



**Little Citizens**  
Early Learning Centre



# Newsletter Autumn 2019

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 /LittleCitizens [littlecitizens.co.nz](http://littlecitizens.co.nz)

## WINTER IS COMING!

The first official day of winter isn't until Matariki, but we're already feeling the chill. Here are a few seasonal reminders:

- **Immunisation** records need to be given to Jackie and also include any vaccinations that your child has had completed.
- **Rug up** with warm winter coats, gum boots, and send a plastic bag for items that get wet. There are drawstring wet bags available from Little Citizens which cost \$3.
- **Sick?** Please contact the Centre on the day to let us know that your child is sick. If your child has vomiting or diarrhoea, they need to stay home for 48 hours after the last episode.

## Signing in and out

- 1) Simply tap your child's name on the alphabetical list when you are dropping off and picking up your child.
- 2) Sign the sheet each week to confirm your child's hours and any absences that have occurred.

## Holidays

Little Citizens will be closed on Monday, 3 June for Queens Birthday.

## Welcome abroad

Kia ora koutou katoa, welcome to the children who joined us recently: Kylen, Damian, Solomon, Aliana, Tryaksh, Lennox, Tamaiti, Tui, Taylor, Hope, Guntaj, Jaeda-Reign, Lillian, Blake, Alna, and Kaitlynn and their families to Little Citizens. We look forward to getting to know you!

## We're here for you

If you have any questions about your child's care or need family support, please get in touch with me at **03 466 3402** or [jackiew@mmsouth.org.nz](mailto:jackiew@mmsouth.org.nz). For questions about your child's learning, please feel free to ask their teachers who love to talk about your tamariki!



