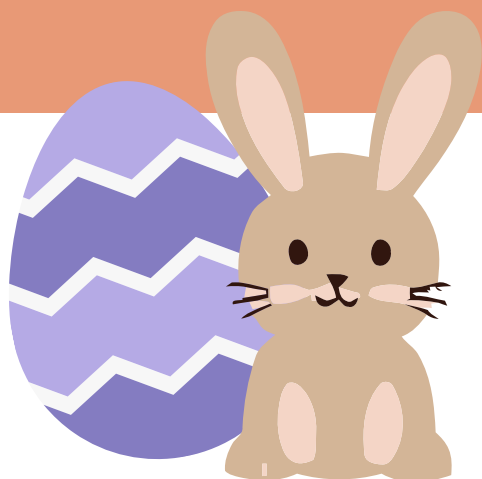


CPELC NEWSLETTER



**WE HOPE
EVERYONE HAD
A LOVELY
EASTER BREAK**



CPELC UPDATES AND REMINDERS

Thank you to everyone who came and participated in our Easter Hunt and raffle. A special thank you to all those who donated and helped source our raffle prizes. Together we raised a total of \$1278. These funds will be divided up between our four rooms to purchase new resources.

Keep an eye out for how the educators spend this within each of the rooms!

Wet Weather gear is still available for purchase, please see previous emails or speak to management if you wish to order anything.

UPCOMING DATES-

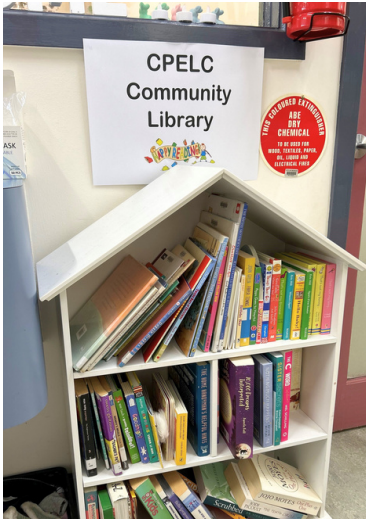
Friday 26th April - Babajin excursion to Oakleigh fire station and Waverley Park Lake Playground. Please ensure you have read through and filled out all necessary forms for your child.

Police visit to CPELC - Tuesday 7th May

Mother's/ Special Persons Evening - Wednesday 8th May

COMMUNITY LIBRARY

Just a quick reminder that our Community Library is continuing to run at the front of the centre. It is located in the house shaped bookcase in the foyer. It's been great to see families borrowing books and enjoying them. It will be restocked at the beginning of term 2!! Don't forget the books are there for you to take and you can return it when your done our replace it with another. We are also always happy to take donations. Please come and see Rhiannon If you have any questions. Happy reading.



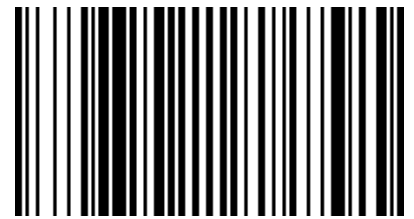
“In the case of good books, the point is not to see how many of them you can get through, but rather how many can get through to you.”
- Mortimer J. Alder

We are collecting bottles and cans for the 10c refund, so please bring in any used bottles or cans that can be added to our collection.



We have also registered with the CDS Vic as a donation partner for people to be able to nominate the centre for their funds from cans/ bottles.

Our Zone ID Barcode:
C2000010836



Find your nearest refund point here:
https://cdsvic.org.au/?gad_source=1&gclid=EAIaIQobChMI3f-woMaxhQMVYYNLBR0qRgrcEAAYAiAAEgleb_D_BwE

UPDATING OUR PHILOSOPHY

Current 2024 updated philosophy

Columbia Park Early Learning Centre is a community based non for-profit Centre.

Children are viewed as competent and capable learners who are given opportunities to construct their own understandings and contribute to the learning of others.

The children and families collaborate with our long-term professional teaching team in decisions including each child's educational goals.

Our community values environmental and sustainability education and we embed this in practice, programs, and policies so that children take on responsibilities as global citizens.

Our educational play-based program embeds weekly nature explorers.

The rights of the child underpin all practice including their safety, health, wellbeing as we educate them to become responsible active citizens.

In our inclusive community, diverse circumstances and cultural heritage including Australia's Aboriginal and Torres Strait Islander cultures are acknowledged, respected, valued and celebrated.

