

ePlayNEWS



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Responding to
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Come along to

CHRISTMAS PLAYGROUP

at Playgroup SA



Thursday 3 December, 2015
10am - 12pm

Playgroup SA Head Office
91 Prospect Road, Prospect SA

RSVP Essential by 2 December
FREE CALL 1800 171 882

*A FREE Playgroup Session open to
Playgroup SA Members and Non-Members*



PLAYGROUP SA
Playing, learning, supporting families





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from the Executive Officer...

WOW, this year has whirled by, and what a year it has been! We are in full Christmas mode here at Playgroup SA head office and we're busy planning for the New Year. Christmas Playgroup is on next week, and we look forward to seeing many of you there to wish you the best for the holidays.

Your Playgroup Affiliation forms and information should have reached your letter boxes over the last couple of weeks. Don't forget to let us know if you are changing coordinators, as we would like to recognise all coordinator's contributions to the Playgroup Movement. A reminder to tick off the items on our end of year checklist - this will ensure the end of year hand over goes smoothly.

A big thank you to all families who recently attended Playgroup at the Zoo... we made some changes to the program and structure of the event and we received some wonderful feedback from members as a result. We have thoroughly enjoyed seeing the Playgroup at the Zoo photo that members have shared with us!

Melanie has once again come up with wonderful Christmas activity ideas which are easy enough for little hands to do, whilst developing their fine motor skills and engaging the group in the spirit of the season - you can find them in here. Also, keep Melanie's Play Tray ideas handy for the approaching holidays.

Until the next ePlay...
Carley Jones
Executive Officer, Playgroup SA

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PLAYGROUP INFORMATION, COMPETITIONS, GIVE-AWAYS AND EVENTS!

PLAY TRAYS

We recently featured an article in State of Play with the following ideas for various Play Trays.

We had so many ideas, however, that we couldn't fit them all into State of Play. So, we've included them here...



HEN HOUSE



WIGGLY WORMS



CONSTRUCTION



FARM YARD



FAIRY GARDEN



ICE CREAMERY



PIRATE CHEST



ARCTIC CIRCLE



DINOSAUR FOSSILS



FROG POND



THE SEASIDE

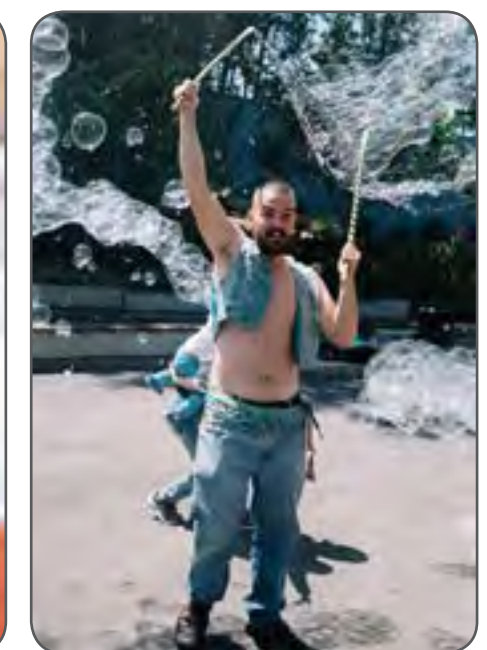
Playgroup at the ZOO

#PlaygroupAtTheZoo

In the lead up to Children's Week 2015, Playgroup SA had a record attendance at their Annual Event, Playgroup at the Zoo. Much fun was had with Evelyn Roth's Nylon Zoo panda, Adelaide's Bubble Man, an interactive performance by Mr Oopy, face painting and Playgroup activities - including kinetic sand, scented play dough, painting, colouring and mask making.



Check out the Playgroup SA facebook page to view all of the photos taken at Playgroup at the Zoo by our fab photographer, Marta Russell.



BELLS - Paint a paper plate yellow on both sides. Once two bells to two pieces of string. Tape the top of the either side of the hole and staple together. Add some tie a piece of string to the top.

dry, use a hole punch to make a hole at the top of the paper plate. Tie strings just underneath the hole. Fold in the two sides on paper holly leaves and berries and a thread and



STARS - Draw two large overlapping triangles on the back of a paper plate to make a 6 point star. Cut out the pieces between the points of the star. Turn plate over and paint it with yellow paint. You may like to add some glitter and a photo to the middle of the star.