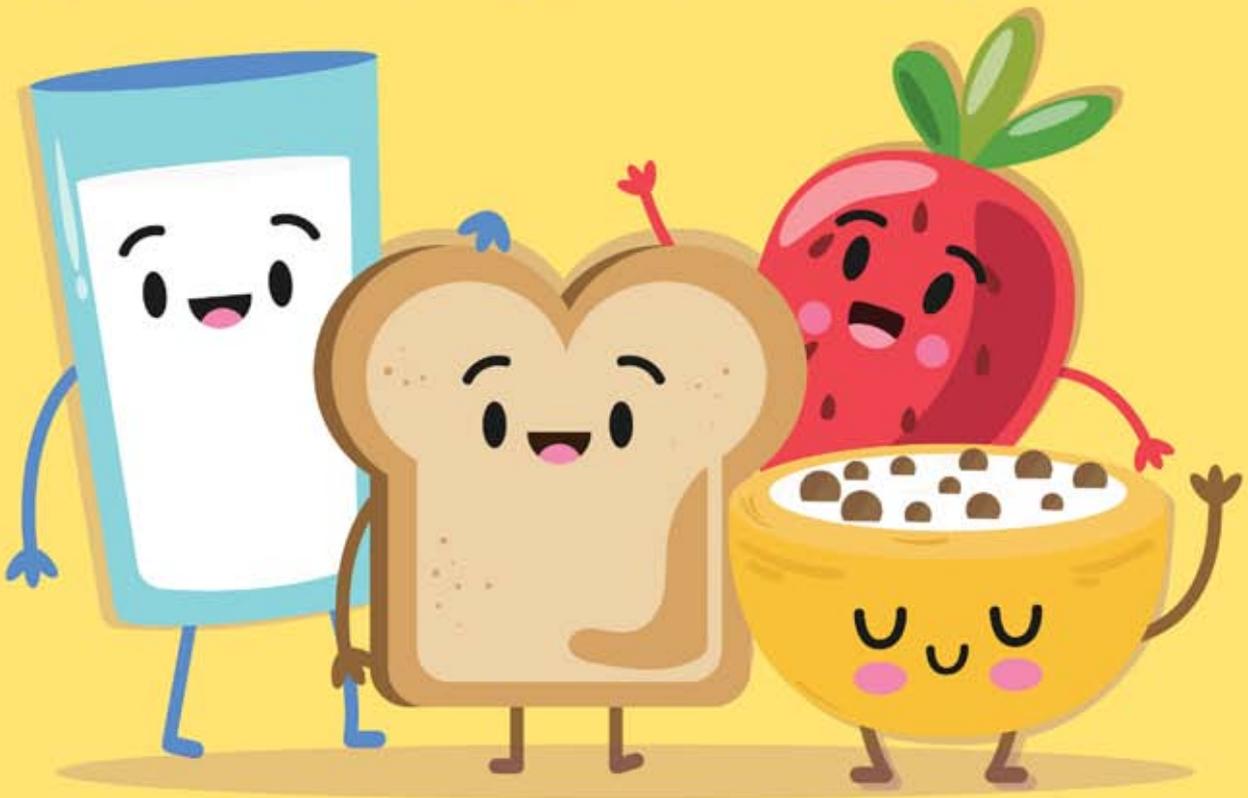
**Drawstring wet bags**

**Jackie Wallis - Family/Whānau Co-ordinator**



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# FRIDAY BREAKFAST



**FREE** yummy breakfast available to  
all Little Citizens children, caregivers and  
siblings every Friday starting from  
**Friday April 12th - 7.45am - 8.15am**

Please note that caregivers must stay with their children and any siblings until  
their child's booked starting time at the centre

## A sense of belonging and sensory play

As part of our work on belonging, we are adding family photos to our whānau wall. You are most welcome to bring in a photo if you would like to share.

Recently the Kiwi Room has been exploring and naming different textures, colours and shapes to develop their sensory knowledge. The tamariki learn and have fun through their senses as they feel and look at a range of materials, such as bead necklaces.



**Reminder: Please make sure your child's belongings are clearly named.**

## Building children's skills

Working with and alongside each other in building children's skills continues in the Tui Room. The children are learning how to share and take turns with others in a supportive environment.

At this age, children are challenged by beginning to use their words to express themselves with each other. Their moments of communication and cooperation are amazing to watch and support.

Speaking of amazing, the teachers and children in Tui Room are loving our new mural painted by Claire Rye. It really is incredible!



## Strengthening emotional and self regulation skills

Having the ability to work co-operatively with others while strengthening their emotional and self-regulation skills is continuing with the Kōtuku Room tamariki.

We have revisited the 'Engage' programme and integrating this into our daily experiences, interactions, and intentional teaching moments with the children.

Yoga and relaxation exercises have also become a regular part of the programme and gently encouraging children to use breathing techniques if they become agitated or frustrated.

We also farewell Riley, Oliver, Aiden, Levi, Korrina, Teiana, and Ezra as they move to their next learning journey at school.



# Activities to try at home

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### Glitter-ific ideas to brighten your winter

Messy play gives the tamariki opportunities to be creative. Through materials and texture they use their senses to explore and understand the world around them.

'Unicorn Shampoo' is a great messy play idea for the bathtub. Simply mix foamy shaving cream with glitter and add a few of your child's favourite animal figures for an imaginative playtime. Afterwards, rinse the foamy bathtub and fill it up for bath time!

'Tiny Ocean' Sensory bags are perfect for the younger ones and offer a less-messy option for busy parents. Mix baby oil or shower gel with glitter in a plastic 'Zip-lock' bag and secure with clear packing tape. Optionally, add a drop of blue food colouring and sea shells for a tiny ocean world.



## Winter Warmer Family Recipe

### Roast Vegetable Pasta Bake - By Little Citizens Chef Jeannine

One of our favourite lunches here is our roast vegetable pasta bake. This is an easy recipe that is great to make ahead for your week – you can even make a second one to freeze for later.

#### Ingredients

- ▶ 1 can tomato puree
- ▶ 1 can of tomatoes, diced
- ▶ 1 tbsp brown sugar
- ▶ 1 tsp curry powder
- ▶ 1 pack of spiral pasta
- ▶ Seasonal vegetables, e.g. pumpkin, kumara, carrots, parsnips
- ▶ Grated cheese



#### Directions

- 1 Peel and cut vegetables into chunks. Place on a lined tray and bake in the oven until soft.
- 2 Cook pasta to packet directions.
- 3 Add remaining ingredients to a pot and heat through.
- 4 Add vegetables to sauce and puree with a stick blender or potato masher.
- 5 Add pasta then put into a baking dish. Cover with grated cheese (the kids like lots!)
- 6 Bake in the oven until cheese begins to turn golden.
- 7 Cool and serve on its own or with a side salad. Leftovers can be refrigerated or frozen.

## Events & Activities

### During school term only

#### Little Stars

Older Kōtuku children visit Bathgate Park School:

1:30pm every Wednesday during the school term as part of our Getting Ready for School programme.

#### Storytime at Dunedin Public Library

A small group of children take turns at attending:

10:30am every Friday during the school term. Free.

#### Monthly visit to Dunedin Art Gallery

During the school term, Free.