



ST ANNE'S LONG DAY CARE CENTRE
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*Celebrating 10 years of Early Childhood Education
 since 27th January 2010.*

Dear Families,

As children cope with the recent and on-going disruption in their daily lives, Early Childhood Educators have been extolling the value of many opportunities to engage in creative, imaginative play, and time in nature.

We do not need magic to change the world, we carry all the power we need inside ourselves already: we have the power to imagine better.

-J.K. Rowling

As I read an article recently about children's 'play' I thought it was worth sharing with you.. "The benefits of play to lifelong success have been touted in radio, television, magazines, and newspapers. It gives early childhood professionals a powerful, credible advocacy tool to use with parents and community leaders as we strive to put children's play back into the heart of early childhood curriculum.

In *A Mandate for Playful Learning in Preschool: Presenting the Evidence*, (Hirsh-Pasek, et al.) a review of research confirms that children's self-initiated play nurtures overall development, not just cognitive development (such as learning to name colors, numbers, or shapes). In fact, research builds a very strong case that childhood play is a required experience in order to become a civilized, fully-realized human being."

As Early Childhood Educators we share with you (daily) through your child's Room Day Book, and your child's learning Portfolios, the significant value of engaging in and learning through play!

Early Childhood Educators take on many roles in play with children and use a range of strategies to support learning, particularly providing a balance between child led, child initiated and Educator supported learning.

Congratulations, to you, for taking on that (play partner) role with your children while self-isolating and distancing from friends and relatives!

Yours as we educate and care for children together,
 NarellePDewhurst. CENTRE DIRECTOR

EMERGENCY PROCEDURES and FIRE SAFETY

Each year, we need to submit to Ballina Shire Council, an Annual Fire Safety Statement, verifying that we have all essential fire safety measures in place. This now needs to be accompanied by a report from a CFSP (Competent Fire Safety Practitioner).

To ensure complete and thorough compliance with all standards and regulations in relation to Emergency procedures and Fire Safety, I am currently working with a Fire Safety and Emergency Company.

You may have noticed the installation of new Emergency Evacuation Diagrams near all EXITS and in the halls. These are part of the requirements of the Australian Standard *Planning for Emergencies in Facilities*. St Anne's Educational Leader and I also met recently with a Safety and Fire Officer to discuss the development of a 'site-specific' Emergency Procedures Manual in conjunction with reviewing our Emergencies, Evacuation and Lockdown Policy.

When this is complete I will let you know. Narelle

HAPPY MOTHER'S DAY



All-loving God, we give you thanks and praise for mothers young and old.

We pray for young mothers, who give life and count toes and tend to our every need; May they be blessed with patience and tenderness to care for their families and themselves with great joy.

We pray for our own mothers who have nurtured and cared for us; May they continue to guide us in strong and gentle ways.

We remember mothers who are separated from their children because of war, poverty, or conflict; May they feel the loving embrace of our God who wipes every tear away.

We pray for women who are not mothers but still love and shape us with motherly care and compassion.

We remember mothers, grandmothers, and great-grandmothers who are no longer with us but who live forever in our memory and nourish us with their love.

Amen.

Kids in the kitchen

BANANA CAKE



PREP 20 min | COOK 30 min | SERVES 16

3 overripe **bananas**, *mashed*

2 **eggs**

3/4 cup **olive oil** (or vegetable oil)

1 cup Greek or natural **yoghurt** (or sour cream or buttermilk)

1/2 cup **brown sugar** (or coconut sugar)

1/3 cup **pure maple syrup** (or brown sugar)

1 tablespoon **vanilla bean paste** (or extract)

1 cup **buckwheat flour** (or plain flour)

1 cup **plain flour**

1 1/2 teaspoons **baking powder**

1 teaspoon **cinnamon**, *ground*

1/2 teaspoon **nutmeg**, *ground*

1/4 teaspoon **ginger**, *ground*

pinch of **salt**

ICING

2 cups **fresh ricotta (deli-style) cheese**

1/2 cup **pure maple syrup**

2 teaspoons **vanilla bean paste** (or extract)

1/2 cup **cocoa powder**

METHOD:

Preheat oven to 180 C and line a 20 cm x 20 cm brownie pan with baking paper. Set aside. **Place** the mashed bananas, eggs, olive oil, yoghurt, sugar, syrup and vanilla and whisk to combine. **Sift** the buckwheat flour, plain flour, baking powder, cinnamon, nutmeg, ginger and salt into the bowl and stir using a wooden spoon until just combined. **Pour** the batter into the prepared tin. **Bake** for 30-40 minutes or until a skewer inserted removes cleanly. **Allow** the cake to cool completely.

To make the whipped ricotta maple and chocolate frosting:

Place the ricotta into the bowl of a food processor and blitz for 1-2 minutes or until smooth. **Add** the maple syrup, vanilla and cocoa powder and blitz for 2-3 minutes (scraping down the sides of the bowl) or until the frosting is smooth and luscious. **Smother** the cooled cake with a thick layer of frosting. **Cut** into 9 or 16 squares. Enjoy!

Recipe and Image from 'mylovelylittlelunchbox.com'



Activity for Young Children UP, DOWN AND AROUND

Supplies: Toy cars, boxes or furniture.

Watch 'Up, down and around' <https://youtu.be/yY4ZNV3BQCw> (a story being read aloud about vegetables growing in a garden) and talk to your child about the positional words in the story. Use toy cars to demonstrate the words: Up, down, around, under, over. Once your child understands the concept take turns directing each other's cars. For example, say to your child; "drive your car up the box, over the box, down the box, around the box..." Extend this activity by adding new positional words or different settings.



HOME COMPOSTING

Each year over half of our household garbage is made up of food and garden waste. Most of this organic waste can be recycled by composting it. By turning food scraps and organic garden waste into compost you are:

- Improving soil quality and garden vitality by releasing rich nutrients into the soil.
- Suppressing plant diseases and pests, this reduces or eliminates the need for chemical fertilisers and manures helping you save money.
- Reducing the amount of organic waste going to landfill therefore preventing greenhouse gas emissions and leachate.
- Helping soils retain moisture – you do not need to water that often.
- Helping absorb and filter runoff, protecting streams from erosion and pollution.

What to add in your compost bin:

Vegetable and fruit scraps, vegetable oil, pruning and lawn clippings, tea bags and coffee grounds, vacuum dust, shredded paper and cardboard, used potting mix, egg shells, flowers.

Setting up a compost bin:

The only resource you have to purchase is a compost bin of some kind. You can buy the traditional kind from your local hardware store or try a below ground version from companies like subpod.com or powerplanter.com.au/ Below ground composters boast a simpler and faster way to compost.

Watch Costa's Guide to Home Composting:

<https://youtu.be/HngvowScx6g>