

CPELC NEWSLETTER

CPELC UPDATES AND REMINDERS

UPCOMING DATES:
OCTOBER 11TH ART SHOW
OCTOBER 17TH/18TH AND 21ST CENTRE
PHOTOS
NOVEMBER 12TH AFRICAN DRUMMING
INCURSION
NOVEMBER 15TH FAMILY END OF YEAR
PARTY 6.15PM-8.00PM
NOVEMBER 27TH 3 YEAR OLD KINDER
END OF YEAR CONCERT CELEBRATION
DECEMBER 4TH 4 YEAR OLD KINDER
GRADUATION
DECEMBER 20TH CHILDRENS LAST DAY
KINDER INFO NIGHT TBC

END OF YEAR CLOSURE DATES CHILDREN'S LAST DAY WILL BE
20TH DECEMBER 2024 CHILDREN'S FIRST DAY BACK WILL BE 8
JANUARY 2025

REMINDER TO OUR CURRENT 4 YEAR KINDER FAMILIES, THIS
MEANS YOUR CHILD'S LAST DAY HERE AT CPELC WILL BE 20
DECEMBER 2024.



ANNUAL GENERAL MEETING - AGM

AGM -The AGM will be held on Tuesday 15 October at 7:30pm and held online via Microsoft Teams.

If you would like to attend the AGM, please fill in this Registration Form by Friday 11 October.

As the end of the year approaches, so does our Annual General Meeting (AGM). This event is a wonderful opportunity for families to learn about how the centre has been progressing over the year. We encourage all families to attend, ask questions, and share ideas. Columbia Park Early Learning Centre is a community-based centre, and your involvement is crucial. Attending the AGM will help you understand how the centre is managed, and it's a chance for families to join the committee, ensuring the centre's sustainability for future generations. If you would to email the management committee directly – committee@columbiaaprkelc.com.au



WEDNESDAY 4 SEPTEMBER 2024

THIS CELEBRATION IS AN OPPORTUNITY TO SHOW GRATITUDE OUR TEACHING TEAM FOR THEIR HARD WORK, DEDICATION, AND IMPACT ON CHILDREN'S LIVES.

THE UPDATED NEW CPELC FEES ARE AS FOLLOWS:

DAILY FEE: \$127

WEEKLY FEE: \$610 (DAILY \$122.00)

NON-KINDER DAILY FEE: \$137

Fundraising Update

A huge thank you to everyone who donated! Here's a quick recap of our recent fundraising efforts:

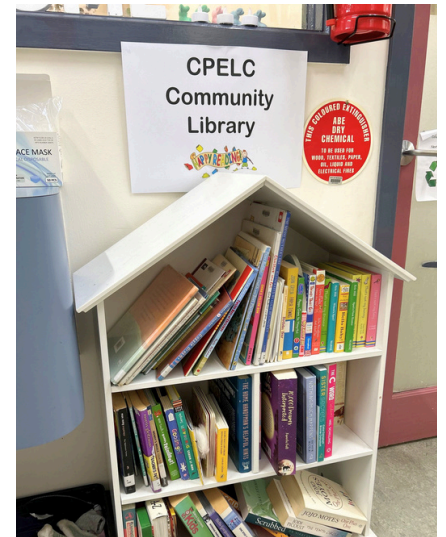
- PJ Week: \$43.00
- Superhero Week: \$35.00
- Katie Memorial Fund: \$13,966.00

Your generosity makes a significant difference, and we truly appreciate your support!



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. 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.



CPELC'S COMMITMENT TO CHILD SAFETY

NATIONAL CHILD PROTECTION WEEK September 1-7

As part of National Child Protection Week, we emphasized the importance of children's well-being and safety through meaningful discussions about trusted adults. We encouraged the children to talk to someone they trust whenever they feel sad or uncertain.

We also introduced the concept of our safety network which encourages children to talk to one or more of your safety helpers on your team, if things don't feel right. Keep trying until you get the help you need.

