

OCTOBER
2023

ON *this* MONTH

AT ST FAITHS

Special Person's Day -----TBC
World Space Week ----- 4-10
Halloween ----- 31

AROUND THE COUNTRY

National Nutrition Week ----- 15-23
World Animal Day ----- 4
World Teachers' Day ----- 27
Aussie Backyard Bird Count ----- 16-22
Loud Shirt Day ----- 20
Day for Daniel ----- 27

2023 Hearing and Eye Testing

The Rotary Club of Greensborough has organised a team from the University of Melbourne's Departments of Audiology and Speech Pathology, Optometry and Vision Sciences to conduct hearing and vision tests for children aged between 3 ½ and 6 years on Saturday 14th Oct 2023.

These tests, arranged in conjunction with Melbourne City Mission, will be conducted at the Kalparrin Centre, 1 Kalparrin Avenue, Greensborough between 9.00 am and 3.30 pm BY APPOINTMENT ONLY. Each test takes approximately forty minutes, and an adult (one only) must accompany each child.

The tests will be conducted at MCM Kalparrin Early Childhood Centre 1 Kalparrin Avenue Greensborough.

It is extremely important to detect hearing disorders as early as possible. Unlike vision problems hearing disorders are not always detected by parents and it seldom occurs to them that their child might have a hearing impairment as they can lip read. Many conditions, if not treated in time, might lead to a serious condition, perhaps necessitating the eventual use of a hearing aid or resulting in total irreparable deafness. About 25% of children, prior to schooling, suffer a refractive error (squint), long sightedness or short sightedness. The sooner a hearing or vision problem is detected, the earlier a diagnosis can be made which will lead to prompt medical treatment, thus bettering the chances of a successful recovery. It is absolutely vital for a child with a hearing or eye problem to have that problem diagnosed and treated before he or she begins school.

If you wish to have your child or children tested free of charge for hearing or sight and they are aged between 3 ½ and 6 please Register online choosing the time you would like at

<https://www.trybooking.com/CLQNZ>





WORLD TEACHERS DAY – OCTOBER 27

World Teachers' Day Australia is an opportunity to celebrate, acknowledge and thank educators for the important role they play inside our classrooms and in the community.

This year's theme **Teaching – where the future begins** applauds the innovative and inspirational practices teachers use to help create better futures for their students. [Find out more here](#)

AUSSIE BACKYARD BIRD COUNT – OCTOBER 16-22

The Aussie Backyard Bird Count is celebrating 10 years in 2023. Whether you're in your garden, the local park, a beach or even your town centre be a part of the Aussie Backyard Bird Count by observing and counting the birds that live near you. By telling us about the birds you've seen within a 20-minute period, you will help Birdlife Australia develop an understanding of local birds, whilst getting to know the wildlife on your doorstep! [Find out more here.](#)



CONNIE'S PESTO SAUCE

INGREDIENTS

- 2 Bunches of Basil
- 2 Bunches of Spinach (you can use any green leafy vegetable e.g. Kale or Silverbeet)
- 1 Cup of Extra Virgin Olive Oil
- Pinch of Salt
- Sterilized glass jar
- 1 clove of garlic
- 1/2 cup of parmesan cheese
- Extra oil to drizzle over mixture once in the jar

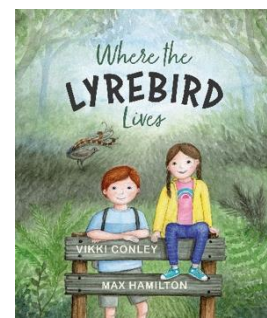
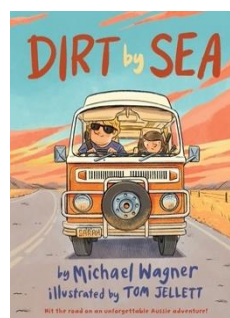
Pesto is a simple and easy sauce to add to Pasta both hot or cold, also used as a base to Bruschetta.

Once the sauce is stored in a tightly sealed jar, it will keep in the fridge for up to 5 days.

The children at St Faiths always love the Pesto Sauce added to spiral pasta and call it 'Alien Pasta!'

