

The best way to predict your future is to create it." - Abraham Lincoln

Medowie
Gumnut
Preschool



ON *this* MONTH

AT Medowie Gumnut Preschool

Families Christmas Picnic.
30th November
Graduation For School Leavers.
11th December
Last Day Of Preschool For 2024.
20th December
Preschool Resumes
20th Jan 2025



WARMER WEATHER

With the warm weather finally here, we're excited to kick off our summer routine! This means our days will be filled with outdoor fun. To keep everyone safe in the sun, we ask that sunscreen be applied to your child 10 minutes before they arrive at preschool. Don't worry— we'll reapply throughout the day as needed. Thanks for helping us make sunny days safe and enjoyable!

Also, don't forget to pack a hat for your little one! If they forget, they'll need to hang out in the shaded areas while everyone else enjoys the sunshine. Let's keep those little heads protected and ready for outdoor adventures!

FAMILY FEEDBACK

A huge thank you to all the families who shared their thoughts on the feedback forms we sent home! We really appreciate the time and effort you took to help us out. If you still have yours at home or would like a new one, we'd love to hear your suggestions about our center practices. Your input means so much to us!





REMEMBRANCE DAY - NOVEMBER 11

Remembrance Day is one of the most important days on our commemorative calendar. It's a day when we acknowledge those who died or suffered while serving in wars, conflicts and peace operations. Remembrance Day is held on 11 November each year. This is the

anniversary of the Armistice that ended fighting with Germany in World War I. People in Australia and many other countries observe one minute's silence at the 11th hour of the 11th day of the 11th month because that's when the Armistice came into effect. It's a time to honour our service personnel who died or suffered in service of Australia. [Learn more here](#)

WORLD KINDNESS DAY - NOVEMBER 13

World Kindness Day is to highlight good deeds in the community focusing on the positive power and the common thread of kindness for good which binds us. Kindness is a fundamental part of the human condition which bridges the divides of race, religion, politics, gender and location.

APRICOT & COCONUT BLISS BALLS METHOD:



MAKE 15 min | SERVES 20

INGREDIENTS

- 1 cup (190 grams) dried apricots
- 1 cup (90 grams) desiccated coconut
- 1 cup (100 grams) almond meal (ground almonds)
- 1 tablespoon coconut oil, melted
- 1 teaspoon vanilla bean paste
- 2 tablespoons honey

Place the apricots, coconut, almond meal, coconut oil, vanilla bean paste and honey into the large bowl of a food processor and blitz until the mixture comes together.

If needed, add a splash of water until the mixture is wet enough to shape into balls.

Take heaped teaspoons of the mixture and shape into balls and roll in coconut until coated.

These balls will keep refrigerated in an air tight container for 7 days. They also freeze beautiful, simply pop into a freezer safe bag or container and stash in the deep freeze for up to 3 months.

ENJOY X

Image & recipe: mylovelylittlelunchbox.com

Podcast Reviews

A couple of podcasts that sum up all the important stuff you need to know as a parent!



This glorious mess | Mamamia

A weekly look at parenting as it truly is: *confusing, exhausting, inspiring, funny, and full of surprises.* Join Tegan Natoli and Annaliese Todd every Monday as they discuss all the disasters and delights of parenting with a healthy dose of advice from our trusted experts.



Dr Justin Coulson's happy families | Dr Justin Coulson

The *Happy families* podcast with Dr. Justin Coulson is designed for the time poor parent who just wants answers now. Every day Justin and his wife Kylie provide practical tips and a common sense approach to parenting that Mums and Dads all over the world are connecting with. Justin and Kylie have 6 daughters and they regularly share their experiences of managing a busy household filled with lots of challenges and plenty of happiness. For real and practicable advice from people who understand and appreciate the challenges of a time poor parent, listen to Justin and Kylie and help make your family happier.

