

# GUMNUT GROVE



## Childcare Centre

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### Director's Report



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Belonging, Becoming  
and Being- All children  
experience learning that  
is engaging and builds  
success for life.

Welcome to our Gumnut Grove News. What a busy time we are having preparing for Easter, the children are enjoying our Easter crafts and Easter songs and dances. The children are looking forward to the Easter Hat parade on Thursday 29th March at 2pm. **The children are invited to make and bring along an Easter hat**, where we will sing a variety of Easter songs which we have been practicing followed by a parade with hats. All parents are invited to come and watch and admire the beautiful hats.

The Chocolates are selling well, thank you to those families who have taken a box to sell, we really appreciate families supporting this fundraising.

As of Tuesday 3rd April I am taking long service leave so I will be away till Wednesday 9th May. If you need anything please do not hesitate to speak to Ange who will be in charge in my absence.

We are looking forward to Mr Bamboozle show next week and the big bag show the following week. We try to swap the days of our incursions so as the children get to experience different performances throughout the year. The children who attend on a Tuesday have been experiencing Gecko sport which has been great the children are enjoying our sport sessions. Next term they will be coming a different day so as another group of children experience this wonderful program.

Kind Regards

Meghan

## Play dough Recipe

Ingredients:-

4 Cups Plain Flour

3/4 Cup Salt

1 Large dessertspoon cream of tartar

1/3 Cup oil

3 Cups boiling water

Colouring

Method:-

Mix flour, salt, cream of tartar and oil together, and then add water with colouring. Mix together in a bowl as it will be quite gluggy. Begin to knead in the bowl then turn out onto the bench and knead again.



## Clare's Recipes

### Coconaty Fruit Cookies

#### Ingredients:

2 eggs  
1 Cup packed soft brown sugar  
1/2 cup granulated sugar  
1 teaspoon vanilla extract  
1 cup of oil  
1 1/2 cups wholemeal plain flour  
1/2 cup wheatgerm  
1 teaspoon baking powder  
1/2 teaspoon bicarb soda  
2 cups rolled oats  
3/4 cup desiccated coconut  
1 cup dried fruit (currants, cranberries, sultanas)

#### Method:-

Preheat oven to 170 degrees, line baking trays with baking paper.

Beat eggs, sugars and vanilla in a large mixing bowl using an electric mixer. Gradually add oil, beating until well combined. Thoroughly stir together flour, wheatgerm, baking powder and soda. Add to egg mixture, stirring till combined. Stir through oats, coconut and fruit.

Shape mixture into balls, and flatten on trays. Bake for 12-15 minutes until golden, remove from trays when cooled. Store in an air tight container.

Enjoy!!!!

### One Pot Beefy Macaroni

500gms Macaroni  
4 rashers middle bacon diced  
500-700gms mince  
1 onion finely diced  
1 tin tomato soup  
Pinch salt  
1 Tablespoon beef stock

#### Method

Boil and cook macaroni pasta, then fry in a pan bacon, mince and onion until brown, then add tomato soup, salt and beef stock. Add macaroni and mix in frypan or pot and place in pyrex dish and bake in oven for 30 minutes. Serve with steamed veggies.

## **Food Awareness Activities**

By helping to prepare food for eating, children can develop and refine various motor and coordination skills. Food handling skills need to be tailored to the level of muscular development of the young child. Consider the choice of kitchen tools appropriate to each child.

Plan activities that will minimise adult participation. Adults should be prepared to give positive instruction or provide hints on how to get the job done.

### Two year olds

Big muscles: for example the arm

- \* Scrubbing, wiping, mopping- vegetables, bench tops, floors
- \* Tear, break, snap- lettuce, cauliflower, green beans
- \* Dipping- Use fresh fruit and vegetables from the tear, break and snap activity

### Three year olds

Medium muscle : for example the hand

- \* Wrapping- Vegetables in foil or dough around filling
- \* Pouring- Liquid into sink or sand base to begin with. As skill develops children could pour liquid from a jug into a tumbler. Mark the side of the tumbler to show children when to stop pouring. Children should clean up their own spills.
- \* Mixing- Easy to mix batters
- \* Shaking- Use a small jar to shake whipping cream until butter is produced. Shake coconut and food colouring in a jar to tint coconut.
- \* Spreading- Use a dull knife or spatula to spread bread.

### Four year olds

Small muscles: for example the fingers

- \* Peeling- Hard boiled eggs, oranges, mandarins, bananas
- \* Rolling- A round shape between two hands such as meatballs, dough balls
- \* Juicing- Use a hand squeezer
- \* Mashing- Use forks or hand held mashers (not electric) to mash vegetables or fruit.

### Five year olds

Fine muscle co-ordination

Measuring- Using spoons and scales

Cutting- Using dull knives and semi- soft foods such as bananas, cooked potato and cheese.