

14 August 2017 Term 3, Week 4

This term we have set up an Art Studio to promote children's creativity through visual arts. Visual arts is an essential element of the curriculum as:

- Children express their individuality through what they create and demonstrate their unique physical, emotional and visual experience.
- The visual arts can provide a means for expressing ideas and concepts that may be difficult for a child to describe verbally.
- Visual arts experiences are enjoyable on a purely physical, tactile level.
- They provide a blank canvas and the freedom to create something entirely their own.

Community Family Fun Evening

To celebrate **Father's Day** Mount Gambier Children's Centre is hosting a 10 Pin Bowling evening at **Gambier City Bowl** on Thursday 31 August 6pm to 7pm.



Bookings essential. Please RSVP by 25 Aug.

Healthy Smile  **Healthy Life**

visit: www.sadental.sa.gov.au

Dental Health: August

Raising awareness of healthy eating and *How to Brush*.

We will be learning about caring for our teeth and talking with the children about swishing water in their mouth after eating to help wash away food and sugar to protect their teeth - puffing out their cheeks and pretending to be puffer fish!



We will set up a fun tooth brushing centre for the children to practise squeezing out toothpaste, brushing (egg carton) teeth with a toothbrush in a circular motion.

Tooth Friendly Foods

Most people think that sweets and lollies are the main foods to blame for tooth decay but bacteria not only use the sugar in sweets to create acid but can also use any food that contains sugars and other carbohydrates.

This includes fruits, peanut butter, biscuits, crackers, potato chips, dried fruit, snack bars, muesli bars and popcorn to name a few.

Especially harmful can be foods like raisins and peanut butter that stick to teeth where they provide a constant source of energy for bacteria.

It's not practical to cut out these foods completely but, it's good to remind them occasionally to think before they snack. If you can plant a useful seed in their minds about tooth-friendly eating you'll be giving them the best chance of enjoying healthy teeth for years to come.

So what foods provide a good alternative?

Recent research shows that cheese is one of the healthiest snacks for your child's teeth. In addition to providing large amounts of much-needed calcium, cheese also does its part to fight cavities. Cheddar, Swiss and mozzarella all stimulate saliva glands to clear the mouth of debris. Saliva provides a strong protective film to the teeth and helps to wash away and neutralise the damaging acids. Other good snacks are nuts and fruit (as long as you wash it down with some water straight after you've eaten).

See more at:

<http://www.dentalhealthweek.com.au/Parents/Kids/tooth-friendly-foods.html#sthash.unjCMFG8.dpuf>

Diary

Mon 14 August Governing Council meeting 7pm
All welcome.

Monday 21 August 9am
Coffee and Chat morning tea. All welcome

Wednesday 23 August 6:30 - 7:30pm
Storytelling session, Mulga Street PS Library

Fri. 25 August: Kindy Dress-up Day
9am Bookweek Parade with Mulga Street PS
All Welcome

**Thursday 14 September Kindy Closed
Staff Professional Learning Day**



Program Guide



As educators we advocate for the rights of all children to be safe and actively implement the **Keeping Safe: Child Protection Curriculum** in our day to day teaching.

We aim to empower children to feel safe, secure and supported to express their feelings and being assertive to speak up when required. To support this we will read the story of *A ferret named Phil* who learnt to be big and bold and to stand up for himself. It also reinforces working together as a group of friends to put a stop to bullying.

Healthy Eating

The children have enjoyed tasting a 'Rainbow of vegetables' and making vegetable soup. Their favourite vegetable has been capsicum and we will incorporate this in making pizzas. We wish to thank Hayden's Mum, Trinidad, for coming in to cook fried rice with the children.



Fried Rice recipe

1. Heat the oil in a large wok over high heat. Add bacon pieces and stir-fry for 2 minutes.

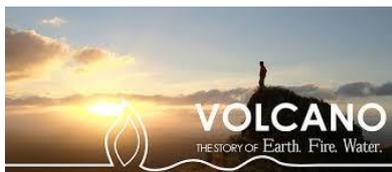
2. Reduce heat to medium-high and pour three whisked eggs into the wok.

3. Add cooked rice to the wok and cook, tossing often, for 2 minutes or until well combined and heated through.

4. Add peas and corn to the wok. Toss together and cook two minutes. Enjoy

Connected with and contribute to their world

Developing respect and appreciation for the Aboriginal custodians of our land, other cultures and celebrating our Australian culture with the song '*I am Australian*' (We are one and we are many and from all the lands on earth we come. We share a dream and sing with one voice: I am, you are, we are Australian).



The children have shown a genuine interest in learning more about the Craitbul sensory trail at Kindy. They have added plants to the native garden and made signs at the woodwork area. We will continue to learn more about the local Dreaming story of Craitbul and hope to have a visit from an Aboriginal Elder for storytelling. You may like to take your family to see the free volcano film at the Main City Corner.

Artistic expression

Deborah Rogers is currently working with the children in utilising woollen techniques to make felt (alternate Tuesday and Wednesday). The children are also working with clay and learning about the meaning of Aboriginal art symbols.

Environmental awareness

Re-setting up our wormery and recycling food scraps – learning about the types of food that worms eat.

Well-Being

Dental Health

Celebrating Dental Health week with a fun tooth brushing centre for the children to practise squeezing out toothpaste, flossing and brushing.

Sensory experiences

- Clay creations
- Playdough / pizza dough

Fine motor skills:

- Spiral and circular art patterns with crayon
- resistance art work

Gross motor skills:

- Participating in a variety of sporting challenges associated with football skills

Effective Communication

Literacy: Articulating their feelings and being assertive to speak up about their safety.

Vocabulary: Extending the children's descriptive language to describe the taste and texture of vegetables (sweet, sour, smooth, bumpy, spikey, round, plump, pointy, kernels, pods)

Listening skills: Beanbag songs and activities

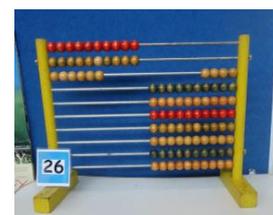
Bookweek storytelling and activities at Mulga Street PS. Book: 'Nannie loves'

Numeracy: Concept of shape / patterning

Recognising patterns all around us such as the star pattern inside an apple, our square paving and patterns in clothing. Making circular mural designs with attribute shapes.

Concept of number

Counting with the abacus – concept of tens and ones E.g. 26 can be represented by 2 rows of ten beads and 6 ones



Celebrating Science Week

Developing curiosity, wonder, investigation and theories through experimentation with the properties of wind with pin wheels and bubbles. Other experiments include making milk rainbows and 'egg in a bottle'