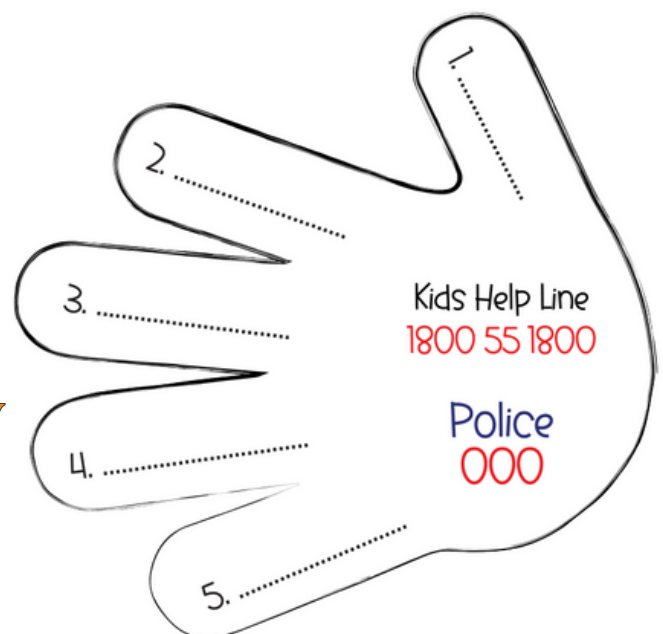
Many children proudly named their parents, siblings, and grandparents as their support systems. These conversations will continue as we work to deepen their understanding of trusted relationships and the value of open communication.

The younger children are beginning their learning by identifying body parts and using the appropriate names. It's been wonderful to see them confidently using both verbal and non-verbal language to identify their body parts. Their increased awareness of personal space and their growing confidence in using their voice to express their boundaries, such as by raising their hands or using words like 'no' or 'stop', are clear signs of their remarkable growth in self-awareness and communication.

**‘Every child in every community
needs a fair go’**

“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



RICHARD'S FAMOUS APPLE CRUMBLE AND CUSTARD

Ingredients

Crumble-

- 1 cup rolled oats
- 1 cup plain flour
- 1 cup brown sugar
- 1/2 cup melted butter
- 1/2 cup coconut

Apple mixture-

Either

- 2 large tins of apples or,
 - 1kg Granny smith apples peeled and diced
 - 1/2 cup white sugar
 - 2 tbsp lemon juice
 - 1/2 tsp cinnamon
- cooked in a pan until soft



Custard-

Forster Clarke custard powder - follow packet instructions

Method:

*Mix all dry ingredients together in a bowl

*melt butter and combine with dry ingredients

Method:

1. Mix all dry ingredients together in a bowl
 2. melt butter and combine with dry ingredients
 3. add apples to an oven proof dish
 4. spread dry mixture over apples
- Bake at 180 fan forced for 30 mins or until golden on top
5. add custard on top and enjoy served warm.

CARING FOR THE WORLD AROUND US



“TOGETHER WE CAN PRESERVE THE FOREST, SECURING THIS IMMENSE TREASURE FOR THE FUTURE OF ALL THESE OUR CHILDREN.” — CHICO MENDES

SUSTAINABILITY AND RECYCLEMAN INCURSION

The Recycleman incursion captivated and educated children on the importance of recycling and sustainability. Through this engaging experience, the children gained environmental awareness, learnt how our recycling bin system operates, and discovered simple ways they can contribute every day.

With his enthusiasm, along with costumes, games, and visual aids, Recycleman kept the children engaged throughout the entire presentation. We all know we have to make changes for the future and care for our planet for years to come.

Thank you for the ongoing donations of boxes and other materials to use for our art and crafts. Please remember of the boxes don't fit in the basket, they are too big for us to use and store. Please don't forget we continue to also collect bread and veggie bags for disposing of nappies. Thank you to those who have donated already.

We are also always looking for donations of paper so children can create more masterpieces so keep an eye out for any you might have around the house or in the office.

