



Date: Monday 9th October
2023

Creative Nook Early Learning Centre

Newsletter

Upcoming events:

Grandparent's Day :

Thursday 26th October
2023

Graduation Party :

Friday November 24th
2023

Dear parents,

Welcome to our second newsletter.

Its been a year since we took over from Kids Kinder and We are so proud to see how far we have come along. We feel that, our relationship with our families and children is thriving. We have improved the way we provide care and support to children and families. We hear what you say and change our practice to suit your children and their needs.

Our Playgrounds will be going through some much-needed changes soon and we can't wait for you to see the changes.

Regards,

Khushboo.

Staff Changes

As you may noticed that we had few staff changes recently. This is to ensure that all children are provided with appropriate care and education at Creative Nook. As we are going through trial and training phase with new educators, you will also notice new faces.

This may affect the ways we write our stories in STORYPARK or communicate with you. Please rest assure that we are working on improving these small issues with new educators as they get used to Creative Nook's philosophy, our ways of operating and communicating with families.

This will be great time for you all to provide me with feedback on new educators and changes that you may have noticed and we will be happy to listen to you and make the changes as needed.

During this transition time, we will appreciate your support.

I want to assure you that all children are cared for the same way that Creative Nook educators should and we will continue to improve our practice.

Last Chance to Re-enroll

I have emailed earlier to all families, our re-enrollment form to ensure that you secure the spots for your children for next year. It is a legal obligation for all existing families to complete the re-enrollment forms whether you are moving on to big school or continuing care with us for same days in 2024.

Our spaces are filling fast and we already have a waitlist for next year.

Please do not miss that chance to re-enroll your children for 2024.

If you would like hard copy, please request one.

Last day for Enrollment is Friday 13th October. Then the spaces will be given out to families on the waitlist.



Munch and Move is a program developed by NSW health for all schools and early childhood sector.

Here are some ways you can get involved in our Munch and Move program at home.

TRY at Home

Vertical Drawing:

Encouraging children to stand and play in vertical spaces is important to support their muscle development.

- Draw with chalk or paint water on the outside walls or fences.
- Use magnets on fridges.
- Or use craft materials on contact papers on the wall for young children.

KIDS IN THE KITCHEN

Involving children in food preparation can be a great way to bond and learn together

Children who are involved in preparing food are more likely to try that food - a great tip for fussy eaters!

It is also a great opportunity for children to learn about new foods

YOUNG CHILDREN CAN:

- Wash fruit and vegies
- Add pre-measured ingredients
- Stir and sprinkle

OLDER CHILDREN CAN:

- Use measuring cups and spoons
- Help use kitchen scales to weigh out ingredients
- Prepare easy to chop ingredients with a children's knife

Recipe of the Month



Steak Fajita

Ingredient:

2 tsp smoked paprika	Cooking spray
2 tsp dried Oregano	1 red onion
1 steak 1 bell pepper	1 yellow capsicum
1 ½ tsp ground cumin	8 tortillas
1 teaspoon brown sugar	¼ cup chopped coriander
¼ ground pepper	

Cooking Method:

- Combine paprika, oregano, garlic powder, cumin, brown sugar, salt, black pepper, and red pepper in a small bowl. Rub 2 tablespoons spice mixture evenly over steak.
- Heat a grill pan over medium-high heat. Coat pan with cooking spray. Add steak to pan; grill 5 minutes on each side or until desired degree of doneness. Place steak on a cutting board; let stand 10 minutes. Cut across the grain into thin slices.
- Combine remaining 2 1/2 teaspoons spice mixture, onion, and bell peppers in a bowl; toss to coat. Arrange onions and peppers on pan; grill 5 minutes on each side or until lightly charred. Remove vegetables from pan. Add tortillas to pan; grill 30 seconds on each side or until lightly browned.
- Divide steak and bell pepper mixture evenly among tortillas. Top with chopped cilantro. Serve with lime wedges, if desired.

Upcoming Events

Grandparents Day

Thursday 26th October 2023

At 10:30 am onwards

- Come and join us and celebrate grandparents their love for their Grandchildren.
- Share treats and Morning tea
- Join in some fun activities and cooking experiences with children.