CHRISTMAS on a PLATE

It's beginning to look a lot like Christmas...! The Christmas trees and decorations are out and children are adding to their wish list more often than not!

We've provided some fun Christmas craft activities using paper plates. You may like to make some at your playgroup or at home. This year, you could decorate your Christmas tree with your hand-made crafts. Use whatever craft bits and pieces you have available - you can use crayons instead of paint, add some pieces of tinsel or glitter for a sparkley 'wow factor'. Adding photos of your child and/or family creates a personal touch to crafts and can be a great inexpensive and meaningful Christmas gift.



ANGEL - Fold two sides of a paper plate in to make an upside down cone shape. Staple the point together. Cut out a circle shape and draw on a face and tape to the point. Trace around child's hands, cut out and tape to the back of the angel. Decorate with paint and/or glitter.

Santa - Lightly colour in or glue on a circle of light coloured paper to the middle of the paper plate for Santa's face. Draw on eyes and glue on a pom-pom for a nose. Add a red paper Santa hat and glue a cotton ball to the tip. Glue on two rows of cotton balls around the edge to make your Santa face.

Reindeer - Paint a paper plate and 2 pop sticks with brown paint. Once dry, tape pop sticks to the top of the paper plate and tie some pieces of pipe cleaner around them to make antlers. Add ears, eyes and a nose to complete your reindeer.



CHRISTMAS TREE BUNTING - Paint paper plates with green paint. Once dry, cut each plate into quarters. Use your fingertip to dot different colours of paint for 'baubles'. Add a star to the point of each quarter. Tape string or ribbon behind the top of each tree and find somewhere to hang your Christmas bunting.

WREATH - Cut out the center of a paper plate and discard. Paint the wreath shape green and decorate. You could use some ribbon to make a bow and add some pom-poms.



Seeing
Your Child
In An
Emergency
Can Be
Horrifying
– Feeling
Helpless
is Worse.

5 of the Most Common Emergency Situations Involving Children and How to Respond...

The most important thing for parents and carers to do is equip themselves with the correct skills to use in an emergency situation involving their child.

It is essential that parents try to remain calm and collected during the event and have the knowledge and skills to render the appropriate treatment.

What happens immediately after an emergency can make all the difference!

Learn all of this and much much more, including how to administer CPR from a Qualified Paramedic in a 3 hour Kids First Aid course, available across Australia.

Visit www.kidsfirstaid.com.au or call 1300 138 133 for more information.

 KidsFirstAid

1. **Falls** are one the most common emergency situations paramedics see involving children. The effects of falls can range from bleeding and abrasions (which are usually easily managed by a parent with a first aid kit) to sprains/fractures and head injuries. Head injuries from a fall are most likely to be minor but it is crucial that parents learn to recognise when the injury is serious as a serious head injury may require emergency care.

2. **Choking** is often described as one of most scary things a parent may encounter! Being aware of the different types of choking and knowing how to respond can really be a matter of life and death. A choking event may be a complete obstruction where the child is silent as the airway is completely obstructed, or a partial obstruction with the child having difficulty breathing and hearing a wheeze. Appropriate treatment will depend on which type of choking but may include back blows and administering CPR.

3. **Febrile Convulsions** are one of the most common ambulance jobs that our Paramedics attend, although many parents don't know what they are or how to respond and often cannot stay calm to help the situation. It is important to call 000, Lay your child on the floor and loosen any tight clothing, roll the child onto their side only once jerking has stopped or if the vomit. Never try to restrain a fitting child.

4. **Burns....** Children are naturally curious. They learn by putting things into their mouths and touching things they shouldn't. Among the most common injuries suffered by children are burns (caused by dry heat) and scalds (caused by hot liquids). Of course, prevention is better than cure. So keep children away from the kitchen, away from hot water taps, and away from anywhere where hot surfaces or liquids may be within touching distance. In the event your child is burned, you must act quickly. Call 000, remove clothing, nappy or jewelry (Unless it is stuck to the skin) cool the skin under cold running water.