We love the look of our new Veggie patch and a HUGE thank you to the families that came along to the working bee to get it done. We have been planting so keep a look out coming into the better weather.

Thank you all for your support and keep looking after our environment.

Lyn



COOBAAROO NEWS



As Term 3 comes to an end, we are excited to reflect on the growth and achievements of our Coobaaroo children. Seeing the children develop strong, reciprocal friendships with their peers and educators has been a joy. Their social skills have blossomed during group activities, where it's been heartwarming to witness them help each other – whether it's offering a comfort item to a sad friend or reminding and assisting their peers to put helmets on before riding bikes. This growing empathy and cooperation mark a significant emotional and social development milestone.

Our nature exploration sessions have encouraged them to practice mindfulness through deep breathing exercises, enabling them to connect with nature by listening to the sounds, smelling the fresh air, and feeling the textures around them. We also integrated these natural elements into creative activities, encouraging children to use natural materials to create beautiful artwork.



As part of our Child Protection learning, the children have been exploring body parts. It's been wonderful to see them confidently using both verbal and non-verbal language to identify their body parts. Their increased awareness of personal space and their growing confidence in using their voice to express their boundaries, such as by raising their hands or using words like 'no' or 'stop', are clear signs of their remarkable growth in self-awareness and communication.

We also celebrated key events this term, starting with Book Week. The children were encouraged to bring their favourite books to share with their peers, and we all enjoyed dressing up as beloved characters. We embraced cultural learning for the Mid-Autumn Festival by making mooncakes and lanterns, fostering curiosity about traditions. Father's Day was a highlight, as the children created heartfelt presents to express their love for their dads.



This term has been filled with learning, fun, and new discoveries, and we look forward to seeing how the children continue to grow in Term 4!



MIRRAM NEWS

This term in the Mirrin room, we've been busy with exciting experiences that have fostered the children's growth in both learning and emotional development, while also celebrating community events and cultural awareness. Here's a look back at our activities and highlights from the term:

Dental Week:

Dental Week was all about healthy teeth and bright smiles! We explored fun, hands-on activities like brushing laminated teeth models using real toothbrushes and learning about foods that keep our teeth strong. Stories and play made dental care a fun and positive experience, with children enthusiastically engaging with the dental kits. We've also provided fact sheets on mouth, teeth, and gum health for your reference at home.



Emotional Awareness with the Colour Monster:

Building emotional awareness, we introduced the Colour Monster activity, where children matched colours to the emotions they represent—yellow for happy, blue for sad, and red for angry. Through puppets and pictures, they demonstrated their understanding of these emotions and even showed how their faces express them. We will continue to work on developing emotional regulation and self-awareness through these activities.

Fire Truck Excursion & Fire Safety:

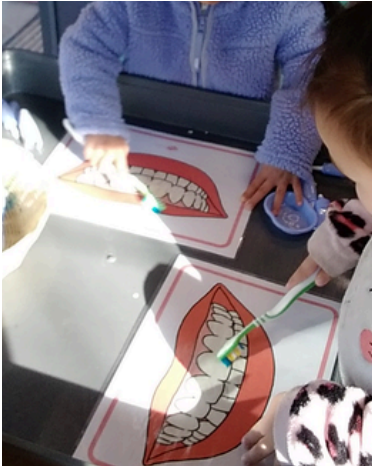
The fire truck excursion was a huge hit! Firefighters visited, giving the children a chance to hold the fire hose and explore the fire truck. This sparked curiosity about community helpers and fire safety, which we've continued to explore through role-playing in our fire station setup. The children have also been practicing "get down low and go, go, go" in the event of a fire. We encourage you to practice this at home and find a safe meeting spot with your family.



MIRRAM NEWS CONTINUED

Fine Motor Skills & Self-Help Development

The children have been honing their fine motor skills through activities like cutting playdough, completing complex puzzles, and stamping Olympic rings. They've also practiced putting on their own jackets with the "magic trick," building confidence in self-help tasks like dressing themselves before going outside.



