

# TRIKKI KIDZ EARLY LEARNING GROUP

“Children have never been very good at listening to their elders, but they have never failed to imitate them”

– James Baldwin



## ON *this* MONTH

### AT TRIKKI KIDZ BAROOGA

Service Re-opens for 2024 at 7.30am -----(Mon) 8

### AROUND THE COUNTRY

New Year's Day ----- 1  
 World Braille Day -----4  
 Kid Inventors Day ----- 17  
 Australia Day ----- 26  
 International Lego Day ----- 28  
 Aboriginal Cultural Showcase ----- 24-26

### HAPPY NEW YEAR!

We are so excited to announce our 2024 educator & staff teams.

So much thought goes into appointing our teams each year, including educator and staff room preferences and availability, combining experienced with in-experienced, shy with outgoing, young with more mature, etc.

We will be adding a few more fresh faces to our teams, particularly Yarrowonga as enrolments grow but this is our starting line-up ...

## 2024 TEAMS

### BAROOGA

Operations – Trudy B, Tash M, Kath D

Kitchen – Tanya E

Infant – Tash M, Jenny T, Grace I

Toddler – Sandy H, Nicole R, Paula C, Alex M, Mel A

Junior – Delicia S, Ellie S

Preschool – Kath D, Mel V, Asma A

Relief – Brenda A, Ebony L, Kristy R

### COBRAM

Operations – Nicky P, Jacinta C, Jayne A, Tamika D, Kara F

Kitchen – Mel M, Kate R, Sunta D

Infant – Caitlin P, Shyanne C, Hardeep K, Briana H, Hayley S

Toddler 1 – Sharron N, Dilraj B, Elle P

Toddler 2 – Tash C, Teresa D, Tiara K

T1 & T2 – Brylee R, Jemimah B

Junior – Kara F, Izzy F, Ebony H, Taneha L, Sophia Z

Kinder – Jayne A, Tamika D, Georgia P, Tiana S, Joanna L

Relief – Hayley F, Dakota P, Jacinta S

### YARRAWONGA

Operations – Courtney H, Tegan T, Trudy B, Amanda T

Kitchen – Emily F

Infant – Nikki W, Chantelle C, Bek S

Toddler 1 – Lilli K, Jaime A, Claudia L, Charlie H

Toddler 2 – Kim M, Jesseana C, Sinitta M, Hollie W

T1 & T2 – Kate K

Kinder – Amanda T, Michael L, Matt D

Relief – Willow R, Aisha B





**WORLD BRAILLE DAY – JANUARY 4**

World Braille Day is celebrated on 4 January each year in commemoration of the birth of Louis Braille in 1809. The United Nations has affirmed World Braille Day, asking its members to celebrate it by promoting braille as an important means of communication.

When you first look at something written in braille, all you see (or feel) is a jumble of dots! However, like any other code, braille is based on a logical system.

**Learn more and play some fun games here.**

**ABORIGINAL CULTURAL SHOWCASE – JANUARY 24-26**

Australia's largest gathering of Indigenous country musicians is gearing up to take Tamworth by storm at the seventh Annual Cultural Showcase. Held as part of the iconic Tamworth Country Music Festival, the Annual Cultural Showcase brings together some of the best and brightest Indigenous musicians this side of the Black Stump.

**Find out more here.**



**THE BEST SUPER SOFT GINGERBREAD PLAYDOUGH**

PREP 5 mins | COOK 5 mins | PLAY

**INGREDIENTS**

- 1 cup of flour
- 1 tbs cream of tartar
- ½ cup of salt
- 1 tbs vegetable oil
- 1 cup of water
- 3 tbs pumpkin pie spice

**METHOD**

1. Measure out all ingredients together with your child.
2. Dump all the dry ingredients into a saucepan first and stir together. Add wet ingredients and mix together.
3. Stir continuously over medium heat until it forms a ball.
4. Take it off the heat and dump it onto parchment paper or wax paper, once it's cool to touch knead it and help make the dough smooth.
5. Use cookies cutters, buttons, wooden trinkets and create make believe gingerbread man or anything you like.
6. Keep fresh in an airtight container.

