

July 2019



Newsletter

Welcome to July



Crystal Green Family Day Care welcomes you to July 2019. We are now half way into this year and have already achieved so much. As a service, we have grown tremendously and appreciate the positive feedback we have received.

We are proud to have such experienced educators and as a service provider, we are enjoying every moment of this journey with you.

We are glad to see our Educators taking every opportunity to celebrate and organise activities to involve their children in recent events such as Mother's Day and Red Nose Day celebrations.

Crystal Green Family Day Care is always developing and implementing initiatives to improve the quality of our service. We really do value your opinion and would love to hear about your experiences through the feedback forms you will soon receive. This service is all about positive contribution and supporting our community.

We look forward to being part of upcoming events such as National Tree Day, Jeans for Genes Day, Daffodil Day and Fathers Day.

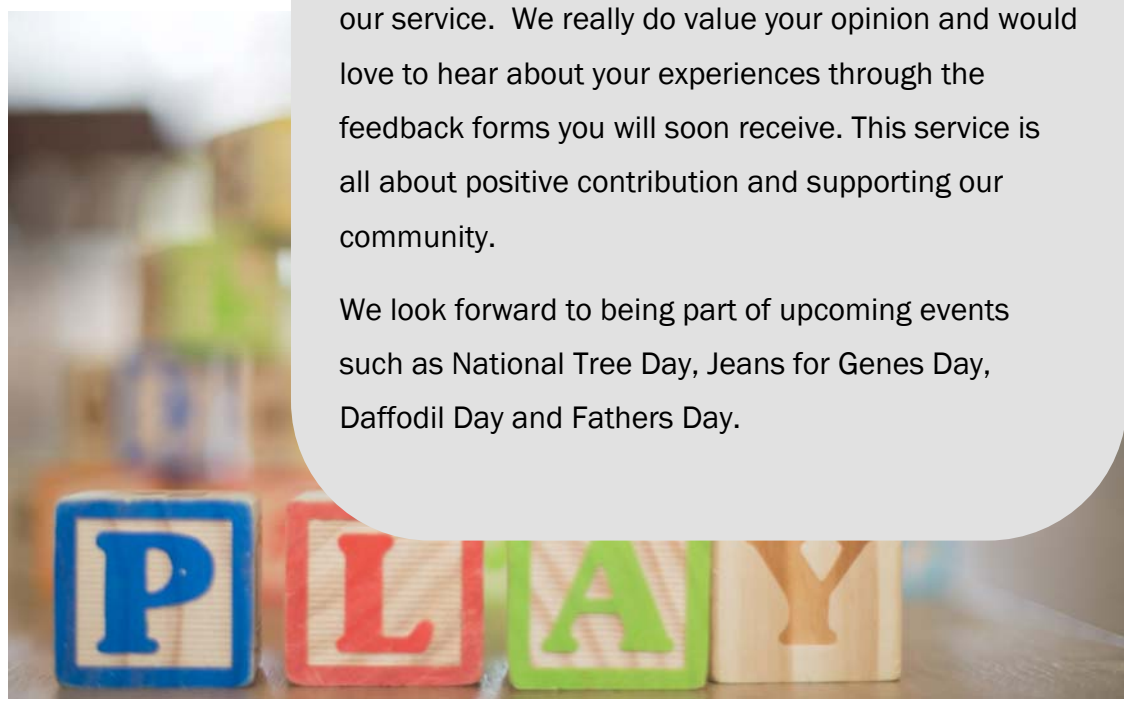
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National Tree Day 28th July 2019

National Tree Day is just around the corner !

This day is the largest community tree planting and nature protection event. It is vital that children engage in such environmental activities as it encourages the younger generation to learn about our environment, personal responsibility and sustainable practices. We should take advantage of this opportunity to instil positive core values in our children and lead by example.

Crystal Green Family Day Care invites to take part in National Tree Day at home, in your backyard on Sunday 28th July 2019.

It's simple, what you need to know is the choice of plant, where you want to plant it and then...in the soil it goes!