Book reviews

A FEW OF THIS YEARS THE CHILDREN'S BOOK COUNCIL OF AUSTRALIA WINNERS



DIRT & SEA | MICHAEL WAGNER

Explore our wonderful coastline and the joy of a family road-trip with Dad and Daisy! Daisy lives in inland Australia with her dad and her grandparents. It's home, and she loves the red dirt land around her. But when her dad realises that she's never seen the beach he sets off to show her the ocean in a once-in-a-lifetime father-daughter trip.

WHERE THE LYREBIRD LIVES | VIKKI CONLOEY

High in the mountains through the sleepy clouds. Deep in the forest past the chiming birds. Will we see the lyrebird? I don't know. Tip-toe, tip-toe. The beauty of the Australian rainforest and the magic of family-time come together in this lyrical and delightful story of intergenerational connection, habitat and adventure.



NUMBER LINE

You will need a number line (you can print it or draw one up yourself), magnetic numbers and a magnetic surface or your fridge. This activity involves children **sorting numbers** along the number line. It is a great way for children to learn numbers, counting and also develop early graphing skills. Sort each number to match the correct number on the number line. Point and counting each number on the number line. Talk about which numbers have the most numbers matching. Find the activity [here](#)



HALLOWEEN PUMPKIN HUNT

DOWNLOAD AN ACTIVITY SHEET FROM
 MONTYVILLAGE OR
COLLECT FROM ECHO BALLOONS

SAT 28TH OCT 2023

FROM 9AM - 2PM

WEREWOLF STREET (WERE STREET), MONTMORENCY 3094



HEALTH & SAFETY: Simplifying their world

The benefits of simplifying your child's world are many. And it can make *your* life more fulfilling, too. Children flourish when they have the time and space to explore their world without the constraints of "too much."

The Problem with "Too Much"

"Too much" is overwhelming and stressful, whether it's too much stuff, too much information, too many activities, too many choices, or too much speed – always hurrying from one task to the next... with never a moment to relax or play.

Having and doing too much can overwhelm a kid and lead to unnecessary stress at home and in the classroom. It's not only stressful for kids. It can add to the already exhausting mental load for parents.

Simplifying a child's routine, surroundings, and reducing information- and activity-overload can help overstimulated kids become less argumentative and disruptive. When you simplify a child's world, you make space for positive growth, creativity, and relaxation.

"Many of today's behavioural issues come from children having too much stuff and living a life that is too fast," says Kim John Payne, author of *Simplicity Parenting: Using the Extraordinary Power of Less to Raise Calmer, Happier and More Secure Kids*.

Payne says that many American kids are experiencing sensory overload with "too many trinkets, too many choices and too much information." By approaching parenting using simplicity as a framework, parents may be able to significantly reduce a child's daily stress, which can lead to happier, more successful children.

"Children need time to become themselves—through play and social interaction. If you overwhelm a child with stuff – with choices and pseudo choices – before they are ready, they will only know one emotional gesture: More!"

The easiest way to get started is with your home environment. "As you decrease the quantity of your child's toys and clutter, you increase their attention and their capacity for deep play. Too much stuff leads to too little time and too little depth in the way kids see and explore their worlds," says Payne.

Clear Away the Clutter When clearing out or rotating toys focus on keeping a mix of toys that your kids consistently enjoy and that keep them entertained for long periods of time. Often, kids' favourite toys are simple, classic toys – stuffed animals, dolls, building toys such as LEGOs, trains and cars, dress-up clothes, and arts and crafts materials.

Make Downtime a Priority Along the same lines, simplifying your family's schedule can reduce the frantic feeling of always being on the go. Kids with a full plate of school work, extracurricular activities or sports each day may feel stressed and chaotic since they're lacking the free time children need for creative play and exploration. And when you set effective screen time limits, you'll keep your child distraction-free and help her learn to find joy in the present moment.

But what if they're bored? Boredom is a good thing! It's the great instigator and motivator of creativity. Payne says the frustration of having "nothing to do" is usually the start of something wonderful.

Simplifying with Kids

By simplifying, we can concentrate on what we really value, not just spend our days reacting to everything the world throws at us. Simplification is an ongoing process, not something that can be completed in an afternoon or weekend. It takes time to reduce possessions, change habits, and develop new rhythms. It's not easy to change directions when your whole family is moving at the speed of light and the chaos always feels like it's creeping in. Begin slowly, with small changes and an eye toward what you want your family life to look like.

