



Merry Christmas

IN THE BLINK OF AN EYE, 2024
WILL BE BEHIND US.

PLEASE NOTE THAT OUR CENTER
WILL BE CLOSED FROM FRIDAY,
DECEMBER 22, 2023, UNTIL
MONDAY, JANUARY 8, 2025.

CHILDREN WILL RETURN ON
WEDNESDAY JANUARY 8TH, 2025!

NO MATTER HOW YOU
CELEBRATE THIS SEASON, WE
WISH YOU AND YOUR LOVED
ONES ALL THE BEST.





THANK YOU FOR ENTRUSTING US
WITH YOUR CHILD'S LEARNING
JOURNEY.



Being SunSmart in Victoria



When UV is 3+

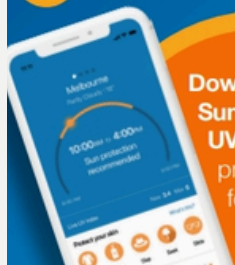
-  Slip on covering clothing
-  Slop on SPF50, broad-spectrum, water-resistant sunscreen
-  Slap on a broad-brimmed hat
-  Seek shade
-  Slide on sunglasses (AS:1067)

Think UV, not heat! UV rays can't be seen or felt and can damage your skin on cool or cloudy days.

When UV is below 3

Sun protection isn't required unless you are outdoors for extended periods or near reflective surfaces, such as snow.

Download the SunSmart Global UV app to find sun protection times for your location.



March 2023



Scan the QR code or visit sunsmart.com.au/app to download.



UV EXPOSURE DURING CHILDHOOD HAS A BIG IMPACT ON SKIN CANCER RISK – BUT IT'S ALMOST ENTIRELY PREVENTABLE WITH GOOD UV PROTECTION. SUNSMART RECOMMENDS EARLY CHILDHOOD SERVICES AND SCHOOLS DEVELOP AND IMPLEMENT A COMPREHENSIVE, EVIDENCE-INFORMED UV PROTECTION POLICY TO REDUCE UV EXPOSURE AND ENCOURAGE THE USE OF ALL FIVE FORMS OF SUN PROTECTION. IN VICTORIA, 97% OF EARLY CHILDHOOD SERVICES AND 90% OF PRIMARY SCHOOLS HAVE A WRITTEN SUN PROTECTION POLICY, WITH RESEARCH SHOWING THEY HAVE THE GREATEST NUMBER OF CHILDREN AND STAFF PROTECTING THEMSELVES FROM THE SUN.

UPDATED FEES



From 2 Sept 2024 Fees
WEEKLY RATE \$610.00
DAILY RATE \$127.00



Enrolment fee \$20.00 per family
at enrolment



FINES BELOW



Annual Association fee \$15.00 per
family per annum



Sign in or sign out \$5.00 per
occurrence



Non-Kinder fees \$137.00 daily



Late pick up after 6.00pm \$2.00
per minute



**Normal fees paid 2 weeks in
advance**



Late fee payment penalty \$5.00
per day

There has been no fee increase for two years (since October 2022). As a Not for Profit organisation, Columbia ELC remains one of the lowest fee-charging Early Learning Centres in the local area and

COMMITTEE MEMBERS 2025

EXECUTIVE COMMITTEE MEMBERS:

- PRESIDENT: SHEYAM GUNARATNAM
- VICE PRESIDENT: JOANNE IACOVANGELO
- SECRETARY: SCOTT CHE

GENERAL COMMITTEE MEMBERS:

- ALEXIS ATKINS
- LIZ MCNAMARA
- ALEXANDRIA CHONG
- EMILY RESCINITI
- KALLIOPI KOUKOURAS
- GAYA WIGNARAJAH
- JASON ZHOU
- ABHI GOPI

Child safe standards



Columbia Park Early Learning Centre is committed to safety and wellbeing of all children and young people. This will be the primary focus of our care and decision-making. Columbia Park Early Learning Centre has zero tolerance for child abuse.

Columbia Park Early Learning Centre 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. Particular attention will be paid to the cultural safety of Aboriginal children and children from culturally and/or linguistically diverse backgrounds.



Magical Reindeer Food

MAKE THESE AS A FUN ACTIVITY WITH YOUR CHILDREN, GRANDCHILDREN, NIECES OR NEPHEWS. THIS MAGICAL FOOD IS PERFECT FOR KIDS TO GIVE TO THEIR FRIENDS OR TO USE THEMSELVES ON CHRISTMAS EVE.

