



Hallett Cove  
**Community  
Children's Centre**  
LEARNING TOGETHER, EVERY DAY.

Newsletter

August 2018

COMING EVENTS

### Up and Coming

Library visit – Book Week  
Dress Up All week – “Find  
your treasure”

Coach Adam – new sessions  
starting Term 3 on  
Mondays this term.

Yoga on Thursdays for Term  
3

AGM – Thursday August  
16<sup>th</sup> 7.00pm all welcome

Closure Day – Friday 14<sup>th</sup>  
September

Eyre Room outdoor  
makeover - September

Garden Program with  
Greenhill Living -  
September

SA Metro Fire Visit – Tues  
2<sup>nd</sup> October

Dear Parents, Friends and Caregivers

From the Food Garden to the Food Trolley and into your homes. We are commencing a very exciting Garden Program with Greenhill Living to further enhance our sustainable practice and our Community. Sustainability and Community go hand in hand because without one it is hard to have the other. Caring for our environment is one way to give back to our community and to our planet. Teaching our children to be responsible and caring for our environment at a young age also teaches them to have compassion and care for many other things. With knowledge skills and values we hope that our children and families continue to nurture this very important ROCK!

We all know some of the damage that we have caused and sadly most we cannot reverse, but can we slow down the catastrophic impact we have made.

Some simple things we can do at home and at childcare are:-

- 1 Reduce household energy usage by turning off appliances, use thermostat control on heaters and turn them down
- 2 Eat locally. A powerful way to live more sustainably is to eat locally. The convenience of supermarkets has changed how people think about food. You can stroll through aisles stocked with fruits, vegetables, and other products from all over the world any time of year. But these products consume huge amounts of fossil fuel energy to get from those global locations to your corner supermarket.
- 3 Reuse, recycle and reduce – think outside the square, donate items that no longer serve you, look at other ways to recycle and ensure you do it right!
- 4 Drink water from the tap not plastic bottles and save water wherever you can via dual flush toilets, water saving showerheads, set up sprinklers to turn off and ensure you only water the garden not the road!

## Formal/Informal discussions with your Educators

Just a reminder that the staff welcome any discussions you wish to have, if it is lengthy or sensitive, please feel free to make a time to discuss.

## Support Agencies

There are many support agencies available in our community. At childcare we mostly use Inclusive Directions, there are others for families to use, you can start by checking this <https://mychild.gov.au/families-carers/support> or if you have a particular need, please feel free to check with us to see what we can find.

## Health and Safety

### Outdoor play in cold or wet weather

There is no such thing as inappropriate weather, only inappropriate clothing.

Fresh air is absolutely vital for everyone's health, adults and children. It provides us with the steady supply of oxygen that is required by our brain and all the cells of our body. We can go for days, even weeks without food, but we are unable to survive for more than a few minutes without fresh air.

When we are feeling ill or experiencing any kind of disease fresh air is even more important.

Some of the many health benefits of fresh air.

- Helps improve our heart rate, blood pressure, and metabolic rate
- Helps the immune system fight off disease more effectively
- Soothes nerves. Fresh air promotes relaxation and a feeling of being refreshed
- Stimulates appetite and will help our food to digest more effectively.
- Helps us sleep more soundly at night
- Helps to clear our mind, improves our concentration, and helps us to think more clearly
- Alters our brain levels of serotonin which helps to improve mood and promote a sense of happiness and well-being
- Helps the airways of our lungs to dilate more fully and improves the cleansing action of our lungs
- Helps our body get rid of accumulated impurities
- Strengthens our immune system by supplying the oxygen it needs.

Children of all ages enjoy and benefit from playing outdoors in all except the most extreme weather. Daily outdoor play is healthy and burns energy. Even children who are mildly ill but active should go outside if the weather is not severe. Everyone feels refreshed when fresh air is part of the daily routine. Taking children outdoors daily, even in winter, is a healthy part of our program and is safe when clothing is appropriate.

Active outdoor play at all times of the year is also an important part of obesity prevention and helps to establish life long patterns of healthy physical exercise. *"Written by our friends at the Waite Campus – University of Adelaide"*

Another great resource for information and questions you may have are in the parent handbook which can be found on our website at [www.hcccc.com.au](http://www.hcccc.com.au) .If you at any time are having difficulty understanding anything, we can arrange an interpreter to attend our service with you. You can also use google translate on your smart phone or on the internet. <https://translate.google.com.au/>

### Further reading on sustainable practices and Greenhill Living Garden Program

<https://www.environmentalscience.org/sustainability> <http://www.greenhillliving.com.au/>

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