



ON *this* MONTH

AT HIGHLAND GROVE

Parent Information Night (for new families or anyone who would like to attend) - Wed. 28/11
Storyteller Event ----- Wed. 28/11
Dog Safety Talk ----- Wed. 5th
Christmas Concerts @ 2.00pm—Mon. 10th to
Thur. 13th (Pls see information in Newsletter).
Party Days -----Mon. 17th to Fri. 21st
Final Day 2018 ----- Fri. 21st
First Day 2019 ----- Mon.21st

AROUND THE COUNTRY

Operation Santa ----- All of Dec
Int. Day of People with Disability ----- 3rd
Human Rights Day ----- 10th
International Mountain Day ----- 11th
International Migrants Day ----- 18th

GRATITUDE IS ESPECIALLY IMPORTANT AT THIS TIME OF YEAR.

At this busy, celebratory time of year it is especially important to slow down a little and show appreciation and return kindness.

Some of the ways HGP likes to show gratitude are:

- Sponsoring 6 children with additional needs to attend a local show at Laycock Street through The Lions Club.
- Send a gift to our World Vision Sponsor Child.
- Hold Christmas Concerts for our preschool community.
- Provide the gift of the Portfolios to our families.
- Organise a 'Giving Tree' through the Samaritans.
- This year we are also encouraging families to support the 'World's Greatest Shave'.





SAMARITANS – ‘GIVING TREE’

Highland Grove has placed a ‘Giving Tree’ in the foyer. We are encouraging families to help us put together a

collection of new, unwrapped gifts to help make some people’s Christmas a happier one. Gifts can be for very young children, teens or even adults (and again, they **need them new and unwrapped please.**)

We only have 2 weeks to make a lovely collection, which we will hand deliver to our Samaritans Central Coast Office. Please have gifts to HGP by Friday 14th December. We would love your help. Sending Warm Thanks.



FESTIVE PASTA SALAD

PREP 10 min | COOK 8 min | SERVES 4

INGREDIENTS

- 500 grams short pasta (fusilli, penne or rigatoni)
- half a lebanese cucumber
- 4 vine ripened tomatoes
- 1 punnet of cherry tomatoes
- 2 spring onions, thinly sliced
- 1 cup basil leaves, roughly chopped
- 8 bocconcini balls
- 1/2 cup pitted kalamata olives

Pesto dressing:

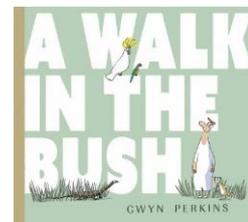
- 2 heaped tablespoons basil pesto
- 3 tablespoons extra virgin olive oil
- juice and zest of 1 lemon

METHOD: Bring a large pot of water to the boil. Add the pasta and cook according to packet instructions or until al dente. Drain, run under a little cool water and set aside. Whilst the pasta is bubbling away, chop up your vegetables. Chop the cucumber into chunks, quarter the tomatoes, halve the cherry tomatoes and thinly slice the spring onions.

To make the dressing, place the pesto, olive oil, lemon juice and zest into a small bowl and mix to combine. To assemble the salad, place the cooked pasta, cucumber, tomatoes, spring onions, basil and dressing into a large bowl and mix to combine. Add the olives and bocconcini and mix to combine. Enjoy immediately for a lovely lunch or simple supper x



THREE MORE CBCA BOOK OF THE YEAR AWARD WINNERS FOR 2018



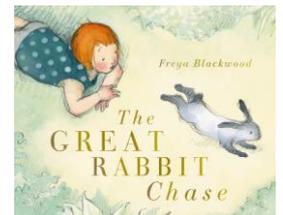
A WALK IN THE BUSH
GWYN PERKINS

Little Iggy doesn't want to leave the house, but Grandad insists – they always have fun together. What follows is a

wonderful journey in the great Australian outdoors with singing birds, wallaby surprises, secret caterpillar messages and oodles of grandad humour. Here is a story about the wonders of nature, the funny side of life and spending time with the ones we love.