Columbia Park Parent Management Committee collaborates with management and teaching teams who are dedicated to exceeding outcomes for all children, families, and our wider community.

RICHARD'S HOMMUS RECIPE

400g Can of chickpeas (keep liquid aside)
2-3 cloves of Garlic
1 lemon, juiced
3 tbsp tahini (not used in the centre recipe)
1 tbsp olive oil
salt and pepper
1 tsp ground cumin



Process all ingredients in a food processor adding the liquid from the chickpea can until desired consistency/ smooth paste.

IS SLEEP TRICKY IN YOUR HOUSE?

Sleep time can be difficult with young children. Read the factsheets below for some useful tips on bedtime routines.

<https://www.qec.org.au/uploads/documents/Helpful-Resources/Sleep-Play/Factsheet-9-Toddlers-1-to-3-years-positive-sleep-patterns.pdf>

<https://www.qec.org.au/uploads/documents/Helpful-Resources/Sleep-Play/Factsheet-5-Toddlers-2-to-3-years-typical-sleep-behaviour.pdf>

NEW CHILD SAFE STANDARDS

The new Standards set out minimum requirements and outline the actions organisations must take to keep children and young people safe. They provide more clarity for organisations and are more consistent with Standards in the rest of Australia. The things organisations already do to keep children and young people safe will help them be compliant with the new Standards.

What will be different?

Although similar to Victoria's current Child Safe Standards, key changes include new requirements:

- to involve families and communities in organisations' efforts to keep children and young people safe
- for a greater focus on safety for Aboriginal children and young people
- to manage the risk of child abuse in online environments
- in relation to governance, systems and processes to keep children and young people safe.

COMMITMENT TO CHILD SAFETY

Columbia Park ELC is committed to safety and wellbeing of all children and young people. This will be the primary focus of our care and decision-making.

CPELC has zero tolerance for child abuse.

CPELC is committed to providing a child safe environment where children and young people are safe and feel safe, and their voices are heard about decisions that affect their lives.

We are dedicated to the training of our staff in reportable conduct and being aware of the signs of child abuse,

Join our committee for 2025

We are seeking expressions of interest from families to join our management committee. Please contact committee@columbiaparkelc.com.au if you have any questions

Sustainability News

We have had a great start to 2024. The children are showing an interest in the environments we are in. We have been exploring the mini beasts in the play spaces outside and learning about protecting them and the environment they live in.

We had discussions with the children over the summer about being water wise. While the children have been playing with the water we have discussions about are how we are using the water in our play and that we need to turn taps off when we have finished washing our hand, playing with water and filling up buckets.

We have had discussions with Monash council about replanting in the park that we go to bush explorers which is wonderful and we will be planting some plants a little bit late They have asked us to look after it by picking up rubbish and pulling out the weeds.

We appreciate the bread bags and fruit bags that the families are bringing in. Please keep sending them in .

Our recycle boxes and construction materials we do love them but can we please not send in super large boxes as the parents find it hard to take home the amazing construction.

If anyone has paper they would like to donate we would love it for masterpieces of art.

Thank you all for your support .



THE 11 CHILD SAFE STANDARDS

The eleven Child Safe Standards, stated in Ministerial Order 1359, guide our approach to child safety. These are outlined below.

Standard 1 – Establish a culturally safe environment in which the diverse and unique identities and experiences of Aboriginal children and young people are respected and valued.

Standard 2 – Ensure that child safety and wellbeing are embedded in school leadership, governance and culture.

Standard 3 – Children and young people are empowered about their rights, participate in decisions affecting them and are taken seriously.

Standard 4 – Families and communities are informed and involved in promoting child safety and wellbeing.

Standard 5 – Equity is upheld and diverse needs are respected in policy and practice.

Standard 6 – People working with children and young people are suitable and supported to reflect child safety and wellbeing values in practice.

Standard 7 – Ensure that processes for complaints and concerns are child focused.

Standard 8 – Staff and volunteers are equipped with the knowledge, skills and awareness to keep children and young people safe through ongoing education and training.

Standard 9 – Physical and online environments promote safety and wellbeing while minimising the opportunity for children and young people to be harmed.

Standard 10 – Implementation of the Child Safe Standards is regularly reviewed and improved.

Standard 11 – Policies and procedures that document how schools are safe for children, young people and students.

