

# NEWSLETTER



## A MESSAGE FROM OUR TEAM LEADER INTEGRATED EARLY YEARS SERVICES

Dear Families,

### **2023 Enrolments**

Our Long Day Care existing families' enrolment period has closed. We are aware that some families may have booked additional care while waiting for 2022 work rosters. If you need to reduce your care, please email [childrenservicesenquiry@glenelg.vic.gov.au](mailto:childrenservicesenquiry@glenelg.vic.gov.au) at your earliest convenience.

### **Sunsmart**

With the weather warming up we have noticed the UV rating starting to rise. Services monitor this daily and support children to apply sun protection as required. Please send a sunhat with your child to Kindergarten or Child Care, we are back in the habit of making sure that the children are wearing them when required.

### **16-22 October was Anti-poverty week**

- 32% of two-parent families have experienced severe food insecurity in the last year.
- 37% of single-parent families have experienced severe food insecurity in the last year.

Two local organisations are working together to improve health outcomes by developing healthy recipes using donated pantry staples as the main ingredients.



United Way Glenelg has collaborated with SEA Change Portland to create 4 easy recipes, accompanied by a 1-minute tutorial video on preparing the meals, accessible through a QR code. The link is also available here <https://www.youtube.com/playlist?list=PLvCHPNeh-gc78KHO9KqTxSt7ISwaRDJjl>

Recently two food pantries have been added to Kalbarri Kindergarten and Karreeta Peeneeyt Mara Portland Child and Family Complex with the support of United Way Glenelg.

Kind regards,  
Kate Lyons  
Team Leader Integrated Early Years Services

COOKING WITH PANTRY STAPLES

# Apple Crumble

Ingredients:

- 1 x 385g tin apple
- 1/4 cup plain flour
- 1 tbsp butter, cubed
- 1 x 35g sachet instant oats
- Water, as needed

Directions:

1. Split apple between two mugs or bowls.
2. In a separate bowl, combine flour and butter with fingers to make crumble texture. Add oats.
3. Add water as needed, combining with fingers.
4. Top apples with crumble mixture.
5. Microwave for 3 minutes (or bake in the oven).

Try using different fruit - peaches, pears, berries!



SCAN THE QR CODE FOR A VIDEO TUTORIAL



COOKING WITH PANTRY STAPLES

# Beef and Veg Noodle Stir Fry

Ingredients:

- 2 x instant noodle squares
- 500g beef mince
- 4 cups veg (fresh, frozen or tinned)
- 2 tbsp salt-reduced soy sauce
- 1/3 cup sweet chilli sauce

Directions:

1. Cover noodles with hot water. Let sit to cook.
2. Brown beef mince in frying pan.
3. Add vegetables. Cook for 5 minutes or until vegetables have softened.
4. Drain noodles. Add to frying pan.
5. Add sauces, and stir to combine.

Try using different meat, veg & sauces!

\*Recipe adapted from Super Hero Foods HQ



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Glenelg Shire Children's Services

1300 453 635

[Childrenservicesenquiry@glenelg.vic.gov.au](mailto:Childrenservicesenquiry@glenelg.vic.gov.au)

PO Box 152, Portland VIC 3305

[www.glenelg.vic.gov.au](http://www.glenelg.vic.gov.au)



COOKING WITH PANTRY STAPLES

# Mexican Tuna & Rice

## Ingredients:

- 1 250g packet microwave rice
- 1/2 tin corn
- 1/2 tin beans
- 2x small tins Mexican flavoured tuna

## Directions:

1. Combine all ingredients in a bowl.
2. Serve cold or warmed in the microwave.

Try using different tuna flavours and different vegetables!



SCAN THE QR CODE FOR A VIDEO TUTORIAL



COOKING WITH PANTRY STAPLES

# Hearty Soup

## Ingredients:

- 1 tin chicken & veg soup
- 1/2 tin green beans
- 1/2 tin peas and carrot
- 1 cup water
- 1 x instant noodles

## Directions:

1. Cover noodles with hot water. Cover and let sit to cook.
2. Combine soup, vegetables and water in a microwavable bowl.
3. Follow heating instructions on soup tin.
4. Drain noodles. Cut up and add to soup.

