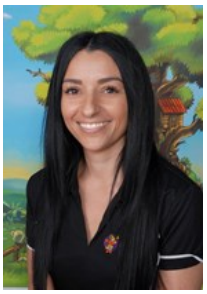


Little Ducks Childcare March – April 2017 Newsletter

A note from your Centre Manager

Welcome to Little Ducks Fortitude Valley and a big hello to all our new families! We are sure that your child/ren will enjoy the time they spend here at our centre and will have many happy learning moments to add to their already creative and imaginative minds. We have shown around a lot of new families lately who have mentioned that they were recommended to us because of the 'family feel' at the centre, so we appreciate that you've recommended us for that reason. It is very important to remember that this is your child's centre so please feel free to offer ideas and suggestions throughout the year. If you have any concerns also please talk to us so we are aware and can address these immediately.
Each day we reflect on the day's activities and experiences the children have enjoyed throughout the day. The emphasis is to get more family input/feedback into our program so we can meet the needs of our families. The children are always so proud of their work and they love to share it with you, we look forward to your feedback. Thankyou to all of those families who have kindly donated many wonderful and useful resources to the Centre in the past weeks, we are very appreciative of your gifts and donations. Our newsletter we be evolving over the next few months and we welcome any ideas or topics that you would like to see in future issues. You are invited to join the Little Ducks Facebook group at any time to participate in discussions and share information. We see it as a positive way to have a conversation with our families and educators. This newsletter is filled with an abundance of important information and updates especially useful for those who are new to the centre. It also includes information and dates on upcoming centre events – you will also find these dates in our centre calendar. Our bimonthly newsletter is sent to the relevant email addresses of all centre families and is also displayed in our foyer on ground level as well as our website.
Happy Reading!



Maria Sasiakos Centre Manager

My office hours are 8.00am—4.30pm and I am available to be contacted by phone or email!

55 McLachlan Street
Fortitude Valley QLD
4006
Phone (07) 3252 1841

Kindergarten Approved Program
Queensland Government

fv@littleducks.com.au

Upcoming Events!

March 2017

Friday 3rd – Schools clean-up day
We will hold a 'Little Ducks Clean Up Day' In the lead up to 'Clean up Australia Day' on Sunday 5th of March. Talk to your educator to find out how you can help!

Wednesday 8th – Holi show!
Roushini (a cultural collaborator & professional artist) will be teaching us about a Hindu spring festival which is also known as the festival of colours or the festival of sharing love.

Friday17th - St Patrick's Day
Dress in green and come along to learn some fun facts about our Irish friends and families.

Tuesday 21st - Harmony Day
This is a day for all Australians to embrace cultural diversity and to share what we have in common. It's about inclusiveness, respect and a sense of belonging for everyone. Dress in orange to support this wonderful day.

April 2017

Friday 7th - World Health Day
Celebrate your healthy mind, body and spirit and learn all about how to keep ourselves healthy.

Thursday 14th - Easter Bonnet The children will be making their very own special Easter bonnets throughout the week. Come along to watch our Easter bonnet Parade @ 3.30pm.

April 14th - Good Friday
PUBLIC HOLIDAY

April 16th - Easter Monday
PUBLIC HOLIDAY



MONDAY 18th - Henny Penny Chicken Hatching
Bringing the joy of watching eggs hatching, and chicks emerging from their shells, right in front of our eyes! This week will be the chicks last week with us – don't forget to adopt one or two

Tuesday 25th - ANZAC Day
PUBLIC HOLIDAY
Leading up to this day, we will pay our respect to the diggers.

Reminders

Immunisation Certificates

Don't forget that we need copies of your child's Immunisation Certificates. The 'blue books' are no longer acceptable for our records, we need a copy of the Australian Immunisation Register certificate – the one that is sent to you from Medicare after Immunisation. You can download it from the Medicare website if you've misplaced your copy. Please bring it into us when you're next in.