THE GREAT RABBIT CHASE

FREYA BLACKWOOD
Gumboots is an adorable family pet, but he has a mischievous side. He loves to escape and wreak all kinds of havoc!



The whole town bands together to find this cheeky bunny in a story that celebrates what it means to live in a community and a reminder that life is full of surprises.



DO NOT LICK THIS BOOK
IDAN BEN-BARACK & JULIAN FROST

Min is a microbe. She is small. Very small. In fact so small that you'd need to look

through a microscope to see her. Or you can simply open this book and take Min on an adventure to amazing places she's never seen before - like the icy glaciers of your tooth or the twisted, tangled jungle that is your shirt.



FOCUS ARTICLE: 20 phrases to use when your child isn't listening



Our children are often the best mirrors. Over time, I have gracefully taken a step back and realised I needed to clean up my communication. The lesson was clear for me. Talk to mini-humans the way you'd like to be talked to and things will go a lot smoother. Easier said than done, so over the years, I've adopted the motto "Progress over perfection."

These 20 positive phrases are a great place to begin if you'd like to make a fresh start with your communication:

1. "What do you need to remember?"
Take a break from: "Be careful."
2. "Please talk softly."
Take a break from: "Stop yelling!" or "Be Quiet!"
3. "Would you like to do it on your own or have me help you?"
Take a break from: "I've asked you three times, do it now!"
4. "What did you learn from this mistake?"
Take a break from: "Shame on you" or "You should know better."
5. "Please _____."
Take a break from: "Don't!" or "Stop It!"
6. "We are on cheetah time today and need to move fast!"
Take a break from: "Hurry Up!" or "We are going to be late!"
7. "Do you want to leave now or in ten minutes?"
Take a break from: "Time to go..."

8. "Let's add that toy you want to your birthday list."
Take a break from: "We can't afford that" or "No, I said NO TOYS!"
9. "Stop, breathe, now ask for what you want."
Take a break from: "Stop whining"
10. "Respect yourself and others."
Take a break from: "Be good"
11. "Use your teamwork skills."
Take a break from: "Don't be bossy!" And "No one will want to play with you if act like that".
12. "I need you to _____."
Take a break from: "Stop doing____," and "It's not ok to ____"
13. "It's ok to cry."
Take a break from: "Don't be a baby", or "Don't Cry"
14. "How will you take care of yourself?"
Take a break from: Always fixing, i.e., "it's not a big deal."
15. "I'll stop, breathe and wait for you to finish."
Take a break from: "Just let me do it."
16. "I love you no matter what."
Take a break from: "No one wants to be with you when you're bad"
17. "I am not ok with _____ yet."
Take a break from: "You're not old enough," or "You're too little to do that."
18. "You care, so I'd love for you to decide."
Take a break from: "I don't care."
19. "I believe in you and am here to support you."
Take a break from: Rescuing i.e., "I'll take care of this."
20. "How are you feeling?"
Take a break from: "Chill out; you don't need to get so upset!"

Go to the link below for a more comprehensive explanation of each of these phrases including an example of how to use it and why it is beneficial to say one phrase over the other.

Source: Motherly (2018, November 15). 20 phrases to use when... Retrieved from <https://www.mother.ly/child/20-phrases-to-use-when-your-child-isnt-listening?rebellitem=13#rebellitem13>

CAR PARKING NUMBERS GAME

You Need: Shallow box, 1-10 toy cars (more if you like), Blank writable stickers and a marker.

Set Up: Cut out a ramp in the box so cars can drive in. Draw lines inside the box to create parking spaces. Label each parking spot with a number. Write the same numbers on the stickers and place one on each car.

First Play: Place all the cars in their corresponding parks and invite your child over to take a look. Point to the cars; ask your child what they see, which is their favourite car and what is the number on top.

Demonstrate parking in the matching space to number on the car. You may then like to count the cars together or allow your child to jump straight into independent play and explore the new activity.



Source: B-inspired Mumma.com (2018, November15). A Car Parking Numbers Game to Make Learning Numbers FUN! Retrieved from <https://b-inspiredmama.com/numbers-game-car-parking/>



HEALTH & SAFETY: Summer Safety



It's that time of year again, the days are long and hot and we are spending more time outside with friends and family, celebrating the end of the school year and the festive season.

