

The Room 3 stick insects have lots of babies. Please see Eunice if you would like to take some home. Here are some instructions on how to care for them.

Stick Insect Housing: There are a number of options suitable for housing stick insects and these vary depending on the species and number of insects being kept.

Plastic tanks with ventilated lids make ideal insect enclosures. These tanks are usually more suited to younger stick insects or smaller species. Larger mesh style enclosures are great for bigger species or housing multiple insects together. Enclosures should have enough height to allow the insect to hang upside down when shedding its skin.

It is important that the insect enclosure is positioned in a well-lit room, however extended periods of direct sun can overheat the insects quickly.

Stick Insect Care: Stick Insects are clean animals, and require minimal maintenance. Collection of shed skins, poo and wiping down of the sides of the enclosure weekly will ensure good hygiene for your Stick Insect. Never use detergents or insecticides when cleaning.

Female Stick Insects are unable to fly as they only have tiny wings that can't lift their body weight. Females live longer than males, however age varies between species. Males are long, straight and slender and have fully developed wings with which they are able fly.

Females can lay anywhere from 100-1,300 eggs. Females don't need a male to produce fertile eggs, but eggs produced without a male result in all babies being females. The female flicks her eggs from the end of her tail. These eggs resemble small, round, cream seeds and will generally hatch within a few months.

If you happen to have a female lay eggs, mist the eggs every 2–3 days with a fine water sprayer, and keep your eyes out for tiny spiny leaf insects which will uncurl their bodies as they emerge from the egg.

The newly emerged stick insect babies, or nymphs, can uncurl themselves up to four times the size of their egg.

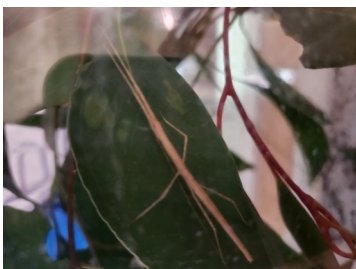
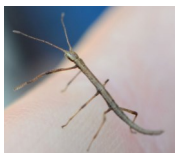
Stick Insect Feeding: Stick insects will feed mainly on eucalyptus (gum) leaves. Generally they prefer broad leaf varieties but you may have to try out a few different varieties to find one that they like to eat, as preference will differ between species as will the age of the leaf preferred. Fresh leaves should be provided every 2–3 days. Store the leaves in a jar of water; this will keep them fresh for longer. Care should be taken that the stick insects can't fall into the water container and drown. Stick insects get all their food and water requirements from the leaves that they eat. It is important to maintain humidity in their enclosure, so a fine mist of water should be sprayed in their enclosure once a day.

Care should be taken with feeding the hatchlings as they haven't yet developed the strong, cutting mandibles of an adult stick insect, so the babies are quite dependent on a supply of soft, newly sprouted leaves. Over the next few months the young leaf insect will go through several moults, known as instars, shedding and leaving their old skin behind as they grow too big for it.

Did You Know!

Phasmid comes from the Greek word meaning "phantom", which describes how these stick insects blend into their surroundings. If they are disturbed, they will sway from side to side like a leaf being blown by the wind and sometimes they will even

fall to the ground and remain motionless, blending in with leaf litter.



Sensory play

When children play they are exploring the world through 7 systems: auditory (**listening**), visual (**seeing**), tactile (**touching**), olfactory (**smelling**), gustatory (**tasting**), vestibular (**movement and head position**) and proprioceptive (**motor control and posture**).

Sensory play is any play or exploration that engages and stimulates any of these seven senses. Your senses develop over time as you grow and this development comes through stimulating the senses and forming neural connections through this stimulation.

Sensory play will support the development of motor skills, language skills, problem solving and scientific thinking, being mindful, as well as just enjoyment.

Sensory play can be as simple as watching bubbles float, to watching the light and shadow of sunlight through a tree, to listening to the sounds and rhythm of a musical instrument or music, to getting your fingers into playdough, gloop or paint or walking along a balance beam.

Playdough recipe

Ingredients:

2 cups plain flour

1 cup salt

1 tbsp oil

1 cup cold water

Liquid food colouring

Method:

Combine the flour and the salt. Mix together water, food colouring and oil. Add these to the flour mixture. Mix together until combine. Using a butter knife to mix helps with the consistency. Knead well. If it is too wet you can add a little more flour. You can try adding different scents like peppermint oil to the playdough, or adding some lavender flowers will add to the texture too.