Halloween Celebration

Dress up day:

Friday 27th October and

Tuesday 31st October

- **Lots of fun activities for children.**

Future Learning:

- Introduce animals and their sounds
- Explore more experimental play – cause and effect

0-2 Room :

In our 0-2 Room, the children have been very busy engaging in fun activities in past month.

Our focus was healthy eating and encouraging children to eat healthy and be active. This all started as we celebrated health week in August. The children were engaged in lots of different activities to support their understanding of good food and active play.

Tasting new fruits and vegetables, engaging in variety of cooking activities and playing with food were some of the activities that the children enjoyed. The best part of rainbow potato mash that children explore through their senses of touch, smell and taste.

Happy Birthdays:

Dinaya

We also took part in book week and father's day celebrations.

The children were exposed to many new books during the book week. The books allowed us to see what children are interested in what they like to read. We noticed that they enjoy books with sensory touch and feel and so we used lots of books to support their needs.

We continued to support the children's self help skills as many of our children began to show interest in toileting. Going to the toilet and sitting on it is the most exciting part. We cant wait to see our little babies grow and become toilet trained toddlers.

Regards,

Miss Vidushi and Miss Phoebe xx

2-3 Room:

Future Learning:

- Introduce variety of fine motor skills- threading, scissors skills.
- Interest based activities for children
- Toilet training for children

As Miss Eisha resigned, Miss Sina and Miss Zarqa provided children with opportunities to learn and grow and develop long lasting relationship with each other and educators.

In the past few months, the children have been very busy engaging in more social and dramatical play. At this age this type of play is so important to develop social skills and language.

During August and September month, we took part in two big projects. Animals and healthy eating.

The healthy eating began as the children showed interest in cooking in the home corner and pretending to feed their educators cakes and pizza. We wanted to teach children that there are healthy food and sometime food so we encouraged children to participate in variety of activities.

Happy Birthdays:

Kamo

Noah

Thuwaybah

The best way to begin was to introduce children to “The very Hungry Caterpillar” The book allowed the children to see how caterpillar eats all food and gets a stomach ache and eating a leaf makes it feel better. We learned that cake is sometime food while eating fruits, pasta and chicken is healthy. We engaged in cooking experiences like making milkshake, juicing oranges and making healthy sandwiches.

We also explored sometime food through sensory bin sorting and shopping trolley game. The children had lots of learning opportunity to explore.

In September, the children showed interest in insects as we were finding lots of beetles in our outdoor play area. The children had opportunity to explore bugs through variety of inquiry based activities. Sensory trays were our favourite way to explore bugs. The children enjoyed creating bugs and insects through art and craft sessions as well.

The children continued to explore shapes, letters and numbers to through variety of play.

*Regards,
Miss Sina and Miss Zarqa xx*

Future Learning:

- Excursion to school to support transition to school.
- Explore children's Interests in blocks and sensory play.
- Continue with school readiness program with Lunch box month.

3-5 Room:

In the past few months, we have been looking for amazing educators who can support the children's development and care for them appropriately.

Meanwhile, Miss Khush has taken over the preschool room curriculum and school readiness program to enhance children's transitions skills before they graduate to go to big school.

We decided to focus on variety of activities during the month of August and it was all about school readiness. Oh ! the children had so much fun taking part in some fun filled learning activities.

The school readiness is all about being independent, socially and emotionally capable learners so we can focus better academically. We practiced our fine motor skills through threading and cutting and building . We learned about patterns, numbers and letters through variety of play based experiences.

The children had a visit from Dentist and Healthy Harlod, to start the conversation about eating healthy and staying healthy.

We talked about big feelings with Harold and understood the importance of mental health. The children ow practice their breathing and meditation each day before they begin their learning. This allows our most active children to calm down and think about the day ahead of them.

As the month went on, the children also showed interest in open ended play. Tangram was our favourite activity that children liked.

Our 4 years old children had a visit from NSW Health Nurse to check their eyes and STePS also helped children see the importance of eyes and not watching too much TV at home.

Overall, the children had many learning opportunities to support their social, emotional and cognitive growth.

Regards,
Miss Nisha, Miss Fiona and Miss Mary xx

-----The End.

Happy Birthdays:

Ava

James

Taniela

Unitoni

Valerie

Aria