Try using different combinations of soup and vegetables!



SCAN THE QR CODE FOR A VIDEO TUTORIAL



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# OFFICE NEWS & REMINDERS

## The best way to get in touch with us

Children's Services Customer Service Team

Tel: 1300 453 635

Email: [childrenservicesenquiry@glenelg.vic.gov.au](mailto:childrenservicesenquiry@glenelg.vic.gov.au)

Fee or Account Enquiries, Children's Services Accounts Team

Tel: (03) 5522 2515

Email: [csaccounts@glenelg.vic.gov.au](mailto:csaccounts@glenelg.vic.gov.au)



## Absence Notifications

We ask that families please notify the Children's Services Team as soon as possible if your child will be absent from their program. This can be done via the Xap Smile App or through the following methods:

Phone – 1300 453 635

Email – [childrenservicesenquiry@glenelg.vic.gov.au](mailto:childrenservicesenquiry@glenelg.vic.gov.au)

# WELCOME TO CHILDREN'S SERVICES



**Sarah Luers, Early Childhood Educator**

## RECRUITMENT

Glenelg Shire Council currently has a number of positions vacant in the Children's Services Unit. For more information, please visit

[https://hcm618.peoplestreme.net/glenelgshirecouncil/erec\\_external.asp](https://hcm618.peoplestreme.net/glenelgshirecouncil/erec_external.asp)



# FROM OUR SERVICES

## Dartmoor Children's Centre We made Banana Bread!

Recently one of the Kindergarten children was talking about banana bread during a mealtime. This created lots of conversation around healthy eating and wondering if banana bread would be nice to eat. We all decided that it would be great to cook it at the service.

First, we poured in the ingredients, mixed them together, poured it in the baking dish and then we enjoyed eating it!

The comments were "this is the best ever!" and "it's so yummy!"



## Heywood Kindergarten Open Ended Experiences

It is really important that children have opportunities to design, create and produce from their own ideas. There are so many resources that we can provide for children, that allow them to practice and perfect their skills.

Children don't need that pressure of being shown what something needs to look like or think that that is what they are supposed to produce. This pressure can often stop a child from ever engaging as they don't think they will ever be able to make it look as good. If we allow our children to use their imagination; to try different things; to create from their own ideas and to design for their own purpose, then they will learn so much more than when they mass produce something. They will learn that their own ideas are just as important. They will try new things and take chances. They will risk using their individual skills, knowing that what they are creating or making will never be wrong.

These photos are examples of some of the things that our students create from their own ideas. How amazing are they.



# FROM OUR SERVICES

## Karreeta Peeneeyt Mara Portland Child and Family Complex

The children at Portland Child and Family Complex have been working very hard creating and decorating under the sea artwork for the Upwelling Festival on the weekend.

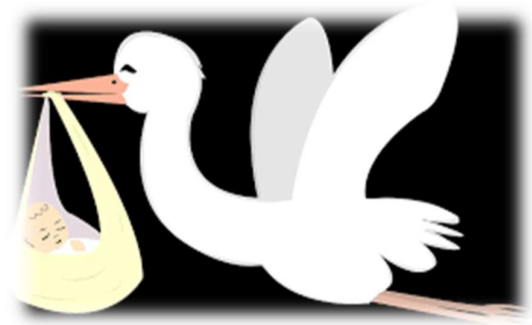
Thank you to all the families that participated in the parade.



## Kalbarri Kindergarten

Kalbarri Kindergarten have had to say goodbye to Miss Mel while she goes on maternity leave to have her third baby.

We wish her all the best and can't wait to meet the latest addition.



We welcome Karensa Smith to our team who will be replacing Mel on Thursday's, and Carly is replacing Mel on Tuesday's.

We are looking forward to Term 4 full of learning and fun!

