

# The Big Recycling Issue

We have lots of opportunities to help families reduce waste to landfill at WCCC.

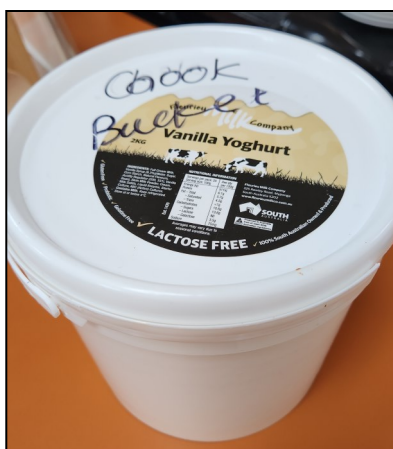


## The Clothes Swap!

This is new to WCCC, and works the same as any other item swap. Donate an item or two (or more) of clothing that no longer fits your child and take something that will fit them. Great way to reuse those well loved clothes, and perfect for finding clothes that are good for child care messy play.

As it is new, this is empty so please start bringing in your old clothes.

Located at the front of the building.



## Chook buckets!

Grace and Anne fill chook buckets with scraps each day for you to take home if you have chickens at home. The buckets will contain anything from vegetable scraps from preparation, to cooked lunch leftovers.

Your chooks will love to peck through the scraps and will give you healthy eggs in return.

Buckets can be found in your child's room or on the kitchen bench.



## The WCCC Book Exchange! Leave a book.....take a book

The book swap is a great way to explore different books, try an author you may not have read, or leave a favourite book that you have read over and over. Once you have read the book, bring it back and take another one. This can be used for adult's books and children's books.

Located at the front of the building next to the front door.



### Vinnie's donation bins!

Vinnies will take men's, women's, children's clothing and accessories, homewares including manchester, children's toys (not broken), books, CDs and DVDs, electrical goods. If you would give it to a friend it is ok to give to Vinnies. Donating pre-loved items to Vinnies will give them a new life, support those who are doing it tough, and reduce landfill and the impact on the environment.

<https://www.vinnies.org.au/page/Shops/SA/>

Located at the front of the building.



### Fresh produce and seed swap table!

This came into being just before Covid, and due to Covid restrictions we have not been able to share produce.

Please use this table to bring in fresh produce from your garden that you would like to share: herbs, fruit, seeds, vegetables, flowers.

Located in WCCC reception near the parent library.



### Bread tags for wheelchairs!

Plastic bread tags are collected and recycled locally, raising funds to buy wheelchairs for disadvantaged people, mainly in South Africa. Bread tags are recycled to make bowls, boards and pens which can be purchased online.

<https://ozbreadtagsforwheelchairs.org.au/>

Located in WCCC reception.



<https://www.terracycle.com/en-AU/brigades/oral-care-brigade-au#@-26.735694807433514:133.6213274062499>  
Zoom:4

### BATTERIES 4 PLANET ARK

Batteries are very harmful to the environment due to the hazardous materials found inside. This program collects the batteries and recovers more than 95% of the materials for recycling.

Located in WCCC reception

<https://planetark.org/programs/batteries-4-planet-ark>

### Terracycle tooth brush recycling!

Recycle your toothbrush, toothpaste tubes, dental floss containers, interdental brushes and electric toothbrush heads.

These are recycled into raw material and used to make outdoor furniture, decking, watering cans, storage bins, floor tiles, athletic fields and more!

Located in WCCC reception



# Snippets

Have you noticed our board for staff photos in the front hallway? Stop on your way through and have a look with your child... It will help to put a name to a face for anyone you have not met yet.

## Congratulations to :

Dan, Shelley and Zoe (R2) on the arrival of Charlie

Hailey, Andrew and Tom (R1) on the arrival of Zoe



## Whole Centre walk and picnic

To celebrate Harmony Week we will be having a shared walk and picnic in the Rose Garden on Tuesday 21st March.

**Harmony Week** is the celebration that recognises Australia's diversity and brings together people from all different backgrounds. It is about inclusiveness, respect and a sense of belonging for everyone. Harmony Week is from the 20th to 26th March 2023.



## 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 third Monday of the month from 4.30 to 5.30pm. Meetings are on the Waite Campus.

Current members of PAG are:

Max (R1)	Emilie (R2)
Emma (R2)	Pei (R2)
Laura (R3)	Katharine (R3)
Rebecca (R3)	Kenzie (R3)
Lara (R3)	
Marty (R3, AUCS Board representative)	
Gayle (R1, staff representative)	

## Earth Hour 2023

25th March 8.30 to 9.30pm local time

**#TimeOutForNature** switch off and reflect on the benefits nature provides us





## *What's cooking in the kitchen with Grace?*

I have been asked a lot by families what I do with leftover foods & scraps from the kitchen. The first Topic of our conversation is Chicken scraps.