Policy Reviews

We value your input and feedback so please refer to the Policy Review Folder downstairs in the foyer for more information; along with our Legislation Regulations and our National Quality Framework Standards. We welcome families input into policy documentation and will seek family feedback for review on an annual basis.

The policies/procedures in review during March and April are:

*Child Protection Policy *Anaphylaxis * Collection and delivery of children *Custody and access to children * Food safety supervisor * Fatigue * Grievance procedure—Educators and staff * Grievance Procedure—Families * Grievance Procedure—Children * Immunisation—Families * Immunisation—Educators and staff * Late collection of children * Educators and staff sickness * Safety precautions * Sandpit procedure * Sun protection and clothing * Toilet training * Transition

Centre Birthdays!





A big happy birthday to the children who have recently celebrated their birthdays or will celebrate theirs in the coming months. Hope all your dreams and wishes come true!

March

Eli
Ayla
Ashton
Isabella
Patrick
Carter
Hugo Mahoney
Leni
Thomas
Bastien
Sasha

April

Olivia Needham
George
Clayton
James
Nolan
Luca
Arth
Maisie
Dominic





Nursery One!

Write in your heart that every day is the best day of the year.
Ralph Waldo Emerson (1803 – 1882)



Hi everyone, wow my first newsletter at Little Ducks, I have been wonderfully busy.



Transitioning from Nursery 2, to our fantastic room. Over the last few weeks we have had a few new children begin there Nursery journey with us. Huge welcome to Charlotte, Henry, Alexander, Madison, Isla, Evelyn, Kai, Olivia, George, Florence, and Eli. All the children have transitioned smoothly into our new room.



They are showing secure bonds with Miss Faye, and have quickly settled into Nursery 1 routine. This has been a very awesome month as I have enjoyed working alongside Nursery 2 room with the Educators for Waitangi Day, New Zealand National day. I made a poi, and played New Zealand songs on the guitar. I have also been doing yoga with the kindy children each week in the outdoor playground, which they have loved.



The children have been exploring texture, with children showing a lot of interest in sand play, filling up buckets, emptying them feeling the texture of wet/dry sand. To extended this experience we explored water play with bubbles and food colouring.



The children are becoming familiar with music and movement, songs, and rhymes as well as enjoying the beat of the strummed guitar. If you have any favourites songs that you would like to incorporate into our awesome music sessions please let us know!

Nursery One!

At present George and Eli have been interested in animals especially animal sounds, we have been doing a lot of animal books, puzzles and with my guitar we are learning the Old Mc Donald song.
Charlotte is starting to turn towards my voice when she is having tummy time and lifting her head off the floor.
Olivia is taking to standing alone and trying to take steps, well done!
Kai was the birthday boy for this month, we enjoyed singing happy birthday to him.
Florence likes to look at herself in the mirror babbling to herself—how clever.
Madison loved the water play and bubbles, she enjoyed watching the bubbles float away. Alexander is rolling over and over to get to a toy he desires. Evelyn likes the rocker so she can see what is going on around her. And Miss Faye likes the children being so adventurous and showing a sense of belonging.
Over the next months, we will be filling up our wall with children's art works, like texture painting, finger painting, hand prints and sponge painting.
BOXES … the children have enjoyed playing in the boxes we have had around to room, some big and some small. The children have been climbing in and out, crawling in, trying to lift up, knocking on and flipping over the boxes. They have become hide outs, cars, trucks, boats and somewhere to play peek-a-boo. Box play increases the children's imagination, language skills, physical and cognitive development.
Thankyou families for all your support over the last month it has been very appreciated.
Please feel free to come and have a chat anytime
Regards
Miss Faye and Miss Caitlin.









Nursery Two!