5. Recognising **Respiratory Distress** early can have a huge impact on the final outcome, so knowing the signs is vital. Some signs and symptoms of breathing difficulties may include, wheezing sounds, pale/cool sweaty skin, hoarse barking cough, shortness of breath and sucking in of chest muscles, blueish colour around the mouth and the child may have a fever. If your child is in respiratory distress you must call 000, keep upright and forward, provide reliever medication if available and if not breathing commence CPR.



Rae ends 40 years of play

This is a summary of the article featured in the Murray Pioneer on page 11 - October 2, 2015

Playgroup SA would like to sincerely thank Rae on her 40 year contribution to the Playgroup Movement. We wish her all the best in her retirement.

MARKING the end of a 40-year journey, Berri Community Playgroup founder Rae Leathers will retire at the end of the year.

Mrs Leathers started the playgroup 40 years ago and has been running it on and off ever since, but is now looking for someone younger to take over.

"I love people meeting other people (and) for people who come new to the area, it's a good way for them to meet each other. I just love (playgroup), but I'm too old now."

Mrs Leathers believes the playgroup helps to provide early social skills for children and helps to build friendships.

"Being an ex-teacher I've got lots of crafts and resources and things that I use" she said.

"I'll be sad to retire. It'll leave a big gap in my life, but I think somebody younger should take it on and I'd gladly help," she said.

"I love people meeting other people (and) for people who come new to the area, (playgroup) is a good way for them to meet each other..."

- Rae Leathers

Mrs Leathers has no official plans for her retirement, but will continue taking Girl Guides and hopes to spend some time reading.

The Berri Community Playgroup held a morning tea farewell for Rae at Bella Lavender, Winkie, on Saturday, November 14.



RAE SAYS GOODBYE:

Berri Community Playgroup founder Rae Leathers is stepping down after a 40-year involvement with the group. She is pictured with playgroup children (clockwise, from top) Aimeric Tourenq, Kayla Wilson-John, Imogen Hook and Adrien Tourenq earlier this week. PHOTO: Will Slee

Attention Playgroup Volunteers & Coordinators

Did you know...? Playgroup SA is able to provide a Certificate of Recognition to Playgroup Coordinators who are moving on from Playgroup or who will no longer be Coordinating.

Please contact Playgroup SA to request your Certificate of Recognition. This is a great addition to your CV.

BOOK REVIEWS



Clementine's Bath
by Annie White

Clementine runs away to escape a bath... she hides under the bed, behind the curtains and even in the baby's toy box. Can her family find her in time to give her a bath and get rid of her smell?

A story written in rhyme with bright vibrant illustrations.



As Big as You
by Sara Acton

This is a playful story featuring adorable elephants Claude and Finlay that explores the differences in their size.

Designed in a fun format where you lift pages up, rather than to the left and beautifully illustrated.

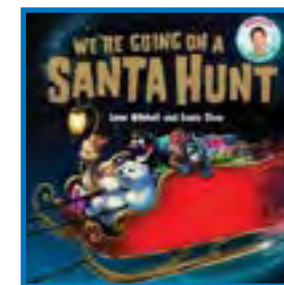
WIN

a copy
of each book
reviewed here...

HOW...?

Email your
**NAME + PLAYGROUP +
CONTACT DETAILS**
and the word **'BOOK PACK'** to
competitions@playgroupsa.com.au
by **Wednesday 16 December,
2015** for your chance to **WIN!**

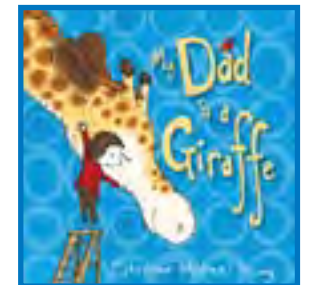
These books have been donated,
courtesy of SCHOLASTIC



We're Going on a Santa Hunt
by Laine Mitchell & Louis Shae

A fun new Christmas reinvention of the rhyme 'We're Going on a Bear Hunt' that includes a CD by Jay Laga'Aia from Play School.

Race with the animals as they attempt to deliver their letters to Santa before it's too late - and enjoy the funny and playful illustrations with loads of things for children to spot.



My Dad is a Giraffe
by Stephen Michael King

What a beautiful story!

A whimsical, imaginative, fun and gentle tale about dad (the giraffe) and his best qualities.