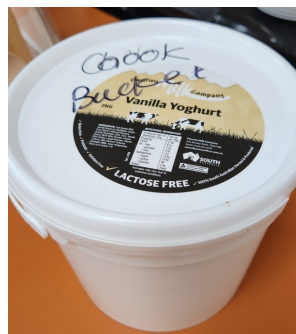
Chickens are **omnivores**, this means they will eat just about anything (including meat). Meat scraps are perfectly fine for your hens as long as they are cooked & do not have too much fat or preservatives in the meat. Turkey & Chicken carcasses and other meat bones will all be picked clean by the flock. (**cooked**)

Vegetables, leafy greens such as spinach, watercress, kale, bok choy, mustard greens, beet greens, cabbages and broccoli are all high in protein, vitamins and minerals and the chickens love them.

Cooked quinoa, wild & plain rice, cooked pasta and cooked grains such as oats, buckwheat are great too.

Beware of foods that contain **soy & fish oils** as this may alter the eggs. Avoid raw foods and potatoes & skins, rhubarb leaves, mouldy and rotten foods, avocados, eggplants, green raw tomato and of course junk foods. As these contain high level of salts & sugars.

You should only give your chickens what they can eat in a day, to avoid rats and mice, foxes and **other predators too**.



I have been asked by families what to give children for school lunches. This recipe can be turned into muffins and added to the lunchbox. It is also great for leftovers with a salad or with crackers added for crunch.



### **Roasted Cauliflower, Carrot & Quinoa Bake**

4 medium carrots (or 3 large), cut in half lengthwise and then cut into 2inch segments/chunks

3 cups small to medium cauliflower florets

1 tablespoon olive oil

1/2 teaspoon ground cumin

1/2 teaspoon ground turmeric

1/4 teaspoon garlic powder

1/4 teaspoon cayenne pepper, if you like a little **heat**

Freshly ground salt and pepper

3 eggs

2 cups of milk

**For the quinoa:**

3/4 cup quinoa

1 2/3 cups water

Preheat the oven to 400° F /205° C. Line a large pan with parchment paper and add carrots and cauliflower; drizzle with olive oil and sprinkle with cumin, turmeric, garlic powder, cayenne and salt and pepper. Toss well to combine and coat the veggies with the oil and spices. Roast for 25-30 minutes or until carrots and cauliflower are tender and golden; flip veggies halfway through to ensure even roasting.

While the veggies are roasting, you can cook your quinoa: add in quinoa and water to a medium pot and bring mixture to a boil, then cover, reduce heat to low and cook for exactly 15 minutes. After 15 minutes, remove from heat and fluff quinoa with a fork, then replace the lid and allow quinoa to steam for 5-10 more minutes.

Once quinoa is done cooking, add to baking tray, with the roasted carrots and cauliflower.

Then add milk and eggs into a bowl, whisk together and add to the quinoa and vegetable mix and bake in a moderate oven 180-200 ° for 20minutes or until golden brown.

**This recipe can also be used as a salad, just omit the eggs & milk. (You can add mixed greens and when roasted vegetables have cooled, you can add seeds and nuts and any dressing you prefer.)**

## Room One Report to Families

**February 2023**

The year has commenced with the successful transition of 6 children to Room Two who are enjoying the range of wider outdoor spaces, different play resources and making positive social/ emotional connections with educators and new peers.

We have welcomed 10 new children and their families to Room One with several more children to commence in March. For many, this is a significant transition to a new environment (both for children and parents) and our focus is currently to support the relationship-building process with Primary Educators to enable the children to feel emotionally safe and secure. This occurs at different rates for each child/ family and we respect the challenges involved but we celebrate how children continually demonstrate how capable and resilient they are as they build trust and explore new environments.

We have also welcomed new educators - Yaejee and Zoe working in the Room this year and they are both quickly learning the many daily practices and care routines of children, in addition to valuing their role as part of the team and connecting with families. As permanent members of the team they are also sharing the responsibilities of Primary Care children.

The children's interests observed this term include:

- older children showing their care and empathy to others by supporting younger babies with bottles and feeding, finding hats for other children, taking in turns
- becoming "helpers" through cleaning tables with educators, sweeping outside, packing away toys with support
- sharing books and stories
- we have noticed the increase in communication capabilities for many in the past month and children saying the names of children in Room One
- singing songs, dancing to music, playing the musical instruments
- experiencing sand play (wet and dry)
- water play, ice play, watering cans, spray bottles....
- recognising and being interested in birds in the outdoors
- block play and construction
- keys and locks
- drawing
- climbing equipment and opportunities for active play
- practicing climbing stairs in the change room with growing competence
- emerging role play and real life imitation with dolls and soft toys
- bubble play

We look forward to continuing to deepen and extend children's learning and inquiry during their time with us in Room One.

