

When I was 5 years old, my mother always told me that happiness was the key to life. When I went to school, they asked me what I wanted to be when I grew up. I wrote down 'happy'. They told me I didn't understand the assignment, and I told them they didn't understand life." – John Lennon

JUNE  
2021

# ON *this* MONTH

AT ELLENBROOK SCHOOL OF EARLY LEARNING

Mabo Day -----	3rd
Celebration of World Environment Day -----	4 <sup>th</sup>
<b>WA DAY (CENTER CLOSED)</b> -----	7th
World Ocean Day -----	8th
National Buddy Day -----	15th

# Centre News

## From the office

Welcome to the month of June. We were so pleased to host our very own Mothers Day morning or afternoon tea in each of the rooms. Thankyou for your involvement and participation in such a special event. Well done to our educators for their presentation and partnerships with families.

As we come into the winter months, please ensure your child is adequately dressed in warm clothes. We strongly support learning through play opportunities in both our indoor and outdoor environments. These opportunities are provided every month throughout the year.

Our service closes at 6.30pm, there is a late fee applied which has recently increased to \$5 per minute. This fee is payable at drop off on your child's next day. Our educators have commitments and families and this policy will be strictly monitored. If you are unable to collect by 6.30pm it is your responsibility to organise one of your authorised contacts that you have provided on your child's original enrolment forms.

**In Western Australia, children can start the school system in Kindergarten, however compulsory schooling starts the following year in Pre-primary.**

**You need to apply to enrol your children in school for 2022 if they are:**

- Starting Kindergarten – 4 years by 30 June 2022
- Starting Preprimary, the first year of compulsory school – 5 years old by 30 June 2022

School enrolments are now open, please contact your public school to apply to enrol them by Friday 23 July 2021. Only Pre-primary children are guaranteed a place therefor prompt Kindy enrolment is vital if this is the option you choose for your child.

We will continue to provide our Kindy school readiness program at Ellenbrook School of Early Learning, This unique program has been developed in consultation with our Educational Leader and local schools. It is delivered in our PreKindy and Kindy rooms by our Qualified Educators and Early Childhood Teachers.





**WORLD ENVIRONMENT DAY – JUNE 5**

World Environment Day 2021 calls for urgent action to revive our damaged ecosystems. From forests to peatlands to coasts, we all depend on healthy ecosystems for our survival. **REIMAGINE. RECREATE. RESTORE.** This is our moment. We cannot turn back time.

But we can grow trees, green our cities, rewild our gardens, change our diets and clean up rivers and coasts. We are the generation that can make peace with nature. Let's get active, not anxious. Let's be bold, not timid. **Join #GenerationRestoration**

**NATIONAL REFUGEE WEEK – JUNE 20-26**

The 2021 Refugee Week theme is *Unity – The way forward*. The volatility of life in recent times has shown us unequivocally that we need to work together often merely to survive, let alone to thrive and progress. Let's take the opportunity to start afresh and rebuild our lives together. **Find out more.**

**FAMILY FAVOURITE SAN CHOY BOW**



PREP 5 min | COOK 10 min | SERVES 4

San Choy Bow is a delicious classic Chinese meal! It is quick and perfect for week nights. Place a big bowl of your meat mix on the table with empty lettuce leaves and let the kids make their own wraps.

**INGREDIENTS**

- 500g chicken mince
- 3 cloves garlic, minced
- 1/4 cup soy or tamari sauce
- 1/4 cup honey
- 1 tsp sesame oil
- 2 tbsp sesame seeds
- 2x spring onions, thinly sliced
- 1x lettuce (iceberg, butter or cos)

**METHOD:**

In a frypan, heat the sesame oil and add the chicken mince. Stir until browned and add the garlic, tamari and honey. Stir until the sauce reduces and the chicken starts to caramelise. Serve with the lettuce cups, sliced spring onion, coriander, sesame seeds and fresh chilli

*Jo Kate is a realistic nutritionist offering simple & effective ideas, tips and recipes to inspire healthy living. Find more delicious recipes at [jokatenuitration.com](http://jokatenuitration.com)*

**App reviews**

*A few apps for the adults. Think clearer, feel better, smile more.*



**ZEN STUDIO MEDITATION FOR KIDS**

EDOKI ACADEMY | FREE (\$4.49 to unlock all features)

*Zen studio is a unique geometric finger-painting app designed to help children relax and focus.* It may be the simplest painting app ever published! Tap once for a new canvas, tap again to pick a colour, and then draw with your finger. What's more, a calm, soothing music algorithm accompanies every swipe of a finger making it a very zen experience!

**ANIMAL NOAH'S ARK ANIMALIBRIUM**

GIULIA OLIVARES | FREE

*A tiny little boat, many animals and ... A delicate balance!* Splash into a sea of fun! You are Noah. Help get the animals on the ark, balance them on board, and bring them to safety, or freely explore the world to discover the hidden characters

**EGGY PHONICS 1**

BLAKE ELEARNING | \$2.99

*Making Phonics fun and reward with 20 interactive levels that use a multisensory approach to learning.* Phonics is an essential part of learning to read and Eggy Phonics 1 makes phonics fun and rewarding. This app focuses on the first 100 short-vowel words, such as cat, dog and bus. Once your child finishes Eggy Phonics 1 you can move onto 2 and 3.



## HEALTH & SAFETY: 5, 4, 3, 2, 1 Grounding Technique

**Whether someone is having a panic attack, experiencing a high level of anxiety or is struggling to fall asleep, finding a way to ease the mind and return to a place of calmness and clarity can be extremely difficult to achieve. That's why mindfulness/grounding techniques are so important, because they can help someone achieve just that - no matter their current mental state.**

The 5,4,3,2,1 technique is a simple, yet powerful grounding technique, bringing quick relief by forcing you to be mindful of the environment around you. In order to recommend this technique to someone in your life, we feel it is important you give it a try yourself first. This way you will not only experience first-hand its effects, but you can feel more confident explaining it to someone else.

