

AT THE END OF THE DAY YOUR FEET SHOULD BE DIRTY, YOUR HAIR MESSY AND YOUR EYES SPARKLING - SHANTI

STRAWBERRY AND MANDARINE MUFFINS – BREAKFAST OR MORNING TEA SORTED

INCREASE TO VACATION CARE FEES AND A FRIENDLY REMINDER REGARDING OUR OPERATIONS

**GRANGE PS  
OSHC**



**Term 2 Begins**

# On this month

## AROUND THE COUNTRY

International Star Wars Day -----	4 <sup>th</sup>
Play Outside Day -----	6 <sup>th</sup>
Int'l Composting Awareness Week ---	7 <sup>th</sup> – 13 <sup>th</sup>
World Migratory Bird Day -----	7 <sup>th</sup>
Mother's Day -----	14 <sup>th</sup>
National Families Week -----	15 <sup>th</sup> – 21 <sup>st</sup>
National Sorry Day-----	26 <sup>th</sup>
Ramadan -----	25 <sup>th</sup>

## A message from Jasminka...

Dear Families,

Welcome to Term 2, I hope it's a happy one and I'm sure it will be a busy one for you all.

Our permanent bookings this term have increased significantly. There are still places available on all days for Before School Care but we are now fully booked on all days for After School Care except Fridays. If you require permanent bookings for these sessions you will go on the wait list and will be given a place as they become available. If you require care on a casual basis we'll try to the best of our ability to take your children as you need. Again that will depend on the cancellations we receive on the given day you require. As always we'll strive to support our busy families and give you peace of mind when you need it most. Inevitably, with our higher numbers we have employed more staff to cover our ratios.

We welcome Georgia, Alanna, Laura & Emily to our team. They are already well and truly part of the fold and doing a great job. Please feel free to introduce yourselves to them when you see them.

Until next time, grazie mille (many thanks) for your continuing support. ☺



### NATIONAL FAMILIES WEEK – 15<sup>TH</sup> - 21<sup>ST</sup>

National Families Week is a time to celebrate with your family, make contact with your extended family and friends, and share in the enjoyment of family activities within the wider community. Go to [nfw.org.au](http://nfw.org.au) for more information.

### NATIONAL SORRY DAY - 26<sup>TH</sup>

National Sorry Day is an Australia-wide observance held on May 26 each year. This day gives people the chance to come together and share the steps towards healing for the Stolen Generations, their families and communities.

Find out more at [reconciliation.org.au](http://reconciliation.org.au)

### INT'L COMPOSTING AWARENESS WEEK – 7<sup>TH</sup> - 13<sup>TH</sup>

We can compost to help scrap carbon pollution by avoiding landfilling organic materials and helping to build healthier soils. Go to [compostweek.com.au](http://compostweek.com.au)



## STRAWBERRY MANDARINE MUFFINS

**PREP 10 min | COOK 15 min | SERVES 12**

### INGREDIENTS

- 1/2 cup brown sugar, firmly packed
- Zest of 3 large mandarins
- 1-cup buttermilk
- 3/4-cup vegetable oil (any lightly flavoured oil is fine)
- 2 eggs
- 1-teaspoon vanilla essence
- 2 cups wholemeal plain flour
- 2 teaspoons baking powder
- 1 punnet strawberries, hulled and diced PLUS 4 strawberries hulled and quartered for decoration

**METHOD** - Preheat oven to 180 degrees Celsius. Place the brown sugar and mandarin zest into a large bowl and mix to combine. Add the buttermilk, vegetable oil, eggs and vanilla and whisk to combine. Add the flour and baking powder and lightly mix until just combined. Gently fold through the diced strawberries. Use a 1/4 measuring cup to ladle the muffin batter into a 12-hole muffin tin lined with papers. Gently press a piece of strawberries into each muffin. Bake for 15 minutes or until golden and cooked. [www.mylovelylittlelunchbox.com](http://www.mylovelylittlelunchbox.com)

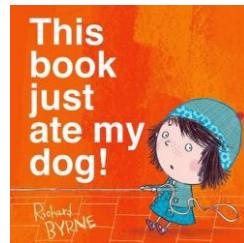
**SAFETY** – Remember to always supervise kids in the kitchen.



