



"Where every child is an individual"

# HERITAGE NEWSLETTER #1

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## Director's Report

2016 could not have got off to a better start with Heritage achieving an Exceeding rating in all 7 Quality Areas of the National Framework. This was achieved by dedication, passion and willingness to train and accept change, allowing Heritage to move forward in its approach to Early Years' Education. The strong support from our families and management committee contributed towards this achievement. So, well done and a big thank you to everyone. Our goal now is to maintain this high rating.

Our Meet and Greet afternoon was well attended with many families requesting we do more get togethers like this. We have listened and organised a morning breakfast for our first fundraising event of the year. So please get behind it and come along and enjoy a morning breakfast with other Heritage families.

The new sign in and out system has proved successful and we plan to continue with it, however, we are having a number of families that don't take time to sign in and out. This is a legal requirement and I ask you to ensure that you do.

Last few months, a number of educators and their families have given their time during weekends to create and upgrade the beautiful play areas for the children in all rooms. A big thank you for their hard work and creative ideas.

Over past years Heritage has collected books for children in Papua New Guinea to support the establishment of a library. Once again we are doing a book collection and hope to be able to send over a large amount of books to support literacy for Children in PNG. There is a collection box in the front foyer for donations.

ANU has asked us to inform our parents that the top carpark (carpark A) will not be open until 9:15am to allow late comers to ANU to be able to park. The lower gravel carpark near the chook pen has also changed from 2 hours parking to permit parking only.

Last but by no means least, a big welcome to all the new Heritage families. I hope you enjoy your time with us and make many life long friends.

Vicki

## Report from Chairperson



It's humbling the confidence you have instilled in me to take up the position of Chairperson of HECC Management Committee this year. I really want to congratulate

Jody and her team for the wonderful work they have done together with Vicki and her team. It became very evident just 2 weeks ago when HECC received 'exceeding' in all categories during its 2016 accreditation. Together with the dynamic team forming the HECC Management Committee this year, we will explore every opportunity to enhance HECC's image, service delivery and sense of community. If anyone has any feedback, comments or any areas to improve upon, please email me at [amohottala@yahoo.com](mailto:amohottala@yahoo.com) or drop your ideas on at the pigeon hole 57. Looking forward to working with all of you.

Best regards,  
Arjuna Mohottala

## Community News

- Fundraising Breakfast BBQ on Thursday 21<sup>st</sup> of April starts 7:45am
- Bootcamp with Alicia every Thursday at 5pm
- Pizza cooking afternoon on Thursday 28<sup>th</sup> of April from 2pm – 4pm
- Toddlers' Prom presented by the ANU Music Society on Sunday 1<sup>st</sup> of May at 10:30am
- Mother's day on Sunday 8<sup>th</sup> of May
- Committee Meeting on Tuesday 10<sup>th</sup> of May at 5pm
- Fit-a-thon on Thursday 19<sup>th</sup> of May at 11am



Heritage Values: Identity Respect Community Resilience Contribution

# Educational Leader

Heritage Early Childhood Centre	
has achieved the following ratings under the National Quality Framework:	
Quality Area 1	Educational program and practice Exceeding National Quality Standard (E)
Quality Area 2	Children's health and safety Exceeding National Quality Standard (E)
Quality Area 3	Physical environment Exceeding National Quality Standard (E)
Quality Area 4	Staffing arrangements Exceeding National Quality Standard (E)
Quality Area 5	Relationships with children Exceeding National Quality Standard (E)
Quality Area 6	Collaborative partnerships with families and communities Exceeding National Quality Standard (E)
Quality Area 7	Leadership and service management Exceeding National Quality Standard (E)

As the educational leader, I would like to recognise the effort and dedication that educators have put in over the last three years. It has really enabled us to achieve this fantastic and deserving result.

*Sometimes we forget the impact that we have as educators. Early childhood centres are busy places, and educators are busy people, so it's not surprising that sometimes we miss out on chances to stop and reflect upon the positive influence we can have with children in our care.*

*Educators are there to inspire, empower and engage. These three characteristics are just a small example of what the many educators demonstrate with all the children every single day. I am excited to see how educators have applied their increased knowledge gained through their ongoing training. As educators, we aim to develop children's academic knowledge, social, emotional and physical skills. So, thank you to all fellow educators who have shown how capable you are, as individuals and as professionals. It is a delight to see the impact educators have on children and how children respond positively to our educators.*

Theja Talagune

## Library Report

I can't believe it is nearly May already. The Pre-Schoolers have been enjoying borrowing books to take home to read. You may discover your child likes to borrow the same book quite regularly, this

happens a lot among the children if the child really enjoys that story. Educators now have an extensive selection of study and programming reference books to choose from as well.

Next week we hope to introduce the Nursery children to small reading groups in their environment as a few of the older children are now showing interest in sitting to listen to short stories. As the weather is still very favourable during the day we will be making the most of it and most likely be doing these groups outside as long as possible before the cold sets in and we are confined indoors. Looking forward to feedback from parents whose children borrow books and how they interact whilst being read to.

