

WELCOME



Valentine's Day is not only for lovers...But also for those family & Friends who care for each other throughout the year!!

COMMUNITY EVENTS



Chinese New Year, also known as Lunar New Year or Spring Festival, is just around the corner. It will fall on **Tuesday, February 1st, 2022**, starting a year of **the Tiger**.



National Apology Anniversary – 13
February 13 marks the Anniversary of the National Apology to Australia's First Peoples – a sacred moment in our nation's history that must never be forgotten. There are 10 things you should know about the National Apology [read here](#)

App reviews

Make the eating part of weeknights easier. Here are some great apps that help organise mealtimes!



TASTY: RECIPES, COOKING VIDEOS

BUZZFEED | FREE

Meet your new cooking coach! Over 4000 Tasty recipes at your fingertips with a innovative step-by-step instruction mode.

Search recipes by what matters to you such as dietary needs like vegan and gluten-free, difficulty, cuisine, and more. Use the "What's in Your Kitchen" feature as a way to search for recipes in the tasty app based on the ingredients you already have at home! Simply check 3 ingredients you want to use and see recipes you can prepare without having to go out to the store.

WHISK: RECIPES & MEAL PLANNER

WHISK FOOD | FREE

Found a recipe on the internet that looks great? Yum! Add it to Whisk and start creating your personal cookbook.

Pull recipes from any website or cooking site/app, substitute ingredients, adjust serving sizes or, if you want to, just change the way the recipes are written. No need to continue memorizing the recipe edits or writing them down on paper.

YUMMLY

YUMMLY

Yummly is your smart cooking sidekick, offering personalised guidance every step of the way. From recipe recommendations just for you, to handy tools and helpful videos. Schedule a recipe to the exact time you want to eat and it's instantly added to your calendar. You'll even get a gentle nudge when it's time to start cooking. Add entire recipes to your grocery list. Yummly automatically categorizes your list by both aisles and recipes to make your trip to the grocery store a snap. Track nutrition and servings of what you eat with Yummly's integration with Apple Health App on each recipe page and so much more.

White sauce pasta recipe



Kids in the kitchen

White sauce pasta is super hit at any home because of the creamy texture rich sauce. Super easy to make even for beginners.

Prep Time
10 mins

Cook Time
30 mins

Course : Main Course

Cuisine : Fusion

Servings : 1

Ingredients

- 0.25 cup Penne pasta
- 0.25 cup Mixed vegetables
- 0.13 tsp Salt
- 0.5 pinch Sugar

For white sauce

- 1 tbsp Butter Or olive oil
- 0.5 cup Milk
- 0.5 tbsp All-purpose flour
- 1 tbsp Grated cheese Cheddar or processed cheese
- 0.25 tsp Italian herb
- 0.25 tsp Red chilli flakes
- 0.13 tsp Mustard powder
- 0.5 pinch Nutmeg powder
- 0.13 tsp Crushed black pepper
- Salt – As needed

Instructions

1. Cook pasta firstly as per package instructions.
2. Boil enough water in a large pot with salt. Then add pasta to it.
3. If you taste the water, it should be like sea water. So, add salt accordingly. Cook pasta al dente.
4. In a pan, olive oil/ butter and sauté chopped vegetables with salt and sugar in high flame until its done, without changing its colour. Keep aside.
5. Furthermore, in a heavy bottomed pan, melt butter and add all-purpose flour to it.
6. Fry in medium flame until its roasted, without changing its colour.
7. Add in milk, constantly stirring and bring to boil. As it boils, it thickens.
8. Once the milk is thick, put the flame to low and add grated cheese. Keep mixing until its melted and smooth.
9. Add Italian herb (I forget to add and added lastly while serving), red chilli flakes, nutmeg, mustard, and salt. Mix well.
10. Then add cooked pasta and vegetables. Mix gently and switch off the flame.
11. All must be done in low flame. Add crushed black pepper finally.

FOCUS: How to Create an Inviting Play Space

“EEEEKKK! My kids are running around like crazy people and there is CRAP everywhere!

Been here?