Source: Recipe and images belong to mylovelylittlelunchbox

## Book reviews

A few books to add some laughter to your day



### This book just ate my dog!

Richard Byrne

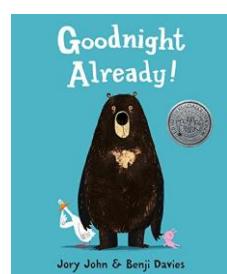
*A great book for sharing*

In this wonderfully inventive book, Bella is taking her dog for a stroll across the page but halfway across, he disappears! Unable to quite believe what's just happened Bella watches, transfixed, with changing emotions.

*This book just ate my dog!* is inventive, ingenious, and just pure kid-friendly fun! Enjoy with the whole family.

### Goodnight already

Benji Davies



### Giggles at bedtime

Meet Bear. He's exhausted. All he wants is to go to sleep. Meet Duck, Bear's persistent next-door neighbour. All he wants is to hang out . . . with Bear.

*Enjoy the playful comic tension through the beautiful nocturnally toned images*



### Blue hat, Green Hat

Sandra Boynton

*Great for babies and toddlers*

Three earnest animals and one misguided turkey learn colors and clothes in this Sandra Boynton classic. For more 'baby friendly' stories check out Sandra's large range of funny board books.

# FOCUS ARTICLE: Children not sleeping because of technology. It's not that simple

Giving Ella or Charlie the iPad at bedtime may not be the best idea, two London universities have found.

Researchers from Birkbeck, University of London and King's College London asked 715 parents about their children's touch screen usage. After analysing the data, they discovered children as young as six months were sleeping less, and taking longer to fall asleep, than their peers who didn't use touchscreen devices as much.

Each hour of touchscreen use equated with 16 minutes' less sleep. The results were published in *Scientific Reports*. Though the study didn't control for other variables, and therefore didn't establish that touchscreens caused less sleep, senior lecturer in early childhood education at Western Sydney University Joanne Orlando thinks it's an important step in the right direction. "There's a lot of uncertainty about the impact of technology on children's learning, health, and emotional states," she said.

Orlando, a children and technology expert, cautioned that devices themselves aren't harmful. It's that what?, when? and why? that matter. What is the child watching/playing, when is this occurring and – perhaps most importantly – why has the parent given the child the device? To help them sleep, or simply to keep them quiet? To illustrate the impact of these nuances, Orlando offered that if a child is playing a highly stimulating game five minutes before bedtime, it's obvious that might disrupt or delay the child's sleep.

Current screen-time guidelines are unfortunately vague in this respect. They don't, for instance, provide recommended daytime or nighttime quotas. "They put the onus on parents," Orlando explained. "This means it's important that people read widely and sort out what's best for their family."

Though Dr Drew Dawson, director of the Appleton Institute at Central Queensland University's Adelaide campus, thinks there's a simpler solution to this potential problem: blue light filters that dim devices' screens. "Many tech companies have already introduced blue-depleted night mode for tablets and phones," he stated. "This will solve the problem without the need to reduce screen time due to circadian disruption."

Orlando isn't convinced. The evidence on the effectiveness of this in improving sleep is, she said, "minimal". So, for now, for well-rested kids, guideline-supported common sense must suffice.

## NEW SCREEN-TIME RULES

American screen-time standards, provided by the American Academy of Pediatrics (AAP), have just been revised for the first time since 1999. (Australia's standards are based closely on these so Australia, take heed).

To the probable delight of exhausted parents and carers, the AAP has proposed a shift in focus to quality, not quantity, of screen time, via three crucial statements. If you have time reading them is highly recommended.

AAP recommendations include limiting screen time to one hour a day for children 2 to 5 years old. For children 6 and older, be consistent with the amount of time they can look at the screen and don't let it interfere with sleep, physical activity and other actions essential to good health.



