




ST ANNE'S LONG DAY CARE CENTRE
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*Celebrating 13 years of Early Childhood Education at St Anne's
 since 27th January 2010.*

St Anne's website under re-construction



*St Anne's Long Day Care Centre website has been looking a bit "neglected" for some time!
 Sincere apologies.
 We are now currently working with the Lismore Diocese IT team to "re-vamp" it!
 It may take a few weeks...but...it's underway!!*



Dear Families,
 I just noticed on the first Newsletter for this year (Monday 6 February) I wrote '2022'...of course it should have been '2023'...I'll get this one right!

I hope you'll read this Newsletter noting:

- What are Message Slips
- Easter Closure
- Understanding UV
- The value of Playdough
- Recipe—Chicken Hot Cakes (Rissoles) with Yoghurt Dipping sauce
- Staff Team list—Update
- St Anne's Sun Protection—SunSafe Policy—attached.

Yours as we educate and care for children together. Narelle Dewhurst. CENTRE DIRECTOR



Wednesday 22 February was Ash Wednesday.
 Sunday 26 February was the first Sunday in Lent.
 Sunday 2 April will be Palm Sunday.
 Sunday 9 April will be Easter Sunday.



TO EVERYONE
 Please don't ever hesitate to ASK if we can help you with anything!
 We're here to help and to make sure that your child's learning journey at St Anne's is the best it can be!

MESSAGE SLIPS...look like this:

ST ANNE'S LONG DAY CARE CENTRE
 MESSAGE SLIP (OR UPDATE ABOUT YOUR CHILD) 2023

Message From _____ Message to _____
 Child's Name _____ Date of message _____
 Child's Learning Room _____
 MESSAGE: _____

In each Learning room there are Message slips for you to leave a message for your child's Educators if you are not going to get to see them in the morning. ALSO...on the Foyer Noticeboard you will find the Educators' monthly roster so you can see the times your child's Educators will be at St Anne's. Educators work 8 hour shifts which may vary from day to day. For Seabirds, Rockpools and Shells, you'll find the Message Slips attached to the Parent Communication Diary located on top of the children's bag cupboards. In the Pippies Room you'll find them near your child's daily Communication sheets. ALSO....please always feel welcome to just TALK to us....as you arrive, as you pick up your child, OR ring during the day!

EASTER CLOSURE

St Anne's will be closed on Friday (Good Friday) 7 April and will re-open on Tuesday 11 April. Easter Monday (10 April) is a Public Holiday.

HEALTH & SAFETY: Understanding UV and how to protect your family

St Anne's Sun Protection-SunSmart Policy has been approved and endorsed by the NSW Cancer Council SunSmart Team. Excerpt from our Policy:
Sun protection will be incorporated regularly into learning programs supporting children's understanding and learning why sun safety is important and how to take effective sun protection actions eg. hat wearing, accessing daily UV levels.
The Policy has been attached for you to read.

| SUN PROTECTION and the UV INDEX | | | | | | | | | | |
|--|---------------|---|---------------|---------------|---------------|---------------|---------------|---------------|----------------|-----------------|
| Low | | Moderate | | | High | | Very High | | Extreme | |
| UV INDEX 1 | UV INDEX 2 | UV INDEX 3 | UV INDEX 4 | UV INDEX 5 | UV INDEX 6 | UV INDEX 7 | UV INDEX 8 | UV INDEX 9 | UV INDEX 10 | UV INDEX 11+ |
| SUN PROTECTION NOT REQUIRED | | SUN PROTECTION REQUIRED | | | | | | | | |
| Unless outdoors for extended periods, or near reflective surfaces such as snow or water. | | Wear sun-protective clothing, a broad-brimmed hat and sunglasses. Apply SPF30+ sunscreen to any unprotected skin. Seek shade. | | | | | | | | |

Australia has one of the highest rates of skin cancer in the world, with two in three Australians developing some form of skin cancer before age 70. This makes sun protection very important for all Australians. Ultraviolet (UV) radiation from the sun can cause sunburn, skin damage, eye damage and skin cancer. UV damage accumulated during childhood and adolescence is strongly associated with an increased risk of skin cancer later in life. Skin cancer is one of the most preventable cancers. You can protect your child from the sun by teaching them to become SunSmart and always using sun protection when UV levels are 3 or higher. It is also important to model good sun protection habits, as children learn by observing their parents' and caregivers' behaviour.