Meg 😊

## Bootcamp News

April already, well we have had some very successful Bootcamps this year. I am grateful I have been given the opportunity to continue to run the Heritage Bootcamps this year. It has been great to see the number of regulars coming along each week and watching our community grow within the Bootcamp sessions. The importance of physical fitness cannot be highlighted enough. In today's society, that is moving towards a more sedentary lifestyle, there is a greater need than ever to increase the daily activity level to maintain both cardiovascular fitness and body weight.

The focus and dream I have for Heritage Bootcamp is to have as many parents, colleagues and family members at the 30 minute free Bootcamp session and enjoying time together whilst exercising. The session is designed for all levels of fitness and I really encourage our parents, friends, family and colleagues to come along and give it a go.

Remember your body is capable of doing anything; it's our minds that we have to convince. Hope to see you next Thursday at 5 pm.

Stay happy and healthy

Yours sincerely  
Alicia.

## Report from Preschool

The preschoolers hit the ground running this year with untamed energy and passion to boot. As a team, we have high ambitions for a year of excursions, experiments, longer walks and even more hands-on learning experiences to maximise children's learning.

Programs have been going into more detail than ever and continue to include literacy and numeracy aspects throughout. The Educational Leader has resumed facilitating writing workshops, science experiments and other learning experiences for the preschool children and this has been occurring in small and large groups.

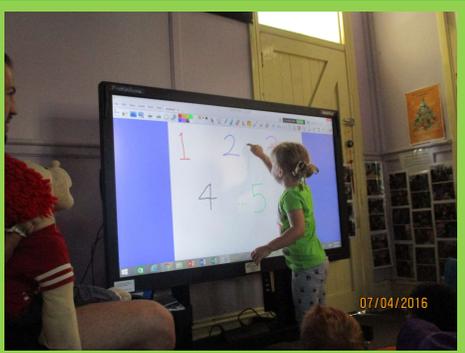
Earlier in the year the preschoolers looked into vehicles and kicked things off with an excursion to the Summernats Parade in the city. The children also really enjoyed learning about submarines, planes and cars. One excursion saw the preschoolers visit the grocer on Balmain Street and another recent expedition involved a big walk to ANU's Union Court to stop in at a bank, post office and The God's café as part of our community workers program. Highlights included posting letters in the post box and having a babycino at the café.

Sarah (nursery Isla's mum) and Andy (Seamus' dad) have contributed to the preschool program this year. Sarah brought her stethoscope in to share with the children and Andy brought a variety of medical equipment including thermometers, blood pressure machine and reflex hammer. Children's favourites included the rubber glove blow up chickens and the brain jelly. If you would like to share anything (e.g. hobbies or interests) we would love to have you.

Tyronne Bell and his Thunderstone colleagues have been visiting the preschoolers and enhancing their understanding of traditional and contemporary aboriginal culture. A recent activity saw Ronnie teaching the children how to make straw and yarn dolls.

The preschoolers have responded really well to the main garden since its recent makeover. Children have enjoyed mud play, rocks and the woodchip areas. A lot of hard work outside of centre hours were also put in by educators and their families to create a fresh new environment for children to enjoy, create and explore.

Preschool Room,  
Ryan, Alicia, Preet and Tina



## Report from Toddlers Room

As usual it has been a busy beginning to the year and we'd like to give a big welcome to all our new toddlers. The educators have been organizing lots of experiences to foster children's sense of belonging. In particular our toddlers have been encouraged to contribute to some beautiful group artworks throughout January. One of these is on display on the toddler room door with all their pictures. Toddlers have also been experimenting with different materials for artworks and this has even included a sewing machine and making some cute Easter gifts.

In Jan and Feb there was also a lot of road work happening just outside Heritage. This inspired a great deal of visits to watch and also role play some of their own construction. Educators have extended some of this play to improve different skills using small groups and turn taking to improve children's social skills, music experiences, counting and gross motor activities. This interest in construction has led us to talk about other vehicles and then grown into discussions about different community helpers.

Exploring the outdoors has also been a regular part of our day in the toddler room. From helping to look after our own plants to noticing different fruit and veggies growing in the big veggie patch. Our visits to the veggie garden has turned our toddlers into little foragers as earlier in the year there were lots of berries and beans. Now we are finding tomatoes, squash and eggplants. These discoveries have led us to engage in discussions about healthy eating. We plan to have a pizza cooking day on Thursday 28<sup>th</sup> of April from 2pm to 4pm using the wood fire oven. So stay tuned to come and join us.

Finally we have been engaging in lots of walks around ANU, this is to continue building on our toddlers gross motor skills and exploring the outdoor environment. It's fun to go running through the grass, collecting sticks and throwing rocks in the lake.

We would love our parents to be teachers too. If you have a special interest, talent or you'd just like to be more involved. We'd love your input, so come and talk to us 😊

Toddlers educators,  
Katie, Chintha, Hien, Vika, Dilini, Marichu, Jenny, Ayesha



## Report from Nursery



Nursery has been busy as we were welcoming new comers (Alex, Aliyy, Harry, Isla, Maryrose, Mia, Oscar, Riana, Saide and Siri) and helping the transition of “ready-to-be toddlers” into the toddlers’ room. We believe that our new comers have settled into the room well and have been active learners. It is always our pleasure to see that our new families develop their strong bond with Heritage educators and peers.