FEATHER TIP SALT TRAY WRITING

The title of this activity explains it all. Children get to make marks or write (squiggles, lines, letters, numbers or whole words) in their own tray of salt with a feather tip! Fantastic for motor skill development, this sensory writing experience from *Teach Preschool* will disguise writing practice as playtime. Be sure to give your students some time to explore the salt tray before their task to minimize confusion. Change up the writing tool to keep the activity interesting when you revisit it.

Source: teachpreschool.org



HEALTH AND SAFETY: The benefits of outdoor play

It's undeniable that the digital age that we live in has many extraordinary advantages and having access to these digital resources is a great privilege. As more children grow up surrounded by digital media, and electric entertainment, it's becoming exceedingly clear that this privilege is one that needs to be managed responsibly. With tech devices becoming increasingly accessible, the amount of time school-age children, and even toddlers spend outside actively playing has declined dramatically. Most parents recognise this issue and want to encourage their kids to be more active throughout the day, but outdoor play may not be a priority in a busy household.

Good "old-fashioned" outdoor play is essential for healthy development, especially in children's early years. Being active outside provides little ones with valuable experiences that can directly impact their physical development, social skills, creativity, and even their intelligence.

Why Outdoor Play is Important for Healthy Childhood Development

Physical Benefits of Outdoor Play: Spending time outdoors in their early years directly affects your child's physical strength, coordination, and even the development of their immune system.

Exercise and Physical Health: Kids who spend more time outdoors playing are less likely to develop weight-related health issues because they are able to engage in active play. Children should have at least an hour of active play a day, and outdoor spaces are the perfect environment to naturally encourage this.

Running, skipping, jumping, and climbing all help little bodies grow stronger muscles, and build up their endurance. Plus, establishing this positive relationship with physical activity in a child's early years sets them up for a healthy attitude towards maintaining an active lifestyle into adulthood.

Improved Motor Skills: Many outdoor activities naturally help young children develop essential motor skills like coordination, agility, balance, and dexterity. Kids who are encouraged to explore outdoor environments will put their abilities to the test and constantly develop new skills through trial and error.

If your little one isn't walking yet, pushing them on a swing is a great exercise for early motor skills development! Swinging helps them engage all their muscles as they learn to sit up, hold on, and flow with the movement.

Sunshine (Vitamin D): Vitamin D aids in immune system development, strong bone and muscle growth, and even allows our bodies to heal more efficiently. It has also proven to play a big role in helping us establish healthy sleep cycles

and mood stabilisation. Our bodies require regular sun exposure to produce Vitamin D, and children who play outside produce ample amounts of it.

Playing Outside Encourages Emotional Development: Spending more time outside playing can also have many positive effects on young children's emotional development and build their confidence.

Confidence and Independence: Engaging in outdoor play introduces children to new situations and encourages them to take positive risks and try new things at their own pace. By being presented with opportunities to try something new, children independently test their own abilities and learn new skills. This allows them to develop stronger self-awareness and a sense of independence as they grow more confident in their capabilities.

Appreciation of the Environment: Outdoor play helps kids create positive memories and deeper connections to the environment at a young age. These fun childhood experiences tend to promote an appreciation for natural spaces and the environment as a whole.

Playing Outside Benefits Kids Intellectually: Encouraging outside play allows little learners to experience new things that will benefit their intellectual development and boost their creativity.

Sensory Engagement: Kids will naturally engage all five of their senses while playing outside, which strengthens their ability to process sensory stimulation. For toddlers, outdoor play can help them build familiarity with a variety of sensory experiences, and promotes more positive responses to them.

Creative Thought: Children love to invent their own games and act out pretend situations while exploring the world around them. An outdoor environment presents endless opportunities for kids to use their imaginations and grow creatively. Outdoor Play Allows Children to Develop Important Social Skills Playing outside can provide more opportunities for social development in young children as well.

Relationship Building: Public outdoor spaces introduce little ones to new friends that are oftentimes different from them. This can help kids feel more comfortable entering situations where they are required to collaborate with new people and practice skills that will be useful well into their adult lives.

