

# WCCC Family News



June 2023



Our fresh produce and seed swap tray is filling up with some lovely produce. Have a look what has been brought in recently!

We have also had hot chillis, tomatoes and cherry tomatoes, and mint from the WCCC garden.

Here we have Thai basil, and basil seeds, hollyhock seeds and Zinnia seeds as well as strawberry plants and lemons.

Please bring in anything fresh or preserved you would like to share.



## Fundraising with Kytons



Thank you to everyone who bought lamingtons in our recent fundraiser, and thank you to those families who chose not to order lamingtons, but who donated funds towards the redevelopment of our outdoor play area.

We raised a total of **\$326.19** all of which will be directed to the redevelopment.

I hope you all enjoyed the lamingtons.

Waite Campus Childrens Centre is on Facebook.

Like us and share our posts





# GREEN ADELAIDE

Green Adelaide is a board established in July 2020 by the Government of South Australia, with a vision to create a cooler, greener, wilder and climate-resilient Adelaide that celebrates our unique culture. Green Adelaide has 7 goals:

• coastal management,	• water resources and wetlands,
• green streets and flourishing parklands,	• biodiversity and water sensitive urban design,
• controlling pest plants and animals,	• nature education
• fauna, flora and ecosystem health	

Green Adelaide has projects of focus in different areas and also provides a newsletter and blog updates with lots of information around creating a greener Adelaide. If you would like to sign up to receive newsletters, or have a look at the blog posts, just follow this link. <https://www.greenadelaide.sa.gov.au/>

Each year Green Adelaide provides the opportunity to apply for grant funding to support individuals, volunteers and community groups to improve the local environment. WCCC has successfully applied for several grants in the past, and we have applied for another grant this year. Our focus for this year is for bush tucker planting to be woven throughout Pilyabilyangga and the installation of some signage throughout the garden to increase the knowledge of the plants and their uses, for users of the garden. Lets hope we are successful!



## Fee Increase 2023-24

The AUCS Board has approved a fee increase for the 2023-24 year of \$11 a day to both the daily fee and the weekly fee.

New fee schedule will be effective from Monday 10th July 2023.

Full Daily Rate:	\$ 133.00
Fulltime Rate (5 days a week)	\$ 593.00

The positive changes to the child care subsidy (CCS) rates and income limits that will come into effect on Monday 10th July, will increase the amount of subsidy families are entitled to as well as increasing the capped limit for families. Your 2023/24 CCS entitlements will be applied to this fee structure.

For more details on your CCS entitlements please see the following link:

<https://www.startingblocks.gov.au/child-care-subsidy-calculator>





# What's cooking in the kitchen with Grace?



## Kitchen Compost Waste & Bins-Part 2

To make your own hot compost heap, wait until you have enough materials to make a pile at least 3 feet (approx. 1m) deep with a combination of wet (green) items and dry (brown) items. Brown materials include dried plant materials, fallen leaves, shredded tree branches, cardboard, newspaper, hay, straw, and wood shavings. These items add [carbon](#). Green materials include kitchen scraps, coffee grounds, animal manures (not from dogs and cats) and fresh plant and grass trimmings. These items add [nitrogen](#).

Sprinkle water over the compost pile regularly so it has the consistency of a damp sponge. Don't add too much water or the microorganisms in your compost pile will become waterlogged and drown. If this happens, your pile will rot instead of composting. You can monitor the temperature of your compost pile with a compost thermometer (this can be bought from a hardware store) to be sure the materials are properly decomposing. Or, simply reach into the middle of the compost pile with your hand. Your compost should feel warm.



When the compost pile is no longer giving off heat and becomes dry, brown and crumbly, it's fully cooked and ready to feed to the garden. Home compost when composted well should give off an earthy smell, and will not smell bad. Healthy compost will not have any flies. Add about 4 to 6 inches (approx. 10 to 15cm) of compost to your garden beds and a thick layer to the tops of pots at the beginning of each planting season.



Some gardeners make what is known as compost tea with finished compost. This involves allowing fully formed compost to 'steep' in water for several days, then straining it to use as homemade liquid fertiliser.

