

SMOOSH Newsletter

SMOOSH is a Child Safe Child Friendly Service



Parents and Carers

Well term four is well underway and extremely busy with a full 6 week ahead.

Firstly I would like to remind all families that if their child/ren are returning in 2017 must be re-enrolled. Re-enrolling your child each year is a legal requirement. It also allows you the parent to advise SMOOSH of any changes to circumstance of the family or your child/ren's, to update contact details such as phone numbers, email address. Also to add or remove people who can or are no longer able collect your child/ren. Our 2017 Re-enrolment forms have been attached to each outgoing invoice for the past month and also emailed out. Our forms can be fill out and emailed back to SMOOSH which is a very quick and easy process. If you have not received our re-enrolment form please contact our office and one can be emailed out or collect one from the sign in desk at SMOOSH at time is running out to finalise places.

I have been working on our enrolment forms to be made available go on-line through our webpage and possibly a in 2017 a phone app. A phone app would allow also for messages to and reminders to families instantaneously. Also In the interim we have introduced a term calendar that has all the important days and activities over the ten week. Our calendar has been emailed as an attachment to invoices and also as an email. If you did not receive your calendar you will find our calendar at the end of this newsletter.

SMOOSH Survey, SMOOSH families were all given opportunity to let management and staff know how they feel about SMOOSH through an **On- line Satisfaction Survey** regarding all areas of our service. We have received the result are back and of 80 families using our service every week we had 24 responses, of those responses we scored overall level of satisfaction whereby those 24 families feel we offered a good service. The hard copy is available for viewing by parents at the sign in desk.

Health and Safety

We have recently become aware through media and absences at SMOOSH that viral gastroenteritis is spreading through the schools and community.

Viral gastroenteritis is spread through contamination of hands, objects or food with infected faeces or vomit. The virus is then taken in by the mouth. Viral gastroenteritis may also be spread through coughing and sneezing.

See our Fact sheet for more information.

Hand Hygiene Everyone has germs. Our bodies are covered with germs that help us stay healthy. In addition to the germs that are usually present on our skin, we also pick up germs from contact with other people or objects in our surroundings. These germs are easy to pick up and transfer. In this way, they can cause you, or others, to get sick. Although people usually think that germs are spread through the air, the fact is that germs are most easily spread through **hand contact**.

One of the best ways to stop the spread of germs is to wash OR decontaminate your hands. Hand hygiene is a new term to describe washing or decontaminating hands. Washing hands helps to physically remove germs by friction, and to rinse them down the drain. Decontaminating hands reduces the amount of germs present on hands through the use of special alcohol based preparations, in the form of solutions, gels or foams. Alcohol based preparations have two distinct advantages over soap and

Kids Do'in Kids Stuff

This term the our educators have planned and very exciting time for the children, every day there is something happening to engage children in many areas of the service as well as learning new and interesting information and life skill.

We have numerous art and craft happening each day with Diwali our focus as we acknowledge celebrate this important annual event

SMOOSH Survivor Challenge every Wednesday and will run for 6 weeks

The children learn to work in as a team by developing or refining skills in areas or cooperation, confidence, leadership skills, communication, participation in groups, problem solving, perseverance, demonstrate good sportsmanship , patience as they work in teams to meet the challenges set out be our educators. So far it be very successful and even though we have children who would choose to be inside, all the children join in for a great afternoon.

SMOOSH children are also enjoying the garden club which I understand and quite often hear as they a tending garden outside my office lots of laughter chatter and squeal of surprise as they find the first snow pea, strawberry, carrot. The children love of gardening at SMOOSH has had a flow on effect to children homes, as I have been told some of our families have now created vegetable gardens at home through the children love and interest of gardening at SMOOSH.

Last term our educator focus for children was on learning to recognise what is an emergency and what would each child do in an emergency, so there has been lots of discussion about this during the first weeks back to SMOOSH. We have had a mini hospital set up for any injury in our play area and have recognised some of the children do not know their address or a home phone number. We had games on the Samsung tablets about road safety, last term we went for a walk in the community promoting road safety. We the children have also been learning about what to do regarding an emergency.

Junior First Aid  Course

Run By Red Cross+++++++ SMOOSH will also be running a Junior First Aid Course for children aged 8 to 12 run through the Red Cross, this will take place on the **8th of November**.

There is a small cost involved of \$5.00 of which could be covered by CCB or CCR which is not a great deal when you consider what your child will be learning and know what to do in the case of an emergency. The Course will run for approximately 1 ½ to 2 hours.

I would strongly encourage parents to allow your children to stay for this incursion.

This incursion is part of our current program over the next 3 weeks and is linked to our quality Children Health and Wellbeing, children health and safety our commitment to the children

We have some very exciting activities happening for the children at SMOOSH during term four. Our cooking club also has children eager to join and learn new skills but share the menu choice with others see one of the yummy recipes below.

For 6 week we are running SMOOSH Survivor Challenge on Wednesday it's a fun and exciting afternoon and allows all the children to participate and be involved in team games.