We can't believe its March already! The last 2 months have flown by so quickly, Ms. Amy and I would like to say a big hello and welcome to all the families in Nursery 2.
At the start of this year we saw two Nurseries merge together into one, this gave the children the opportunity to become familiar with the new educators and friends in both rooms. After a few weeks went by, our Nursery started to become busier and Ms. Amy and I watched our Nursery start to grow, with a lot of new friends and families joining Little Ducks in the past couple of weeks. We had a lot of new friends and families join us here at Little Ducks and we couldn't be happier considering this, the Nursery split into two and Ms. Amy and I were excited to see what this year would bring Nursery 2!!



We have had lots of birthdays in Nursery 2 with Alexis and Molly both just turning one in February, and Ashton turning one in March!
Along with all the birthdays we are celebrating, we have also been celebrating a lot of milestones, with Alexis and Atticus becoming confident in their walking abilities, they are constantly showing their balancing and standing skills and both their confidence with walking is continually growing.



Recently Ashton, Molly and Angus have been pulling themselves up a lot with all the obstacle courses we have in the out-door area, gaining a lot more confidence in their physical abilities and strength. The children have been showing their flexibility with it comes to learning new complex sensory motor activities. Ms. Amy and I have constantly been introducing the walker to all our children to further the children's confidence in hitting new mile-stones.

Nursery Two!

In our room you will find the portfolios on the wall. The portfolios comprise on the learning that has occurred in our room. Please feel free to have a look through these and take them home to share them with your family!



Outdoor Kindergarten visits

Over the last month, Ms. Amy and I have been taking the babies down in the Kindergarten area which gives them the opportunity to explore and challenge themselves in ways they wouldn't get to on level 1. Being outdoors the children experience open ended, self-initiated and independent play. This gives them to opportunity to explore and self-regulate a range of outside activities. The children get the chance to test their physical limits and build her self-confidence in areas they are unsure about.



The children have had a lot of fun over the last couple of weeks expressing wonder and interest in their new environment.

Valentine's day (14/2/17)

On Valentine's day, to celebrate the day of loving those who mean most to us, Ms. Amy thought we would make lovely heart paintings with the children so they could give them to their parents for a valentine's day present. The children painted a wonderful masterpiece on the love hearts Ms. Amy had made for them earlier on during the day. The children were tapping into their creative imagination when doing this activity using their hands and fingers to feel the texture of the paint. This created an open-minded activity for the children to tap into their vivid imagination to create a wonderful painting for their parents.

Ms. Amy and I look forward to the rest of the year with each one of you, we can't wait for all of the new learning opportunities that will be presented to you this year while you're in Nursery 2.

Senior Nursery 1!



We have had a very successful start to our year in Senior Nursery 1 and would like to thank the families for your support through the transition of the New Year.

The children have become very confident within the environment and with each Educator. The beginning of the year had a focus on ensuring the children felt safe and secure, through this the children have been able to develop and grow. We introduced group time to our room routine and have continue to develop it over the last 2 months. We have included



'Bee bee bumblebee' into our group time and the children's ability to recognise their own pictures and their friends has significantly increased. We have since added 3 new songs to our group time; head, shoulders, knees and toes, if you're happy and you know it and old McDonald. By repeatedly singing these songs during group time the children are developing their skills in recognition and prediction.



Another concept we have implemented into our routine is reading a book during Afternoon Tea. This is to promote the children's literacy as well as supporting their ability to concentrate. We focus on reading the book for the week to again develop the children's skills in recognition and prediction. We have a schedule of the different books that we have read on our sign in table. Early literacy is important for helping develop children's vocabulary, pleasure in reading, developing empathy and understanding how to react to situations etc.

The last few months have seen us celebrate different events, which has provided us with opportunities to engage in a variety of exciting experiences. Australia Day saw us create play dough echidnas, taste, smell and feel our way through a coconut sensory tray and create a nature collage. Valentine's Day was a bit of a messier affair. We had two experiences that saw the children have a chance to get their hands dirty.



Senior Nursery 1!



The first experience was making fruit skewers. The children's cooking skills during our gingerbread man experience astounded us all and this experience was set to further challenge their skills. The children showing varying degrees with their ability to skewer the fruit and dip it into chocolate/ coconut. But ultimately the allure of our yummy treat proved too much and the children gobbled up their afternoon snacks during the cooking experience.