## Recipes of the Month:



### Crocodile Tacos (Tacodiles)

#### Ingredients:

3 tbsp extra virgin olive oil	400 grams crocodile mince
100 grams chicken mince	1 tsp saltbush, chopped
1 tsp freshly ground pepperleaf	2 tsp ground coriander
2 tsp cumin	1/2 tsp garlic
1/4 tsp Davidson plum spice	1/2 cup diced spring onions
1 tbsp tomato paste	1/2 cup water
8 to 10 corn tortillas, warmed	

#### Method:

Place the crocodile meat and chicken into a bowl and add pepperleaf, coriander, cumin, and Davidson plum spice to the meat and massage it in. Leave it in the fridge to marinate for 2 hours.

In a large pan, place oil, and sauté the meat until a light golden brown. Add chopped onions and garlic. Then add tomato paste and water and bring to the simmer for a further five minutes. Chop fresh saltbush and add to the meat. Serve onto the warm tortillas and top with Rosella Chutney and salad.



### Rosella Apple Chutney

8 ripe rosella fruit	1 green apple, peeled and diced
2 tsp tomato paste	1 tsp black pepperleaf
1/2 cup raw sugar	1/2 cup water
Squeeze lemon juice	



#### Method:

In a saucepan place all ingredients together and bring to boil, then reduce to simmer, and simmer a further 10 minutes on low, or when the chutney has thickened. This chutney can keep in the fridge for ten days.

**All Native plants and spice can be bought from your local supermarkets and specialty grocers & butchers. South Australia has many local suppliers.**

## Room One report to families

June 2023

We have real lawn in our outdoor space. The children enjoy various activities and playing freely such as lying on the grass, running, dancing, and playing with the balls. These activities contribute to their physical well-being and help them engage with nature.

The children in our room are good eaters. They take care of themselves when they're hungry. There is a special body language in our room when the children want more food. They push bowls or plates towards the educators and say to us, "More" or "More, please." They love eating nutritious and delicious food prepared by our chefs, Grace and Anne.

During Reconciliation Week, the children engaged in special activities to acknowledge the First Nations People and their culture. (Aboriginal culture). Some children sang songs with the educators, such as the Nina Marni welcoming song and the Kurna language version of "Head and shoulders, Knees and Toes" titled "Mukarta, Kartaka, Mampa, Tidna". The children also helped decorate the room by painting with brushes and their fingers. The children's artwork is still displayed on the wall outside. When you have time, please take a moment to admire the beautiful artwork created by our children. It is important to note that we are learning on Kurna land.

Role play is always a favourite amongst children. This month, many children are pretending to go somewhere with bags and phones. When they choose to pick up a bag, they say "Bye" to each other. If they choose to pick up a phone, they pretend to have an important call with someone. Additionally, they love taking care of baby dolls. They observe what we are doing and imitate us. Feeding, patting, and carrying the baby dolls have become daily routines for our children.

Last Friday (9<sup>th</sup> June), the children and the educators explored the butterfly garden and we were so excited to explore the place.

Our educators are setting up with different resources both inside and outside to discover the children's interests every day. We are looking forward to expanding the children's experiences as they continue their journey.

Warm regards, Room One Team – Gayle, Cherry, Karen, Tamala, Yaejee & Zoe



## Room Two Report to families

June 2023

In May, we welcomed Daniel to join our room 2 family and he has settled well and enjoys outdoor play with his new friends. Brad and Levi and Walter joined us in April, and they all settle well and enjoy fun activities and get along well with everyone. We also look forward to Tamala joining the Room Two family soon.

In June we recognised National Reconciliation Week with everyone. Our children learned how to sing a greeting song in Kurna language and read books about aboriginal people and their cultures. Painting is always one of popular activities in room 2 so children used their painting skills exploring with earth tones and the colours from the Aboriginal flag.

We had some wet days recently, our children put on their rain jackets and gum boots and had great fun jumping in the puddles and collecting rainwater and making themselves very busy in these rainy days. It was wet and cold, but it still could not stop big, beautiful smiles on their faces. Big dump trucks is part of their life here, our children just have so much fun to push these big dump trucks with their friends, our dump truck team go everywhere in the big yard .