*Have fun!*

**Book reviews**

How fun are holidays!  
Enjoy these fun reads in the sun.



**BLUEY: CAMPING**

Bluey the award-winning preschool show about Bluey, a blue heeler pup, and her family. When Bluey is on a family camping trip, she meets a new friend, Jean Luc. Join them as they plant a tree, hunt a 'wild pig', and learn about the magic of friendship. A gorgeous hardback book for kids of all ages.

**HOLIDAY SORTED! JIMMY REES & BRIONY STEWART**

Who said family holidays were hard? Dad has got this holiday sorted! Lenny and the twins go to the toilet before the long drive, choose a favourite toy for the journey, and even help Dad pack the car. Perfect! They can finally hit the road. But then I'm starving! Mack needs to go to the toilet again! I forgot to feed my pet rock! Can we say goodbye to the neighbours? From one of Australia's best-loved comedians and children's entertainers Jimmy Rees and illustrator Briony Stewart comes a story about the not-so-relaxing part of a holiday that families everywhere will know all too well.

**WHY I LOVE SUMMER | MICHAEL WAGNER**

There are four seasons in a year, and they're all awesome, but only one of them gets to be summer!  
An ode to a uniquely Australian experience and the joy of family and friends. Sunny days, weekends at the pool, games in the backyard, daylight until late and long, lovely holidays . . . that's summer, the best season ever.



## FOCUS: How to create an inviting play space.

“EEEEKKK! My kids are running around like crazy people and there is STUFF everywhere! Been here? Yep! I have, too. WAYYYY too often. No matter what you say, the entire house becomes a playground full of kids’ toys, crafts, and stuff! I don’t know about you, but I find this challenging and frustrating, and frankly having a mess everywhere stresses me out!

So, I went on a mission to find a solution, and today, I’m sharing my 6 top tips that helped create a play space that saved my sanity and will hopefully save yours!  
OK, are you ready? Here goes.

**STEP 1: Choose a location that works for you.** There are countless areas where you can set up a play space but think about a convenient place that works for you, and gives your kids a chance to play independently, a space where you can perhaps read a book or keep an eye on your children whilst making dinner. For me, it was the corner of the lounge room.

**STEP 2: Designate the space with a rug or play mat and make it cosy.** Knowing that this is a space for play, mess, and toys will help keep your stress levels down and all the “stuff” in one area. Placing a rug or play mat down helps show your little one the boundaries without putting up a gate. Soft cushions or a tent can make the space feel safe and cosy. I used a rug and a single armchair so I could sit but not necessarily be part of the play.

**STEP 3: Set up shelves and storage tubs at their level**  
When you select items to put out for your little one, put them at a level where they can independently retrieve them. You want to minimise their need to rely on you, thus fostering their independent choice and child-led play. Keep things on the floor or low, open shelves. Then, at the end of an activity (if they are old enough), get them to help you put everything away in the storage tubs. By having a place for everything, your little one knows where to find it and where to replace it. Tubs and baskets without lids seemed to work best for me.

**STEP 4: Display 6-8 toys simultaneously and rotate the rest each month.** Keep a few toys and books in your play space and a few more in your storage tubs. Then hide the rest away. Having only a few toys to choose from will help your little one focus as they play. An uncluttered environment helps them build an internal sense of order and calm. With the burden of overstimulation lifted, they are free to learn from and appreciate each toy they endeavour to engage with. This was the key to success, and it made packing up so easy.

**STEP 5: DO A CLEAN OUT and aim for open-ended toys.**  
This is the big one. We get given so much stuff, especially when our babies are just born or for their birthdays. Once a year, aim to do a cleanout. When surveying toys, consider whether they inherently provide opportunities for your baby to use their imaginations, creativity, or problem-solving skills — or if, conversely, they essentially do the “work” for them. Many toys capture kids’ attention at first because they are flashy and make noise, but after just a few minutes, they’ll get tossed aside because there is not much else to do with them. Let these ones go.