In case you don't have time to read the statements here are the highlights – eight facts you should know:

1. The average age at which children begin to interact with media in 1970 was 4 years; today, 4 months.
2. You have to teach your toddler to talk, a device can't. Limit solo screen time until 2 years of age.
3. For a child under 18 months of age, allow video chat only; at 18–24 months, choose high-quality apps and use them with the child. Re-teach what they are learning if you want them to experience any benefit.
4. Children must learn to soothe themselves without a screen. Don't hand the phone over at the first sign of trouble.
5. Screen-free zones are critical: during meal times; in bedrooms; and during play-time (yes, parent or carer, that means your phone, too).
6. Kids aren't the only ones struggling with these issues. Distracted parenting is a real problem as well, across all child ages.
7. If you want to succeed, you must have a plan. Try out this free tool from the American Academy of Pediatrics: [healthychildren.org/MediaUsePlan](http://healthychildren.org/MediaUsePlan)
8. Just because an app or show is listed as educational, doesn't mean that it is. Do your own research and watch or play it with the child first.

Article source: Tots wired, sleeping less after touchscreen use  
By: Loren Smith in *Health+Development Top Stories* April 18, 2017

Article source: A look at new screen time rules By: Justin Smith in *Opinion Top Stories* November 1, 2016

<https://www.earlylearningreview.com.au>

# Increase to Vacation Care fees and a Friendly Reminder Regarding our Operations:

## Vacation Care Excursions are Compulsory

Vacation Care excursions are compulsory. The remainder of our service and staff will not be at Grange whilst the excursions are running. For legal reasons our educator to child ratio is reduced significantly when we go on excursions. This is because we need all our staff on deck when we are not at Grange. For some time now we have made excursions compulsory for this reason, unless your child comes into our service once we have returned back to Grange. Also, for legal reasons we are not able to have a single staff member stay back at Grange with a smaller group of children on their own. We would require at least 2 staff to stay back at Grange even if only one child were to stay behind.

## Changes to Vacation Care Fees effective July 2017

On March 20th 2017 the Governing Council approved an increase to our Vacation Care fees to be effective in the new financial year commencing in the July Vacation Care period. From July 10th, the Vacation Care Fees will increase to \$55 for a full day and \$27.50 for a half day. We haven't increased our fees since 2013 prior to this new fee increase.

## Booking Form Completed Signed and Returned for Vacation Care Bookings

Just a friendly reminder that we cannot accept any Vacation Care bookings over the phone or in an email without a completed and signed booking form attached. We require you to complete, sign and return a booking form legally for our records, at all times.

## What to send with your Child during Vac Care

Since we are a large service and to keep our fees down, we do not provide food/meals as in Before School Care and After School Care unless on special occasions as stated in the Vacation Care program. We pride ourselves on providing a safe and caring environment for all children, their safety and enjoyment takes priority before cooking/cleaning up meals. Please remember to provide enough food for your child to last the day, more so than a normal school day as Vacation Care is full of active play.

## Opening & Closing Times

Our service opens at 7 am and closes at 6pm at all times during Vacation Care. Legally we are not allowed to have children on the premises before 7am. Please ensure that you pick up your children promptly by 6pm or you will be charged a late-pickup fee as stated in our policies.

## Bookings Required for Pupil Free Days

Pupil Free days must be booked in prior to your child attending. You are more than welcome to call or email, (even if at the last minute) and we'll always try our best to accommodate you and your family. Unfortunately we are having lots of you bringing your children in unannounced and this is causing big issues for us with regards to our staffing roster. We are having to make changes to the roster and call in extra staff at the last moment (which is not always possible) to cover our ratios as a result. If your child does not have a booking you may be called to come and pick them up if we don't have enough staff to cover the ratios.

## Feedback Welcome

Your feedback is always welcome and any suggestions or ideas for excursions or in house activities for our Vacation Care program is much appreciated.