We loved this book.

**Congrats to the Trapp Family from Allenby Gardens Playgroup
for winning the Edition #4, 2015 Book Pack!**

Shutting Down your Playgroup

TOOLS FOR END OF YEAR



Most Playgroups shut down or close for the School Holiday period. Here are some ideas on how to leave your Playgroup at the end of the year, so that the fun can begin the first week back!

COMMITTEE HANDOVER

Does your Playgroup have a committee? If so, here are a few simple steps you can take to ensure that a committee handover takes place and any new committee is ready to hit the ground running in the New Year. Immediately after your annual general meeting, or just as the end of the year is approaching, arrange for the outgoing Playgroup Committee to meet with the incoming committee to hand over information.

Information to hand over includes:

- General information (inc. Playgroup Membership Information, all paperwork)
- Playgroup manual
- Playgroup constitution
- Equipment inventory
- Accident, incident or injury Record Book
- Hall or venue details, if required (inc. key arrangements, contact names and numbers, events and outings information, list of resource people and phone numbers – Playgroup SA, local council, maternal and child health coordinator, list of equipment suppliers).

If your Playgroup is incorporated, be sure all the tasks of a public officer have been completed.

For help with your changeover call Playgroup SA on free call 1800 171 882.

CHANGE OF COORDINATOR

A group shouldn't feel they have to shut down when a much-loved coordinator decides to step aside. There are plenty of steps you can take to ensure your Playgroup runs smoothly in the New Year. It's always best if outgoing coordinators give plenty of notice, where possible.

HOLIDAY SHUTDOWN

- ☐ Have you made venue arrangements for 2016? If you lease your building, don't forget to call Playgroup SA as we can help negotiate terms and also forward your lease to insurance to check all is well, and you are not signing a lease that could put your playgroup at risk.
- ☐ Make sure you have sent in all your attendance records to Playgroup SA.
- ☐ Have you returned your affiliation form to Playgroup SA for 2016?
- ☐ Have you received all the forms from Playgroup SA for 2016 and shown them to any new committee members or coordinators? Has Playgroup SA been informed of new coordinator?
- ☐ Do you need to inform your venue when your Playgroup will be returning in the New Year?
- ☐ Have you gone through your resources and removed any broken or unsafe items? And cleaned other items?
- ☐ Have you updated your inventory of resources and equipment?
- ☐ Have you packed your Playgroup up in accordance with your venue requirements?
- ☐ Have all volunteers been thanked for their contributions throughout the year?
- ☐ Have you had a little end of year celebration?

COMMITTEE HANDOVER

- ☐ Allow time for outgoing people to hand over relevant written information to their replacement.
- ☐ Give a clear job description to the incoming president, secretary, treasurer, public officer, Playgroup SA contact person, and session coordinators.
- ☐ The treasurer needs to be sure all finances are in order. They may consider getting the books audited. This meeting is a good time to arrange the change of signatories with your bank.
- ☐ Incoming people should have the chance to talk about their job and ask questions.
- ☐ List names, addresses and phone numbers of everyone on the old and new committee.
- ☐ Share an overview of the coming year. This may include Playgroup SA events such as National Playgroup Week and other celebrations relevant to your Playgroup and community.
- ☐ Celebrate the successes of the year and acknowledge hard work all volunteers put into your Playgroup.
- ☐ Set dates for committee meetings for the coming year.

CHANGE OF COORDINATOR

- ☐ Ask amongst attending families if there is someone who would like to take on the role of coordinator for the following year.
- ☐ Not just one person may wish to take on the role. A roster for coordination can be established. This could be taking it turns on a weekly, monthly or on a term basis to coordinate.
- ☐ Establish a roster so every member helps coordinate the group weekly i.e. roster out pack up, set up, cleaning, craft time and song time.
- ☐ Advertise that your Playgroup is looking for a volunteer coordinator
- ☐ Call Playgroup SA. We can come and visit and explain the role and responsibilities of coordination to the group as a whole. We can also assist with the hand over. We can also provide coordinator training and support to new coordinators.

CLOSING DOWN ?

If your Playgroup faces the Prospect of closing down altogether, please call Playgroup SA on free call 1800 171 882 so that we can talk you through the process.