The second experience saw us spread the love by creating 'butterfly painting' love hearts. The children enjoyed the messiness of the paint. Once they had painted one side of the love heart we folded it in half and encouraged the children to rub the paper. They were excited to see their creation had transferred to the other side of their heart.



Waitangi Day is a New Zealand holiday that celebrates a treaty signed between Maori chiefs and British representatives. The children were engaged in different experiences throughout the day to explore the New Zealand culture. We listened to Maori music in the morning on the laptop. As an extension on our 'Bee bee bumblebee' we added 'Kia Ora' (New Zealand greeting) to our morning group time. The children were intrigued by Hawaiki's face markings and Ms Suder extended on this with the children. That afternoon we went on a little adventure to Nursery where Ms Faye sang tradition Maori songs on her guitar and the children explored how to use 'poi'.





A child initiated interest that we have been continuing to focus on within the room is the children's gross motor skills and jumping. We have continued to challenge their gross motor skills by setting up various obstacle courses that have required the children to test their balance, climbing, crawling and running skills. We have utilised the balance beam to build the children's confidence and understanding of how to jump. Through this we have been trying to teach the children to bend at their knees and push through their feet. In the last week we have added jumping to our morning group time song 'if you're happy and you know it'.

Senior Nursery 2!



Wow! Those last couple of months have flown by, but it was fantastic for all three of us to learn and develop respectful and meaningful relationships with your children. It has been wonderful watching your children start to grow confident in their interactions, communications and furthering their interest throughout the months.

We have seen a lot of our friends develop an awareness and curiosity towards shapes and colours! It is great to see our children taking such an advanced interest and wanting to extend on their curiosity every chance they get. We will be taking this further in the next couple of weeks, with shape collage, shape recognition in daily objects, colour separation in everyday items, and displaying our ABC's on the felt wall. We believe our children learn and play through their surroundings which is why we are using our environment to encourage growth and development through this interests.



We would love families to participate in these interest's stemming from Little Ducks and taking it home for children to be able to further what they have learnt from on environment / context to another.



You would have noticed we have changed our construction corner and included natural elements for us to explore and discover, the different textures, colours and smells. We would love to continue this experience as at it help encourage children to have a sense of belonging and respect for the environment and eagerness to explore their surroundings further. We ask families to contribute to our nature's corner and bring in any items you may think the children would like or that your child has taking an interest at home. Some of our friends in Senior Nursery 2 are showing great enthusiasm towards learning their friends home language, which started by counting! So, we have placed some number cards on the felt wall for us to sing at group time, this week we are focusing on Spanish…

1 – UNO, 2 – DOS, 3 – TRES, 4 – CUATRO, 5 – CINCO.

Senior Nursery 2!

If any family member would like to participate in our curriculum by coming and teaching the children your home language please come and see us, we would love you to join us!!



Due to such an interest, we would love for families to continue sending in their family photos, and cultural backgrounds so we can further these experiences and learn more about different languages and cultural differences as well as there family input forms. The input from the families links the children's interests from home into the curriculum at the centre. Linking each child's interests into the curriculum is relative to what they are interested in. The process engages children in learning, and then we as educators have the opportunity to extend upon their interests and teach skills, concepts and processes. The learning opportunities can be endless!





In the next couple of months we will be starting to transition some children up stairs onto Level 3 our Toddlers Room!! This is a great achievement for the children as they are developing and growing into the next stage of their development and learning. We also will be starting toilet training in our Senior Nursery room as some children are showing signs that they are becoming interested in using the toilet. If you feel your child is ready please send some spare clothes and of course come and have a chat with us!!



Want to say a big welcome to our two new friends Annabelle and Poppy who have joined our little Senior Nursery 2 family! Both children have settled in so well and are really enjoying their time at Little Ducks. We would also like to say a big sad farewell to our little man Max who will be leaving us shortly, it has been a pleasure watching you grow, we will definitely miss you!