Yep! I have too. WAYYYY too often. It seems like no matter what you say the entire house becomes a playground full of kid’s toys, craft, and stuff!

I don’t know about you, but I find this so challenging and frustrating, and frankly having a mess everywhere stresses me out.

So, I went on a mission to find a solution, and today I’m sharing my 6 top tips that helped create a play space that saved my sanity and will hopefully save yours!

OK, are you ready? Here goes.

STEP 1: Choose a location that works for you.

There are countless areas where you can set up a play space but think about a convenient place that works for you, and gives your kids a chance to play independently, a space where you can perhaps read a book or keep an eye on your children whilst making dinner. For me it was the corner of the lounge room.

STEP 2: Designate the space with a rug or play mat and make it cosy

Knowing that this is a space for play, mess and toys will help keep your stress levels down and all the “stuff” in one area. Placing a rug or play mat down helps show your little one the boundaries without the need to put up a gate. Adding soft cushions or a tent can make the space feel safe and cosy. I used a rug and a single armchair so I could sit but not necessarily be part of the play.

STEP 3: Set up shelves and storage tubs at their level

When you are selecting items to put out for your little one, put them at a level at which they can independently retrieve them. You want to minimise their need to rely on you, thus fostering their independent choice and child-led play. Keep things on the floor or on low, open shelves. Then, at the end of an activity, (if they are old enough) get them to help you put everything away in the storage tubs. By having a place for everything, your little one knows where to find it and where to replace it. Tubs and baskets without lids seemed to work best for me.

STEP 4: Display 6-8 toys at a time and rotate the rest each month

Keep a few toys and books in your play space and a few more in your storage tubs. Then hide the rest away. Having only a few toys to choose from will help your little one focus as they play. An uncluttered environment helps them build an internal sense of order and calm. With the burden of overstimulation lifted, they are free to learn from and appreciate each toy they endeavour to engage with. This really was the key to success, and it made pack up so easy.



STEP 5: DO A CLEAN OUT and aim for open-ended toys

This is really the big one. We get given so much stuff, especially when our babies are just born or for their birthdays. Once a year, aim to do a clean out. When surveying toys, consider whether they inherently provide opportunities for your baby to use their imaginations, creativity, or problem-solving skills — or if, conversely, they essentially do the “work” for them. Many toys capture kids’ attention at first because they are flashy and make noise, but after just a few minutes, they’ll get tossed aside because there is not much else to do with them. Let these ones go.

Blocks and stacking toys, kitchen play, dolls, arts and crafts, nature-based toys, and puzzles are some examples of open-ended toys that tend to provide for more learning experiences and extended periods of quality play. I literally donated 3 bags of toys to our local Toy Library of plastics and what I call “quick fix” toys - those that do the work for them. Providing my kids with only open-ended toys has made play much deeper and more creative.

STEP 6: Set up invitations to play

Whenever possible, set up invitations to play in your play space. You could do this when your little one is having a nap or ready for when they first wake up in the morning.

This gives them something to look forward to and fosters some time for independent play. I still play our play every morning even though my kids are older. It is a saving grace as I know I am giving them the 10 minutes of undivided attention they need each day to feel loved, valued and seen.

Creating this designated play space was a real game changer for me and my family. I found the kids soon got the hang of packing away at the end of the day and they enjoyed feeling responsible and proud of their space. They also knew where to find everything so there was a lot less “MUM, Help!”

Source: Gualtieri, Bianca. (2021, September 25). **How to Create an Inviting Play Space**. Retrieved from <https://happylittlepeople.co/blogs/resources/how-to-create-an-inviting-play-space>

LET'S RE-FOCUS ON REDUCING



Has COVID-19 changed your sustainable focus? Amid understandable concern over health and hygiene during the pandemic, the problem of disposable plastics has taken a back seat. Demand for products such as disposable wipes, cleaning agents, hand sanitiser, disposable gloves and masks is at a record high. Unfortunately, they're also being thrown out in unprecedented volumes.

So, what can you do now that the immediate threat is beginning to subside? reuse what you have, and try to store rather than throw out items for donation or recycling



Try to re-engage your old routines.