Gloop recipe

Ingredients:

2 cups cornflour

1 cup water

Food colouring if desired

Method:

Place the cornflour into a large bowl and place a few drops of the food colouring into the flour. Pour the water into the flour and mix with hands. It will take some time to mix together but enjoy the experience right from the start.



Working hard for something
we don't care about is called
stress;

Working hard for something
we love is called
passion.

— SIMON SINEK | TheMindsJournal

MINDJOURNAL

Bits and Bobs

Congratulations to :

Victoria, Prash, Henry (R3) and Elsie
(R2) on the arrival of Albert



Parent Advisory Group 2023

The Parent Advisory Group (PAG) is a group of parents who volunteer to provide advice and support on the day to day management of things like communication, parent participation, policy reviews and Centre events. The group meets once a month, currently on the second Monday of the month from 4.30 to 5.30pm. Meetings are on the Waite Campus.

Current members of PAG are:

Lieke (R1)	Emilie (R2)	Fleur (R1)	Ben (R2)
Emma (R2)	Pei (R2)	Laura (R3)	Katharine (R3)
Rebecca (R3)	Kenzie (R3)	Lara (R3)	
Marty (R3, AUCS Board representative)			
Gayle (R1, staff representative)		Eleanor (Director)	

Have your say on future of Early Childhood Education and Care

The Productivity Commission wants your ideas on how to improve Australia's early childhood education and care (ECEC) system.

The Commission is looking into how to make ECEC affordable and accessible. It will consider how to make it easier for people with young children to continue their careers. It will assess the best support for young children to learn and to develop. It will look for the best ways to support families with special needs.

The first round of submissions closes on 19 May 2023. You can lodge your submission through the [Productivity Commission website](#).

You can also make a [brief comment on that website](#) at any time.

The Commission will release its draft report in November 2023. You will be able to comment on the draft, too.

The Australian Government will receive the final report by 30 June 2024.

For more information about the inquiry, visit the [Productivity Commission website](#) or email childhood@pc.gov.au



What's cooking in the kitchen with Grace?

Kitchen Compost waste & Bins-Part 1

Are you looking for an easy method to reduce your food waste? What about one that can also help the environment, and that will even enrich the soil for your garden plants.

Reusing your food scraps to make kitchen compost is an elegant, simple solution that has several positive benefits. It helps in the reduction of greenhouse gases, supports the greening of your community, and your plants will go nuts for its rich nutrients!

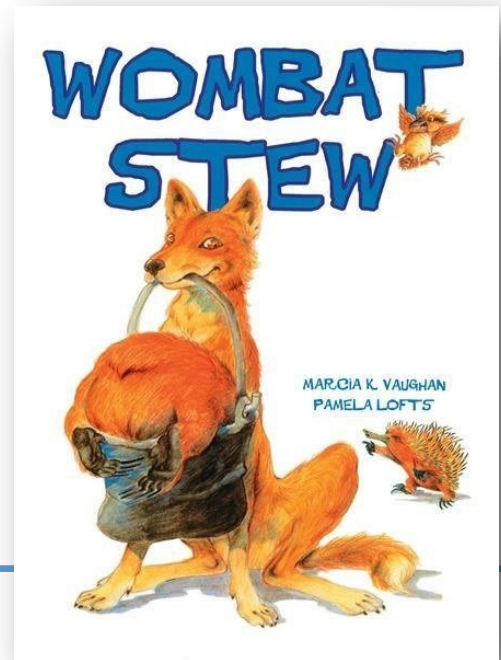
There are two compelling reasons to repurpose food scraps: **The first** is that our ever-growing amounts of food waste have a hugely detrimental impact on our environment. As massive amounts of food rots in landfills, this releases powerful greenhouse gases into the atmosphere – like methane, which is a major contributor to global warming.

The second reason is that food waste is an important component of compost, an organic material that helps to renew and rejuvenate depleted soils. Recycling food scraps for the home garden has been practiced for millennia. But with city dwelling, this hasn't always been an option.

Remember to ask your local council about a kitchen top compost bin & linen. They are free. And this is a great way for children to get involved.