Toddlers!



Firstly, we would like to welcome Agathe and her family to our little Toddler's family.

Our Toddlers have been a busy little bunch engaging in many learning experiences. We have been doing lots of different art, craft, cooking and sensory activities. Children have been engaged in playdough making, making birthday cards, stamping, salt dough painting, shaving cream and cornflour play, experimenting and gaining opportunities to express their creativity through a variety of experiences.



Children have been showing lots of interest in shopping, therefore we set up a shop and had a shopping pretend play inside the room. Through this shopping pretend play the children expressed their choices and interests in the things they wanted to buy from our shop.

We have also noticed children showing great interest in construction and making towers and buildings, we have added a lot more resources to our construction area, such as construction books, more containers, blocks, buckets, sand, construction trucks and lots of recycled resources that are being used in our construction area by our little builders. I would like to say a big thank to all those parents who have been bringing lots of recycled items for us to add to our experiences.





We also enjoyed "hands on" experiences such as playdough and making cookies where the children engaged in mixing and blending ingredients together as well as practicing "turn taking".

During group time, we have been talking about "Germs" and washing hands and cleaning our teeth. It is wonderful to see the children communicating about these. We have also been doing colour and shape recognition, body parts, counting and numbers recognition during group time. Along with this we have been practising about some new Spanish words and learning new words every day.



Toddlers!







Toilet training and communicating about our needs and self-help skills are our big achievements of these two months. We have seen children being more and more independent day by day and being confident in their toilet training. Also, we are getting lots of positive feedback from the parents regarding toilet training and some children have reached to the next step of coming to our care in underpants. Well done everyone!

All the children enjoyed and actively participated into the centre events of "Crocodile and Dragon show". It was wonderful to see some children being very interested and confident in touching, patting and watching the reptiles.

Some of our celebrations have included *Australia Day* (making own patterns of Flags), *Valentine's day* (cooking and adding heart shape to our all activities), *Brazilian Carnival* (own music version with recycled silver containers), *Waitangi Day*, *My favourite pet day* and of course the very special *Happy Birthdays.* A big thanks to Miss Megan for bringing her Parrot *Gypsy* and Harry's mum Megan for bringing her "Puppy (Lollipop) and providing with the opportunity to express our interest, care and love for pets. Our toddlers are having wonderful time taking new on physical challenges outdoors and participating in balancing, jumping, climbing on the pirate ship and riding bikes and exploring the sand pit.

In the coming months, our area of focus will be to further work on children's interest and set up experiences as well as our focus being on nature, language and fine and gross motor development. The Toddlers will be enjoying planting some flowers and herbs and we will be making our own little garden. We will be taking a close look at the nature and its changes through our little garden. Our program will expand on to reflect the interests of the children, allowing several opportunities for open-ended exploration and spontaneous discoveries.

Until next time…….

Ms Jyoti and Ms Sandra

Junior Kindy!

February has flown by and the children have explored so many wonderful things, at the beginning of the month we started learning words in French, 'bonjour' (good morning/ hello) and' au revoir' (good bye). The children's interest and enthusiasm during group times was amazing. We explored the colours on the French flag which has been displayed in book area for children to look at along with pictures of places, food and art. The children were excited to learn songs in French which was great, we sung 'Freres Jacques', the children picked up the tuned really quickly and this has been a fun little tune to get stuck in our heads while playing.



The children experienced the wonderful New Zealand culture for Waitangi Day. They were part of dancing, singing, language and art through the day.

From there the children became interested in books such as 'I will never ever eat a tomato', 'let's eat a rainbow' and 'you are what you eat'. This lead into two weeks full of discussions about healthy eating, and trying new veggies out. The children created healthy muffins as a cooking experience this was loads fun and messy too. We looked at healthy foods that should be eaten daily and foods that can be eaten weekly. We explored the food categories and this was a great experience for the children to explore language, we explored our favourite coloured fruits and veggies.



