



Dear families,

We hope the recent sunshine has brought joy to your family. It certainly makes it easier to get out and about in our communities to play together outside and in nature.

It's hard to believe we are at the end of Term 3 already, but we hope the next pages in this newsletter shows how busy and productive our learning time has been this term.

We look forward to seeing you all back again after the school holiday break.

Reminder: 3pm pick up time

All children must be collected **BY 3pm. Our Kindy and occasional care program finishes at 3pm.** Staff have commitments including meetings and planning and preparation time, so we thank you for your support.

Kind Regards,

Jessica Dubois & Michelle Highfold

Dates to remember: Term 4

MONDAY 16th Oct	Pupil free day No Kindy for Group A
TUES 17th & WED 18th	Group A days: Week 1 of Term 4
THUR 19th & FRI 20th Oct	Group B days: Week 1 of Term 4

Spare clothes

If your child comes home in spare kindy clothes, please wash and return them to us. We rely on these clothes to help out when children need them.

With the warmer weather comes more opportunity for water play—an important sensory experience for developing brains. Please pack spare clothes every day (multiple sets if your child particularly loves this type of play!).

Nut aware zone

We have children attending this year who have nut allergies and in some cases, this medical condition can be life threatening. Please do not send any nuts or foods with nuts in your child's lunch box—this includes peanut or nut butters in sandwiches.

Parent opinion survey

We would love your feedback—this helps us continue to improve every year. The survey closes on Friday 6th October, so please take 5 minutes to do this short survey.

As of Monday 25/9, we have had 9 parents complete the survey—thank you! How many more can we get?

[Click here: SURVEY](#)

Or scan the following QR code to go direct to survey:



Skin Protection Policy

Our Governing Council endorsed our skin protection policy earlier this year, so as the warmer months have arrived, it is timely for us to revisit this policy and commit to it—everyone's participation helps. Your willingness to support our sun safety activities will make a great impact.

What does this look like:

1. Please apply sunscreen to your child's exposed skin at home or upon arrival to the centre. We provide SPF 50+ broad spectrum sunscreen for you to use.
2. Cover as much as your child's skin as possible with cool, loose fitting clothes—protective clothing makes a difference:



Longer sleeves help to protect shoulders, arms and chests. Longer style shorts and skirts help protect legs. Shirts with collars also provide neck protection.

Why is this important?

- At least 2 in 3 Australians will be diagnosed with skin cancer in their lifetime.
- Skin cancer causes more deaths than transport accidents every year in Australia.
- Australia has the highest incidence of skin cancer in the world.
- We know that children observe and learn from the adults in their lives. Our role is to support children to develop healthy habits to keep themselves sun safe from an early age.

– Cancer Council. *Skin cancer incidence and mortality* [Version URL: https://wiki.cancer.org.au/skincancerstats_mw/index.php?title=Skin_cancer_incidence_and_mortality&oldid=802, cited 2023 Sep 25 . Available from: https://wiki.cancer.org.au/skincancerstats/Skin_cancer_incidence_and_mortality. In: Cancer Council Australia. *Skin Cancer Statistics and Issues*. Sydney: Cancer Council Australia. Available from: <http://wiki.cancer.org.au/skincancerstats/>

Are you SunSmart?

Protect your skin in five ways when UV is 3 and above:



Slip on clothes that cover your arms and legs



Slop on SPF 30 or higher, broad spectrum, water resistant sunscreen and reapply every two hours



Slap on a broad brimmed hat or one that covers the head, face, neck and ears



Seek shade, particularly over the middle part of the day when UV is highest



Slide on close fitting sunglasses



Access the daily sun protection times via the free SunSmart app, or at sunsmart.org.au



Snapshot of learning from our Learning Plan

*Teaching and Learning Intention: **LITERACY**—We use creative and performing arts to express ideas and make meaning. We are storytellers!*

The notion that speaking and listening skills are a necessary foundation for reading and writing is well established in education. We also know that oral language is necessary for social interactions and social–emotional well-being. This term we have focused on the art of story-telling to support children’s developing speaking and listening skills. These skills, as children grow and head off into primary school, will later be integrated with children’s code skills (i.e., decoding and spelling) to convert their oral language experiences into written language success. Please enjoy the following photos which show some of the many ways we have invited children into storytelling experiences this past term.