THE RESILIENCE PROGRAM

This year we are partnering with The Resilience Project (TRP) to deliver their 2024 Early Years Wellbeing Program. The Resilience Project offers emotionally engaging programs to schools and early years services– providing practical, evidence-based, positive mental health strategies to build resilience and happiness.

With the current state of youth mental health in Australia, now it is more important than ever to focus on our mental health. As part of the program, each child will receive their own TRP Early Years Journal with activities and experiences designed to promote four practices- gratitude, empathy, mindfulness and emotional literacy (GEM). Over the course of the year, your child(ren) will work through the GEM sessions with their teachers and educators and complete activities in their journal.

Including Families

Family involvement in TRPs Early Years Program is integral to the success of the program. There are plenty of inclusions for your whole family as we focus on positive mental health.

Parent and Carer Hub

Your family is invited to access the [TRP Early Years Parent and Carer Hub](#) where you will find information on the GEM principles Gratitude, Empathy, Mindfulness and Emotional Literacy as well as activities you can engage in at home.

Cozy Koala

Your child will have the opportunity to bring home Cozy Koala at least once throughout the year. Cozy Koala comes with his own journal and when your child brings Cozy home, your family will engage in a GEM activity, allowing you to focus on and share your own wellbeing practices. Your child will bring Cozy back to the service and share their adventures with their teachers and peers.

Authentic Connection- Live Webinar

On June 6th at 6.30pm (Melbourne time) you will be invited to a live Authentic Connection webinar for Early Years Parents and Carers with Hugh van Cuyleburg. Hugh is also a parent of young children and will talk about ways to support the mental health of your whole family in his fun, high energy presentation.

Try It At Home Activities and Project +

You will receive Try It At Home activity sheets and Project+ Newsletters each term with information and ideas to practice GEM in your home with your children and families.

Community Projects

Once per term TRP will initiate a Community Project focussing on one of the GEM principles for us to engage with as a whole service. Your family will be invited to participate and contribute to the project.

If you would like some more information about The Resilience Project please visit their website <https://theresilienceproject.com.au/>

COOBAAROO NEWS

We are excited to share some beautiful updates and highlights from term one. We are thrilled to report that all the children have settled beautifully into the room. They have formed trusting relationships with both their educators and peers. This sense of belonging and connection is crucial for the children's overall wellbeing and development. Our centre strongly believes in providing a program based on children's development and interests. This term, we have been listening closely to the voices of our children, observing our children's interests and abilities and encouraging them to participate in the design of our program. The children actively engaging with the activities and inputting their ideas using verbal and nonverbal language in our programs has led to rich and meaningful learning experiences. This also reflected that our children had increased confidence in the Coobaaroo Room. We are delighted to see an increase in the use of verbal language among the children. They communicate with their peers and educators, engage in conversations, and cooperate during playtime.



We have had the pleasure of celebrating several cultural events with the children this term. We enjoyed the Chinese New Year celebration, made dumplings, and had a Chinese fan dancing incursion by Cindy. The children had the opportunity to try on traditional Chinese costumes and learn nursery rhymes in Chinese. In addition to Chinese New Year, we celebrated Harmony Day, Easter, and Australian Day. These celebrations provided valuable opportunities for the children to learn and respect different cultures.



“Anything that can be taught in an indoor playground can be taught outdoors. Often in a more enjoyable way for children.”

Cathy James

The children have been having a blast during our natural exploration sessions. These sessions are designed to provide opportunities for the children to interact with and explore the natural world around them, fostering a sense of wonder and curiosity. They engage in sensory exploration by touching, smelling, and observing natural materials like mud, leaves, stones, and feathers. We also organize activities like making campfires, playing peek-a-book, and birdwatching, allowing children to connect with nature. Recently, we introduced the Acknowledgement of Country into our natural exploration, explaining its meaning and emphasizing the importance of respecting Indigenous cultures in a way that young children can understand. Acknowledgement of Country is a practice that acknowledges and pays respect to the traditional custodians of the land on which we gather. It is a meaningful way to recognize Indigenous people's ongoing cultural connection to their land, culture, and heritage.



MIRRIN NEWS

The children are settling and starting to build friendships with their peers and educators. We have enjoyed exploring the outdoor area and learning how to use the equipment and take safe risks. We have seen the children engage in a range of different activities and already have seen their skills growing, particularly when it comes to constructions, art and playdough.