Exploring Healthy Eating

Our healthy eating activities have been a hit, with the children learning about different fruits and vegetables. They enjoyed pasting activities where they matched foods to colour groups and engaged in repeated conversations about new foods like apricots, plums, and avocados. These discussions extended into their pretend play, showing an increasing interest in identifying and naming healthy foods.

Celebrating Father's Day

Our Father's Night was a wonderful event where children made gifts and shared special moments with their dads. The night was filled with activities like pizza-making, drawing, and reading stories together. Thank you to all the fathers who joined us and made the evening so memorable!

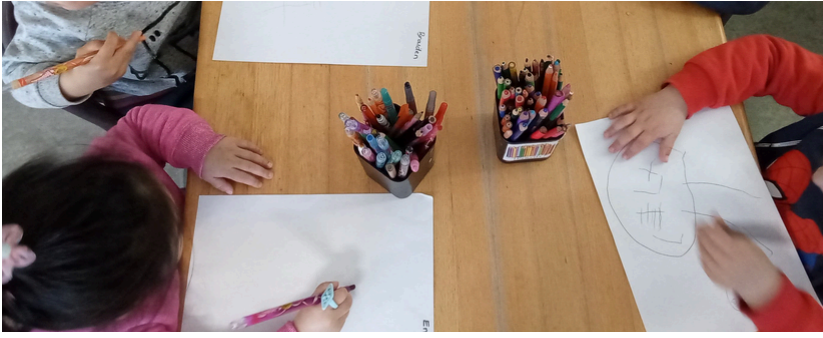
Thank you for your continued support, and we look forward to another exciting term of learning and growing together in the Mirrin room!



"Every child is an artist. The problem is how to remain an artist once we grow up." – Pablo Picasso



WOOLERT NEWS



Olympics

The children were super excited to head over to the oval from Kinder and we walked across with the cry of "Aussie, Aussie, Aussie, Oi, Oi, Oi!"

When we arrived, we started off with some stretches to get our bodies ready for the big event.

It was then time for some running races up and down the cricket pitch. The children laughed as they ran cheered when they reached the finishing line.

It was then time for them to take part in the bean bag throwing event. Each of the children took turns at throwing the beanbag as far as they could. Rhiannon had to duck for cover as each of them threw their bean bags so far. It was great to see so many different techniques and styles, all cheered along by the other Woolerts. It was then time to make things a bit trickier with hula-hoops being added for them to throw their beanbags into.

Next was an event highlight, the hurdles. The children watched in anticipation as the hurdles were set up (pool noodles were sticky taped to the blocks) and they listened intently to the instructions. Then it was time for them to take part in pairs and complete the course. The children had a great time and were cheered on with many choruses of "Aussie, Aussie, Aussie, Oi, Oi, Oi!"

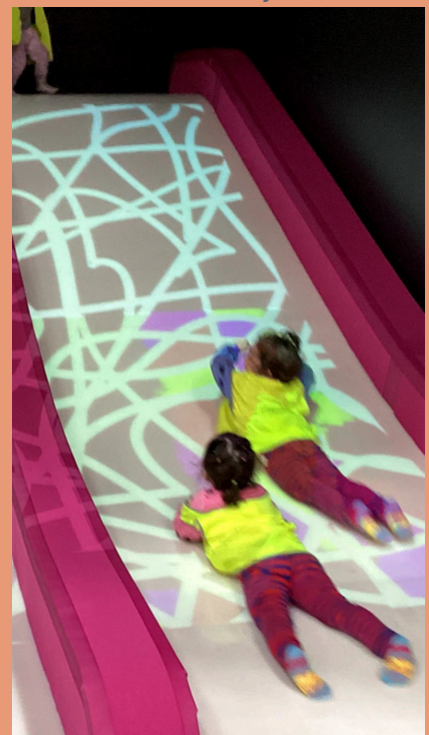
The children were looking a little worn out and we asked if they were tired, "NO" was their replied and they asked for another go of the hurdles, so off they went again in pairs, laughing and jumping the whole way.