INGREDIENTS

- RAW UNCOOKED OATS
- SUGAR COOKIE SPRINKLES
- PLASTIC SANDWICH OR SNACK BAGGIES
- RIBBON IN FESTIVE HOLIDAY COLORS
- PAPER FOR THE PRINTABLE TAGS



Instructions

1. Pour 3-4 tablespoons of oats into each plastic bag.
2. Add a tablespoon or two of sprinkles.
3. Iridescent sprinkles or red and green sprinkles are good choices; but use what you have on hand. (You can even use the fine sanding sugar used for sand tarts. Just beware: If you mix red and green sugar, the resulting color will be a less festive shade of brown.)
4. Close the baggie with a piece of ribbon, and shake to mix.
5. If using a zipper top bag, punch a small hole in the corner and thread a piece of ribbon through the hole.
6. Make a tag by writing or printing the poem (printed below) onto a piece of paper or card stock. Add the tag to the bag for a fun gift for children to give their friends to use on Christmas Eve—or save and use themselves!
7. After you put out the milk and cookies for Santa, head outside to sprinkle this magic reindeer food on the snow or your lawn.

lunchbox ideas

FOR A HEALTHY LUNCHBOX

PICK & MIX

SOMETHING FROM EACH GROUP

1-6!

FRUIT 1

FRESH FRUIT

- 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

MIXED FRUIT

- Fruit salad
- Fruit kebabs

DRIED FRUIT

- Dried fruit, nut, popcorn mixes*

TINNED FRUIT/SNACK PACKS/CUPS

- In natural juice (not syrup)



VEGETABLES 2

FRESH CRUNCHY VEGIES

- Corn cobs
- Carrot sticks
- Capsicum sticks
- Green beans
- Cucumber sticks
- Celery sticks
- Snow peas
- Tomatoes (e.g. cherry and Roma tomatoes)
- Mushroom pieces

Can serve with either:

- Hummus
- Tomato salsa
- Tatziki
- Beetroot dip
- Natural yoghurt

SALADS

- Coleslaw and potato salad (reduced fat dressing)
- Mexican bean, tomato, lettuce and cheese salad
- Pesto pasta salad*

BAKED ITEMS

- Grilled or roasted vegetables
- Wholemeal vegetable muffins or scones
- Vegetable slice (with grated zucchini and carrot)
- Popcorn

SOUP (In small thermos)

- Pumpkin soup
- Potato and leek soup
- Chicken and corn soup

MILK, YOGHURT AND CHEESE 3

- Milk
- Calcium-enriched soy and other plant-based milks
- Yoghurt (frozen overnight)
- Custard

Tip:

- Freeze the night before to keep cool during the day

- Cheese cubes, sticks or slices
- Cottage or ricotta cheese
- Cream cheese
- Tatziki dip

Can serve with either:

- Fruit
- Wholegrain cereal, low in sugar
- Vegetable sticks
- Rice and corn cakes
- Wholegrain wheat crackers

MEAT OR MEAT ALTERNATIVE 4

- 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*

Can serve with:

- Wholegrain sandwich, roll, pita or wrap bread with salad
- Rice and corn cakes
- Wholegrain wheat crackers
- Side salad

- Vegetable frittata
- Skinless chicken drumsticks
- Savoury muffins or scones (e.g. lean ham, cheese and shallots)
- Homemade pizzas with lean roast or deli meats and vegetables

Can serve with:

- Side salad
- Steamed or roasted vegetables

GRAIN AND CEREAL FOOD 5

MAINS

- Wraps
- Sandwiches
- Rolls
- Toasted sandwiches

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.

- Pasta dishes
- Rice, quinoa or cous cous dishes
- Noodle dishes
- Sushi

SAVORY BAKED ITEMS

- Homemade pizzas
- Wholemeal savoury muffins or scones (e.g. ham, cheese and corn muffins)
- Vegetable based muffins
- Pasta or noodle bake

SWEET BAKED ITEMS

- Fruit loaf
- Wholemeal fruit based muffins

SNACKS

- High fibre, low sugar cereal (e.g. muesli)
- English muffins
- Crackers
- Crisps/spreads
- Rice cakes
- Corn thins
- Wholemeal scones
- Pikelets
- Crumpets
- Hot cross buns (no icing)

WATER 6

- Take a water bottle (for refilling throughout the day)

Tip:

- Freeze overnight to keep foods cool in lunchboxes

Sweet and savoury snack foods (e.g. muesli/fruit/nut bars, biscuits, crisps, cakes, muffins, slices) should be limited in lunchboxes. They can lead to excess energy intake if consumed in large amounts.