Madhu made blue gloop for children, and we could tell how much fun they had because every child had blue hands . Children were so proud to show their blue hands. Chao shared her beautiful singing voice with us, and we all learned new songs from her and also continued to practice our Mandarin songs . Children never have enough Wiggle songs and dances, and Bob the Builder is getting popular too .

We also celebrate Asher's birthday with pancakes. It was a spontaneous idea because we had enough helpers on that day. Children watched pancakes cooking with very good manners and sang happy birthday to Asher, then ate pancakes together.

Children have had a very busy and happy month together.



## Room Three Report to Families

June 2023

We have been chock-a-block with students lately, with Jess and Min on placement with us, as well as two Speech Pathology students on Wednesdays too; Nan and Kai. The children have enjoyed engaging with new people and the knowledge they bring. Min brought to life the story of Wombat Stew by Marcia K. Vaughan and Pamela Lofts. The children collected 'food' from our Pilyabilyangga space, Min organised a lunch of 'wombat' stew with Grace and went even further to start sharing recipes from Room 3 families. We also shared a cooking experience of banana bread and raspberry pancakes. The children responded positively and loved discussing what was yummy and what wasn't. The family recipes have been recreated in our kitchen and enjoyed as a group at various lunch times, including vegetarian lasagne, lemongrass chicken and fish parcels.

Despite the weather we have continued our visits to the Adventure Playground and Pilyabilyangga. Engaging with nature, observing and discussing the changing season and using our bodies to explore risky play.

The Poly M construction pieces are still a strong preference for a large group of children, with lots of them creating 'machines' and keeping them to show to parents at pick up time.

We observed Reconciliation Week with a range of experiences such as singing the Kurna song at Group Time, and using Kurna language throughout the week (including exploring new words through video on YouTube). Indigenous themed puzzles, stories and music also featured heavily, and we will continue to embed Aboriginal and Torres Strait Islander experiences in the program.

You can find the Kurna Language Hub here so you can practice at home: <https://www.youtube.com/@KurnaWarraPintyanthi>

As a group we have been discussing the importance of respectful behaviours, friendships and caring for others as we grow and develop different relationships. Particular discussions around how to explain if we dislike something, giving verbal suggestions to empower children in their day to day.

Additionally we have been enjoying flexing our creativity, with increased sensory experiences such as lots of painting outside, playdough, gloop and large scale drawing/colouring in.







# Cool Neighbourhoods

## Did you know that planting trees on your property can help to keep your neighbourhood cool during a heatwave?

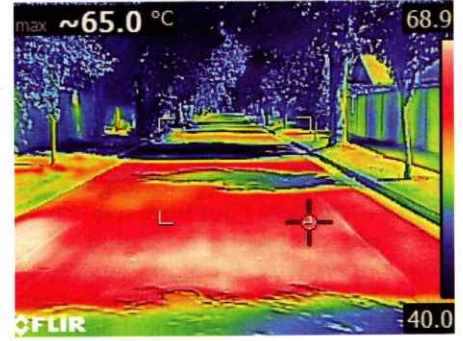
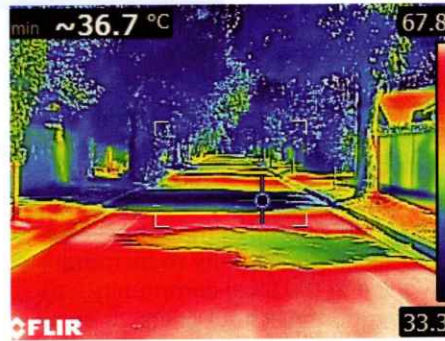
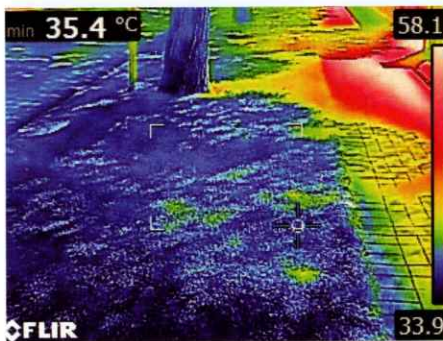
Trees, plants and other green surfaces can deflect radiation from the sun, release moisture into the atmosphere and keep areas shaded throughout the day to help take the edge off the heat.