The children have been developing and working on their self help skill in the room. They are serving themselves, getting themselves ready for rest times, helping with their own sunscreen and other things around the room.

We have been enjoying our visits to Nature Explorers over the term where the children have the opportunity to engage with the natural world and explore their surroundings. They have been learning to climb the trees, looking for insects and even saw some Tawney Frog mouths having a rest. We have seen the children engaging more and look forward to what the rest of our visits will bring.



We have had a visit from Tul, Tul who is an Aboriginal person. They taught us about their Aboriginal culture and heritage. They invited the children to touch a Possum Skin and explained to us that the skin is used for their babies, as blankets as it's soft and warm. They then engaged the children in singing 'Head, shoulders, knees and toes' in the Wurundjeri language Woi-wurrung (They are our traditional land owners), 'Gawang = head, Bagarru = shoulders, Barring = knees, Jinang = Toes, Mirring = eyes, Wurring = ears, Wurrung = mouth and Gaang = nose' the children had a lovely time copying Tul and repeating the words after them. It was then story time, Tul read 'Welcome to Country', they talked about the different animals in the scene and explained the meaning behind the animals and they also asked the children what they saw. The children enjoyed the visit.

We have celebrated Lunar New year, St Patricks Day and Easter so far this year with a range of different activities set up to help us talk about the celebrations and learn more about the different cultures that make up the room and the centre as a whole.

We have also started our compost bin outside and gotten new worms in the worm farm. We are seeing the children's ongoing interest when it comes to these sustainable practices and they are enjoying watching the veggie garden grow also. We will continue to follow the children's interest in this area as it is also a great way to foster their interest in the natural world and what impacts they can have on it.



*“You can't use up creativity. The more you use, the more you have.”
-Maya Angelou*

WOOLERT NEWS



Welcome to the Woolert Room for 2024! We have had a fantastic Term 1 with so much happening. The children have spent their time getting to know their new environments, educators and peers. They are continuing to develop strong relationships and peer groups.

We have had a focus at the beginning of the year on emotions and feelings. We have had many group discussions about what feelings are and how they look on different people. We have talked about what we can do to help process those feelings with a focus on being kind, gentle and caring towards others. We are also implementing opportunities for mindfulness in the room with us taking part in small group activities such as rainbow breathing and bubble breathing exercises. In term 2 we will also be beginning a program called the Resilience project. The program is all about teaching positive mental health strategies to prevent mental ill-health and build young people's capacity to deal with adversity, and it's been proven to work. Keep an eye out for more info coming soon...



Luna New Year Celebrations

We had a visitor named Cindy come to visit the Woolert and Babajin's room.

Cindy came to teach us about Lunar New Year and Chinese culture. She told us that Lunar New Year is a different date than our Western New Year and it is part of a 12-year cycle represented by animals, this year marks the year of the Dragon.

We then sang 'Twinkle Twinkle Little Star' in English before we learned some words to sing it in Mandarin. Some of the children who speak Mandarin at home were able to go up to the front with Cindy and sing.

She then told us a story about a little rabbit that was scared of the big bad wolf who wanted to come into his house, but he didn't open the door because he knew it was not his mother as she didn't sing her special song. We then had a turn at learning some of the words to the Mandarin song about it.

It was then time for Cindy to show us some Kung Foo moves. We copied as she demonstrated the moves. It was then time to watch the dancing. Cindy danced with different types of fans and an umbrella. Some of the children then had the opportunity to have a turn at doing with the fans. It was then time for some more songs and another story before the children had the opportunity to dress up in some traditional Chinese costumes.

WOOLERT NEWS CONTINUED



Nature Explorers

The children have had a great start to Nature Explorers this term. The children enjoyed going over to the park and spending time in the natural environment. They have been working on and continuing to develop their gross motor skills, climbing trees and balancing on the logs. They have also discovered so many amazing bugs and insects amongst the trees and the bark. We have also had keen eyes that spotted a baby possum in the tree and lots of birds. We even made a house with sticks that had been blown down in the storm we had a few weeks back.

A visit From Pallyan and Coobaroo.