FACTS

- Cofounded in 1996 by Planet Ark and Olivia Newton John
- Largest community tree planting event in Australia
- Each year, 300,000 volunteers are involved in environmental activities that educate individuals about our environment. Many of these volunteers contribute their time to plant seedlings and restore thousands of hectares of unique Australian landscape.
- More than 25 million trees have been planted by over 4 million people. This figure is growing with the continual contribution of the community

Source : <https://treeday.planetark.org/toolkit/>

Why should you get involved

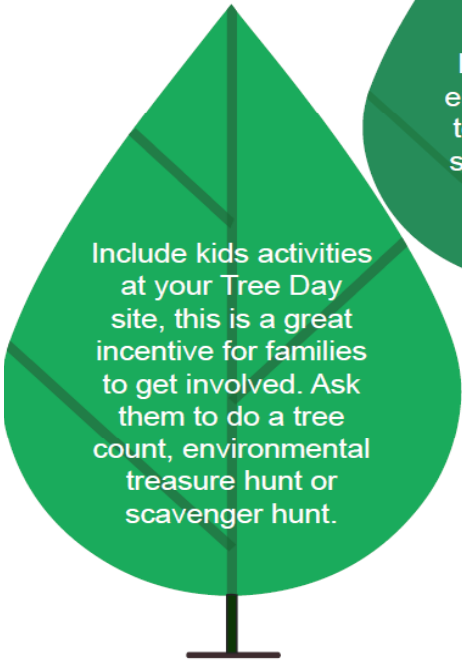
- **CONNECT** with your community and nature
- **INSPIRE** your community to make a positive change
- **INFORM** your local community about environmental issues and encourage them to take part in future conservation of your local area
- **EDUCATE** and foster the next generation

Source : <https://treeday.planetark.org/toolkit/>



National Tree Day Ideas

From National Tree Day—Planet Ark Toolkit



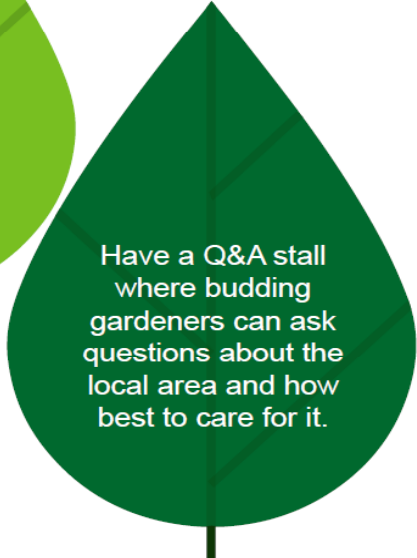
Include kids activities at your Tree Day site, this is a great incentive for families to get involved. Ask them to do a tree count, environmental treasure hunt or scavenger hunt.



Have a BBQ and/or entertainment to add to the social side of the event.



Collaborate with local suppliers of green products and ask them to have a stand at your event.




Have a Q&A stall where budding gardeners can ask questions about the local area and how best to care for it.



Provide composting or worm farming workshops. Consider asking your local council or local suppliers to supply subsidised worm farms or compost bins.



Get involved with Schools Tree Day. You can do this by providing plants and/or labour to help schools with their environmental projects. This is a great way to foster a sense of public space ownership by students.



Invite your local nursery to do a native plant giveaway. This is a great way to educate local residents about what to plant in the backyard.

Positive Affirmations for Children

As an Educator or parent, it is important that we are continually working towards positively changing a child's mindset. A great way to do this is through positive affirmations, which essentially leads to positive self talk in children.

Daily positive affirmations will build children's confidence and help them overcome self doubt. It is a powerful way to build a happier mindset. Every time these positive affirmations are repeated, they are reinforced.

Strong positive foundations in children will make them less likely to negative mental chatter. It will help us replace their 'I cant' to 'I can'.

Positive affirmations can be incorporated into any activity, either reading them out daily as a group or adding these to each child's personal affirmation chart, the possibilities are endless!

When creating positive affirmations, make sure they are clear, concise and in present tense. Also, allow children to come up with their own.

Sometimes it's the simple activities that have profound effects.



Examples of Positive Affirmations

- I am kind
- I am a good listener
- I am brave
- I try my hardest
- I learn from my mistakes
- I can learn anything
- I ask for help when I need it
- I like to help others
- I am perfect just the way I am





Activity Corner

Here are some ideas for upcoming events

Daffodil Day - Friday 23rd August 2019

A great way to celebrate Daffodil Day with children is to do some daffodil craft. There are many resources online. We have found you one very creative way to make paper daffodils.

Go to the following link:

<https://www.makeandtakes.com/pretty-paper-daffodils>



Source/Images: <https://www.makeandtakes.com/pretty-paper-daffodils>

Jeans for Genes Day - Friday 2nd August 2019

This day is a very important one. When you support Jeans for Genes Day, you are really making a difference as funds go towards research and the development of resources and treatments for serious health conditions affecting our children. Some great ways to celebrate this day with your children is by getting art and crafty or making some blue cupcakes. The ideas are endless.