With healthy foods there is also unhealthy foods, I believe that both come hand in hand. Most of the children understood what a sad food was, and this didn't necessarily mean that they didn't like it. All the children spoke about enjoying these foods, this was a great opportunity to teach children about moderation and that it's okay to eat sad unhealthy foods sometimes.

As we continued to explored foods the children used real fruits and veggies in our pretend market, this was to encourage the children to make healthy choices on their own through play. Overall the children were creating fantastic healthy foods, which they served to their teachers and their friends.



Junior Kindy!



There are some healthy food options on the parent information wall for families to take home and create with your children, encouraging children to be involved with food to be a fun and positive experience with family and friends.
World Pet just passed and this was another amazing week of discussions, learning and role playing with junior Kindy. The day was set aside to give extra attention to and pamper our pets. This was a great day to focus on the special relationship that the children have with their pets. The children brought in their animals for the vet clinic, we explored how vet



doctors help our pets when they are sick or injured also why the importance of caring for our pets when they are healthy too. The children watched videos that exposed them to what a vet clinic looks like inside, the children were curious and this led to questions about people who help animals. As the week went on the children learnt what is needed for pets at home, children who have pets at home educated the children who didn't or families who are thinking about bringing a pet home. From here the children started to explore different roles such as doctors and nurses, this was exciting as the children then wanted to dress up as police men, fire fighters which is great as this could lead to new experiences, learning opportunities and events. The children have also been very motivated to explore numbers through counting and solving maths problems! This learning has been encouraged throughout the daily routine with some children even solving maths problems together at the lunch table! It has been great to see the children so interested in developing their understanding of numbers. Similarly there has been an enjoyment in exploring literacy concepts such as recognising names, writing words and creating stories. We have loved helping the children to write their own name and other words of their choosing. Our finger painting outside has been a perfect opportunity for the children to develop pre-writing skills and practice exploring letter shapes.



Kindergarten Program!

What an exciting start to the year we have had! We kicked off the year with plenty of centre events that took the children's interest, including the Crocodile and Dragon show, Waitangi Day, Australia Day and Love your Pet Day. The Kindy class engaged in lots to new learning surrounding this events and we are still extending on this now.



Love your Pet day (in our case, week!)

This bought a lot of conversation, laughs and visitors to our room. We had Conan, Lollypop and MJ (dogs) visit us throughout the week, Gypsy (Miss Megan's rainbow lorikeet) and Killer the grasshopper that Chloe found in her Grandma's garden. Including the children's families and pets in our community promotes a sense of belonging and identity, encouraging the children to feel as though Little Ducks is an extension of their home. The other way I try to incorporate this is by sharing information with the group that I gather from families, either via email or conversation, so please feel free to provide weekend stories, family adventures or special events with me to discuss with the children.



Around the World!

Another main topic of interest this year has been our trip around the world. We started off in Italy where we learnt about the Leaning Tower of Piza, traditional Italian food and games that children play. This then took us back to our home country, Australia as we approached Australia Day and we explored the Australian flag, traditional food and how our families celebrate Australia Day. From here we jumped on another plane and headed all the way to New Zealand, just in time to recognise Waitangi Day. Miss Faye visited the class room and taught the children some Maori songs and made them some poi's to take home and share with their families. We are still in New Zealand on an extended stay while we choose where to pop to next – watch this space!

I chose to educate the children about the world through cooking, traditional games, songs and counting as these experiences are engaging and entertaining for them, providing the greatest opportunity for knowledge retention.

Letter of the Week!



Although this came to a halt for this week while we focused on the pets, letters A-D have been fun and full of learning! You would have heard the song we sing to talk about letters and their sounds, and I am finding the children have really retained their learnt knowledge. We often revisit letters during transition times, asking the children "can you move to the bathroom like an animal starting with 'B?'" and then they will shout the animal out and fly/flutter/bear walk to the bathroom like the animal. Again, animals are an easy way to teach the children about letters as they are always an interest to them. We will move on through the alphabet between our newsletters and I look forward to updating you with our new learnings.