'Eat a Rainbow' of fruits and vegetables is a simple and effective concept promoting fruit and vegetables to young children and their families.

Eat a Rainbow encourages the exploration of a range of fruits and vegetables of many colours in a child-friendly way. This fun and appealing concept has proved popular with children, families and educators. It is a useful way to encourage children to increase their intake and range of fruit and vegetables. It teaches children that a range of different colours of fruits and vegetables are needed for good health.

Create your own Fruit & Veg Rainbow

A great way to keep track of the colours children eat each day is to create a fruit and veg rainbow poster. Every time the children eat a colourful fruit and vegetable they can place a corresponding coloured sticker on the rainbow or get them to colour in a small section on the rainbow.

Sources:

- 'Links to the Early Years Learning Framework for Australia - Eat a Rainbow of fruits and vegetables' by the Government of South Australia, SA Health
- 'Eat a Rainbow' article by ACT Nutrition Support Service

Create a Rainbow on Your Plate

- Make a tropical rainbow fruit salad with fruits of each colour: oranges, strawberries, mango, rockmelon, kiwifruit, bananas, and blueberries.
- Stir fry your own mix of vegetables using each colour: red onions, carrots, baby corn, broccoli and mushrooms.

Fruit and vegetables fall into 5 different colour categories. Each colour carries its own set of unique disease fighting chemicals called phytochemicals. It is these phytochemicals that give fruits and vegetables their vibrant colour and of course some of their healthy properties.

Offering a wide range of colours in children's food not only looks great but it also ensures that children are receiving a great variety of nutrients.

ORANGE/YELLOW

Carotenoids give this group their vibrant colour. A well-known carotenoid called Beta-carotene is found in sweet potatoes, pumpkins and carrots. It is converted to vitamin A, which helps maintain healthy mucous membranes and healthy eyes. Another carotenoid called lutein is stored in the eye and has been found to prevent cataracts and age-related macular degeneration, which can lead to blindness.

Includes: Carrots, Rockmelon, Lemons, Sweet potato, Pumpkin, Pineapples, Mangoes, Corn, Oranges, Squash, Peaches, Nectarines, Apricots, Grapefruit

RED

Red fruits and vegetables are coloured by a natural plant pigment called lycopene. Lycopene is a powerful antioxidant that can help reduce the risk of cancer and keep our heart healthy.

Includes: Tomato, Red capsicum, Radishes, Strawberries, Rhubarb, Cherries, Red grapes, Raspberries, Watermelon, Red apples

PURPLE / BLUE

The plant pigment anthocyanin is what gives blue/purple fruits and vegetables their distinctive colour. Anthocyanin also has antioxidant properties that protect cells from damage and can help reduce the risk of cancer, stroke and heart disease.

Includes: Beetroot, Red cabbage, Eggplant, Purple asparagus, Blackberries, Blueberries, Purple grapes, Plums

BROWN/WHITE

White fruits and vegetables contain a range of health-promoting phytochemicals such as allicin (found in garlic) which is known for its antiviral and antibacterial properties. Some members of the white group, such as bananas and potatoes, are also a good source of potassium.

Includes: Cauliflower, Brown pears, Mushrooms, White peaches, Garlic, Bananas, Potatoes, Dates, Onions, Ginger, Parsnips, Turnip

GREEN

Green vegetables contain a range of phytochemicals including carotenoids, indoles and saponins, all of which have anticancer properties. Leafy greens such as spinach and broccoli are also excellent sources of folate.

Includes: Spinach, Asparagus, Avocados, Broccoli, Peas, Green apples, Green grapes, Limes, Kiwifruit, Green beans, Lettuce, Cabbage, Celery, Cucumber, Green capsicum



Cost per Workshop (inc GST)

- \$15 Playgroup SA Members
- \$15 Playgroup SA Coordinators
- \$10 Playgroup Group Booking charge per person (min 4 people)
- \$40 Non Playgroup SA Members
- * Child Safe Environments FREE for Playgroup SA Coordinators.
- Playgroup SA Members \$25.
- Non-Playgroup SA Members \$75.

Enrolments / Enquiries

Payment & Enrolments can be completed online at www.playgroupsa.com.au or you can submit a 'Workshop Enrolment Form' to Playgroup SA.