Increased Communication Skills: When kids make new friends they naturally develop an awareness of others' feelings and emotions as they interact together in a safe and positive space. This encourages healthy communication between peers and allows them to cultivate relationships without the help of their parents or guardian.



Read the article via the QR code.

Source: Children's Museum (2021, May). The benefits of outdoor play. Retrieved from <https://www.cmosc.org/benefits-of-outdoor-play-in-early-childhood-development/>



FOCUS ARTICLE: Pretend and imaginative play

When a child plays, they have control over what happens, what is used and how the activity will transpire. Pretend and imaginative play is done knowingly and intentionally. Playing is deliberate and pretending and imagining is a mental state that allows children to explore, expand and question.

The benefits of pretend and imaginative play

Problem-solving

Pretend and imaginative play encourages the development of problem-solving. Children who play imaginatively in their early years are more likely to think creatively and are better problem-solvers as they grow older. Engagement in pretend and imaginative play allows a child to practise decision-making skills without judgement or assessment.

Social and language ability

Social and language ability increases with pretend and imaginative play. Imagination appears to take shape in the young brain at about the same time that children learn to talk. As children tell stories and act out make-believe situations, they use their language skills to describe their actions. If a child does not have a word for what they wish to express, they can ask an adult or more knowledgeable peer to find the word, adding to the range of words they know.

Emotional development

Emotional development is also supported through pretend and imaginative play. This type of play helps increase concentration and attention, and gives children the chance to socialise, express emotions and practise motor skills. Children who use more fantasy are likely to express more emotions as they play with blocks and puppets. Pretend and imaginative play offers children the ability to sort their way out of stressful situations, such as dealing with confrontation from other children.

Creativity

There is always a creative element to pretend and imaginative play, which allows children to innovate, to imagine being someone or something else or to fantasise about engaging in household activities like baking cakes. Through pretend play, children develop skills in thinking symbolically and creating an image of something that is not directly in view. Imaginations develop early in life, connecting brain cell to brain cell and laying the groundwork for a lifetime of fantasy and creativity.

Vocabulary development

It is thought that children who play more imaginatively are in a position to develop better vocabularies than children who engage in less imaginative play. When children play make-believe, they're exercising their imaginations.

What can you offer your child to encourage pretend and imaginative play?

- Make discarded books, magazines and catalogues available so your child can cut out pictures of interest and create a book of their own or a picture or collage.
- Provide your child with access to finger paint or water with paper or other material on which to paint.
- Have torches available so your child may use them in a dark room to explore the contrast of light and dark.
- Take your child for a walk, listen to the sounds in the environment and try to imitate them.
- Encourage your child to listen to different types of music and freely move to the music, sounds, rhythms and words; use scarves or other fabric to keep time to the music.
- Have a container with items like spices, perfumes, aromatherapy oils, or scented, unlit candles that your child may smell, pull apart and experiment with.
- Collect a variety of textures that may be easily held and manipulated – such as a sponge, soft cloth, feather, satin, and silk – allowing the child a range of materials with which to pretend and explore for their tactile interest.
- Children enjoy playing with 'water paint'. Give the child a bucket of water and paintbrush and let them paint themselves, you, the house, or whatever they like on the floor outside.
- A sandbox offers your child opportunities to build, bury, or pretend with trucks, buckets, dolls, and/or small objects.

Play should be enjoyable and present your child with the opportunity for a sense of thrill, novelty and excitement. Children thrive on chances to explore on their own, with space and time to get stuck in. You, as the adult, may facilitate your child's pretend and imaginary play by setting up an environment for the child to enjoy playful experiences and expression.

Children need to play, and imaginary and pretend play are significant to their health, wellness and development by allowing them to take risks, learn about themselves and challenge their abilities through interaction with a wide variety of play materials.



Read the in full via the QR code.