Check out our calendar at the end of this newsletter for WHAT'S ON over the next six weeks

Cooking Club Recipe

Recipe 5 Activity 7 - Balanced Meals

Make 1 of the following Carrot, Lettuce & Hummus Wrap Preparation
time: 30 minutes makes: 6

Ingredients

- 2 large carrots
- 2 tomatoes
- 1 lettuce
- 8 radishes
- 6 rounds Lebanese bread, Mountain bread, Tortillas or Lavash bread,
- 6 iceberg lettuce leaves
- 1 quantity of hummus (refer to previous hummus recipe)

Method

1. Wash and peel carrots then grate.
2. Wash tomatoes, cut in half then slice. Place on paper towels to absorb liquid before using.
3. Wash, dry and finely shred lettuce.
4. Lay out each piece of Lebanese bread.
5. Spread the hummus on the bread, top with shredded lettuce, tomato and carrot.
6. Roll the wrap tightly from the bottom, then wrap in paper or plastic to secure. Twist ends to stop filling from falling out.

Alternative fillings for wraps

1. Chutney, grated low fat cheese, grated carrot and sprouts.
2. Tuna packed in spring water, drained, spring onions, tzatziki and English spinach.
3. Boiled egg, light mayonnaise, celery, cucumber and shredded lettuce.
4. Avocado salsa, tomatoes, rocket and shredded chicken.

New Vocabulary	Skills	Equipment
Hummus iceberg Lettuce Tzatziki Lebanese bread Lavash mountain bread	Grating, Measuring, Dividing Using knife- Slicing, Shredding Spreading rolling	Cook's knife Chopping board Grater Blender/masher Lemon squeezer Teaspoon



SMOOSH Photo Gallery



SMOOSH is fun, and so is doing our homework outside with friends.



Children working through a Survivor Challenge.



Our Lego Master Builder Erick showing his amazing creation.



Natasha, Edward and Julian our garden enthusiast are learning about cultivating and growing seed.



Even after an amazing game of OZ tag we still all smiles, great games Kids



Kids in the cooking Club looking very happy with their recipe choice.



Colourful lanterns made by the children for Diwali



Busy bees making clay candle holders.



Hand Art using playdough and seeds



Zayden shows of his art work for Diwali



Connecting with our Community
for Diwali Celebrations



Beautiful Hand Art with Antu

Don't forget to follow us on Facebook

SMOOSH and the Community

SMOOSH held a Pink cupcake day on the 26th of October and had a great response for parents and children in both cooking and purchasing our cupcakes we raised \$ 295.00 which will be forwarded on the Cancer Council and assist in supporting those affected by women's cancer. The funds raised will help in providing a cancer nurse to support women through their cancer diagnosis or assist in providing accommodation for women who need to travel and stay away from home in order to access treatment. So huge **THANK YOU** to everyone for your support on the day.



Fundraising

Our money raised from the sale of chocolate in term three which families supported by selling boxes of chocolates has now been utilised by purchasing our much needed TV and upgraded to TV Stand. The total amount spent, \$1300.00 and look fantastic. Our TV and stand be on display for parents to view week 5 near the front entrance in the pm.

Our junior SMOOSH committee with the support of all children are also fundraising again this summer with **Ice Block Sale**. The ice block sales days are marked on our calendar as a reminder for parents that children will need 50cents to participate. This is not just a fundraiser for the sake of having a fundraising. This fundraising assist children becoming socially responsible and show respect for the environment, this becomes evident when children start to demonstrate an awareness of the impact of human activity on the environment and the interdependence of living things.

The money raised goes to towards any animal of children choice which they must research and submit information as to the outcome of these animals being classified as being endangered. Once this process is done we then contact Featherdale Wildlife Park to visit our service bringing to SMOOSH numerous animals for the children plus a talk about endangered animals. We then have the children present a cheque for funds raised which then has SMOOSH's name submitted to the Friends of Featherdale Community Board



SMOOSH Vegetable & Herb Community Garden



We have two more garden beds in place which the children will now care for and be planting a summer crop of Corn, Egg plants and more Cherry tomatoes. Our spinach is looking very healthy with the children watering and care the children provide. Week 5 we are sending home some tomato plants as we have had numerous plants that have started to grow though the dropping of tomato seeds last year and want to share them with our children and their families. Our garden club will be making lots of recycled pot and planting tomato plants to go home with families with the hope they will be planted in your garden or pot for children to care.

Outcome link 2.4 Children become socially responsible and show respect for the environment.

*If we want children to flourish,
to become truly empowered,
then let us allow them to love the Earth
before we ask them to save It"*
Quote by David Sobel



Sustainability Corner

Recyclable Boats

The 7th to the 13th of October is **National Recycling Week**.

It's important to always recycle correctly but why not also save some materials and create these fun boats!

Materials: Empty containers (Example: sunscreen bottles, baby oil, shampoo) Corks, rubber bands, wood skewer, glue, paper.

2. Make the sails: Cut a large triangle out of paper and fold in half.

Place the skewer in the middle and glue closed.