Story telling through small world play

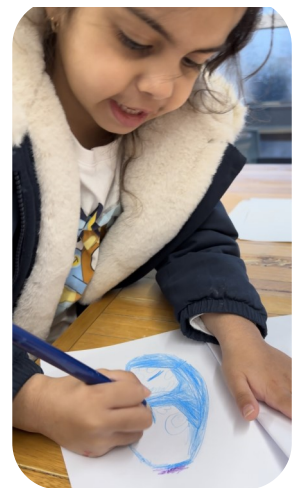
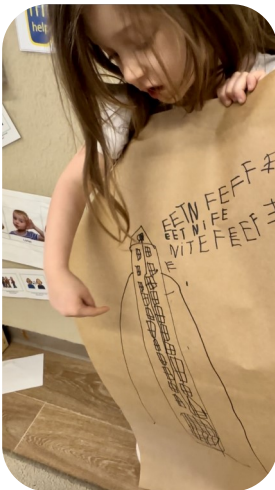


Musa retells the Gruffalo Story



Creating characters to use in our stories.
Iluka turns his character into an animation.

Drawing and telling stories.



WHAT'S HAPPENING IN OUR COMMUNITY

Children's Week

This October we will be celebrating **Children's Week** with a special event on **Thursday the 26th of October from 10am to 12pm at MJ McInerney**

Reserve, Sackville St West Croydon. Community Development teams from local councils, Uniting SA and Children's Centres will be hosting lots of fun activities to this year's theme *"Children have the right to relax, play and take part in activities they enjoy"*. There will also be a visit from Lizzie the Literacy Lizard, a coffee van and give aways!

Parent Workshops

Next term we will be hosting 3 exciting workshops with the Families

Growing Together team. The first is a must for all parents and carers called **'Cyber Safety'**. This two-and-a-half-hour workshop covers practical information about how to keep your family safe online, discuss concerns about screen use and where to access up to date information and supports, including positive approaches to guiding children's behaviour. Cyber Safety will be held in the community room on **Wednesday the 8th of November from 10am to 12:30pm.**

Our other workshop is **Coping Skills** where parents and carers are provided with practical information about supporting children to develop their coping skills. Topics include What is resilience? Understanding stress for children and young people, the benefits of 'considered risks', and how parents can help children to build resilience. Coping Skills will be held in the community room on **Tuesdays the 21st and 28th of November from 10am to 12:30pm.**

workshops please contact Maggie Community Development Coordinator at **Pennington Children's Centre on 8268 1200 or 0419 257 746 or email at: maggie.mccabe2@sa.gov.au**

[Women Create Group](#)

During Term 4 the Women's Create Group will be enjoying painting on canvas with a little help from our children to create an artwork about this year's Children's Week theme. Women meet weekly on **Thursday mornings between 9am and 11am** for coffee, morning tea and creating new and fun things. We have free creche and art materials are supplied. Feel free to come along during school terms in the community room.

During November the group will be creating more artwork but for the 'clothesline project' project as part of the 16 Days of Activism against gendered violence. For more information and to get involved contact Maggie Community Development Coordinator.

[Community Excursion](#)

At the end of November, we will be having our super fun community excursion to the beautiful **Marshmallow Park Pityarilla Activity Hub** in Adelaide where we can enjoy nature play, water play, swings, slides, including climbing and relaxing under the Morton Bay fig tree. We will be traveling to and from the city by private bus at 9:15am on Wednesday the 29th of November and returning to the Children's Centre by midday.

For more information and to book into our community opportunities please contact Maggie at Pennington Children's Centre on 8268 1200 or

FREE CPR Training Course

What you'll receive:

- 1 x FREE Nationally Accredited CPR course* delivered by St John Ambulance SA
- 1 x FREE Personal Leisure First Aid Kit
- A Statement of Attainment upon successful completion of HLTAID009 Provide cardiopulmonary resuscitation

*HLTAID009 Provide cardiopulmonary resuscitation.

FREE CPR TRAINING

Thanks to Masonic Charities SA & NT, St John Ambulance SA is providing FREE CPR training to South Australians.

See below for available venues:

Locations	
Elizabeth	Prospect
Morphett Vale	Unley
Mount Barker	Woodville



**Call 1300 785 646 (option 1)
and quote "CPRMASONs" to book your
FREE CPR training today!**



St John Ambulance South Australia acts as an agent for the delivery of nationally recognised training on behalf of St John Ambulance Australia (RTO 88041) who is offering this training. For more information about your specific course, including units of competency achieved, options for delivery, duration and more, visit stjohnsa.com.au/training.

Terms and Conditions

- Limited offer, subject to availability at the time of booking.
- All courses will be hosted at a St John SA training venue (i.e. private onsite booking will not apply).
- Part of the assessment requirements of this course include the participant being able to competently perform two minutes of continuous adult CPR on the floor, to simulate a real-life situation.
- Each participant will be assessed and provided with a nationally recognised HLTAID009 Provide cardiopulmonary resuscitation certificate upon successful completion of the course assessment.
- St John Ambulance SA delivers nationally recognised training and assessment on behalf of St John Ambulance Australia (RTO 88041). Accordingly, St John SA will retain student records.
- This offer is limited to one CPR course per person.
- Businesses are eligible to take part and register their workers for free CPR courses.

If you have any further enquiries, please email:

commercial.training@stjohnsa.com.au.