We returned to Kinder to take part in a medal ceremony where each of the children were presented with their medal they had made last week, in the colour of their choosing. Each child shook Queenies hand and was presented with their medal on the podium to great applause of the audience.

Museum of Play and Art MOPA excursion

The children were excited as they got on the bus and talked the whole 45 minute bus ride about what they could see and what they might do when they arrived. We soon got off the bus and headed into MOPA with anticipation and the children were excited as we settled in, and after being told they were not getting their lunch boxes until later, split into their groups and headed off for a day of fun and learning.

The children took part in a range of activities such as making and testing cars in the zoom room, using the vacuums and pipes to send balls all around the room in the ball room, Made huge constructions in the blue block room, became part of famous works of art in the art room and had a dance party in star room. It was then time to have some lunch before the bus ride home. The ride home was a lot quieter with many children catching 40 winks after a bust day.



WOOLERT NEWS CONTINUED



The Resilience Project

Term 3 has seen us focus on Empathy. Empathy is when we understand and see things from other points of view. Empathy can be quite a tricky concept to understand but with help from videos and books we have been developing an understanding about what it is.

In the room we have been talking about recognizing emotions of other people through pictures and trying to understand what their face and body might be telling us about how they are feeling. We then extended the idea by thinking about what we could do to help the person feel better if they were sad or angry. In the last few weeks, we have looked at the concept of having a bucket to represent how we are feeling. If someone's bucket is empty, they might be sad or upset or angry, and through doing nice things and helping each other out, we can fill others buckets to help them feel happy. This concept has really resonated with the children, and they have been talking in the yard and the room about what they are doing to help fill up each other's buckets. The children have been practicing a mindfulness technique called rainbow breathing, at group time. We have been practicing this technique all week and have been talking about how it might help us if we were feeling mad or sad.

<https://www.youtube.com/watch?v=IlbBI-BT9c4&t=73s>



Fire truck excursion

The children were super excited to spot the fire truck arrive in the car park and they quickly came into the Babajian room with their children to listen to the firefighters come and talk to us about fire safety.

Firefighter Tan spoke with us and told us all about what firefighters do as well as well as what they wear and why their uniform is important.

They then asked about who to ring in an emergency and many of the children said "000".

We then went out to the car park and got to see the fire truck close up and got a chance to spray the hose and hear the loud siren.

When we got back to the room we were excited to get some stickers and a fire truck model to build at home.

BABAJIN NEWS

TWISTED SCIENCE EXCURSION

Oh, what fun, they were very excited about the bus and bringing their lunch box which they easily opened. They all displayed such curiosity as they explored how things work and, how they move and feel through hands on learning opportunities. Exploring the fun of science through play. Some of the key learning opportunities explored through multiple experiences were air, gravity, bubbles, technology, engineering and momentum and soooo much more. We continued to explore at kindergarten through a variety of science experiments.

Pyjama week- The children were very excited to be able to wear their pj's to kinder all week. We spoke about The Pyjama foundation and how they support children in foster homes. This led to discussions about foster care and who lives at their home and thank-you for all the donations.

RESILIENCE PROJECT -We are so proud of their learning as they enhance their awareness of gratitude, emotional literacy, mindfulness and empathy. The key concepts learnt;

- They learnt to develop the understanding of and ability to express and show gratitude as they sent their gratitude letters home to someone they would like to thank. Eagerly sharing the letters, they received back; see display in Babajin room.
- They learnt to develop the ability to recognise the things that make us feel happy.
- Learning to develop the ability to practise empathy by being kind towards others and learning to develop the ability to put ourselves in the shoes of others. See their amazing drawing and they verbalised their insights, displayed in the hallway.

Father's day/special person evening-

Was a great success with a huge turn out. The children were so excited to share their learning environment with their loved ones. Enjoying yummy food cooked by Richard and their cookies they made, posing up a storm in the photo booth, drawing each other, making collage creations and playing in the room. We are so proud and grateful for the amazing singing the children did as they sang the song.