Bookings essential. Payment required strictly FIVE business days prior to the Playgroup Workshop date.

No REFUNDS or CREDITS will be given without a minimum of five business days notice.

Crèche

A crèche service is available on-site when stated. This service is included in the Workshop Cost.

Location (unless otherwise stated)

Playgroup SA Head Office
91 Prospect Road, Prospect SA

PLAYGROUP WORKSHOPS 2016

Messy Play

Explore the value and benefits of messy play and gain age appropriate play ideas - but most of all, be engaged and have fun!

Messy Play makes an enormous contribution to your child's early language and literacy development. It is a vital component to children's cognitive processes and developing creativity, and benefits all children's learning!

Thursday 26 May, 10am - 12:30pm
Crèche available

Preschoolers @ Play

This workshop is centered around age appropriate play ideas and activities for preschool age children.

Preschoolers need and respond well to structure. They are more capable of managing intense emotions and they require routine to avoid feeling overwhelmed. Preschool age children start to display more curious and questioning behaviours... they are more prone to pushing the boundaries and they often love to experiment with exploration and risk taking.

Thursday 16 June, 10am - 12:30pm
VENUE TBA



Music & Movement

Learn about the importance of music in early childhood. Discover how to run your own interactive Music & Movement session at Playgroup and gain fabulous ideas to get your playgroup families moving and singing. Includes actions and dances, props, musical instruments, parachute songs, songs that encourage movement and music for babies.

Thursday 12 May, 10am - 12:30pm
Crèche available

Christmas Craft

Come along and celebrate the festive season with this fabulous hands-on art and craft workshop that will provide you with inspiring ideas to share with your children! A fun and interactive Christmas themed session that will explore a variety of art materials, techniques and ideas to use with young children in the lead up to Christmas.

Thursday 3 November, 10am - 12:30pm
Crèche available

Coordinators Workshop

Thinking about starting a Playgroup? New to being a Playgroup Coordinator? Interested in assisting with the running of your Playgroup...?

This Workshop will provide you with all the information that you need to assist in these roles! It includes invaluable tips on how to effectively run a Playgroup, as well as useful information on the value and benefits of play. It's a great opportunity to connect and brainstorm with other Playgroup Coordinators and Playgroup SA staff in developing your own Playgroup support network.

Thursday 18 February, 10am - 12:30pm
Crèche available

Friday 8 April, 10am - 12:30pm
Crèche available



Child Safe Environments*

Explore the issues of child protection, gain an understanding of child abuse and neglect, learn about your responsibility to report concerns about children at risk and receive your certificate in Child-Safe Environments (CSE).

Thursday 10 March, 9:30am - 4:30pm
NO Crèche available

Tuesday 13 October, 9:30am - 4:30pm
NO Crèche available



Every creative journey
begins with the first steps.



crayola.com.au



DID YOU KNOW?

You can now complete
your Workshop
Enrolment and
Payment online!

Playgroup SA

Workshop Enrolment 2016



PLAYGROUP SA
Playing, learning, supporting families

Personal Details

Full Name:

Email:

Playgroup SA Member # (if applicable)

Telephone:

Course Details

Creche is available for specified workshops only and is included in the cost.

Course 1 Name:

Course Date:

of Children in creche? Fee \$

Course 2 Name:

Course Date:

of Children in creche? Fee \$

Total Fee \$

Payment Details

- | | |
|---|----------------------|
| <input type="checkbox"/> Member Price | \$15.00 per workshop |
| <input type="checkbox"/> Non Member Price | \$40.00 per workshop |
| <input type="checkbox"/> Group Booking | 4 people @ \$10 each |

I have made an EFT for the sum of \$ to:

Commonwealth Bank BSB 065 119
Account No. 1029 7397 Account Name: Playgroup SA Inc.

OR, please charge this fee to my credit card:

☐ VISA ☐ MasterCard

Card No: _____

Name on Card:

Signature:

Expiry Date: ____ / ____ CCV Number: ____

Bookings are essential to secure your place and payment is due strictly FIVE business days prior to the Playgroup Workshop. No REFUNDS or CREDITS will be given without a minimum of 5 business days notice.

91 Prospect Road, Prospect SA 5082

T 08 8344 2722 F 08 8344 9722 Free Call 1800 171 882

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