We believe that parents are familiar with some other babies’ names as their babies come home and talk about their days at Heritage. Here at Heritage, all educators support our babies to get to know each other, which develops their sense of belonging. For example, educators make a family tree, which helps them feel comfortable and homely. Individual photos are displayed on the wall, which helps them recognise their friends who they play with at Heritage. So, we assure that more opportunities for our babies to get to talk more about their friends as well as themselves can be created. We would like to thank our parents for sharing their beautiful family photos with us.

During the past few months, educators focused on upgrading our garden area. Particularly, functional play areas were built. For example, a construction site, a little muddy puddle area, a meeting place, a small vegetable garden and cubby houses. Now Toddlers often come to have their play time and even preschoolers are occasional visitors and play their muddy puddles in our little garden. We believe that these new garden areas offer more learning opportunities to our little learners at Heritage.

We can’t forget to mention that our babies had a number of learning opportunities by exploring their surroundings and experiencing diverse activities. For example, we visited Old Canberra House and Lake Burley Griffin. We aim to go outdoor more often with our babies. Music activities and visual art experiences also have been a part of our weekly programs. Educators will continue to offer similar activities according to our observations of babies’ interests and strengths. In the coming months, we plan to explore Autumn through a variety of activities. You will find these fun activities through our daily book.

Educators in the Nursery room endeavor to have more opportunities to communicate with parents. For this, we have set up an email account: [nursery.hecc@outlook.com](mailto:nursery.hecc@outlook.com). We believe that this email offers more convenient and faster ways to receive your feedback. Not only that, we also plan to share our daily book and photos of our little learners with you via this email account. No question that it saves our time and resources (e.g., no need of printing out all our photos). Of course, you can also give us a ring on nursery phone number, [61253856](tel:61253856), anytime if you need to talk to us.

Nursery educators,  
Kate K, Nicole, Kate M, Eranga, Kirsty, Madz and Sabi



# Healthier @Heritage

## 5 Day Healthy Lunch Box Meal Plan

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Recess</b>	Vegie dippers (Carrot, celery, cucumber and capsicum sticks with reduced fat dip like hummus and rice crackers)	Banana or mandarin or cherries & Slice of fruit bread spread with cream cheese	Fresh pear or apple or piece fresh seasonal fruit. Cheese stick or wedge of reduced fat cheese	Fresh dates and carrot sticks. A slice of reduced fat cheese and Jatz biscuits or rice crackers	Halved Kiwifruit (include a plastic spoon to eat it) or a bunch of seedless grapes or frozen orange wedges. Reduced fat cereal bar or a cream cheese pikelet.
<b>Lunch</b>	Avocado, ham, cucumber & lettuce wholegrain sandwich. Fresh seasonal fruit salad	Cherry tomato, cucumber & tuna pasta salad. Apple or pear or small bunch of seedless grapes or mandarin.	Crunchy salad & cream cheese wrap. Banana & (optional) Small tub of vanilla fruche or yoghurt	Pita pocket bread with boiled egg, lettuce, celery and a little reduced fat mayonnaise or hummus. Fresh seasonal fruit salad	Crunchy celery, grated cheese & lettuce wholegrain roll. Melon balls (rockmelon, watermelon and/or honeydew melon) or a piece seasonal fruit
					

## CELERY, HAM AND EGG ROLL-UPS

### Ingredients

- 2 hard-boiled eggs, peeled\*
- 1 tbs mayonnaise\*
- 1 tsp Dijon mustard (optional)
- 2 pieces rectangular flat bread



- 2 tsp margarine spread
- 60g shaved (lean 97% fat free) leg ham\*
- 1 stalk celery, cut into thin strips
- 20g (about  $\frac{3}{4}$  cup) baby spinach leaves or rocket leaves

### Method

- Place eggs in a bowl. Add mayonnaise and mustard and mash well with a fork.
  - Lay the flat breads on clean surface. Spread thinly with margarine. Arrange ham in a row across the bottom third of each piece.
  - Spoon the egg mixture evenly across ham layer. Top with a row of celery strips and spinach leaves. Roll up firmly.
  - Wrap rolls in greaseproof paper or plastic wrap. Refrigerate 1 hour (or overnight if preferred). Remove wrapping. Cut each roll into 4 to serve. Serve with cucumber sticks if desired.
- Recipe can be prepared a day ahead. Keep the wraps refrigerated until required

**What's in your child's lunchbox?**

Fill it with the **5**

- fruit
- vegetables
- dairy
- wholegrains
- lean meat & alternatives

Make water your drink  
Pack ice bricks to keep food cool  
Use a thermos to keep food warm

For further information visit: [www.aatforhealth.gov.au](http://www.aatforhealth.gov.au)

NSW Health South Eastern Sydney Local Health District

## AN ADDED EXTRA

Please feel free to bring your story (or email [hecc@anu.edu.au](mailto:hecc@anu.edu.au)) to share with other Heritage families. Heritage has the **Community Book**. Let us know what your family enjoys doing or is famous for. Looking forward to hearing from you.