

# Family Links

Samaritans Family Day Care and In Home Care Family Newsletter  
Term 2 2010

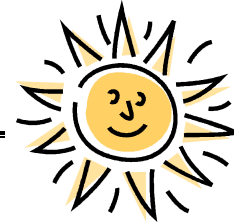
Coordination unit's Office hours are 9-3 Monday to Friday

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## Did you know?



- Every hour one billion cells in the body must be replaced. So this is why I am so tired!!
- The width of your arm span stretched out is the length of your whole body.

## **New carers available in Lochinvar and Quarrabolong**

### Thankyou

Thank you to everyone who donated goods to our drive for the Samaritans Emergency Relief Centre. The ER Centre caters for families who are in need of support for many different reasons, and provide vouchers for bill payments as well as food and sanitary items. Normally the Centre experiences a reduction in calls for help after the Christmas period, however this year the need for support has remained at the same level, resulting in the ER Centre running entirely out of goods. Your generous donation will go some small way to helping families in need; if you would like to make any further donations, please contact the Coordination Unit or the Samaritans Emergency Relief directly on 49221530.

## Relay for life

What a great event this was. It was the first time we have attended this event and we look forward to going again next year and perhaps even getting together a Family Day Care relay team?? Janine, Margaret and Cherie set up our Family Day Care stall and handed out bags of play dough and information to market the service. It was great to see so many Family Day Care families at the event and have them come and visit our stall and enjoy the play dough. Our special thanks to Pat Van Bezouwin, Pat Streitberger and Naomi Heuston who volunteered to make up some play dough bags for the event. They were well received and only a little melted in the heat. Speaking of the heat we must also thank Tim, Margaret's husband, for getting the quick shade from Singleton SES as we could not have stayed without it. It was a very hot day!



## CARROT & PARSNIP MUFFINS

15 minutes preparation

Olive or canola oil spray

¾ cup white self-raising flour

1 large carrot, peeled and grated

2 tablespoons grated Parmesan cheese

2 eggs, beaten

1 cup low-fat milk



3 serves of vegies in this recipe

1 cup whole meal self-raising flour

¼ teaspoon paprika or curry powder

1 parsnip, peeled and grated

2 tablespoons chopped parsley or basil

2 tablespoons oil

Preheat oven to 190°C. Lightly spray muffin trays with oil. Sift flours into a large bowl, returning husks to the bowl.

Add paprika and fold in carrot, parsnip, cheese and herbs. In a separate bowl mix eggs, oil and milk. Pour into the dry ingredients.

Lightly combine but do not over-mix. Spoon into a greased 12 - muffin tray and bake for 25 minutes or until golden brown and firm to touch.

## **Preparing for Kindergarten**

Parents/caregivers can do a lot to help prepare their child for Kindergarten before the big 'first day'. Below is a list of skills that will be useful for children starting Kindergarten. We recognise that not all children will have these skills as everyone develops at a different pace, so this is intended only as a guide so that starting school may be just a little easier. Encourage your child to attempt the things mentioned below, but don't worry if your child can't do all of them.

### **Language**

- talks to other people about familiar objects and events
- answers and asks simple questions
- makes needs known
- follows simple instructions
- uses books for enjoyment or for looking at pictures
- identifies pictures in books, magazines, on television or video
- uses a variety of things (pens, pencils, textas, paintbrushes, sticks in the dirt) to draw to scribble or to write
- joins in singing familiar songs

### **Mathematics**

- recognises that numbers can be used to count
- uses words such as many, a lot, more, less
- identifies things in a group that are different
- sees differences in shapes
- differentiates between opposites - up and down, under and over, in front and behind, day and night

### **Personal /Social Skills**

- uses the toilet independently
- can say own name and address
- adapts to unfamiliar settings and new experiences
- can finish a task, and tidies up afterwards
- plays cooperatively with other children - shares and takes turns
- can sit still to listen to a story for a few minutes
- is curious about the world
- can share an adult's attention with several other children
- participates in imaginative play

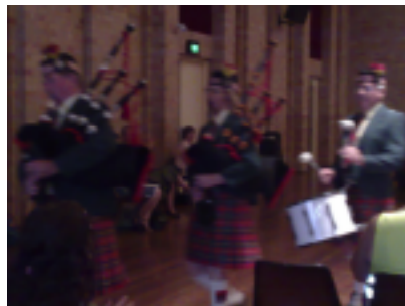
### **Physical Skills**

- uses scissors to cut along a straight line
- enjoys a variety of indoor and outdoor play
- can put on and take off jumpers, shoes, socks independently
- makes and designs things using a variety of materials