WHAT IS UV

Ultraviolet (UV) radiation is a type of energy produced by the sun and some artificial sources, such as arc welders and solariums.

The sun's UV is the main cause of skin cancer. Too much UV exposure also causes sunburn, tanning, premature ageing and eye damage. You can see the sun's light. You can feel the sun's heat. But you can't see or feel the sun's UV radiation. UV can reach you directly from the sun. It can also be reflected off different surfaces and scattered by particles in the air. Your senses cannot detect UV radiation, so you won't notice it is all around you and you won't notice any skin damage until it has been done.

THE UV INDEX

The World Health Organization's Global Solar UV Index measures UV levels on a scale from 0 (Low) to 11+ (Extreme). Sun protection is recommended when UV levels are 3 (Moderate) or higher. The UV level is affected by a number of factors including the time of day, time of year, cloud cover, altitude, location and surrounding surfaces.

THE UV INDEX AND THE SUN PROTECTION TIMES

The sun protection times are issued when UV levels are forecast to be 3 or higher. At this level there is a risk of skin damage for most Australians. You can find the sun protection times for your location: Using the [SunSmart Global UV app](#), via the [SunSmart widget](#) Or at [Bureau of Meteorology website](#). During the sun protection times, protect your skin and eyes by using covering clothing, sunscreen, a hat, shade and sunglasses. Don't just wait for hot and sunny weather.

IS TEMPERATURE RELATED TO UV?

UV is not hot. It can't be felt and isn't connected to the temperature. UV levels can be damaging on cool, cloudy days and warm, sunny days. UV is always highest during the middle part of the day between 10am and 2pm (or 11am and 3pm daylight saving time). The temperature can peak in the afternoon when UV levels are less intense.

WHY IS THE UV SO HIGH IN AUSTRALIA?

Australia experiences some of the highest levels of UV in the world. Different factors affect our UV levels including:

- **Location:** UV levels are highest along the equator. Australia is near the equator so we experience high UV levels
- **Time of year:** our elliptical orbit around the sun and our axial tilt combine to ensure that we are closer to the sun in our summer than the northern hemisphere e.g., in summer the UK has UV Index 6–8, while Australia has UV Index 10–14.
- **Clear skies** and less air pollution.

HOW DOES UV ADD UP?

UV damage is accumulative. Your skin remembers and records all the UV exposure over the years which contributes to your long-term risk of skin cancer. The more UV you're exposed to, the greater your risk. That's why it's important for outdoor workers to protect their skin all year round. Even low UV levels can be harmful when exposed for long periods.

Try and get into the habit of checking the UV before outings and always remember to SLIP, SLOP, SLAP, SLIDE and protect your family from UV.

Source: Sun Smart. (2022). What is UV? Retrieved from <https://www.sunsmart.com.au/uv-radiation/what-is-uv>



PLAYDOUGH—The value!



Squishing, rolling, sculpting, modelling . . . young children love to play with playdough. Add some props and playdough play becomes a powerful way to support your child's learning.

This simple preschool staple lets children use their imaginations and strengthen the small muscles in their fingers—the same muscles they will one day use to hold a pencil and write. Using playdough with you, a friend, or siblings supports your child's social skills such as sharing, taking turns, and enjoying being with other people. Playdough also encourages children's language and literacy, science, and math skills—all at the same time!

Some Playdough Props:

- Birthday candles
- Blocks
- Bottle caps
- Combs
- Cookie cutters
- Feathers
- Leaves, twigs, pebbles
- Rolling pin or bottle
- Straws
- Small toy people and animals

When children use playdough, they explore ideas and try different approaches until they find one that works. They compare and contrast objects, actions and experiences. In their experimenting, children come up with their own ideas, satisfy their curiosity, and analyse and solve problems.