Summer in Australia often centres around the sun and water of some sort, whether that is a pool (big or small) or the surf, these two Aussie summer prerequisites need to be treated with respect.

SUN

Australia has one of the highest rates of skin cancer in the world. In 2013, more than 2,200 Australians died from this almost entirely preventable disease.

Fortunately, being SunSmart is a simple and effective way to reduce your risk of developing skin cancer. It is recommended you take a combination of the following sun protection measures:

1. **Slip** on some sun-protective clothing that covers as much skin as possible.
2. **Slop** on broad spectrum, water resistant SPF30+ (or higher) sunscreen. Put it on 20 minutes before you go outdoors and every two hours afterwards. Sunscreen should never be used to extend the time you spend in the sun.
3. **Slap on your hat** – broad brim or legionnaire style to protect your face, head, neck and ears.
4. **Seek shade.**
5. **Slide** on some sunglasses – make sure they meet Australian Standards.

Check the UV index

Ultraviolet (UV) radiation is the invisible killer that you can't see or feel. UV radiation can be high even on cool and overcast days. This means you can't rely on clear skies or high temperatures to determine when you need to protect yourself from the sun.

The UV Index is reported daily by the Bureau of Meteorology. The alert identifies times during the day when the UV level is 3 or above and sun protection is needed. As well as appearing on the Bureau of Meteorology website, the alert is published in the weather section of daily newspapers, on Cancer Council Australia's home page and as an app for smartphones. Download the SunSmart app and keep track of the UV levels throughout the day.

WATER

Drowning deaths occur year-round but peak over summer when Australians and tourists spend more time around our waterways. More than one third of lives lost to drowning took place in summer last year. This summer, we're urging people to stay safe when in, on or around the water. Here are our top water safety tips to keep you and your family safe this holiday season.

1. **Keep Watch of Your Children** - 29 children under the age of 5 drowned in Australian waterways last year. Swimming pools were the leading location for toddler drowning, accounting for 45% of all deaths. A lapse in supervision is the number one contributing factor in toddler drowning deaths. Active supervision is vital. Be prepared, be close, and give all of your attention, all of the time. Don't be distracted by other activities such as checking your phone, answering the door or preparing food. Always Keep Watch and stay within arm's reach.
2. **Check Your Pool Fence** - Inadequate pool fencing continues to contribute to toddler drowning deaths. Check regularly to ensure your pool fence, gates and latches are in working order, and remove anything that kids could use to climb over.
3. **Swim between the flags** - The flags mark the area patrolled by surf lifesavers and lifeguards. They mark the safest place to swim at the beach, because if the surf lifesavers or lifeguards can't see you – they can't save you.
4. **Never swim alone** - Having someone with you when you're in, on or around the water can help save your life if you get into trouble. Whether you're heading down to the beach for a dip, taking the boat out, or going fishing, take someone with you. Not only are they great company, they can assist in an emergency.

Source: Cancer.org (2018, November 14). Preventing skin cancer Retrieved from <https://www.cancer.org.au/preventing-cancer/sun-protection/preventing-skin-cancer/>

Royal Lifesaving (2018, November 14). Top tips for a safe summer Retrieved https://www.royallifesaving.com.au/about/news-and-events/news-items/top-tips-for-a-safe-summer#_ftn1



WRAPPING PAPER

Who else has an enormous pile of beautiful artworks our children have gifted us but don't know what to do with?

This year instead of placing those pictures in a file for safekeeping, celebrate your child's time and effort and share it with the whole family. Wrap gifts in beautiful artwork. Grandparents, family and friends get the

added bonus of receiving a one of a kind picture, the paper is recycled and your child gets to share what they have created.

Check with your child first, and maybe select a few that they are particularly fond of to be stored away. But, enjoy the rest. That is what art is for.



CHRISTMAS CONCERTS AND CHILDREN'S PARTIES:



CHRISTMAS PARTIES:

To celebrate the year together, the children in each room will be enjoying a party lunch the final week of preschool.