Sugar sweetened drinks and confectionery should not be provided in lunchboxes. They can lead to excess energy intake and tooth decay.



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

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

FOR A HEALTHY LUNCHBOX
SOMETHING FROM EACH GROUP

PICK & MIX

1-6!



Coobaaroo news

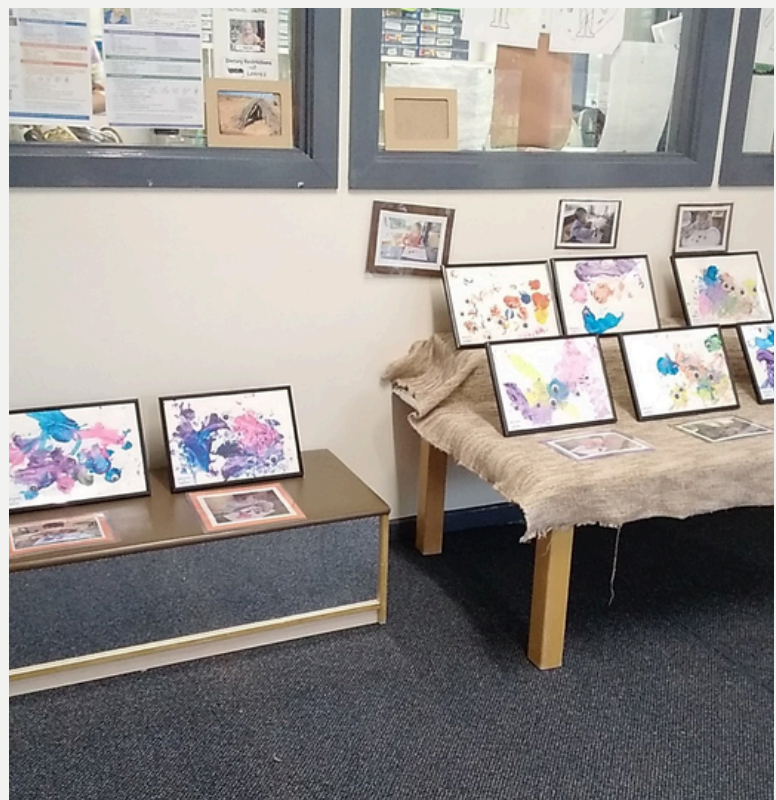


A major highlight was our Art Show, where the children proudly displayed their creative works. The tie-dye T-shirts and splash paintings showcased their ability to experiment with colours and patterns, reflecting their growing confidence in creative expression. Seeing them eagerly sharing their creations with their families during the event was beautiful. We are thrilled to see the children becoming more independent as they prepare for their transition to the next room. Many are now confidently managing daily routines, such as washing their hands, putting on hats, and participating in group activities. They have also built strong relationships with their peers and educators, creating a warm and supportive environment where they feel a true sense of belonging.

Dear Families,

As we approach the end of Term 4, we are excited to share the incredible learning experiences and milestones achieved in the Coobaaroo Room. This term has been filled with creativity, exploration, and cultural connections, highlighting the children's growth and accomplishments.

One of the key highlights this term was our librarian visit, which captivated the children's attention and fostered their love for reading. The group storytelling sessions encouraged active participation as the children pointed to pictures, mimicked sounds, and conversed about the stories. These moments were invaluable in supporting their language development and expanding their imagination.



Coobaaroo news cont.

The African Drum Incursion brought vibrant energy to the room as the children explored new rhythms and sounds. They enthusiastically danced to the music, clapped along to the beats, and took turns playing the drums. This experience promoted cultural appreciation and provided a sensory-rich opportunity for self-expression and movement.



Our gardening project offered hands-on learning as the children participated in planting seeds and watering plants. This activity sparked their curiosity about nature while fostering responsibility and patience as they observed the growth of their plants. It was heartwarming to see their excitement as they cared for the garden together, strengthening their connection to the environment.

This term, we also celebrated several significant events:

- Diwali: The children embraced the festival of lights through a firework painting activity, using bright colours and creative tools to replicate the beauty of fireworks. This activity supported their fine motor development and introduced them to cultural diversity.
- Remembrance Day: The children gathered in the sandpit for a minute of silence, showing their ability to participate in moments of reflection. This respectful activity introduced them to shared traditions and community values.