Source: Naeyc. (2023). Playdough Power. Retrieved from <https://www.naeyc.org/our-work/families/playdough-power>

HOT CHICKEN CAKE



PREP 10 MIN | COOK 10 MIN | SERVES 4

- 70g fresh breadcrumbs
- 500g chicken mince
- 6 slices prosciutto, finely chopped
- zest and juice of 1 lemon
- 1/2 cup fresh herbs, chopped (I used mint and basil)
- 3 heaped tablespoons grated parmesan
- 2 tbs olive oil

Yoghurt Dipping Sauce:

- 1/2 cup Greek yoghurt
- 2 tbs fresh mint, roughly chopped
- juice of 1 lemon

Salad:

- 1 zucchini, 1 punnet of cherry tomatoes, halved
- 1 tablespoon extra virgin olive oil, juice of 1 lemon

Place the breadcrumbs, mince, prosciutto, zest and lemon juice, fresh herbs and parmesan and mix until thoroughly combined. Using damp hands take heaped tablespoon amounts of the mince and shape into patties. Heat a fry pan to medium-high heat, add a little olive oil and fry the cakes for 4-5 minutes until golden and crisp on all sides. Reduce heat to low, cover with lid and cook for 3-4 minutes or until the chicken cakes are cooked through. To check, simply slice a cake in half to check. Remove from fry pan and place on a plate lined with paper towel to remove any excess oil. For the dipping sauce place the yoghurt, mint and lemon juice in a small bowl and mix to combine.

For the salad use a vegetable peeler to slice the zucchini into ribbons. Place the zucchini, cherry tomatoes, extra virgin olive oil and lemon juice in a small bowl and toss to combine. Serve the chicken cakes with a lovely dollop of the dipping sauce and zucchini salad.

Images and recipe from mylovelylittlelunchbox.com

2023 STAFF TEAM (from Mon 27 February)



CENTRE DIRECTOR

Narelle Dewhurst (Mon-Fri) - *Early Childhood Teacher*

PEBBLES ROOM—remains closed—(Children Birth-1 yr)

PIPIES ROOM (Children 1-2 years) - Tues, Wed, Thurs.

Alyson Lewis (T/Th) *Room Co-ordinator*

Bree Eastburn (T/W/Th) *Wed. Room Co-ordinator (Studying for Diploma qualification in Early Childhood)*

Deb Wilkinson (T/Th)

Deb Lane (T/W)

Lara Hinrichsen (W)

SHELLS ROOM (Children 2-3 years)

Suzanne Moane (M/T and Thurs/Fri) *Room Co-ordinator*

Alyson Lewis (W) *Wed. Room Co-ordinator*

Caitlin Mergan (M-F)

Sam Manley (W-F)

Hayley Cheek (M-W)

Peter Hansen (M/W)

Deb Lane (M) *(Studying for Certificate III qualification Early Childhood)*

Bronte Connor (TWThF)

ROCKPOOLS PRESCHOOL ROOM (Children 3-4 years)

Annaleise Smith (M/T and Thurs/Fri) *Room Co-ordinator Early Childhood Teacher*

Lucie Jackson (M-Th) *Wed. Room Co-ordinator*

Triona Shannon (M-F)

Debi Gover (W/Th)

SEABIRDS PRESCHOOL ROOM (Children 4-5 years)

Sharon Melenhorst (M-F) *Room Co-ordinator Early Childhood Teacher*

Toni Baker (M-F)

Jasmine Burns (M-F)

Lara Hinrichsen (M/T)

Paris Love (W-F) *(Studying for Early Childhood Teaching degree)*

KITCHEN

Mark Latter—*Centre Chef (M-F) (7am-2pm)*

OFFICE ADMINISTRATION

Alison Franey (M-F) *Office open 8am-4pm (Studying for Certificate III qualification Early Childhood)*

Stephanie Wilkinson, Jess Jones and Ameer Wright—*Parental Leave*