Kindergarten Program!

Writing Books

Some of the children have been very keen enthusiasts with writing this year so we have implemented writing books for them to use. The children going to school next year seem to be the most interested and I have set up an area where these books are always available to them, including signs with their names on them, the alphabet in upper and lower case QLD cursive and the white board housing alphabet games. I will aim to change this area around as interests develop to keep the children engaged and practicing their writing skills if they wish.



Builder's Centre

Construction has been the other interest of late, resulting in the setup of our Builder's Centre. The children are encouraged to measure, level, hammer and think rationally about their tasks in a safe and supportive environment. To begin with the centre was closed off and only open when there were two educators in the room so one could solely supervise, however with the confidence and sensibility they showed, opened it up for the children to use at their leisure with frequent and practical supervision. When the children enter the area, they collect a hi-vis vest and a pair of safety goggles and commence their work at one of the four stations. Generally, they will ask me to start off the nails as it is a bit tricky but I look forward to them dominating this challenge soon.



Yoga with Miss Faye



Thank you all for joining us in our learning so far this year. We have plenty more to come as we continue our letter of the week and develop our social skills to interact positively with one another.

Ciao for now, Kindergarten xx

Spotlight on... Miss Amy Nursery 2 Educator

Where did you grow up?

I am Brisbane born and breed. I have spent one year living on the Gold Coast when I was two years old and I have spent the rest living at home with mum and dad at Carina.

What was your first job?

I worked a couple of shifts at a hairdressing salon before getting a casual job at BCF (Boating Camping and Fishing) when I was in grade 11 at school. This is also where I met my Fiancé—Bodie.

What do you do when you're not at work?

I will catch up with friends and family, spend time with my fiancé and my dog—Pappas. We love to be out and about but appreciate some zen and rest too!!

Where would you like to visit?

I would love to go on a cruise in the Mediterranean and experience New Years Eve in New York.



What is your secret talent? or if you had a super power what would it be?

Lots of people don't know, would not guess that I have a fashion degree. Between school and deciding to work full time in childcare. I went to TAFE and completed my Cert IIIV, Diploma and Advanced Diploma Fashion Design and Technology.

Healthy Eating....

Oven Baked Chicken Crunchies with Lemon Mayo

Ingredients

- $2^{1}/_{2}$ cups soft wholegrain breadcrumbs (see Step 1)
- 800g skinless chicken breast fillets, trimmed of fat
- $^{3}/_{4}$ cup buttermilk
- $^{1}/_{3}$ cup grated parmesan cheese
- 2 tsp dried Italian herbs
- Cracked black pepper, to season
- $^{1}/_{2}$ cup mayonnaise
- 1 tbs lemon juice
- 1 small clove garlic, crushed
- 1 tbs fresh parsley, chopped
- Steamed jacket potatoes, to serve
- Garden salad, to serve



Method:

1. For breadcrumbs, tear day-old wholegrain bread into pieces and process in a food processor.
2. Cut chicken into 1cm thick strips, then combine with buttermilk in a bowl, cover and refrigerate for 1 hour.
3. Preheat oven to 220°C (200°C fan-forced). Mix breadcrumbs, parmesan cheese and italian herbs on a tray and season with pepper. Remove chicken from buttermilk and coat in breadcrumb mixture, pressing on gently with fingertips. Place strips in single layers on two baking paper-lined oven trays and refrigerate for 15 minutes.
4. Remove trays from fridge, spray crumbed chicken with cooking spray and bake for 8-10 minutes until light golden.
5. Remove from oven, turn chicken strips, reapply cooking spray and return to oven 8-10 more minutes until cooked through and light golden on other side. Mix mayonnaise with lemon juice, garlic and parsley.
6. Serve chicken with lemon mayo, jacket potatoes and garden salad.

