



TERM 4 OCTOBER- DECEMBER 2023

CPELC NEWSLETTER

In the blink of an eye, we'll wave goodbye to 2023..

We'd also like to remind you that our centre will be closed from **Friday 22 December** 2023 until **Monday 8 January** 2024.
Children return in 2024 on Tuesday 9 January 2024!

Whether or however you celebrate during this period – we only wish for the very best for you and yours.

Thank you for choosing us for being part of your child's learning journey.

SUNSMART THINKING

Being outdoors in Victoria means we're exposed to some of the harshest and most dangerous levels of ultraviolet radiation (UV) in the world.

But while UV is a part of life, skin cancer doesn't have to be. With support from the Victorian Department of Health, SunSmart Victoria is launching a new skin cancer prevention campaign 'Don't Let Cancer In' to raise the awareness of the serious consequence of skin cancer and increase sun protection behaviours among Victorian men and women. This includes for priority population groups including men who are twice as likely to die from melanoma compared to women as well as those in regional areas who are 44% more likely to be diagnosed with melanoma compared to those living in major cities.

The campaign will highlight that repeated exposure to the sun's UV radiation can lead to skin cancer including the deadliest form, melanoma which can spread from your skin to vital organs. This exposure can be from everyday activities such as walking the dog and gardening or watching the kids in the backyard and reiterate the important message when you go out don't let cancer in. To increase sun protection behaviours, we will be reminding everyone to check the UV level before they leave the house and if it is 3 or above, to cover up.



AGM Wrap Up



We'd like to highlight some key points and achievements from the AGM:

Exceeding National Quality Standards

CPELC was assessed by Monash City Council and awarded an Exceeding rating in all seven quality areas defined by the National Quality Standard (NQS).

This recognition goes beyond the basic requirement for achieving Exceeding, which is:

To be rated Exceeding NQS overall, four or more Quality Areas must be Exceeding NQS, with at least two of these being Quality Areas 1, 5, 6 or 7. With no Quality Areas be below Meeting NQS.

The Quality Areas are:

- Quality Area 1 – Educational program and practice
- Quality Area 2 – Children's health and safety
- Quality Area 3 – Physical environment
- Quality Area 4 – Staffing arrangements
- Quality Area 5 – Relationships with children
- Quality Area 6 – Collaborative partnerships with families and communities
- Quality Area 7 – Governance and leadership

For more information please see: <https://www.acecqa.gov.au/assessment/exceeding-nqs>

Election of the new committee

We'd like to congratulate the following members on their appointments:

Executive Committee Members:

- President: Mahyar Nasabi
- Vice President: Sheyam Gunaratnam
- Secretary: Scott Che

General Members:

- Jingyuan Wei
- Medha Randhava
- Alexis Atkins
- Ellen Bamblett
- Liz McNamara
- Marianthi Galanis
- Stephanie Klavins
- Leanne Gelemanovic

We'd also like to acknowledge and thank the previous committee members for their time, hard work, and dedication to the Centre in the past year:

- Alla Levit
- Katie Broekhoff
- Ryan Broekhoff
- Jun Yang
- Melanie Stone
- Divya Singh

As always, a big "Thank You" to the CPELC Management and all the amazing staff, they've worked tirelessly to ensure that CPELC is and continues to be an "Exceeding Centre of Choice" in the local community.

(3) Other outcomes:

Through votes and ratification, some additional outcomes were achieved at the AGM:

- (a) Acceptance of the 2022 AGM minutes
- (b) Acceptance of the FY23 Audited Financial Report

Thank you to those of you who attended the AGM. We look forward to another wonderful year!



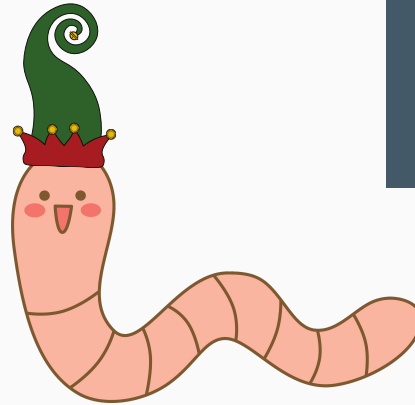
Sustainability

Throughout this term we have been focusing on setting up our new compost bins and worm farm, how exciting!

Our compost bins and worm farm are a fantastic and sustainable way to get rid of our food waste, and we are then able to use the worm castings and worm wee back in our garden as fertiliser and soil nutrition.

you may have also noticed that we have put some "Worm Wee" out for sale. Worm Wee is great for your garden, it is packed with highly beneficial nutrients and is the perfect organic fertiliser for your garden, it repels insects, and did we mention its totally organic - how great is that?! good for you, your family and your garden!

Through our sustainability projects within the centre we are aiming to provide children with the knowledge and independence to competently live and be as sustainable as they can in everyday practices they are familiar with.