The food will include sandwiches, pizzas and fruit platters. The cost of \$7.70 will be included on accounts.

This fun day will also include games, stories, arts and crafts, songs and lots of humour.

CHRISTMAS CONCERTS:

Christmas has long been a special time at Highland Grove. A large part of our Christmas tradition is the celebration brought about through families attending our annual Christmas Concerts.

Feature Article



We are encouraging everyone this year to get behind one of our HGP families and support 'The World's Greatest Shave'.

The Leukaemia Foundation is the only national not-for-profit organisation dedicated to the care and cure of patients and families living with leukaemias, lymphomas, myeloma, and related blood disorders.

To support Carol and The Leukaemia Foundation please follow the link to <http://my.leukaemiafoundation.org.au/carolsmith>

Thank you

The combined Starlight and Moonbeam concerts:

are being held at HGP on Mon. 10th, Tue. 11th, Wed. 12th and Thurs. 13th of Dec at 2.00pm (running for approximately 30 minutes or so).

If your child attends on Fridays only, please indicate on the lists provided which concert you and your child are able to attend and please arrive at 1.45pm for the concert on that day.

Costumes for the concert are provided by HGP.

All children will have a part in the concert. The more individual 'parts' are filled by the Moonbeam children. In organizing the concert, our educators consider each child's feelings of comfort, their choices and their sense of agency. The final parts are based on the days the children's family members are attending, which and how many days they attend preschool and your child's interest in a certain part.

Over the years our Christmas concert has become very popular and seating and standing room is tight. This year we are, again, asking families to perhaps spread out family attendances across your child's days, rather than the entire family attending each concert every day. Thank you.

Please write your child's name/s on the lists next to the sign-on sheets, as well as the number of people attending on that day.





Role play is a very important part of a child’s education. The imagination is a powerful tool which as we know is innate in some children but needs encouraging in others. It is important that preschools provide children with the opportunity to develop their imagination. In order to accomplish this they have to equip the children with spaces, scenarios, props and the support they need to explore their real life or imaginary worlds. Imaginative play not only aids intellectual development but also improves children’s social skills and their creativity. In addition it gives children a chance to play out events that they have observed or experienced in real life

Home Corner: Using the home as a setting for role play works extremely well with children as the home plays an important role in each young child’s life.

Imagined Worlds: These role-plays take place in places where the children are very unlikely to visit such as the moon or under the sea and they can meet characters that they are very unlikely to meet such as a dragon or a talking bear.

Source: teachpreschool.org/2011/06/12/role-play-in-early-years/



National Quality Framework | Quality Area 3: Element 3.2.1 –Inclusive Environment. Outdoor and indoor spaces are organised and adapted to support every child's participation and to engage every child in quality experiences in both built and natural environments.

STAFFING 2019

This is the confirmation of the staffing for 2019. We are once again excited to be providing continuity for children and their families during this time of transition.

Vicki S and Mackenzie will fill the ISS roles in the Moonbeam Room, with days to be confirmed.

Michelle will be a non-teaching co-director on Thursdays. Kylie will be full time for much of 2019. Karen continues to be in the office Mon-Thur.

MOONBEAM ROOM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Sharyn	Sharyn	Sharyn	Melissa	Melissa
Sarah	Sarah	Sarah	Sarah	Sarah
Tina	Tina	Tina	Cass	Cass
Jade (ISS)				

STARLIGHT ROOM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Michelle	Michelle	Michelle	Tarn	Tarn
Ali	Ali	Ali	Vicki M	Vicki M
Skye	Skye (Cathy)	Skye (Cathy)	Skye (Cathy)	Skye

Wishing our families a very Happy Christmas period and a safe and restful New Year.



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

EQUIPMENT: Your Christmas tree, music.

This is a simple Christmas themed game of statues. Put on that Christmas music and get dancing. When the music stops, you freeze. This activity is about moving, fun and active family time. No winners or losers.

Feedback 
is always welcome

How can we make our newsletter even better?

What information would you like us to include?