Room 3 children have been reading Wombat Stew by Marcia K Vaughan. They have been exploring in the garden with Min and finding ingredients that could be yummy and yucky. Here is the recipe for Wombat Stew that we ate for lunch.



Wombat Stew

Ingredients

- 1 Wollombi Wombat Farm wombat (also from Gourmet Meats Adelaide) (or substitute another meat)
- 2 onions, sliced
- 6 garlic cloves, peeled
- 3 large tomatoes, peeled and chopped
- 2 teaspoons tomato paste
- 3 potatoes, peeled and quartered
- 6 carrots peeled and sliced
- 1 cup peas
- 2 bay leaves
- Mixed herbs
- 1 teaspoon olive oil
- 1 stock cube
- Salt and pepper
- 1½ cups red wine
- Flour

Method

Add salt and pepper to flour. Mix well. Roll wombat portions in seasoned flour. Cook wombat in olive oil until slightly brown. Add onions, garlic, tomatoes and potatoes to the pot. Pour some of the wine over the ingredients. Add tomato paste, stock cube and bay leaves. Add kidney, liver and peas. Bring to a boil and simmer for about 1½ hours. Add more wine if sauce begins to dry up.

Serve with bread or damper rolls.

(Alternatively, you could add.....mud, feathers, flies, slugs, bugs, creepy crawlies, or gumnuts....)





Kyttons Bakery fundraising is here

We will be having a Lamington Drive in May to raise funds for the redevelopment of the children's outdoor play area.

A range of lamingtons will be available for purchase, payment will be online and collection will be from the centre. EASY!

Order to be sent to childcare.waite@adelaide.edu.au no later than Monday 22/5/23



NATIONAL SIMULTANEOUS STORYTIME

National Simultaneous Storytime (NSS) is an important campaign held annually by the Australian Library and Information Association (ALIA) that aims to encourage more young Australians to read and enjoy books.

Every year a picture book, written and illustrated by an Australian author and illustrator, is read simultaneously in libraries, schools, pre-schools, childcare centres, family homes, bookshops and many other places around the country. Now in its 19th year it is a colourful, vibrant, fun event that aims to promote the value of reading and literacy using an Australian children's book that explores age appropriate themes, and addresses key learning areas of the National Curriculum for Grades Foundation to Year 6 and the pre-school Early Learning Years Framework.

For more information on NSS, please visit the ALIA website [here](#).

The CBCA supports the Simultaneous Storytime aims:

- promote the value of reading and literacy;
- promote the value and fun of books;
- promote an Australian writer and publisher;
- promote storytime activities in public libraries and communities around the country;
- provide opportunities to involve parents, grandparents, and others to participate in and enjoy the occasion.

24 May 2023



Join us to share this book with children on Wednesday 24th

Room Three Report to Families

May 2023

Welcome Term 2! When finishing transitions smoothly in Term 1, Room3 children successfully built-up friendships and settle into various activities in small groups. According to children's current interests and new EYLF, in Term 2, we will more focus on children's learning to interact in relationship to others with care and respect; also enhance children's learning dispositions like creativity, confidence, persistence and imagination.

The natural world has been of particular interest to the children recently. Children notices many changes around the nature environments. Children observed the trees turned colourful in the yard; colourful leaves fell down by strong winds. Children enjoyed collecting colourful leaves to make collage artwork; stepping on the pile of leaves to make funny noises and special feeling on their feet; throwing leaves up like "rain" to taste the colourful world around. Children had great fun through various feeling-senses experiments during their outdoor time. Also, Room 3 children look forward the Pilyabilyangga mornings on Fridays in Term 2 and have chance to cook yummy pancakes and delicious lunch on campfire again if the weather is suitable. Children will have opportunities to explore Adventure Playground on some days during the week. So, no one would miss the Fun-Time in our nature areas.

Room 3 children engaged in a range of activities both inside and outside. Role-play game is one of the most popular activities children played at home corner, pretending being mummies, daddies, or sisters, brothers, or puppies and kittens. They learn to care and respect each other, being aware turns taking and gentle attachments. Children were interested in achieving their creative construction work with PolyMs, Duplo's, Junior Lazys and big wooden blocks, and so on. Children shared the resources around, explaining to peers about their building work – what, why and how; and then they cheered up their creative work together.