"In the tapestry of childhood, what stands out is not the splashy trips to Disneyland but the common threads that run throughout and repeat: the family dinners, nature walks, reading together at bedtime, Saturday morning pancakes."

Kreps, Sandy. (2023). *Want happier, calmer kids? Simplify their world.* Retrieved [greenchildmagazine.com](https://www.greenchildmagazine.com)



To read in full and for additional advice follow the QR code link.



PLAY OUTSIDE MORE

Talking about sustainability with kids is incredibly important to do. However, it can be really tricky to know where to start. First, we need to help our kids understand what sustainability is. While a broad concept, sustainability basically boils down to understanding the impact that we have on the earth, and what we leave for future generations. We know that sustainability can encompass a number of things, from recycling to gardening, and in being resourceful with products and items that we use. We can teach these to our children through hands-on activities and by involving them in acting sustainably as well!

This month it's very simple, the weather is warming up and the days are getting longer. We challenge you to play outside more. This simple activity goes a long way in teaching sustainability. Sharing in and appreciating a love of the outdoors will inspire kids to care for the earth.





Literacy

“Being literate is the capacity, confidence and disposition to use language in all its forms through written, oral, visual and auditory. Literacy incorporates a range of modes of communication including music, movement, dance, storytelling, visual arts, media and drama, as well as talking, listening, viewing, composing, reading and writing. Active listening and a strong foundation of oral language is a key to ongoing and lasting literacy learning. Children enjoy and learn from different texts. Contemporary texts include electronic and print-based media. In an increasingly technological world, the ability to critically analyse texts is a key component of literacy.” *Belonging, Being and Becoming: The Early Years Learning Framework.*

Experiences in early childhood settings build on the range of experiences with language, literacy and numeracy that children have within their families and communities.

Literacy education within an Early Years setting looks like: Conversations with peers and educators, sociodramatic play, reading a variety of books, singing and chanting rhymes, jingles and songs, creative arts, expressing feelings, using technology, pre-writing skills writing, play-dough and science experiments just to name a few.

If you would like more information on our literacy program, please speak to your child's room leader.

National Quality Framework | Quality Area 1:
Educational Program and Practice 1.1 The educational program enhances each child's learning and development.

1.2 Educators facilitate and extend each child's learning and development.

Australian Government Department of Education (2022).
[Belonging, Being and Becoming: The Early Years Learning Framework For Australia- V2.0](#)

UPDATES FROM ST FAITHS

XMAS HOLIDAYS/ENDING CARE

To assist us with planning and staffing over the Xmas / New Year period, we ask that **all** families have completed a holiday form and/or an ending care form.

If you have any questions regarding absences or holidays, please contact the office via phone or email.

SPRING/SUMMER MENU UPDATE

Over the past few months we have been in the process of preparing our Spring/Summer Menu. Whilst adhering to nutritional guidelines, we have continued to consult with families, children, staff and of course, our cook (Connie). Following this, we have now finalised our menu for Spring/Summer. Please see Educa to view the menu, or alternatively, see our menu board outside the kitchen or office.

STAFFING UPDATES

Throughout October we have 2 new staff members joining the St Faiths team. Laura will be commencing full time in the Joey Room. Laura comes with over 20 years of experience and will be a fabulous addition to our existing team! Alana will also be commencing on October 2nd and will be working 4 days Tuesday – Friday across all rooms.

Please say hello if you see them around!



Ball Throw

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

This one is very simple all you need is a ball for each person playing and a space outside. The ball can be any size (fun shaped balls work too). Mark a line as a starting point, everyone playing stands on the line with a ball. You say 1,2,3 throw. Everybody throws as far as they can, you run and pick up your ball and run back to the line. It's a very simple game but it does encourage movement and throwing skills.

For older children mark a starting spot (A) and then mark a second spot 5m away (B). One person stands at spot (A) and throws the ball they then see how many runs they can get by running between spot (A) and (B) before the ball is returned to the starting spot. Rotate throwers and see who can get the most runs.