As can be seen in these images, hard asphalt surfaces can reach temperatures of over 65 degrees Celsius when exposed to prolonged sunlight on a hot day, while nearby asphalt covered by shade can be almost 30 degrees Celsius cooler – look at the difference! Artificial lawn can get even hotter, reaching temperatures of almost 80 degrees Celsius. Meanwhile natural lawn protected by shade cover can reach a far more comfortable 35 degrees Celsius.

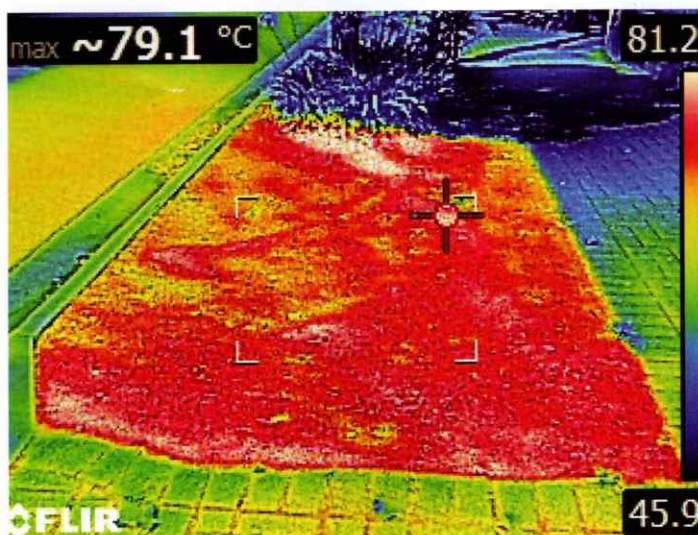
Preserving our urban canopy throughout our streets, parks and reserves is crucial in reducing the impacts of urban heat in summer, and you can support this at home too. Caring for trees on your property and planting new ones is the best way to care for the local environment and keep your neighbourhood cool.

To encourage the planting of native trees on private land, Council holds a Native Tree Giveaway every year which allows residents, schools and community groups to apply for one or more tree vouchers valued up to \$75. This year's giveaway is open now until 30 September, giving you the chance to help support our natural environment by planting native trees on your land.

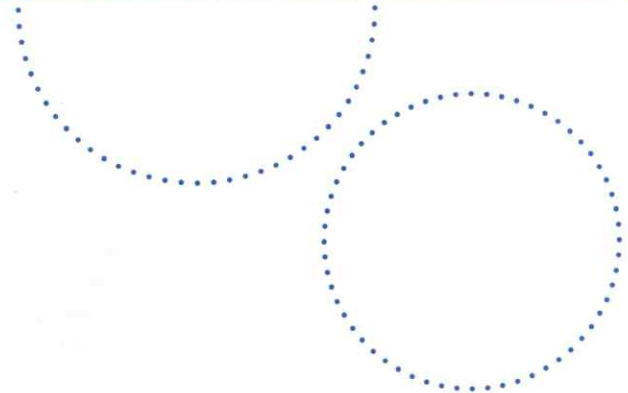
Find out more and apply now at [www.burnside.sa.gov.au/TreeVoucher](http://www.burnside.sa.gov.au/TreeVoucher)



What a difference tree shade makes! These urban thermal images were taken in Dulwich at approximately 4 pm on 23 February 2023 on a 40 degree Celsius day. Above Left-Right: in Mellington Street, the temperature of grass on the verge under a shade tree was 35.4 degrees; the temperature in the shade on asphalt was 36.7 degrees; the temperature on asphalt with no tree shade was 65.0 degrees. Left: photo of artificial lawn taken on the same day in Union Street, with a temperature of 79 degrees.



Native Tree Giveaway  
Until 30 September 2023  
Find out more [www.burnside.sa.gov.au/TreeVoucher](http://www.burnside.sa.gov.au/TreeVoucher)





# Children's speech sounds



Average age children learn to pronounce English consonants correctly  
(Based on 15 English speech acquisition studies compiled by McLeod and Crowe, 2018)