We had a visit from the Son and grandson of Murrundindi, The Wurundjeri elder, come and visit us in March. They came and presented a lesson that focused on their language and we learned some Indigenous words, such as:



Wominjeka –Welcome
Gudjinna – Hello
Noon-Gudjin- Thank you
Triganin- See you later
Bunjil- Wedge tailed eagle
Mirram- Kangaroo
Wooterang- Platypus
Inga-Linga – Echidna



Swimworld Incursion.

Today we had a visit from Squirt and Emily from Swim world. They came to talk to us about being safe around water.

They talked to us about the importance of never going swimming on our own and then the children said we should have teachers or mums and dads with us. They spoke with us about being safe around different bodies of water such as at home around the bath and taps, lakes and rivers and at the beach. They also spoke about the importance of swimming between the flags when we go to the beach because that is where it is safe and lifeguards are watching. We then learned a new song about being safe around water.



BABAJIN NEWS



Lunar New year – endless learning opportunities occurred including engaging in Chinese fan dancing incursion, reading books, children sharing aspects of their culture as we engage in discussions. Learning about the colour red, Nian the dragon, they made dumplings and etched money and placed them in red envelopes, engaged in lion and dragon dances. Aswell as creating lanterns for the room and making dragons & lions.

RESPONSIBLE PET PROGRAM INCURSION- We learnt about dog safety and reflect on our learning prior to going to Nature Explorer and this incursion consolidated on their learning. Key learning- If a dog approaches you the safe thing to do it stand still with your hands by your side, look down and be quiet as a mouse, look down at the ground and wait until the dog has gone away. Then 2 take 2 small steps back and look around and go and tell an adult.

-We talked about when it is safe to pat a dog. Stop, Ask, Smell and Pat! Ask the owner; "May I please pat your dog!" Then make a fist and place your hands by your side. Walk in a curve like a smile and stand in front of the dog. let the dog sniff your fist; does it wag its tail? Does it lick your hand? Does it growl? Go to the side of the dog and pat between collar and tail. They practised the technique with Ziggy the dog.



“The more risks you allow your children to make, the better they learn to look after themselves.”
Roald Dahl



MURRINDINDI'S SON AND GRANDSON EXCURSION AND INCURSION

Murrindindi's (Wurundjeri Elder) son Pallyan and his Grandson, Coobaaroo, came into the centre on Friday and they engaged in a language class where they learnt some songs and clapped along with the clapping songs, names and actions of Australian animals- inga linga/ echidna, mirram/kangaroo, bunjil/eagle and woterang/platypus. They listened to the didgeridoo being played to highlight the actions and then went and learnt how to throw a boomerang. We will continue the learning and embed Aboriginal and Torres Strait Islander education into our curriculum.



BABAJIN NEWS CONTINUED

SWIMWORLD INCURSION

We had the Swimworld incursion and Squirtle came to visit. See [Kids Alive Do the Five - Kids Alive Do the Five](#) for endless resources and you can download an app. Includes books, songs, and I have attached the safety checklist. Key safety messages is: Never swim alone, swim between the flags at the beach, water safety and they sang the song; fence the pool, shut the gate, teach your kids to swim its great! Supervise, watch your mates, and learn how to swim straight.



Summer's on the way out, but the risks aren't.

We're calling together the City of Monash community and beyond to do our collective part in minimising drowning deaths in the state.




Drowning can strike in a flash, anywhere, anytime, so we're offering one free lesson and swim assessment to kickstart your child's swimming journey to safety and skill.

 **Swimworld
Glen Waverley**

52 Springvale Rd,
Glen Waverley VIC 3150

(03) 9560 4433

What are we offering?

-  One swim assessment
-  One free swimming lesson
-  Water safety confidence and skills to last a lifetime

SWIM MEMBERSHIP
START FROM **\$102***
PER MONTH

*Family/sibling discounts available

-  @swimworldglenwaverley
-  www.myswimworld.com.au

OUR VEGETABLE GARDEN AND CATERPILLARS – ONE HATCHED INTO A BUTTERFLY

-They were so excited to plant capsicum & capsicum seeds they got from Richard as they watch them in grow in the room and we also planted some into the veggie garden which they helped prepare. We are learning what seeds need to grow; sun, water, soil, air and space.

I found 9 caterpillars of varying sizes on my orange tree. This has sparked learning about the life cycle of caterpillars and moths/butterflies, how we care for living things and enhanced their observational skills. We read books, learning about insects (6 legs and 3 body parts) and singing songs. SO much joy and wonder when 2 formed a chrysalis/pupa and one hatched.