Warm regards, Room One team - Gayle, Cherry, Karen, Tamala, Yaejee & Zoe

## Room Two Report to Families

February 2023

In term one 2023, we welcome new children from Room One, Maxine, Amaya, Xavier, Ezekiel, Gweth, Younging, Cooper and Connor who just started one week ago. Raiden and Georgina are from the community. We are glad these children all settled very well and start to show their true colours and make friends and have fun play in room 2.

This term, we celebrated international pizza day by making our own pizzas. Children had great fun to make pizzas and some children could not wait and ate their pizza during the making process.



Children are enjoying sand and water play, dolly play, cooking, singing and dancing, they have fun in playing both outside and inside. We also increase group reading activities and so far, they love Brown bear, Brown bear and Panda, Panda What do you see? books. Educators are getting know these new friends and also continue to support children from last year to provide more challenging and suitable experiences to suit each individual level.

In this term, we like to try somethings new

We want to record their daily activities by taking photos or videos using our new tablets and present to parents by daily basis. Parents can watch what they do each time they pick up their little treasures.

We want to try using children's own water bottle in room 2. Parents brings children's own water bottle and we give them their water bottle when they ask for water. We have noticed children drink more water if they use their own water bottle (belonging), and we can bring their water with us when we are outside or go to Pilyabilyangga or the Adventure Playground. We would ask parents feed back and it is free choice for parents.

We want to have new curtain during sleeping time. We would like to use our creativity to make up our room, new year, new children, new decoration, new energy, new ideas but same educators but same passion and same love. we may ask parents and families to share things which do not fit in their home but our room when we need.

We also welcome parents and families to share any new play ideas or experiences or toys if no longer needed in their house such as art paintings



## Room Three Report to Families

**February 2023**






Welcome to 2023! The year has started and 2 months have passed us by in no time. We have welcomed new children into the room and the transition process was a smooth and confident one. As like other years, the new year is also a time for farewells as children move off to school and preschool. The changes in the room provide opportunities for learning and development. Educators and children are getting to know each other and building relationships and new friendships between the children are also developing. With this in mind, the Room 3 Program for Term 1 is related to children establishing and maintaining respectful, trusting relationships with other children and educators, feeling safe, secure and supported and also expressing a wide range of emotions, thoughts and views constructively.

Over the last few weeks there has been a focus on group experiences and this has included playdough, group constructions with the blocks and in the sandpit and also when we celebrated International Pizza Day by making pizzas for lunch. The pizza making was such a great experience that we are looking to celebrate other significant food days to further learn about, explore and taste different foods.

Planned group times linked to child's interests or the room program remain a focus in Room 3 with each educator taking responsibility to plan and carry out a group time once per week. Rhythm and Movement for Self-Regulation (RAMSR), Education for Sustainability, learning about and expressing emotions constructively, exploring the Mandarin language and stories are some of what can be expected to be explored. We look forward to the year ahead and having an active role in the education and care of every child in Room 3. There is a meeting for Room 3 parents on Tuesday the 14th of March from 6.30pm as an introduction to Room 3 and a valuable opportunity to ask questions and hear about the learning program in Room 3.





Term 1: 30 <sup>th</sup> Jan to 14 <sup>th</sup> April	
<b>Education for Sustainability</b> Thursday	<b>R2/3 Pilyabilyangga</b> Monday
<b>March</b>	
8 <sup>th</sup> March	International Women's Day
13 <sup>th</sup> March	<b>Centre closed Adelaide Cup Day</b>
14 <sup>th</sup> March <b>(note date change)</b>	Room 3 parent evening
20 <sup>th</sup> to 26 <sup>th</sup> March	 Harmony Week
21 <sup>st</sup> March	Whole Centre walk and picnic and Harmony Day
25 <sup>th</sup> March 	Earth Hour 8.30 to 9.30pm
<b>April</b>	
2 <sup>nd</sup> April 	Daylight savings ends clocks forward 1 hour
2 <sup>nd</sup> April	World Autism Awareness Day International Children's Book Day
7 <sup>th</sup> April	<b>Centre closed Good Friday</b>
10 <sup>th</sup> April	<b>Centre closed Easter Monday</b>
22 <sup>nd</sup> April	Earth Day 
25 <sup>th</sup> April 	<b>Centre closed Anzac Day</b>
<b>May</b>	
Term 2: 1 <sup>st</sup> May to 7 <sup>th</sup> July	
<b>Education for Sustainability</b> Wednesday	<b>R2/3 Pilyabilyangga</b> Friday



# 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 [servicessaustralia.gov.au/changes-if-you-get-family-payments](https://servicessaustralia.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](https://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 [servicessaustralia.gov.au/familyincomeestimate](https://servicessaustralia.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](https://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.