Source/Images: <https://www.pinterest.com.au/pin/435441857712491522/>



Source/Images: <https://i.pinimg.com/originals/32/8b/13/328b13e3d4dba5ebc654780a81a62e8e.jpg>

Fathers Day - Sunday 1st September 2019

Fathers day is a lovely celebration that honours fathers. We should really take this opportunity to emphasise these paternal bonds. You can get your children involved by making creative shirt and tie cards

Got to the following link: [http://www.rundesroom.com/2012/06/shirt-and-tie-for-fathers-day.html?utm_source=feedburner&utm_medium=feed&utm_campaign=Feed%3A+blogspot%2Ftorar+\(Runde%27s+Room\)&utm_content=Google+Reader](http://www.rundesroom.com/2012/06/shirt-and-tie-for-fathers-day.html?utm_source=feedburner&utm_medium=feed&utm_campaign=Feed%3A+blogspot%2Ftorar+(Runde%27s+Room)&utm_content=Google+Reader)



Source/Images: [http://www.rundesroom.com/2012/06/shirt-and-tie-for-fathers-day.html?utm_source=feedburner&utm_medium=feed&utm_campaign=Feed%3A+blogspot%2Ftorar+\(Runde%27s+Room\)&utm_content=Google+Reader](http://www.rundesroom.com/2012/06/shirt-and-tie-for-fathers-day.html?utm_source=feedburner&utm_medium=feed&utm_campaign=Feed%3A+blogspot%2Ftorar+(Runde%27s+Room)&utm_content=Google+Reader)

Recipe Ideas

In spirit of upcoming events, Crystal Green FDC encourages Educators and families to get together for a morning tea, picnic or a BBQ, Here is a sweet recipe idea from dinnerthendessert.com.

Rainbow Cupcakes

INGREDIENTS

- 1 cup butter , softened
- 2 1/3 cups sugar
- 5 egg whites
- 1 tablespoon vanilla
- 3 cups flour
- 4 teaspoons baking powder
- 1/2 teaspoon salt
- 1 1/2 cups milk , warmed for 30 sec in microwave to bring to room temp
- Rainbow colors of Gel food coloring
- 1 cup butter (2 sticks), softened
- 4 cups powdered sugar , sifted
- 1 tablespoon clear vanilla (if you use normal vanilla it will not be as white, but will be just as delicious)
- tiny pinch of salt
- 3 tablespoons of milk



Source/Image: <https://dinnerthendessert.com/rainbow-cupcakes-with-vanilla-cloud-frosting/>

INSTRUCTIONS

Note: click on times in the instructions to start a kitchen timer while cooking.

1. Preheat the oven to 350 degrees.
2. In your stand mixer cream the butter and sugar together until much lighter in color, like a easter-y spring yellow (2-3 minutes).
3. Add in the egg whites and vanilla until totally combined.
4. Add the salt and baking powder to the flour.
5. Add in the dry ingredients and the milk alternating 1 cup of flour and 1/2 cup of milk at a time.
6. Add one cup of the batter to 6 different bowls.
7. Color each bowl with your gel food coloring in red, orange, yellow, green, blue and purple.
8. Mix until the colors are fully combined.
9. Your choice here: Spoon or ziploc bags.
10. Either add the batter to 6 sandwich size ziploc bags and pipe just enough to make a thin layer of each color (maybe 1/4 inch tall batter layers)
11. OR
12. with a small spoon, spoon just under a tablespoon of batter into each cup.
13. Start with purple, then blue, then green, then yellow, then orange and finally red.
14. Bake for 18-20 minutes.

Extract: <https://dinnerthendessert.com/rainbow-cupcakes-with-vanilla-cloud-frosting/>

Did you know...

Cooking with children provides many engaging opportunities for their growing minds.

Some of the benefits are:

- Promoting basic maths skills, e.g. measuring ingredients
- Promoting basic literacy , e.g. reading recipe together, introducing new words to child's vocabulary
- Encouraging children to explore their senses, e.g. smelling, mixing ingredients
- Exploring different foods and encouraging adventurous tastebuds, e.g. opening children up to new taste by cooking a range of food, even from different cultures
- Increasing confidence with a sense of achievement when completing a task.

To make the frosting, go to:

<https://dinnerthendessert.com/rainbow-cupcakes-with-vanilla-cloud-frosting/>



Crystal Green
Family Day Care

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