Pleased to see Room 3 children had a bit deeper and complicated conversation within their small group activities. For example, a few of children drew pictures about the space. They talked about the planets running circles in space every day. The planets are different in sizes, moving tracks and spinning speed. Children continue enjoying group times with musical games, funny stories, finger puppet dramas, "Show and Tell" -- bird nest found in home garden. Children will have more opportunities to share their individual experiences and explore the wet and cold weather soon.

Friendly reminder: In order to explore the wet and cold weather, please bring in warm clothes and rain gears (raincoat / gumboots) if the children are allowed to jump into the puddles and explore the nature environments in the rain.

Room Two Report to Families

May 2023

There has been a great interest in searching for insects, especially millipedes recently. Children have discovered that most insects like to live in dark places, such as under stumps and rocks, and the children have been looking under them on a daily basis to see if there are any insects hiding there. It was very exciting to discover a millipede was living under a stump in our yard yesterday. This learning and discovery has transferred to all of our environments, where children are looking for insects in Pilyabilyangga and the Adventure Playground as well.



Another interest recently has been the marble run. Its so much fun watching to see where their ball will come out and land. This has also offered opportunities for children to take turns, take the lead in their play, hypothesise and make predictions.



Over the last month we have also continued building on our interest of creativity. Painting, collage, drawing, scissors, and glue. This included making our own eggs. Children are developing their communication through talking about their creations and developing meaning.



As the new term has started, so has our term 2 group programme. In this term we will explore our bodies and physical activity, learning to take risks, as well as develop our strength and coordination. We will also continue to build on children's interests in reading books, group times, and communicating with each other. As well as focusing on extending our focus and attention through educator interaction and environments. These focuses have been developed from children's interests, and strengths, as well as evaluating term 1's programme. We look forward to seeing what this term brings us.

Room One report to families

May 2023

To continue with last month's REPORT, children have continued with baby, parents pretend play. Children get to care for their babies, pat their babies to sleep, provide bottles, carry their babies and go for a walk. At times when their friends allow them, they pretend to be parents to each other by patting each other and feeding bottles also having a moment. Allowing children to be who they want to be, when they want to be is a great learning experience for all to discover. Having adults that allows and supports children to do just that provides a great sense of home and belonging and creates confidence for children to explore more.

We have also continued with painting when we get beautiful sunny days where children get to engage in getting their hands messy. By playing with paint, by painting their face, hair or some eating it and end up on their lips like a moustache. Cleaning the table is another experience that children are getting more involved with, taking part of the routine and becoming a team spirit doing it together. This has created a great opportunity for children to use their voice to communicate with what they would like to say and do. It's also a learning curve of taking responsibilities and being independent.














New interests have emerged with new discovery of Mala's (Tamala's) shoes, which children have loved trying all shoes, same pairs and odd pairs. From observing Mala wearing her hat, children have created new fashion styles of how they want to wear their hat, and some have turned the hat into a bib. Also, to who will be Mala when Mala is not there. We can always have more than one Mala.

Other new discoveries are keyboards, learning what each button does and how it works. Telephones, now even any small toy that is flat and looks like a phone will be transformed into a phone and you'll hear "hello, hello". Cameras are becoming a new discovery too, this one not everyone wants to share or take turns, however children are engaged in taking a moment to look at what they have captured. We have new climbing equipment, with which children have loved challenging themselves, with using their upper body to lift themselves onto the top. Also learning to concentrate once on the top to go down by balancing so we don't miss a step.

Waite Campus Childrens Centre Calendar

May

Term 2: 1st May to 7th July

Education for Sustainability Wednesday		R2/3 Pilyabilyangga Friday	
23 rd May		World Turtle Day	
25 th May		National Simultaneous Storytime The Speedy Sloth by Rebecca Young	
26 th May		National Sorry Day	
27 th May – 3 rd June		National Reconciliation Week	
June			
1 st – 30 th June		Pride Month	
1 st June		Dinosaur Day	
5 th June		World Environment Day	
6 th June		Parent Information Evening WCCC – Speech Pathology Students	
12 th June		Centre closed Public Holiday	
21 st June		International Day of Yoga	
July			
2 nd – 9 th July		NAIDOC Week: For Our Elders	
23 rd July		National Pyjama Day – Wear your pyjamas to WCCC (on Monday 24 th)	
31 st July		Plant a tree for National Tree Day	
August			
15 th August		Early Closure – CPR refresher training	

Changes to Child Care Subsidy

From 10 July 2023, there are changes to the way we work out your Child Care Subsidy (CCS) entitlement. Child care will be cheaper for most families.

