

GUMNUT GROVE



Childcare Centre

Volume 2 Issue 5

May 2018

Director's Report

Welcome to our May edition of Gumnut Grove.

Last week we celebrated Mother's day with a beautiful morning tea, it was wonderful to see so many Mums, grandmas, great grandmas and significant people in the children's lives join us for a yummy morning tea and some beautiful songs that the children had been practicing to sing. A big thank you to all the staff for preparing and cooking the delicious morning tea for everyone to enjoy.

Last week we also had a movie night fundraiser which was absolutely fabulous a big thank you to the staff and Committee members that helped with organizing this event, cooking, or kind donations they were very much appreciated. A thank you must go to Kathryn Eastlake from Country Bunches for donating a raffle prize and Harvey Norman Patricia Reynolds for also donating a raffle prize for the night. A big Thank you to Rebecca Jones from Lime and Soda for helping us with selling tickets your support and help was very much appreciated. And lastly a big thank you to those families who supported this event we raised \$2211 which was a great effort. This money will go towards a defibrillator for the centre, solar panels and some buggies for the Caterpillar Room to venture out on excursions. Along with money that we made from the chocolates. We still have chocolate boxes available for sale if anyone can assist us in selling some more. Your help would be greatly appreciated!!

Kind Regards

Meghan Pratt

Director



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Caterpillar News

Butterfly News

Recipe

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

Information for our families

New Child Care Package - families (from 2 July 2018)

From 2 July 2018, Australia will have a New Child Care Package. Under the new package, the Child Care Subsidy (CCS) will replace the existing Child Care Benefit and Child Care Rebate. CCS will be the main way the Government assists families with their child care fees.

CCS will be supported by the Child Care Safety Net, which aims to give the most vulnerable children a strong start, while supporting parents into work.

What do I need to do?

Families should start thinking about how the changes may affect them.

Families currently using child care have probably already received details about the changes and we will be sending out in the next week step by step instructions of what you need to do.

Child Care Subsidy

The Child Care Subsidy is the new way the Government will assist families with their child care fees.

Estimating Child Care Subsidy

A Family Child Care Subsidy Estimator is available to make it easy for families to get an idea of what their new subsidy might be under the New Child Care Package.

The estimator is user-friendly and only takes a few minutes to fill out.

Child Care Safety Net

The Child Care Safety Net will give the most vulnerable children a strong start, while supporting parents into work.

Please Bear with us as our whole system is changing and Im sure there are going to be issues arising with this system changing which links with Centrelink. But please come and see either Donna or Meghan if you have any concerns.

Maggie Dent

Date: Saturday 30th June 2018

Time: 2pm Parent session

Venue: Grenfell Bowling Club

Cross St Grenfell NSW 2810

Cost: \$25 per ticket

Tickets: www.ticketebo.com.au/grenfellpreschool

Inquiries: www.ticketebo.com.au/grenfellpreschool

mail@grenfellpreschool.com.au or phone 63431743



Commonly known as the queen of common sense Maggie Dent has become one of Australia's favourite authors and educators with a particular interest in the early years, adolescence and resilience.

In this seminar she will present practical, common sense ideas and strategies to make small changes in your home, classroom/centre which will make a big difference to your children's cognitive, physical, psychological, emotional and social health later in life. Maggie will explore her common sense, practical model of 10 building blocks for children birth to 12 years.

Tickets for this event can be accessed from www.ticketebo.com.au/grenfellpreschool

Clare's Recipes

Meat Balls in Tomato sauce

Ingredients

500gms Fine Mince
1 Large Onion- finely Chopped or 1 teaspoon onion flakes
¼ cup Bread Crumbs
1 egg
1 teaspoon sugar
½ teaspoon salt
Pinch of mixed herbs
1 Large can (Big Red) Tomato soup
1 teaspoon oregano

Method

Make meatballs by combining mince, onion, breadcrumbs, egg, sugar, salt and mixed herbs. When the ingredients are combined roll the mixture into balls and place in a casserole dish.
Pour over soup and sprinkle with oregano. Cover and cook in a moderate oven for 1 ½ hours. Serve with vegetable pasta.
Enjoy.

Chicken layer Bake

Ingredients-

1 Dessertspoon butter
3 Dessertspoon P. Flour
1 litre milk
1 Dessertspoon chicken stock
1 Cold chicken
½ medium onion- diced finely
1 Tsp Parsley
Risoni (a type of pasta)
Tasty grated cheese

Method:-

Make white sauce with butter, flour and milk. Add chicken stock. Break the cold chicken up into small skinless pieces. Add chicken, parsley and onion to the white sauce and stir. Pour into a casserole dish. Sprinkle with Risoni and tasty cheese. Cook in Moderate oven.



Real Kids in an Unreal World

What is resilience?

Resilience refers to the ability of a person to successfully manage their life, and to successfully adapt to change and stressful events in healthy and constructive ways. It is about survivability and “bounce-back-ability” to life.

A universal capacity which allows a person, group or community to prevent, minimize or overcome the damaging effects of adversity.”

— The International Resilience Project, 2005

Why is resilience so important in today's modern world?

Young people have always needed effective coping skills, however the modern world is more challenging than ever before, and many young people have fewer resources to deal with adversity than in previous generations. Our main concerns today involve the increasing numbers of our young who are depressed, suicidal and engaging in maladaptive coping strategies such as substance abuse and anti-social behaviour.

Characteristics of resilient people

- Ability to bounce back and recover from almost anything.
- Optimistic and flexible thinking skills.
- Have a, 'where there's a will, there's a way' attitude.
- Tend to see problems as opportunities to learn and grow.
- Ability to hang in there, or persevere and persist.
- Have a healthy, authentic self esteem.
- Capable of setting clear, realistic and attainable goals.
- Have a healthy social support network.
- Seldom dwell on the past or the future.
- Have well-developed emotional and spiritual competence.
- Learn from previous challenges and mistakes.
- Have a capacity for detachment.
- Have a well-developed sense of humour.
- Have meaningful involvement with others or their community.
- Treat themselves and others with respect.
- Have problem-solving and conflict resolution skills.