Superhero week -

Oh what fun we had all week dressing up as Superheroes and connecting with our friends and raising money for an important cause. We all shared our Superpowers ranging from physical accomplishment to acts of kindness! We also shared what superpower we would like to have!



Fire fighter visit

Majority of the children shared their awareness of calling 000 for fire, ambulance and police. They learnt about the various roles of fire fighters and had a turn to use the hose.

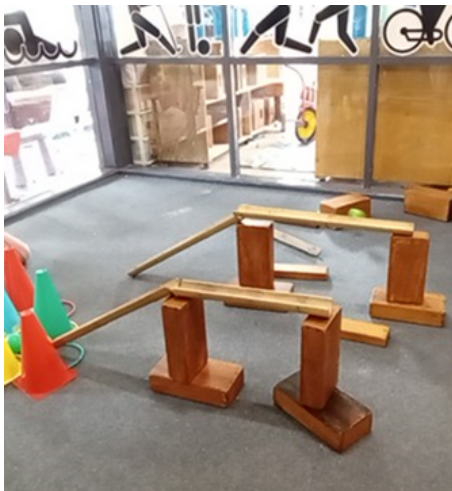


BABAJIN NEWS CONTINUED

OLYMPICS- Oh what fun! We have been engaging in sports at CPELC and on Tuesday at the oval. They had the opportunity to race in the hurdles, shot put using bean bags, running races, relay team running races, long jump and we attempted wheelbarrow races. They shared their learning about bronze 3rd, silver 2nd and gold is 1st, enhanced fine motor development as they made their medals. Afterwards we played the National anthem, and they stood on the podium to receive their medal. Races and games with rules scaffold resilience as they cope with frustrations of losing and recognise others success. We discussed how you learn by repetition, and they cheered their peers on. They also enhanced their movement patterns and wellbeing.



We also watched the **ParaOlympics** and observed the amazing accomplishments made, including wheelchair rugby and basketball and what it means to have a disability and how it doesn't stop you trying and achieving amazing things!



UPCOMING DATES

- 11 Oct - Art show
- 17th, 18th and 21st Oct - Centre photos
- 12th Nov - African drumming
- 15th Nov - Family Christmas Party
- 26 Nov- Kew traffic school
- 4 Dec 4 year Kinder end of year concert

CANTONESE STYLE MOONCAKE

[HTTPS://WWW.YOUTUBE.COM/WATCH?V=G0FI4J4NN1G](https://www.youtube.com/watch?v=G0FI4J4NN1G)

18 MOONCAKES

MOONCAKE DOUGH:

200G ALL-PURPOSE FLOUR
50 GRAMS OF OIL (RAPESEED, ETC.)
1G BAKING SODA
4 GRAMS WATER
140G SUGAR SYRUP

DOUGH MAKING METHOD:

MIX SODA AND WATER WELL IN A SMALL BOWL
IN A BIG BOWL, ADD OIL INTO THE SYRUP AND MIX, AND THEN ADD THE SODA WATER INTO THE SYRUP MIXTURE
POUR IN FLOUR IN TWO BATCHES
BALL THE DOUGH AND PLACE IT IN A BAG. WAIT FOR 2 HOURS.

FILLING:

RED BEAN PASTE FROM CHINESE GROCERY SHOP (REPLACE THE NUT FILLING IN THE VIDEO)

BAKING METHOD:

MAKE THE DOUGH 18 SMALL BALLS, 20G FOR EACH.
FIRST BAKE: PREHEAT OVEN TO 400F/204C AND BAKE FOR 5 MINUTES.

SECOND BAKING:

TAKE OUT THE MOONCAKES AND BRUSH WITH EGG WASH, LOWER THE OVEN TEMPERATURE TO 325/162 DEGREES CELSIUS AND BAKE FOR 10-13 MINUTES.