As Term 4 ends, we thank you for your ongoing support and involvement in your child's learning journey. This term has been filled with beautiful memories, and we are excited to see what the next chapter holds for the children as they continue to explore, grow, and thrive.

Warm regards,

The Coobaaroo Room Educators

Mirram news

Who can believe it is the end of the year we have seen the children develop and grow so much. We have celebrated Diwali by reading stories about the cultural celebrations, lighting candles. Halloween was exciting as we had the opportunity to dress up and have fun. The librarian from Wheelers hills library came and she read us some stories and we sang some songs. African drummer came and be all really enjoyed playing our drums and dancing. Our concentration is extending and our work is developing and becoming more meaningful and detailed the children love to explain to us what they are drawing. An interest in literacy is developing they are showing an interest in letters in our names, words they see around the room and in books they read. Our construction is becoming more complex and detailed the children are building projects together to complete the work.



Our interest is developing on the world of nature. In the gardens around us we are finding and observing the insect world. Discussions about respecting and the importance of these insects in food our food chains. Our worm farm we are taking our food scraps out and seeing how it works. At bush explorers they're now noticing the bird life the clouds moving and the different insects as well as climbing trees the changes in the vegetation.



Mirram news cont.



Throughout the term our personal skills have been developing and we are becoming more independent with our skills. We are taking more responsibility with our personal items. Helping to pack up our beds are a big part of the year has been learning about keeping our body safe. We have been working on who we can talk to if we are not feeling safe or someone has hurt us. Some of the answers have been mum, dad, uncles, aunty, grandparents, educators and police. Our list continues to grow. It would be wonderful if you can have this discussion at home. We continually discuss about how to keep our bodies private and safe. Another learning area this year has been our emotions. Been able to identify them and how does our body feel when having these emotions.

Throughout the last few months we have seen friendships develop we are learning the skills of how to enter a play space and how to express ourselves to our friends respecting our peers feeling and gaining an understanding of them. It has been a pleasure educating the children and watching them grow.



Woolert news

The end of another year is almost here and the Woolert Children have been busy as always. They have been engaging in the program, learning lots and continuing to form strong relationships. Its been so fun and here are some of the highlights.

Farm

We had our second excursion and this time we headed off to the farm. The children were super excited about our 10 minute bus ride to the farm and the bus was a buzz with chatting.

Once we got there, we were greeted by a peacock who had out its beautiful feathers to show us. It was time to settle in and then we headed off on the feeding trail. The goats were very keen to have some food and some of the children found them a little intimidating, as their table manners were so bad, so we headed down to the next paddock where there were lots of deer. They were much politer and the children loved feeding them and feeling their tongues on their hands as they licked off the food. We continued our walk to the camels and many of the children were brave to try and feed them, and we found they had the best table manners our of everyone and were very gentle eating the food from the children.

The children then all got the opportunity to milk a cow called cookie, and where fascinated to see the milk come out as they squeezed the teat of the cow. It was then time for us to board the trailers behind the tractor and head off on a ride around the farm. We saw Goats, cows, a horse, ponies, donkeys, camels, deer, kangaroos, sheep and cows as we rode around the paddocks.

It was then time for the sheep dog show where we saw the dog Scout round up all the sheep in the paddock and bring them into the shed. We liked it when the dog jumped on top of the sheep and barked at the sheep who was not listening. It was funny.



Woolert news cont.

This year the children have had the opportunity to take part in the Resilience Project and it has been such a wonderful experience for the children. The children have had a focus on Emotional Literacy, Gratitude, Empathy and Mindfulness. Emotional Literacy is learning to label our emotions as we experience them as well as identifying as others. This was where the children learned about emotions from the colour monster, who helped the children identify different emotions and relate them to a colour.

For Gratitude we looked at the things we are have right now and noticing the positives around us. Through this we talked about our gratitude for our families and friends and did this through discussions and drawings.

Empathy had us looking at how we can be kind and compassionate towards other people. This topic saw us looking at how each of us have a bucket and how doing nice, kind things for people can help fill those buckets.

Mindfulness was about being present in the moment and exploring what can be helpful for each of us when we need time to ourselves. Here the children learned a variety of breathing and relaxation techniques to help them in times of stress or heightened emotions.

It has been great to see the children engaging in the program and we have all noticed growth in the areas of all the children. We have loved seeing the children using the techniques they have learned throughout in day to day life and hearing the phrase, "Look, I am filling your bucket" in the play environments.



We ended our fantastic year in the Woolert room with a concert and dance party which was held at the Mulgrave Community Centre at the end of November.