# FROM OUR SERVICES

## Jaycee Kindergarten

### Benefits of Sandpit Play

When our children are spending time in the sandpit, we could be mistaken to think they are just playing. Children who engage in unstructured play in the sandpit are learning and developing their skills in many areas including:

- Perseverance and focus - as they set and achieve their goals such as building a sandcastle or digging a hole.
- Social and language - as they solve problems, share, and communicate.

Children often enjoy imaginative play in the sandpit such as pretending to cook or pretending to drive a digger as they operate the trucks. Imaginative play is important as it helps children make sense of what they have seen or experienced, it enables children to explore things that interest them and builds decision making and important social skills. Skills such as collaboration, listening and comprehending, which are prerequisites to academic learning. There is also the opportunity for drawing and writing in the sand to help children develop their understanding of symbols and the written word.

References: First Discoverers, *Imaginative Play Ideas for Early Years*, <https://www.firstdiscoverers.co.uk/imaginative-play-ideas/>  
Pathways, *How Sand Play can Develop Your Child's Development*, <https://pathways.org/sand-play-natures-etch-a-sketch/>  
Kidsense, *Glossary of Terms*, <https://childdevelopment.com.au/glossary-of-terms/>



## Kathleen Milikan Centre

This term the children in the Tharkookroom, who will attend 3-year-old kinder in 2023, have been visiting the Kinder program with a primary educator.

This is enabling them to get to know unfamiliar educators, familiarise themselves with the new environment and observe the current kinder children's learning and play in action. The children have been enjoying this opportunity and are now regularly asking to go to kinder.

We will continue these transition visits for the rest of the term.



# NEVER LEAVE CHILDREN IN CARS

A friendly reminder to our families to ensure that you never leave a child in a car.

In Victoria, it is against the law to leave a child unattended in a car.

The Never Leave Kids in Cars campaign prompts parents to take their kids with them whenever they get out of the car, just as they do their everyday valuables, to avoid potentially tragic consequences.

More information and resources can be found in the following links:

- <https://www.vic.gov.au/never-leave-kids-in-cars>
- <http://www.kidsafevic.com.au/road-safety/hot-cars/>
- <https://raisingchildren.net.au/toddlers/safety/car-pedestrian-safety/never-leave-children-in-cars>.





# BAKED RISOTTO

## Ingredients:

## Method:

- 2 tbs butter
- 1 onion, peeled and diced
- 2 cloved garlic, peeled and crushed
- 2 cups arborio rice
- 1 ½ litres stock
- ½ cup parmesan



1. Pre-heat oven to 170°C. grease a baking dish, and pop it in the oven to heat up.
2. Meanwhile, melt the butter in a pot and add the onion, cook until translucent.
3. Add the garlic and rice and cook, stirring for 2 minutes.
4. Add the stock and bring to the boil. Pour the mixture into the heated baking dish, cover (lid or foil), and cook for minutes.
5. Stir the risotto and cook for a further 15 minutes.
6. Remove the dish and add the parmesan. Stir through until fully combined and melted.

Any flavour combination can be used, but some suggestions are below;

- 1) Chicken and lemon (suggestion: use chicken stock)  
Add 500g cooked diced chicken at step 4. Add zest and juice of 1 lemon, and 2 table of chopped herbs (parsley, chives and dill work well) at step 6.
- 2) Chicken and mushroom (suggestion: use chicken stock)  
Add 200g sliced mushrooms at step 2 and 500g cooked diced chicken at step 4.
- 3) Creamy leek and pea (suggestion: use vegetable stock)  
Add 1 finely sliced leek at step 2. Add ½ cup thawed peas at step 5.
- 4) Bolognese (suggestion: use beef stock)  
Add 500g beef mince at step 2, breaking it up as it cooks. Add 2tsp herbs (basil and oregano work well) at step 3. Replace ½ of the stock with 2x420g can tomato soup.



**THANK YOU FOR  
READING.  
WE HOPE YOU HAVE  
ENJOYED THIS EDITION.**

**GLENELG SHIRE  
COUNCIL CHILDREN'S  
SERVICES**