Short simple activities to get some active minutes in the day.

This activity can be undertaken anywhere, the more obstacles the better. Your child may have well and truly left crawling behind, but this activity calls for a revisit. You will often see crawling in bootcamp style training for a great reason, it is an awesome aerobic and strength activity.

The exercise is simple... you and your child crawl and use your imagination. Crawl around the obstacles in your home or outside. Are you crawling like a baby? Or on your hands and toes? Ask your child what animals walk on all fours? What Animals could we pretend to be? It sounds easy but you will be puffing in no time. Have fun.

## FOREST SCHOOL

**SEATTLE:** *Three-year-old Desi Sorrelgreen's favorite thing about his preschool is "running up hills." His classmate Stelyn Carter, 5, likes to "be quiet and listen to birds — crows, owls and chickadees," as she put it. And for Joshua Doctorow, 4, the best part of preschool just may be the hat he loves to wear to class (black and fuzzy, with flaps that come down over his ears).*



All three children are students at Fiddleheads Forest School here, where they spend four hours a day, rain or shine, in adjacent cedar grove "classrooms" nestled among the towering trees of the University of Washington Botanic Gardens.

A typical day at Fiddleheads starts at 9 a.m., with Desi, Stelyn, Joshua and fellow students zipping up waterproof suits so they can climb on, and sometimes slip off, soaking-wet logs; create secret forts under dripping boughs of bright green, and examine squirming earthworms in grubby hands.

Students go on "listening walks" with their teachers during which they stand in a circle with their eyes closed and name the things they can hear, like wind and rain, when they don't talk. The children also eat lunch, sing songs and occasionally squabble under the open sky and towering trees.

While the children are carefully supervised by trained teachers, the school has a choose-your-own-adventure attitude toward learning. "We kind of just think and find what we want to do in our head, and we just do it," Stelyn said.

Fiddlehead is one of at least 18 similar preschools founded in the greater Seattle area since 2005. To read more about These schools go to the source link below.

**Source:** Preschool without walls – Lillian Mongeau  
[https://www.nytimes.com/2015/12/31/fashion/outdoor-preschool-in-nature.html?ref=education&\\_r=4](https://www.nytimes.com/2015/12/31/fashion/outdoor-preschool-in-nature.html?ref=education&_r=4)

## APRIL VACATION CARE WRAP UP

By Elda Galios – Assistant Director

Dear Families,

Welcome to Term 2 and the cold winter chill in the air. The April School Holidays were only a short 8 days due to the Easter and Anzac Day Public Holidays this year, but we still managed to pack it full of lots of fun.

Unfortunately we had to cancel our excursion to St Kilda Playground due to the wet weather but we were very fortunate to be able to book into Castle World and Café at Beverley at the last minute. It's an awesome venue with huge facilities and friendly, helpful staff. Please support this fantastic local business and check it out for yourselves if you haven't done so already. [www.castleworldcafe.com](http://www.castleworldcafe.com)

For the first time in a very long time we ventured to Gumeracha to climb the Giant Rocking horse, explore the animal park and tour the toy shop and factory. It was a really worthwhile excursion with lots for the kids to see and do. They have an awesome collection of handmade wooden toys for sale. You can buy online from their shop, check out the link below <http://thetoyfactory.com.au/online-store/>

Besides all the excellent excursions we also kept your children entertained with our tournaments, championships and incursions right here in our own back yard. They enjoyed Soccer, Taekwondo, Super Smash Brothers and a Giant Inflatable Obstacle donated free of charge by the extremely generous Jarrah Carr of Jump Easy. Please support him when planning your child's next birthday party.  
[http://www.jumpeeasy.com.au](http://www.jumpeasy.com.au)

I am already busily planning the July Vacation Care Program so keep your eyes and ears peeled as that will be available from Week 6 of this term.

Until next time, Elda. ☺



**Feedback**  
is always welcome

How can we make our newsletter even better?

What information would you like us to include?

**Grange PS OSHC**

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