

THE ART OF TEACHING IS THE ART OF
ASSISTING DISCOVERY.

— MARK VAN DOREN.

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

WHY ARE LITTLE KIDS
IN JAPAN SO
INDEPENDENT?

More information on
the final page;



NEWSLETTER



Gantan Sai -----1st to 7th
National Bird Day-----5th
Kid Inventors Day ----- 17th

A Very Warm Welcome! *to all our families ...*

Welcome to the first edition of our re-vamped centre newsletter. We hope that everyone enjoyed the break. It is great seeing all the children return from holidays and even better seeing them settle into their new rooms with their new educators. Although this transition period can sometimes be tough on families, it seems that the children are coping really well.

Starting from February 1st, our revised quarterly menu will commence and will be on display in the foyer and in each room.

We would like to welcome Alice Luu, our newly appointed kinder teacher to Pearl Street and hope that her stay with us is a long and happy one.

We'd like to take this opportunity to inform all our families about our new website. We have a family log-in section where you are able to access various forms, newsletters, calendar of events, policies, etc. To access this, families will need the following log-in details for 2016. The user name is pearlstreet and the password is koala. The site is www.pearlstreetchildcare.com.au.



KID INVENTORS DAY – 17TH

Television. Water skis. Earmuffs. The Popsicle.

What do they have in common? They were all were invented by kids! 500,000 children and teens invent gadgets and games each year. These innovations help make our lives easier – and more fun! Celebrate the ingenuity and value of young barnstormers' on KID INVENTORS' DAY! Annually on January 17th, the birth anniversary of Benjamin Franklin, who invented the first swim flippers almost 300 years ago at age 12!

AUSTRALIA DAY – 26TH

Australia Day is more than just a public holiday. Whether you're in the city, on the coast or in a regional area, there are lots of events that celebrate everything that's great about being Australian.

Visit www.australiaday.com.au to see what events are happening near you.

Lunch box stars



Healthy fish fingers with guacamole

Prep 10 minutes Cook 10 minutes

Ingredients

- 1 cup whole meal breadcrumbs
- zest of one lemon
- a little salt
- 1 egg, lightly beaten
- 2 salmon fillets (about 200g each)
- canola oil spray
- 1 ripe avocado
- 1/2 cup cooked corn kernels
- 1/2 red capsicum, roughly chopped
- 1/4 cup cherry tomatoes, halved
- juice of one lemon
- splash olive oil

Method

1. Preheat the oven to 200°C conventional (180°C fan-forced) and line a biscuit tray with baking paper.
2. To make the crumb mix, combine the breadcrumbs with the lemon zest and salt and place in a shallow bowl. Slice the salmon fillets into 'fingers' and dip these first in the beaten egg and then in the crumb mixture, turning so each side is well coated.
3. Place on the prepared baking tray and once all the fish is crumbed, lightly spray with canola oil and place in the oven for about 10 minutes.
4. Meanwhile to make the guacamole, crush the avocado into a bowl and mix with remaining ingredients. Season to taste.

Book & App reviews



The Help Yourself Cookbook for Kids:

By Ruby Roth

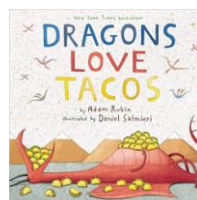
Experts tell us the best way to teach kids healthy eating habits is to involve them in the process. This irresistible cookbook presents 60 appealing recipes kids will beg to make themselves, in fun and charming illustrations they will love. Bursting with color, humor, cute animal characters, and cool facts.

Press Here

by Herve Tullet



Press the yellow dot on the cover of this book, follow the instructions within, and embark upon a magical journey! Each page of this surprising book instructs the reader to press the dots, shake the pages, tilt the book, and who knows what will happen next! Children and adults alike will giggle with delight as the dots multiply, change direction, and grow in size! Especially remarkable because the adventure the



Dragons Love Tacos

by Adam Rubin

This scrumptious *New York Times* bestseller has a whole lot of kick! Dragons love tacos. They love chicken

tacos, beef tacos, great big tacos, and teeny tiny tacos. So if you want to lure a bunch of dragons to your party, you should definitely serve tacos. Buckets and buckets of tacos - Unfortunately, where there are tacos, there is also salsa. And if a dragon accidentally eats spicy salsa - oh-boy, you're in red-hot trouble.