What did the snowman say to the other snowman?

"Can you smell carrot?"

Educator's Christmas Celebration





From the Kitchen Lunchbox Ideas

FOR A HEALTHY LUNCHBOX **PICK & MIX** SOMETHING FROM EACH GROUP 1-6!



Developed in conjunction with the Achievement Program to support a whole-school approach to healthy eating.



FOR A HEALTHY LUNCHBOX **PICK & MIX** SOMETHING FROM EACH GROUP 1-6!

FRUIT 1	VEGETABLES 2	MILK, YOGHURT AND CHEESE 3	MEAT OR MEAT ALTERNATIVE 4	GRAIN AND CEREAL FOOD 5	WATER 6
<p>FRESH FRUIT</p> <ul style="list-style-type: none"> • Apple • Banana • Mandarin • Orange quarters • Passionfruit halves (with spoon) • Watermelon, honeydew, rockmelon chunks • Pineapple chunks • Grapes • Plums • Nectarines, peaches, Apricots • Strawberries • Cherries • Kiwifruit halves (with spoon) • Pear <p>MIXED FRUIT</p> <ul style="list-style-type: none"> • Fruit salad • Fruit kebabs <p>DRIED FRUIT</p> <ul style="list-style-type: none"> • Dried fruit, nut, popcorn mixes* <p>TINNED FRUIT/SNACK PACKS/CUPS</p> <ul style="list-style-type: none"> • In natural juice (not syrup) 	<p>FRESH CRUNCHY VEGIES</p> <ul style="list-style-type: none"> • Corn cobs • Carrot sticks • Capsicum sticks • Green beans • Cucumber sticks • Celery sticks • Snow peas • Tomatoes (e.g. cherry and Roma tomatoes) • Mushroom pieces <p>Can serve with either:</p> <ul style="list-style-type: none"> • Hummus • Tomato salsa • Tatziki • Beetroot dip • Natural yoghurt <p>SALADS</p> <ul style="list-style-type: none"> • Coleslaw and potato salad (reduced fat dressing) • Mexican bean, tomato, lettuce and cheese salad • Pesto pasta salad* <p>BAKED ITEMS</p> <ul style="list-style-type: none"> • Grilled or roasted vegetables • Wholemeal vegetable muffins or scones • Vegetable slice (with grated zucchini and carrot) • Popcorn <p>SOUP (In small thermos)</p> <ul style="list-style-type: none"> • Pumpkin soup • Potato and leek soup • Chicken and corn soup 	<ul style="list-style-type: none"> • Milk • Calcium-enriched soy and other plant-based milks • Yoghurt (frozen overnight) • Custard <p>Tip:</p> <ul style="list-style-type: none"> • Freeze the night before to keep cool during the day <p>Can serve with either:</p> <ul style="list-style-type: none"> • Cheese cubes, sticks or slices • Cottage or ricotta cheese • Cream cheese • Tatziki dip <p>Can serve with either:</p> <ul style="list-style-type: none"> • Fruit • Wholegrain cereal, low in sugar • Vegetable sticks • Rice and corn cakes • Wholegrain wheat crackers 	<ul style="list-style-type: none"> • Tinned tuna or salmon in springwater • Lean roast or grilled meats (e.g. beef, chicken, kangaroo) • Falafel balls • Lean meat or chicken patties • Tinned tuna or salmon patties • Lentil patties • Lean deli meats (e.g. ham, silver-side, chicken) • Boiled eggs • Baked beans (canned) • Tofu cubes • Hummus dip • Lean meat or chicken kebab sticks • Peanut butter* <p>Can serve with:</p> <ul style="list-style-type: none"> • Wholegrain sandwich, roll, pita or wrap bread with salad • Rice and corn cakes • Wholegrain wheat crackers • Side salad <ul style="list-style-type: none"> • Vegetable frittata • Skinless chicken drumsticks • Savoury muffins or scones (e.g. lean ham, cheese and shalot) • Homemade pizzas with lean roast or deli meats and vegetables <p>Can serve with:</p> <ul style="list-style-type: none"> • Side salad • Steamed or roasted vegetables 	<p>MAINS</p> <ul style="list-style-type: none"> • Wraps • Sandwiches • Rolls • Toasted sandwiches <p>Tip: Use breads such as wholemeal, multigrain, rye, sourdough, pita, flat, corn, mountain, lavash, white fibre-enriched, soy and linseed, herb, naan, bagels, foccacias, fruit bread and English muffins.</p> <ul style="list-style-type: none"> • Pasta dishes • Risotto, quinoa or cous-cous dishes • Noodle dishes • Sushi <p>SAVORY BAKED ITEMS</p> <ul style="list-style-type: none"> • Homemade pizzas • Wholemeal savoury muffins or scones (e.g. ham, cheese and corn muffins) • Vegetable based muffins • Pasta or noodle bake <p>SWEET BAKED ITEMS</p> <ul style="list-style-type: none"> • Fruit loaf • Wholemeal fruit based muffins <p>SNACKS</p> <ul style="list-style-type: none"> • High fibre, low sugar cereal (e.g. muesli) • English muffins • Crackers • Crispbreads • Rice cakes • Corn thins • Wholemeal scones • Pikelets • Crumpets • Hot cross buns (no icing) 	<ul style="list-style-type: none"> • Take a water bottle (for refilling throughout the day) <p>Tip:</p> <ul style="list-style-type: none"> • Freeze overnight to keep foods cool in lunchboxes <p>Sweet and savoury snack foods (e.g. muesli/nut/fruit bars, biscuits, crisps, cakes, muffins, slices) should be limited in lunchboxes. They can lead to excess energy intake if consumed in large amounts.</p> <p>Sugar sweetened drinks and confectionery should not be provided in lunchboxes. They can lead to excess energy intake and tooth decay.</p>