*Factsheet from Department of Education website: <http://www.schools.nsw.edu.au>*

## Harmony Day Concert

The concert was a great success thanks to all the hard work put in by staff in organizing this event. Special thanks to Kylie and Janine for organizing the performers and dealing with the pressure of some last minute drop outs and filling their places with some excellent performers. On the day we had over 300 children attend. The guests were treated to performances by: Singleton Pipes and drums, Erika Herbert's Flamenco dancers, Eastern Spirit belly dancers, Isabella Bailey from Singleton Bush Poets, Tyrone Hall's Aboriginal dance performance, the Burundi women's African dancers and Kate Morris who stepped up at the last minute and sang some beautiful Italian arias and led the national anthem. Staff set up some fantastic displays and the performers enjoyed a morning tea after the event. Recognition must also go to the Derek Partridge, our MC, who did a fantastic job of keeping the children involved. We were able to run the concert thanks to the funding grant we received from the Bridgeman Community Trust. We hope to run the concert next year in the Cessnock area and will apply for a community grant to help cover the cost of the event.



## 'Eye Spy' on CDO visits

### Reading together at Pat's



I noticed the children all stopped what they were doing and huddled together on the mat, they appeared to be waiting for something to occur. It was then I noticed Pat was moving toward the children with the local newspaper. The children enthusiastically discussed pictures on almost every page. They discussed many of the community's recent events and landmarks. Austin was especially interested in the local swimming pool, he said "that's my pool" and talked about his experiences when he

has visited the pool. Kennedy saw a horse picture and eagerly shared her memory of the time she fell off a horse and hurt her knee, she said, "it's better now". Jacob jumped to his feet when he saw a pest control advertisement excitedly saying "what kind of spider's that? I have those spiders at my house". Pat extends the children's knowledge of each pictured event or location by answering all the children's questions and making short statements relating to each picture. She extends the children's literacy skills by reading relevant information to the children directly from the paper. Pat explained, several months ago one of her OOSH children was excited their picture was in the local paper, together Pat and the children looked for the picture. During this experience the children discovered many other articles of interest in the paper. Reading the paper together has become a regular event at Pat's. *So simple and yet so much learning - brilliant.*



### Connections to EYLF (Early Years Learning Framework)

#### Children are connected with and contribute to their world (outcome 2) -

*Children develop a sense of belonging to groups and communities and an understanding of other reciprocal rights and responsibilities necessary for active community participation.*

This occurs when educators;

- Build connections between the early childhood setting and the local community.
- Provide opportunities for children to investigate ideas, complex concepts and ethical issues that are relevant to their lives and their local communities.
- Plan opportunities for children to participate in meaningful ways in group discussions and shared decision-making about rules and expectations.
- Ensure children have the skills to participate in group play and projects.

This occurs when children;

- Begin to recognise that they have the right to belong to many communities.
- Broaden their understanding of the world in which they live.
- Express an opinion in matters that affect them.
- Demonstrate a sense of belonging and comfort in their environments.

**Margaret**

## **Community Corner**

### **Sleep and Settle Newborns to 1 year Sleep Seminars**

Tickets: single \$60      Double \$110

Come along to prevent sleeping and settling problems or solve them!

**July:**      Wednesday 21/7/10 South's Leagues Club, Merewether

                 Wednesday 28/7/10 East Maitland Bowling Club, East Maitland

**October:**      Wednesday 20/10/10 South's Leagues Club, Merewether

                 Friday 22/10/10 East Maitland Bowling Club, East Maitland

**For bookings phone Sleep and Settle office on 49634460.**

### **INVITATION to "SOUNDS OF THE SPECTRUM"**

**Friday 14th of May at 7pm**

This is a fundraising event to raise much needed awareness and funds for Autism resources in our local Hunter schools, a subject that is close to all of our hearts. The event is being held at the Cessnock Performing Arts Centre and our goal is to fill the centre that means to sell 460 tickets!

It is set to be a great night, a variety spectacular with performances from well known comedian Fiona O'Loughlin, Australian Idol performers James Johnston, Thanh Bui and Amanda Streete, world famous magician Tim Ellis plus plenty more. The night will be hosted by NBN newsreader Natasha Beyersdorf and supermodel Chloe Maxwell.

Tickets are \$59 each (it is allocated seating) and will be on sale **NOW** from the Performing Arts Centre, you can book online or call the box office on 4990 7134.

This night is set to be an incredible night of music and laughter while raising awareness and funding for Autism.