Focus Article: Raising an entrepreneurial child

Rachel Goodchild introduces strategies for raising children with a get-up-and-go mentality

Once, long ago, career paths were simple. You did what your parents did, or you went to school, got a trade or a qualification, and you stuck with it until your working days ended. Futurists say the current generations of children will have at least seven careers in their lifetimes. The ability to adapt, grow and find jobs to meet will be important attributes for all of our children as adults. Plus many will use their skills to start their own business, to ignite a spark, and create an income out of a passion. While it might be incredible to think about your two or five year old being employed as an adult, it is important to help your child be all they can be, and find ways to support him or her. Many of the skills and qualities beneficial for success in an adult are easiest learned as a child.

Entrepreneurs and business starters tend to possess three chief character traits. You can find ways to proactively develop these traits in your children.

Self-confidence

Business owners need to be robust, and trust themselves. Owning a business is difficult, especially in the first two years, and it's very common to receive setbacks and difficulties. Successful business owners know who they are and what skills they have, do not take things personally, and are not swayed by negativity.

Developing self-confidence is not about constantly telling your child they are perfect and fantastic. It's about balancing loving compliments with fair and balanced age-appropriate feedback. Be the person your child trusts to give a fair response when they ask you how they did. Point out their strengths, and if asked, also illuminate one or two areas they could improve on while offering help to do so.

Reward effort, and acknowledge achievement.

Resilience

The ability to bounce back and deal with obstacles is incredibly important. Linked closely to self-confidence, this attribute helps children to cope with change and the unexpected.

Ironically, the majority of children develop resilience through unexpected change in their life including family change, moving, circumstances and health. Some children thrive in the midst of great adversity. None of us wants to create



these circumstances on purpose, but we can help develop resilience by allowing our children to take small risks, and not jumping in to rescue them unless they've got no other option than to use our help.

Creativity

Entrepreneurs need to be able to think outside the square and be able to find low- to no-cost solutions for the challenges of building a business.

Providing time, space and an organised environment best breeds creativity. You can't be creative within a jam-packed schedule, or in chaos. Give your child a small space they can create in, such as a desk, a floor space or a spot outside, and organise it so it can be used multiple ways.

Expect them to keep the place ordered and tidy (you need to teach them how) so they can use it whenever they want to.

Creators are often daydreamers with great imaginations. Help your thinkers learn to put ideas down on paper - whether you are the pen for them, or they record their ideas in their drawings and words.

If you are an entrepreneur, it's likely you'll naturally pass on the skills your child via modelling, conversations and expectations. If you're not, there are a few skills you can help your child develop to give them the readiness to start their own businesses.

Read the rest of this article here now: theparentingplace.com/images/stories/media/Parenting%20magazine/pm61_feature.pdf



Health & Safety: Eating well on the move

Adapted from Healthy Food Guide Jan 2016

Forget about relying on foods that lack nutrients, like those found at takeaways and highway service stations. There are plenty of alternatives!

On the road: Pack a portable picnic so you can all enjoy a bite en route or during rest breaks. Stash healthy snacks such as sandwiches, cheese, yoghurt and fruit in a small-insulated bag, along with ice cold drinks.

Your on-road kit: Vacuum flask packed with ice, Drink bottles that seal securely, insulated lunch boxes, Zip-lock bags for portioning out snacks, Hand wipes, Swiss army knife or penknife for cutting food

Hitting the Highway the Healthy Way:

Car Foods - apples, grapes or small tubs of fruit salad; mixed unsalted nuts, high-fibre snack bars, cubes of reduced-fat cheese and crackers, air popped popcorn

Picnic Fare - Homemade pasta salad, bean or lentil salads, salad sandwiches or wraps, veggie sticks and dips



Service Station Snacks - bottled water, tubs of diced fruit in juice, tuna snack packs, fruit-based ice blocks

Source: "Eating Well on the Move" - adapted from Healthy Food Guide Jan 2016

Sustainability Corner

Water Wise!