For more information about healthy eating and for many tasty recipes, visit the the Healthy Eating Advisory Service: <http://heas.health.vic.gov.au/>

*Check your school's policy regarding the use of nuts and products containing nuts.



Coobaaroo News

Well can you believe this is our end of year newsletter, how time flies. We have seen the children grow and develop so much throughout the year.

We as educators are so fortunate to have the opportunity to be a such a big part of supporting the children and working with families to help nurture and extend on each individual child’s learning journey.

Some of the children will be moving up to the Mirrin room next year. To help with transition we have been encouraging children to become more independent through the daily routine. This includes adapting their routine to be more like the Mirrin’s such as self-serve and hygiene practices. They have also had a chance to spend some orientation time in there.

We thank all the families who supported our Art show and purchased their children’s artwork. This is a great fundraiser to help purchase resources for all the children to benefit from. We are sure you are all proud of your child’s creations. The children have participated in learning about some other special cultural and community events including the African Drumming Incursion, Diwali and Halloween. In the room the children have been engaging in activities promoting language such as lots of dramatic play, music and movement, stories and art and craft. They have extended on knowledge of numbers and colours through lots of fun activities too. Outside sand and water play are always the favourites which is great for the warmer weather and of course there are so many developmental benefits from this kind of play. You can send a rashie sun top or suit for your child to wear outside for this type of play.

Nature explorers not only gives opportunity to explore the natural environment but also gets the children use to moving outside the centre as a group. This will help with excursions the may be involved in the future. They have learnt to hold the rope and not to leave the group. They have become aware of the boundaries associated with this process to keep safe. This was evident when we had evacuation drills where the children followed the instructions and knew how to move safely .

So as the end of the year draws closer, we would like to thank all our families for intrusting us with the care and education of your precious children. It has been an absolute pleasure to foster the children’s learning and development.

Thankyou for a great year.





Mirrin News

Wow we have reached the end of the year, the children have had a fantastic year and have been involved in many different activities and events including Diwali, Halloween, Art show, Remembrance Day, Children's week and the Christmas party. The recent African Drumming incursion have given the children the understanding of the world around them as they danced and made some music. The children have had the opportunity this term to go and explore the Wollert room and yard. This has been an exciting time as they eagerly explored and become familiar in preparation for next year.



Our time at Nature explorers has given the children the opportunity to continue to explore and promote nature and play, over the past few months the children have become more aware of the world around them. They have been exploring and searching for bugs and insects during this time and learning about where they might live and what the insects might eat. The children have also begun to take more controlled risks as they climb up the trees as well as they are learning to care for the environment and letting the plants and trees to grow. This has been transferred into taking care of our yard and environment as they water the plants using the watering cans as well as sorting through between the recycling bin, rubbish bin and compost bins.

What is every parents favourite Christmas song?

Silent Night





Woolert News

The end of 2023 is approaching and we cannot believe its so close. It has been such a fantastic year in the Woolert/Possum room and we have been looking back at our final term and all the amazing adventures we have been on and all the great times we have had.

African drumming

This term the Children had the opportunity to learn about African drumming. They started the session learning how to play different rhythms with the drums. They also learned a new song called "waka, Waka" This also got us up and dancing doing lots of different moves rolling our bodies and our hands, clapping along to the music and the 'up and catch.'

We learned the names of different African instruments such as Sabiel, a metal shaker and a djembe, the name of the drum the children used.



Chesterfield Farm

In October the Woolert children and Educators headed off to Chesterfield Farm for an excursion. We had a great time on the bus and when we got there we had the opportunity to see so many animals. We visited with sheep, cows, lambs and sheep, pigs and horses. We were able to all have a turn at milking a cow as well as feeding some very hungry goats. We travelled around the farm on a tractor and got to pat lots of baby animals. It was a fantastic day and we thank our parent helper Jorge for coming along and spending the day with us.

