to invest in education by earning college and post graduate degrees in these countries.

Fast Facts

	Australia	Canada
Average IQ	98	97
Average years of schooling	10.9	11.6
Children of school age not enrolled in primary schooling	64,417	1,892
Compulsory education duration	11	11

Source: <http://www.nationmaster.com/country-info/compare/Australia/Canada/Education>

(cont'd from front page)

throughout their lives, to make valuable and positive contributions to the community and to achieve their very best. His goal is to make our centre one of excellence and where parents confidently turn to in seeking the highest level of care and education for their children.

The staff and management are looking forward to this new chapter for Pearl Street, and would like to invite all parents to stop by the office when Michael starts to introduce yourselves and your children.

Another change has been that Madison is now awaiting her own baby and is no longer with us.

We would like to remind all parents to please observe the Entry and Exit drives at the Centre. It is important that you enter and exit exactly as the arrows indicate to keep everyone safe.

In the meantime, if you have any queries, please do not hesitate to speak with Elisabeth or Kristy.

Have a safe Anzac Day break as we remember those who served their country.

From us all at Pearl Street



How can we make our newsletter even better?

What information would you like us to include?

PEARL STREET CHILD CARE CENTRE

Email: info@pearlstreetchildcare.com.au

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