Blocks and stacking toys, kitchen play, dolls, arts and crafts, nature-based toys, and puzzles are some open-ended toys that tend to provide more learning experiences and extended periods of quality play. I donated 3 bags of toys of plastics and what I call “quick fix” toys - those that do the work for them to our local Toy Library. Providing my kids with only open-ended toys has made play much deeper and more creative.

**STEP 6: Set up invitations to play**  
Whenever possible, set up invitations to play in your play space. You could do this when your little one is having a nap or ready for when they first wake up.

This gives them something to look forward to and also fosters some time for independent play. I still play our play every morning even though my kids are older. It is a saving grace as I know I am giving them the 10 minutes of undivided attention they need daily to feel loved, valued and seen.

Creating this designated play space was a real game changer for me and my family. I found that the kids soon got the hang of packing away at the end of the day, and they enjoyed feeling responsible and proud of their space. They also knew where to find everything, so there was much less “MUM, Help!”



Read the article via the QR code.

Source: Gualtieri, Bianca. (2021, September 25). **How to Create an Inviting Play Space.** Retrieved from <https://happylittlepeople.co/blogs/resources/how-to-create-an-inviting-play-space>

## CALENDARS



**Learning about calendars with your child helps toddlers learn and become familiar with temporal concepts, new vocabulary, number sequencing and patterns.**

You can talk about each month in the year, which are summer months, which are Winter. When is your birthday, when is your sibling’s birthdays? Write in special dates and count-down to big events. You might even like to create your own, you can use a WORD template or create one and have it printed through **VISTA print**.

Image: Vista Print





# HEALTH & SAFETY: 5 Ways to Practice Gratitude with Your Kids.

This time of year, we're frequently reminded to give thanks for the good things in our lives. But when decorations come down and school starts back up, the prompts to practice gratitude fade away. So, how can we rewire our brains to recognize goodness year-round? To find out, we collected tips from gratitude guru and fellow parent Maryam Abdullah.

## 1. Discover what gratitude means for your family.

Gratitude can be a difficult concept for adults to grasp — let alone little ones. Maryam says **gratitude is really about recognizing goodness outside of ourselves**. Goodness can be big things, like happiness, love, family, and health. It can also be small things, like hugs, green lights, and ice cream. It's up to you to decide the goodness you want to recognize. Once you understand how gratitude aligns with your own values, you can start talking about it with your kids.

**2. Share how goodness makes you feel.** Practicing gratitude doesn't always have to be a formal act of recognition. It can be as simple or easy as thanking your child for a hug or kiss. Maryam says since children aren't necessarily able to verbalize things, parents should show their kids how to practice gratitude by doing it themselves.

"Parents can start demonstrating gratitude with babies before they speak their first word. And then once they become verbal, I think it's important to practice saying thanks to one another as a family. And not just saying thanks but actually describing how you feel."

Talking about how goodness makes us feel can help us better understand and manage our emotions. Maryam shared a simple example of how parents can show gratitude after a moment of goodness.

**Goodness:** Your neighbour came by and dropped off some tomatoes.

**Recognition:** I feel so thankful that she's our neighbour and that she's someone who shares with us. I feel so happy to be able to receive these gifts from her.

**3. Ask your kids about their gratitude.** Kids aren't always great at describing their feelings, so Maryam recommends sparking conversations based on four parts that make up the gratitude experience:

What we **NOTICE** in our lives for which we can be grateful.  
How we **THINK** about why we have been given those things.

How we **FEEL** about the things we have been given.  
What we **DO** to express appreciation in turn.

Maryam says asking Notice-Think-Feel-Do questions is a simple way to scaffold your child's understanding or perception of something that's good in their life.