**Now start by**, identifying five things that you see. This does not have to be large objects. The smaller and more specific you can be the better.

Found them? Great! Now identify four things that you can touch. Once again, be as detailed as you can. Identify the texture of this object, the temperature, whether it's wet or dry.

Starting to feel slightly more grounded? Let's keep going! Now, we would like you to identify three things that you can hear. This can be external sounds like birds chirping or cars driving by. Or, this can be internal sounds, like your stomach rumbling or the sound of your breath.

Almost there! Time to identify two things that you can smell.

Alright, last one. Identify one thing you can taste. What was the last thing you ate or drank? Can you taste it? Is it sour/sweet, bitter/tart? Be specific.

Now this technique is most effective when repeated several times. We recommend a minimum of 3 repetitions, but sometimes it may take 5 or more; it simply depends on the person/situation. Please note that the exercise can also be adjusted as needed. For example, if someone is struggling to sleep and don't want to turn on the lights, they can simply identify more things from the other senses and skip over vision.



What if your child is finding this activity difficult and can't hear, feel or smell enough things?

We have two ways out of this: you can ask your child to name favourite things (e.g. "name 2 smells you like" instead of "name 2 things you can smell") or provide the sensory input for them for example

**FEEL / TOUCH** – Ask your child to close their eyes and focus on what they are feeling. You may softly blow a bit of air on their face, apply soft pressure on one arm or run a finger through their hand to slightly tickle them.

**HEAR**- Open a window so if the house doesn't provide enough inputs, you may hear birds, a dog barking or cars.

**SMELL**- Instead of asking your child to imagine a smell, why not provide that pleasant experience with a smell of an essential oil, a flower, some hand cream or a spice bottles from the kitchen cabinet.

**TASTE** – This can be as simple as giving them a drink of water, or a fingertip of salt, honey, lemon juice.

This is just one grounding technique, if you find this one isn't working try another. Here is a list of **10 great ones**

Camskids (2021). *5,4,3,2,1 Grounding Technique* retrieved from <https://www.camskids.com/supportresources/54321-grounding-technique/>

## FIND A STORY

**Give your child a small bucket, basket or bag and ask them to wander around the house and/or yard and collect a few items. At first the items will be random however, they will likely become more organised as your child becomes familiar with the activity.**

Go through the collected items, ask your child to tell you what they have found. At first you are going to have to use 'your' imagination and guide and structure the story. Your child will take over once they become comfortable and familiar with the activity.

For example: Set the scene "It was a sunny morning and" ...select an item continue the story, ask your child what happened next...They will see the items they have selected as so much more than what they actually are. A Lego block is a mountain, a water trough, a trophy. Enjoy their incredible imagination.



## Cultural Diversity

*Cultural diversity surrounds us. Diverse cultures in early learning is a tremendous opportunity. We value and respect our families and staff's cultural background and enjoy participating in the wider community to share authentic cultural activities with children and families.*

### *Ways we share cultural diversity*

**Sing and tell stories together.** We read stories from a wide range of authors with diverse characters and storylines. We ask families to share stories that are special to them, support Home Languages, retell oral stories, encourage children to participate in oral storytelling.

**Invite families to share** Cultural celebrations happen throughout the year. These are opportunities for communicating and interacting across cultures. We encourage families to share important cultural holidays or celebrations in authentic ways. We organise inclusive activities that children share in together.

**Use a range of media** to share, learn and challenge stereotypes and discrimination.



### IF THE WORLD WERE 100 PEOPLE

50 would be female | 50 would be male

26 would be children. There would be 75 adults, 8 of whom would be 65 and older.

There would be:

60 Asians

15 Africans

14 people from the Americas

11 Europeans

12 would speak Chinese, 5 Spanish, 5 English, 3 Arabic, 3 Hindi, 3 Bengali, 3 Portuguese, 2 Russian, 2 Japanese, 62 would speak other languages.

83 would be able to read and write. 17 would not.

Source: <https://www.geteduca.com/blog/sharing-diverse-cultures-early-learning/>

**National Quality Framework** | Quality Area 6:  
*Collaborative partnerships with families and communities*

## Staying Healthy In Early Childhood

### Absentees due to Illness

If your child is absent due to illness, please ensure that you are informing us of your child's absence and their symptoms or diagnosis. This will support us to monitor other children in our care and for any onset of similar symptoms. This also ensures that we are able to notify families so they can monitor their own children for any symptoms that may develop. At Ellenbrook School of Early Learning, we follow strict hygiene practices and follow the exclusion guidelines set out in the Staying Healthy in Childcare 5<sup>th</sup> edition Handbook to minimise the spread of illness and keep your little ones healthy.

Please support us by ensuring you and your child are washing hands or using hand sanitising upon arrival or departure of the service. Encourage child to sneeze/cough into their elbow and please ensure you keep your child home if they are unwell and/or there is an exclusion period. The Exclusion Period Guidelines have been attached for your reference.

### Flu vaccination

With flu season almost upon us all education and care staff are encouraged to get flu vaccinations and to encourage parents to ensure their children are also vaccinated. [Children aged 6 months to less than 5 years can receive the influenza vaccine for free.](#) WA primary school-aged children can also receive the influenza vaccine for free (pre-primary to year 6).



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

You have seen it on Bluey, and you have probably played your own version of balloon ball before but, did you know actively trying to keep a balloon off the floor counts for some serious active minutes. Simply blow up a balloon and keep it from touching the floor, get as tricky as you like.

Ellenbrook School of Early Learning

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**Feedback**   
is always welcome