What do
you call an
old
snowman?

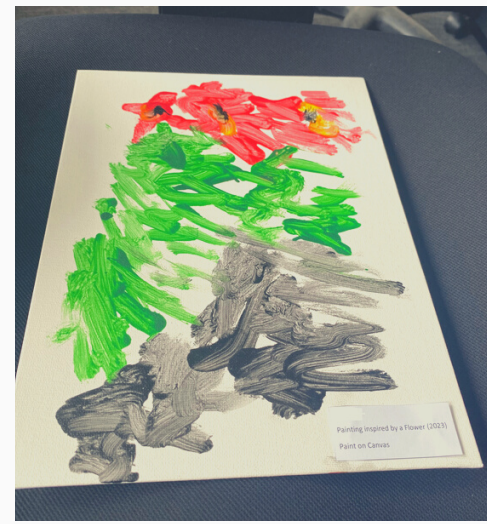


Woolert News continued...

Art Show

The children had been preparing for the Art show for weeks, working on their 2 art pieces. They decorated a canvas bag with paint as well as painted a picture on a canvas that was inspired by a flower.

On the night the families and children came along to the Halloween themed party and enjoyed looking at the beautiful art pieces. They then went into the yard and enjoyed a barbeque and party.



End of Year Concert

To Celebrate the end of year, The Woolert children and families all gathered at Mulgrave Community Centre for a concert and Dance party.

The night started with the children all getting on stage and singing some of their favorite songs of the year. These included 'Care for Country', 'Dancing Face', 'Johnny works with One hammer', 'Twinkle Twinkle', 'I can sing a Rainbow' with Auslan signs and 'Jingle Bells'. The children all did a fantastic job and preformed in front of the large gathering of family and friends.

IT was then time for some pizza, cake and fruit before we had a Dance party, complete with glow sticks. It was such a great night and we thank everyone who came to celebrate with us.



Christmas in the Room

We have been excited to celebrate Christmas in the room and the children are defiantly in the spirit. We had the arrival of our Christmas elves Eddy and Ella, put up and decorated our beautiful Christmas tree, made decorations and put them up in the room and have been busy writing some letters to Santa! We thank all the families for their support this year and the Children for being so AWSOME!

We would all like to wish everyone a very Merry Christmas and Happy New Year. We wish you all the best for 2024!



Babajin News

ART SHOW AND HALLOWEEN

The children explored different art mediums and to persist through challenges in the process of creating creative works, and felt the satisfaction of displaying their art work for their family and friends. Have a look at the images of their still life painting of sunflowers, self portraits and canvas bag free art. They also celebrated Halloween as they could come dressed in costume as they played with their friends.



REMEMBRANCE DAY & DIWALI WERE RECOGNISED AND CELEBRATED WITHIN THE ROOM



WOOLWORTHS WALKING EXCURSIONS

The children all had an opportunity to walk to Woolworths to purchase ingredients to make afternoon tea for the group. The children created an ingredient list each so they could make pizza afternoon tea; They practised writing the word and/or drawing a picture. They carried their reusable shopping bag with their water, shopping list & wallet with money. We practised our road safety as we Stop, Look, Listen and think and hold an adult hands before we cross the road. They were then responsible for all aspects; where can we find our ingredients (fried/freezer/shelf?), can we remember what we need? , how do we scan or weight the food and how much money do we need/how much change? They then carried their items back and made afternoon tea.

CONCERT

The Bilbies were absolute superstars as they performed multiple songs to share with their families. They sang all by myself as well as 2 of their favourite songs accompanied to music. They selected how they would to be introduced by sharing what they had liked doing, their dreams or interests. The night concluded with yummy food and a dance party. So proud!!!



Babijin News continued...



Traffic school excursion

Oh, what a day! The excitement of the bus ride....

They then shared their awareness of how to cross the road safely; stop, look, listen and think and hold an adults hand.

-You always have to wear a bike helmet, even when you are riding in the driveway at home! Also wear a helmet when on a scooter, skateboard, bike, tricycle, motorbike.

-Your helmet should fit two fingers above the eyebrows. Click on the link for further information [Helmet tips for parents & carers : VicRoads](#)

-They practiced (well sometimes!) stopping at the red light lights and pedestrian crossing, following the directional arrows and riding bikes with/out training wheels and scooters.

-They actively explored the learning environment as they played in trains, trams, shops, fire stations, got petrol or made phone calls.

-They couldn't wait to have their lunch boxes and they continued to explore traffic school.

-We then explored the playground next door and had more lunch!

GOODBYE TO ALL CHILDREN OFF TO SCHOOL

It has an absolute pleasure and we are excited for your next journey ahead as many of you go off to Primary school next year. We will miss you!



What do Santa's
elves learn in
school?

The elf-abet