1. Remember your reusable coffee cups (if your local café allows it).
2. Use your own shopping bags, if need be wash them or use bags on rotation allowing 3 days between uses.
3. Purchase bulk fruit and vegetables from local growers.

<https://theconversation.com/using-lots-of-plastic-packaging-during-the-coronavirus-crisis-youre-not-alone-135553>



Play with purpose

STEM

STEM is an acronym for science, technology, engineering, and math. Skills developed by students through STEM provide them with the foundation to succeed at school and beyond. young children learn through active exploration—and the drive to observe, interact, discover, and explore is inherent in their development.

During the earliest years, infants and toddlers develop 700 neural connections every second,” Buchter said. “These biologically driven neurological processes and natural curiosity of how the world works make early childhood an optimal time to introduce children to scientific inquiry.”

What does STEM look like in Early Learning Settings?

- Cooking activities
- Nature walks
- Challenging building activities
- Grocery store exploring
- Water play

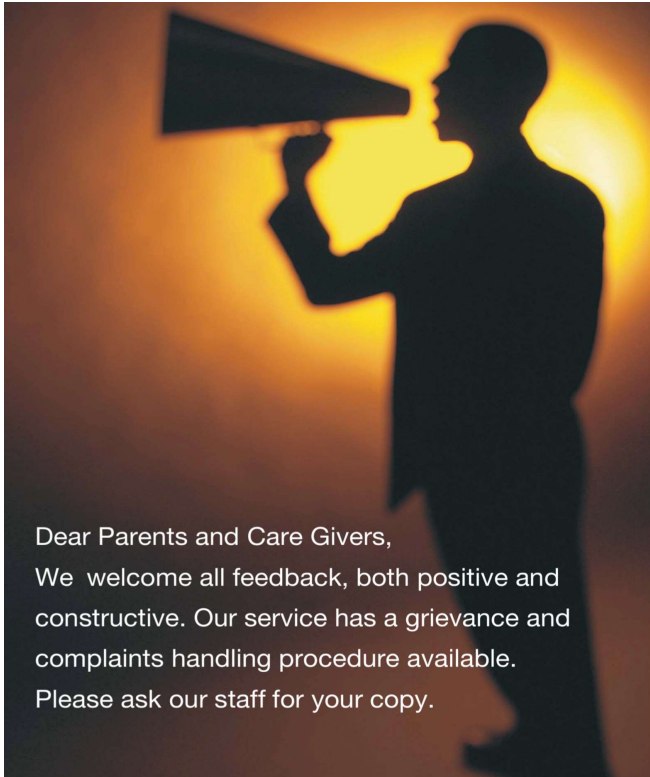
National Quality Framework | Quality Area 1:

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.

University of Nevada. (2020, January 15). The Issues: Why STEM Education Must Begin in Early Childhood Education
Retrieved from <https://www.unlv.edu/news/article/issues-why-stem-education-must-begin-early-childhood-education>



Dear Parents and Care Givers,
We welcome all feedback, both positive and constructive. Our service has a grievance and complaints handling procedure available. Please ask our staff for your copy.



Governance is for the GOOD of all adults and children

Governance means we follow the rules, better known as the regulations, that the government has put in place. Governance means we don't allow people not to follow the rules and regulations. Governance is for the GOOD of all adults and children. What do you do when an educator isn't following the regulations?



Has there been any changes that have occurred to either yours or your child's enrolment details since initial enrolment paperwork was submitted?

- ❖ Contact Phone numbers
- ❖ Immunisation
- ❖ Work place contact details
- ❖ Authorised people to collect
- ❖ Significant medical information
- ❖ Doctor
- ❖ Contact email
- ❖ Childs allergies
- ❖ Dentist
- ❖ Home address
- ❖ Court orders
- ❖ Emergency and authorised to pick up details and emails

The changes could be any on the list above and will need to be updated with Learning Kids Family Day Care Coordination Office either by phone 02 4505 1920 or email learningkidsfdc@gmail.com and update your Educator with any new changes to your details as well.