What you need to know

- The maximum amount of CCS is increasing from 85% to 90% for families earning up to \$80,000.
- The income limit for CCS is increasing to \$530,000.
- If you earn over \$80,000, your CCS percentage will go down by 1% for each \$5,000 of income your family earns. You'll either get more subsidy or have no change to your entitlement. The CCS percentage you're entitled to depends on your family's income.

For more information about CCS, go to servicesaustralia.gov.au/changes-if-you-get-family-payments

Families with more than one child aged 5 or under

From 10 July 2023, if you have more than one child aged 5 or under you can still get a higher rate for one or more of your children.

If you get Additional Child Care Subsidy

If you get Additional Child Care Subsidy (ACCS) your rates will stay the same.

From 10 July 2023, the low income limit for ACCS Transition to Work (TTW) will increase to \$80,000. Your family will still need to meet other ACCS TTW eligibility requirements.

What you need to do from January to June 2023

In most cases, you don't need to do anything to get the increased rate. If you get CCS, we'll apply changes to your CCS automatically from 10 July 2023.

Updating your family income estimate

The amount of CCS you get is calculated using your family income estimate. It's important to make sure that you check your income estimate regularly and update it if your circumstances change.

If you get CCS or if you're already assessed for CCS but get 0%, you may be eligible for an increased rate. Check your family income estimate is up to date so you get the right amount from 10 July 2023.

You can check or update your income estimate at any time using:

- your **Centrelink online account** through my.gov.au
- the **Express Plus Centrelink mobile app**
- the **myGov app**.

For more information about how to update your family income estimate, go to servicesaustralia.gov.au/familyincomeestimate



Making a claim for CCS

From 10 July 2023 the income limit for CCS is increasing to \$530,000. This means that more families will be entitled to CCS to reduce their child care costs.

If you want to check your eligibility for CCS, you can make a claim using your Centrelink online account through myGov or your Express Plus Centrelink mobile app.

If you make a claim and it's assessed before 10 July 2023, you may be assessed at 0% if your income is over \$356,756. Your new rate of CCS will automatically apply to you from 10 July 2023.

You can make a claim for CCS any time using:

- your **Centrelink online account** through **my.gov.au**
- the **Express Plus Centrelink mobile app**
- the **myGov app**.

For more information about how to claim CCS, go to **servicesaustralia.gov.au/how-to-claim-child-care-subsidy**

What's happening from 10 July 2023

If you already get CCS or made a claim, you don't need to do anything to get the increased rate. We'll apply changes to your CCS automatically from 10 July 2023.

Your new rate of CCS will show in your online account from 10 July 2023 through myGov. Select **My family** from the Menu, then **Family assistance**, followed by **Child Care Subsidy Summary** to view your rate.

You can also use your Express Plus Centrelink mobile app. Select **Child Care Subsidy**, then **Children assessed** to view your rate from 10 July 2023.



ARE YOU A NEW DAD?

WE WANT TO HEAR ABOUT YOUR EXPERIENCES OF POSTNATAL SUPPORT SERVICES

Adjusting to parenthood can be tough. A range of postnatal support services exist to support mothers in their transition to motherhood, but similar services for fathers are limited. We want to know what services you may have accessed and whether current services meet the needs of new fathers.

Join us for an interview (via Zoom, telephone or in-person) of approximately one hour duration to share your experiences of transitioning into fatherhood.

You are eligible to participate if:

- You are over the age of 18
- You identify as a father (e.g. biological, adoptive, step, foster)
- Your first child is aged 2 years old or less
- You live in Australia
- You speak fluent English

By participating, you may provide valuable information to healthcare professionals and support organisations enabling them to improve supports for new fathers and their families. You can also go into the draw to win one of 15 \$30 gift cards.

For more information, contact the researchers:

Ms Claire Searson: claire.searson@adelaide.edu.au

Dr Alyssa Sawyer: alyssa.sawyer@adelaide.edu.au

Dr Melissa Oxlad: melissa.oxlad@adelaide.edu.au



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