3. Poke a skewer into the cork half and attach to the bottles using 2 rubber bands.

Fold on dotted line



Glue on solid line

Place skewer in fold



Spring is Here....

and with the arrival of spring, the seasonal problem of

birds swooping at people and pets begins.








Native birds, including Australian magpies are highly protective of their eggs, nest and young and will often 'swoop' unsuspecting passers-by if they feel threatened. Only a small percentage of birds attack during spring as a 'warning' to ward off intruders to their territory, which may include your local park, backyard or schoolyard. The swooping behaviours generally only lasts six to eight weeks - from when the eggs are laid until the nestlings are ready to fly. Most birds are shy of humans and will avoid contact at all cost - except when they have young to protect.



Tips to protect yourself from swooping birds

- The best way to protect yourself from a swooping bird, is to avoid venturing into their territory.
- If you must pass through the area – move quickly – do not run.
- Wear a hat or carry a stick or umbrella above your head. Cyclists should wear a helmet, dismount and walk through the area.
- Birds may be less likely to swoop if they think you are watching them. Draw a pair of 'eyes' and attach to the back of hats and helmets.
- Don't interfere with or throw stones at birds. This gives them added reason to see humans as a threat and may increase swooping behaviour.
- Don't destroy nests. This may prompt birds to rebuild their nests, prolonging the swooping behaviour.
- Don't feed swooping birds.
- If possible, try to travel in a group in areas where there are swooping birds.
- Put up temporary warning signs for others who may not be aware that there are swooping birds in the area. Exert from Blacktown Council Sustainable Living Newsletter Oct 2016 edition.

SMOOSH Term 4 Calendar 2016

Week	Monday	Tuesday	Wednesday	Thursday	Friday
1	October 10 Back to school and SMOOSH	11	12	13	14
2 Responding to Emergencies Outcome 4 children are confident learners First Aid	17	18  Gardening Club	19 SMOOSH 	20	21 Cooking Club 
3 Outcome: 1 Children have a strong sense of Identity Diwali	24 Diwali activities 	25 Diwali activities 	26 SMOOSH  Pink Cupcake Day/ Sport Pm	27  Henna Hand Art	28 MSPS Disco SMOOSH not in the Hall for pm session kindy classroom
4 Outcome: 1 Children have a strong sense of Identity Diwali	31 Diwali continue SMOOSH Newsletter out	November 1 Ice Block Fund Raiser 50 cents 	2 SMOOSH  Sports PM	3 Diwali Celebrations con 	4 Cooking Club 
5 Outcome 4 children are confident learners First Aid Outcome 3 Responding to Emergencies	14 SMOOSH Emergency Evacuation Practice PM	8 Junior First Aid  Course Run By Red Cross	9 Ice Block Fund Raiser 50 cents SMOOSH 	10 2017 Re-enrolments closed and Finalised	11 SMOOSH Emergency Evacuation Practice AM
6 Outcome 3 Stranger Danger	14 Stranger Danger Awareness Activities	15  Gardening club SMOOSH Committee Meeting 6.30	16 SMOOSH  Sports Pm	17 Ice Block Fund Raiser 50 cents	18  Cooking Club
7 Outcome 3 Stranger Danger	21 Vacation Care enrolments and booking open for 2017	22  Garden club	23 SMOOSH  Sport Pm	24 Donation for Christmas raffle	25  Cooking Club Ice Block
8 Outcome: 1 Children have a strong sense of Identity Christmas Around the World	28 Christmas activities& craft Ice Block Fund Raiser 50 cents	29 2017 Kindy Information night.	30 SMOOSH  Sport PM	1 Bookings taken for Decembers Pupil Free day	2 Cooking Club 
9 Outcome: 1 Children have a strong sense of Identity	5 Around the World Christmas Activities & Craft	6 World Christmas Activities & Craft	7 World Christmas Activities & craft	8 SMOOSH not in the Hall pm Session Kindy rooms	9 Christmas Raffle Ticket returned Please
10 Outcome: 1 Children have a strong sense of Identity	12 SMOOSH	13 SMOOSH	14 SMOOSH Children End Of Year Party	15 Year six kids Farewell afternoon tea	16 Last day of school
11	19 Pupil Free Day AMF Bowling	20 Pupil Free Day Fun day SMOOSH	Have Safe and Happy Holidays SMOOSH reopens for Vacation Care 16 th January 2017		

Community Notice Board

SMOOSH

What on in November
Check out our term 4 Calendar to see what
happening at SMOOSH each day.

Dates for your Diary 2016

Community events

Melbourne Cup -----1st
Australian Food Safety -----6-12th
National Recycling Week -----7-13th
Remembrance Day-----11th
World Kindness Day -----13th
Orangutan Caring Week-----13-19th
Universal Children's Day ----- 20th
Social Inclusion Week-----19-17th

Next SMOOSH Committee Meeting November 8th

Parents a requested not to use the School drive way during
the hours of 8am and 4pm for the Safety of the Children.



Our Contact details: Web: Smooshinc.org.au
Our new email address is: southmarayongoosh@gmail.com
Our facebook page: Smoosh Inc
Our phone number: 0451 114 611