The children all got up on the stage and sang some of their favorite songs from throughout the year and ended with a Christmas favorite, Jingle Bells.

After we had a dance part with pizza and sweets and what a great night it was.

We thank you all so very much for such an amazing year in the Woolert room. It has been a pleasure and a privilege to have such a fantastic group of children this year who we have seen thrive and grow.

Thank you for all your support for 2024 and all the best for the years to come.

Merry Christmas and Happy Holidays to you all.

Rhiannon, Queenie, Heidi and the Woolert room team!!!

Babaji's news

AFRICAN DRUMMING- The children actively engaged and explored their senses as they observed and listened and then imitated the drum beats as well as creating their own. Also singing and dancing along, exploring how music creates movement and different sounds portray meaning. they are learning the difference between singing and shouting as well as singing along to the beat. So many of the children were brave and did some solo or group performances including singing or dancing in front of the group.



VEGETABLE GARDEN- The children were so excited to see their capsicum seeds growing and they also planted tomatoes, cucumber, spring onion, mint and basil so far. They are learning of how to plant seedlings/seeds and what they need to grow; air, soil, space, time, sun and water. They have already observed the flowers growing on the tomatoes and continuing to learn about how important bees are and the pollination process. We have picked and Richard has cooked, or we ate; strawberries, cucumber, spinach, and the ever growing mint.



Babayin news cont.



ART SHOW-

The children were so excited to share their amazing art work with their families. They painted a picture of their own choice using textas and water colour on canvas, self portraits in March and September and their own Van Gogh inspired Irises painting. We are so proud of their accomplishments and all the learning opportunities that occurred. This is our main fundraising event and we thank you for your purchases to be used for resources

RESILIENCE PROJECT was an amazing success as the children learnt some important life long skills and practises about empathy, gratitude and mindfulness.

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Babayin news cont.

TRAFFIC SCHOOL- They consolidated on their learning of pedestrian and bike safety as they road the bikes, dressed up and played in the area. Verbalised their learning about always wearing a helmet and practised stop, look, listen, think; road safety message. They loved playing on the playground and eating from their lunch boxes.

CONCERT- What an amazing night where the children sung some of the their favourite songs they had learnt over the year as well as some Christmas songs. They looked at memories over the year as they watched a slide show and later guessed who the baby photos where of; teachers and the children. They always love the glow sticks as they enjoyed dancing, playing and running down the hill outside as well as enjoying pizza and desserts. You all should be so proud!

OFF TO SCHOOL- It is the time of year where the children are going off to school orientations and preparing for school in 2025.

We are always sad to say goodbye but also so proud of all their accomplishments, some of the children have attended CPELC for over 4-5 years. We wish you all the best and look forward to you coming back to visit. They are so ready for school as they have learnt key learning dispositions over the year/s as we embed school readiness into our curriculum and every day practises. They will bring in their lunch boxes in the last week of term and have easily opened their lunch boxes during the many excursions.



Richard's famous meatballs recipe

MEATBALL RECIPE:

IN FOOD PROCESSOR BLITZ THE CARROT AND CELERY UNTIL FINE. MIX TOGETHER THE MINCE AND SAUSAGE MINCE INTO THE CARROT AND CELERY MIXTURE. IF NOT FIRM ALL BREADCRUMBS TO COMBINE IF NEEDED. ROLL MEATBALLS INTO GOLF SIZE BALLS.

SPRAY TRAY WITH OIL.

PLACE MEATBALLS ONTO TRAY AND REPEAT SPRAY OVER THE TOP. BAKE IN OVEN AT 180c ON FAN FORCE.

SAUCE RECIPE:

FINELY CHOP ONION
FINELY CHOP CARROT AND CELERY ADD WITH GARLIC IN OIL UNTIL OIL SWEATS DOWN. ADD 400 GRAMS OF CRUSHED TOMATORS AND 420 GRAMS OF SOUP ON A LOW HEAT. TO SERVE ADD MEATBALLS INTO THE SAUCE AND COOK FOR AN ADDITIONAL 10 MINUTES.

SERVE WITH RICE OR PASTA



INGREDIENTS:

MEATBALLS:

1 LARGE CARROT
3 STICKS OF CELERY
600G BEEF MINCE
400G SAUSAGE MINCE

SAUCE:

1 ONION
2 CARROTS
2 STICKS OF CELERY
TSP GARLIC
TSP MIXED ITALIAN HERBS
440G CRUSHED TOMATOS
420G TOMATO SOUP

PASTA OR RICE TO SERVE