Ceebies (April 27, 2022). Pretend and imaginative play Retrieved from <https://www.cbeebies.com/grown-ups/helpful-articles/pretend-and-imaginative-play/>



JOIN THE CYCLE

It's all about quality over quantity, it is not about recycling more, but recycling better. Recycling has become second nature but you may not have it all sorted. Help reduce the amount you send to landfill by getting the whole family involved.

The Australasian Recycling Label (ARL) is an evidence-based system for Australia and New Zealand, that provides you with easy to understand recycling information when

W your toxic load and reuse bottles you would have usually thrown out! You can find a large range of recipes [here](#)

you need it most. It removes confusion, saves you time and reduces waste going to landfill. Check It! Before You Chuck It is a new campaign encouraging us all to always check the Australasian Recycling Label (ARL) when disposing of packaging. Always following the ARL ensures *food packaging, bottles and containers* are disposed of correctly and can be recovered for future use in new products.

Go to <https://recyclingnearyou.com.au/arl/> to ensure you are recycling correctly. Why not print out a recycling cheat sheet

BUILDING PLAY

Building play lets kids bring their creative ideas to life. It develops fine motor skills and spatial reasoning skills. And it's fun for all ages, making it a great way for parents and kids to play together, building bonds while building with toys. While you build together, you can model problem solving and creative thinking without saying a word about it. While your hands are busy building, you're free to talk and share and laugh about anything.

Let the kids lead. Take a lesson from Lord Business (AKA the dad voiced by Will Ferrell) in "The LEGO Movie" and don't be a control freak, micromanaging the creations or getting stuck, figuratively and literally (remember Kragle?) in building only one way. Let kids try out their own techniques to build what they envision. It's OK to let them fail — that's where the learning comes in!

Try a variety of building tools. You don't have to wait until kids are old enough for LEGO to start bonding while building.

Classic wooden blocks: are fun for everyone and great for toddlers. Little builders may start just by stacking blocks to build a tower, but they'll mimic your building structures eventually and then start to build more complex creations as well.

Magnetic tiles are beautiful and fun to build with, and they're preschool friendly. The brightly coloured shapes are a bit more precarious, with structures collapsing easily, so kids have to use a careful hand while building. Kids will see, hands on, how two triangles can make a square, and they'll learn about magnetism.

Think outside the box, too, for building together — put together marble runs, train tracks or gingerbread houses.

Mix it up. You don't need to limit building play to one toy at a time. Dump all the parts from all the LEGO kits into one pile and build from imagination instead of the instructions. Put some buildings or a little city made from wooden blocks alongside the train set. Make a landing strip from magnetic tiles for your flying LEGO creations to land on.

The trickiest one for some parents will be letting the kids take the lead. Parents should remember that when families build together, the learning isn't one way; you'll learn quite a bit from your kids as well!

Amanda Bindel. (2022). *Families Build Bonds While Building Together*. Retrieved from <https://tocaboca.com/magazine/building-together/>

CHANGES ARE COMING

Exciting news from KinderM8! We've got some fun changes coming to our playground! Starting soon, there will be some work happening at the far end of our verandah and in the car park.

To keep everyone safe, please use the side gate when dropping off or picking up your child at the middle entry door. We can't wait to share more about these exciting updates as they happen, and your little ones will love being part of this fun



PRESCHOOL FEES

Can you believe we only have 8 weeks of preschool left? It's time to make sure all fees are up to date and at least 2 weeks ahead! Let's wrap up the year smoothly by finalising everything by Friday, December 6th, and don't forget to settle those 2025 insurance fees by November 15th. Thanks for your help in keeping everything on track!



Floor is lava

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

This simple game can be played by anyone, just about anywhere. It's a great way to infuse a dash of humour into your day. You can set up your room and play by throwing a bunch of pillows or blankets on the floor, and let your players jump from one to another. Or you can walk into a room and yell "floor is lava" and Everyone has 5 seconds to get both feet off the ground in any way possible. It's sure to be an afternoon of fun and giggles!