**NOTICE:** I noticed that grandma brought you this new book.

**THINK:** What do you think about that?

**FEEL:** How does that make you feel?

**DO:** Is there something you want to do, to show them how you feel about receiving this new book?

**4. Encourage your kids to document their gratitude.** Along with prompting conversations, Maryam tells us parents can encourage their children to practice gratitude on their own through activities or rituals. Here are some easy ideas:

**Gratitude Journal** "Recognising goodness in writing can be a ritual in the morning when they wake up or in the evening as a reflection about how the day went." **Photo Essay** "If writing isn't the right activity for your child, they could take pictures of things that they're grateful for and build up a library of photos of the good things and gifts in their lives."

**5. Practice turning gratitude into a habit.** Each time you demonstrate and talk about gratitude with your kids, you're helping them build valuable skills for their emotional toolbox. Maryam suggests trying to work gratitude into your family's daily rituals with activities.

"At the dinner table, have each family member talk about three good things they experienced that day. This can spark conversation between parents and children in ways that may be just really sweet and tender. It also could be a way for parents to get a glimpse of what's meaningful to their child."

**Creating good habits is easier said than done. So be kind to yourself through the process!**

**"Sometimes, as parents we may feel like our kids haven't figured out all of those steps and that's okay. I think that's something we as parents need help, remembering too. This is something that they're still learning, and the more they practice that that skill will get stronger."**



Read the article via the QR code.

Source: Bradley, Cailyn. (2021, October 27). **5 Ways to Practice Gratitude with Your Kids**. Retrieved from <https://www.kiwico.com/blog/parent-tips/5-ways-to-practice-gratitude-with-your-kids>



## NEW YEAR CLEAR OUT WITH UPPAREL

Next time you do a cupboard clear out use UPPAREL. Textile waste needs radical intervention now. We need to dramatically extend product life and stop textiles from going to landfill. We need to move mountains, not make more.

Go to UPPAREL and book your pickup. Simply choose your weight and how many boxes you need collected. [upparel.com.au](http://upparel.com.au)





## Cultural Diversity

**Cultural diversity surrounds us. Diverse cultures in early learning is a tremendous opportunity. We value and respect our family's and staff's cultural backgrounds and enjoy participating in the wider community to share authentic cultural activities with children and families.**

### Ways we share cultural diversity.

**Sing and tell stories together.** We read stories from various authors with diverse characters and storylines. We ask families to share stories that are special to them, support home languages, retell oral stories, and encourage children to participate in oral storytelling.

**Invite families to share cultural celebrations that happen throughout the year.** These are opportunities for communicating and interacting across cultures. We encourage families to share important cultural holidays or celebrations in authentic ways. We organise inclusive activities that children share in together.

**Use various media to share, learn and challenge stereotypes and discrimination.**

## IF THE WORLD WERE 100 PEOPLE

50 would be female | 50 would be male

26 would be children. There would be 75 adults, 8 of whom would be 65 and older.

There would be:

60 Asians

15 Africans

14 people from the Americas

11 Europeans

12 would speak Chinese, 5 Spanish, 5 English, 3 Arabic, 3 Hindi, 3 Bengali, 3 Portuguese, 2 Russian, 2 Japanese, 62 would speak other languages.

83 would be able to read and write. 17 would not.

Source: <https://www.geteduca.com/blog/sharing-diverse-cultures-early-learning/>

**National Quality Framework** | Quality Area 6: Collaborative partnerships with families and communities



## PLANK RACE

**Short, simple activities to get some active minutes in the day.**

**Plank Race.** Everyone gets in a plank position along a horizontal line. On the "GO" command, the person in the back stands up and runs to the front of the line. As soon as this person gets back in a plank position, he screams "GO," and the next person in the back of the line gets up and runs to the front. Since it's a race, mark the time at the first "go." Then you mark it again, the time when you covered the whole distance, and someone's head touches the farthest wall.

Whatever time you've got, make sure you beat it the next time you do this race! A fun variation is when the person who moved from the back of the line gives the front person a high five before getting in a plank. So that would be a one-hand-plank for a few moments? Yep, but you can do it!