Water is a precious resource and as parents and careers we should help children understand this concept.

Here are a few ideas...there are of course many other ways too!

- Install a water tank, even if just a small one.
- Help your children find ways to collect water when it rains and then use in different ways.
- Provide child size watering cans

- Ensure your child understands and knows how to use a dual flush toilet system.
- Install water saving taps and showerheads.
- Do activities that explain and show differences between tap and tank water.
- Involve children in air drying the clothes rather than using a dryer. They can help hang out small items on the fence or drying rack.

Source:

<http://www.mummymusingsandmayhem.com/2014/05/introducing-sustainability-to.html>



FUN WITH Literacy

Materials: Calendar 2016 Calendars help young children learn the basics of the days of the week and the months of the year.

Your family calendar offers opportunities for other learning as well, including vocabulary, sequencing, and math.

- **Create birthday reminders!** Encourage your child to mark special birthdays on the calendar. This can include siblings, grandparents, and even teachers! When a special birthday is coming up, seeing the reminder can prompt your child to create a special birthday card for that person.
- **Identify interesting words for the month.** Use the activities going on at your house during that month to put together a short list of interesting words.
- **Develop family timelines.** Flipping back and forth through the months can help your child develop a timeline or sequence of events, and can deepen your child's understanding of concepts such as before and after, yesterday and tomorrow.
- **Strengthen an understanding of numbers.** Talk about the 1st day of the month, the 2nd day, the 3rd and so on. Encourage exploration using these terms. "The 1st day of this month is a Wednesday. What day is the 1st day of the month next month? How many days does this month have? Does next month have the same number of days, or does it have more?"



SOMEWHERE ELSE IN THE WORLD



This month: **WHY ARE LITTLE KIDS IN JAPAN SO INDEPENDENT?**

It's a common sight on Japanese mass transit: children troop through train cars, singly or in small groups, looking for seats.

They wear knee socks, polished patent leather shoes, and plaid jumpers, with wide-brimmed hats fastened under the chin and train passes pinned to their backpacks. The kids are as young as six or seven, on their way to and from school, and there is nary a guardian in sight.

Parents in Japan regularly send their kids out into the world at a very young age. A popular television show called Hajimete no Otsukai, or My First Errand, features children as young as two or three being sent out to do a task for their family. As they tentatively make their way to the greengrocer or bakery, a camera crew secretly films their progress. The show has been running for more than 25 years.

Kaito, a 12-year-old in Tokyo, has been riding the train by himself between the homes of his parents, who share his custody, since he was nine. "At first I was a little worried," he admits, "whether I could ride the train alone. But only a little worried."

[READ THE WHOLE ARTICLE HERE](#): Ref: Selena Hoy Sept 28, 2015 / www.citylab.com

Reminder – New forms for 2016

These are currently being handed out to all families.

As an incentive to return your forms by Friday, 12th February, we are offering families the opportunity to go into a draw to win a \$50.00 Bunnings Voucher. To be eligible to go into the draw, **all completed forms** must be returned to the centre by 6:00pm on the 12th February 2016. The draw will take place on Monday, the 15th February. The winning family will be notified via phone and email.

Pearl Street Child Care Centre is a Sun Smart centre. It is in our policy that all children wear a hat when playing outside. Please ensure your child has a hat at the centre each day. This needs to be a wide brimmed hat or a legionnaires style hat – baseball caps do not protect your child's head and face from the sun. **Remember NO HAT, NO PLAY.**

To help children build on their sense of belonging, all educators are asking if you could bring in photos of your child/ren with their families. Family photos can consist of pets, close friends and extended family members as well as those who live with the children. Educators are asking if you could bring the photos in as soon as possible.

We hope you find our newsletter is informative and would value any feedback you may have.

Looking forward to an enjoyable, fun-filled year! *From us all at Pearl Street*

**WE WELCOME
YOUR FEEDBACK**



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

Phone number: 9306 8366