Fruity Yoghurt Breakfast Crunch

Ingredients:

1 mango, peeled and chopped
2 kiwi fruit, peeled and chopped
2 tbs freshly squeezed orange juice
2 x 170g tubs reduced-fat mango yoghurt
1 cup granola-style breakfast cereal



Method:

1. Mix chopped mango and kiwi fruit with orange juice.
2. Place cereal in 2 breakfast bowls, top with mango and kiwi mix and yoghurt.
3. Eat straightaway or place in the fridge for up to an hour before serving.

Connecting with the Community.....

Upcoming COMMUNITY EVENTS

Children's Storytime

Wednesday, March 1, 2017, 9:15 – 9:45am

New Farm Library

Experience the magic of Storytime with your child at the library. This interactive session includes stories, songs and mark making activities for young children. Ideal for children aged 2-5 years.



WILD STATE GALLERY @ QUEENSLAND MUSEUM

This event is a permanent exhibition in the Queensland Museum and is open everyday from 9.30am – 5.00pm.
Cost is FREE.
Bring your Brisbane Kids along to the Queensland Museum to check out the Wild State Gallery a new, permanent gallery celebrating the diverse animals and habitats that make Queensland so incredibly unique and special.



MindBodySpirit Festival Brisbane

17 Mar, 2017 9:00AM - 19 Mar, 2017 6:00PM
Brisbane Convention & Exhibition Centre

Held annually, the MindBodySpirit Festival brings you the very best in health, wellness and spiritual guidance, is the largest of its kind and is now free to attend. You can learn from over 200 exhibitors, attend free inspirational seminars, book yourself a psychic reading, try some body pampering, watch the free stage performances, join a free meditation session or taste some delicious health foods.



BRING YOUR BABY @ EVENT CINEMAS | BRISBANE

This event is being held every Monday, Wednesday & Friday from 10.30am – (excluding school holidays). Cost is admission fee and under 3 years free.
Relax and catch a movie at the Event Cinemas Bring Your Baby sessions. Latest release films will be shown weekly but times can vary between locations. Please be sure to check your local cinema's session.



Connecting with the Community.....



ARE YOU GETTING THE BEST DEAL ON YOUR HOME LOAN?

With access to over 20 Lenders and with 16 years in the finance industry, Melissa will be able to get the best deal for you!

Contact Melissa today for a complimentary review of your loans and the chance to get paid **$1,500***

M: 0414 297 670

E: mgolowit@infronthomeloans.com.au

*1,500 offer is subject to standard banking lending guidelines, approval and refinance of your loan by April 30, 2017. This offer is subject to change at any time by the Lender.

Helpful Online Resources

The Triple P – Positive Parenting Program is one of the most effective evidence-based parenting programs in the world, backed up by more than 30 years of ongoing research. Triple P gives parents simple and practical strategies to help them build strong, healthy relationships, confidently manage their children's behaviour and prevent problems developing. Triple P is currently used in 25 countries and has been shown to work across cultures, socio-economic groups and in many different kinds of family structures. The Triple P – Positive Parenting Program isn't a single program, but rather a suite of interventions of increasing intensity for parents of children birth–16 years. If you would like to find out more about the fantastic program please go to their website.
http://www.triplep.net/glo-en/find-out-about-triple-p/

Babycenter.com is a One-Stop Parenting Website. New parents and parents-to-be can find all the information they need about pregnancy, baby care and development at this easy-to-use, informative website. Moreover, parents can join forums, discuss issues with other parents and also, track their pregnancy and later their baby's weekly or monthly development either on the site or through newsletters. The site has well-researched and referenced articles and has tons of useful information and tools for mums and dads.

The Get Up & Grow resources are designed to be used in a wide range of early childhood settings by families, staff and carers, and to support a consistent, national approach to childhood nutrition and physical activity.

Quote:
""Tell me and I forget.
Teach me and I remember.
Involve me and I learn".
Benjamin Franklin

Thank you for taking the time to read our centre newsletter. Please remember our door is always open and that we value family participation across all aspects of