



"LET'S MAKE THE MOST OF THIS BEAUTIFUL DAY"  
— MR ROGERS

Star Kids Long Day  
Care & Preschool



# ON *this* MONTH

NOVEMBER  
2022

## Outdoor Classroom Day

At  
Star Kids Long Day Care & Preschool

Outdoor Classroom Day  
National Recycling Week  
Australian Food Safety Week  
World Kindness Day







## BETTER FOR YOUR BROWNIES



PREP 20 MIN | COOK 20 MIN | SERVES 16

### INGREDIENTS

85 grams good quality **dark chocolate**

½ cup (125 grams) **butter**

1½ cup (315 grams) **Sugar**

2 **eggs**

1 tablespoon **vanilla extract**

½ teaspoon **sea salt flakes** (or pinch of salt)

¾ cup (100 grams) **wholemeal flour**

1/3 cup **coco powder**

1/2 cup *cooked beetroot*, finely grated (optional)

1/2 cup (100 grams) *mashed sweet potato* (optional)

1/2 cup (80 grams) good quality **dark chocolate**, *chopped*

### METHOD:

**Preheat** oven to 175 C and line a 20 cm x 20 cm square tin with baking paper. Grease the baking paper with a little butter. Set aside.

**Place** chocolate and butter into a heat-proof bowl and place over a saucepan of simmering water. Do not let the bottom of the bowl touch the water. Stir the mixture until melted. Take off heat and allow to cool for 5 minutes.

**Add** the sugar, eggs and vanilla to the melted chocolate and whisk to combine.

**Add** the salt, plain flour, cacao and whisk to combine. Gently fold through the beetroot, sweet potato and chopped chocolate.

**Pour the batter** into the prepared tin and bake for 20-25 minutes or until set. Allow to cool in the tin. Cut into 16.

## Kids In the Kitchen





## FOCUS: Ways to Encourage Children to Try New Things



**PATTERN PLAY:** When a child looks at a pattern, they observe what they see and make predictions for what should come next. This math skill serves as an essential foundation in number sense. The observation skills kids develop with patterns are used for more complex math skills. Using coloured blocks is a great way to practice patterns.

Create A-B-A-B pattern first: For example, using red and blue blocks make A - B - A - B. Once that's mastered, kids can progress to more intricate patterns like A-B-C, A-A-B-B and even a growing pattern.





# NATIONAL RECYCLING WEEK



## NATIONAL RECYCLING WEEK

Recycling has become second nature, but you may not have it all sorted. Help reduce the amount you send to landfill by getting the whole family involved with some of our helpful tips and resources. This National Recycling Week it's not about doing more, it's about doing better.

**Know the ARL:** *The Australasian Recycling Label (ARL) is an evidence-based system for Australia and New Zealand, that provides you with easy-to-understand recycling information when you need it most. It removes confusion, saves you time and reduces waste going to landfill.*



## MUSIC PLAY

The benefits of engaging in music activities and games with your preschool and kindergarten child are endless and should be a part of your daily play together.

Researchers keep telling us that music is not only good for children in its own right, it also enhances learning in many other ways. So why not use your own love of music and your child's natural affinity for music to:

- learn about the world through song
- learn to control emotions through melody and an expressive voice
- learn to listen and predict patterns through rhythmic movement, fun dances and instrumental play
- learn how to get along with others by making music together
- learn coordination indoors when you can't go out o play through drama games, actions and dances

### Fun Music Games for Pre-schoolers

- Musical Statues and Musical Chairs
- Pass the Parcel
- How Many Instruments Do You Hear?
- Draw the Music
- Hide and Listen
- Dance to the Song
- Let's Make Up the Words



## 5 Minute MOVES

### DUCK, DUCK, GOOSE

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

It's a well know game, but just in case you've forgotten...

All players except one sit in a circle. One person walks around and taps each player on the head saying "duck" until suddenly he decides to say "goose." The goose needs to jump up and chase after the first person, who needs to run around the circle and get to goose's seat before he is tagged. Try changing up the names...Orange, orange, apple or Bear, Bear, Goldilocks.