

# SUNRISE REFLECTION

"When the underlying spirit of humanism is extended to everything, animate and inanimate, in this universe, I have designated this as Neohumanism. This Neohumanism will elevate humanism to universalism, love for all created beings of this universe." - P.R. Sarkar

## A Winter Wonderland

Sigrid's culture and experience as an Educator has brought many moments of magic to our program. Recently it has been her exploration of Winter, as a season, as a concept and as a foundation of learning. Many children have recently visited the snow and shared their stories of snowball fights, snow angels, making a snowman, toboggan or skiing. The stories were shared over group time discussions, with winter songs and poems shared too. With the book: "Winter in Australia," Sigrid explored with the children where we have snow and that winter in the north of Australia is more likely to be the dry season. For this investigation a map was used to give a whole view. An Arctic table was created with all the beautiful toys Didi brought for us and it is lovely to observe how popular it is.

Hello every one, I thought it would be nice to hand over this 'reflection newsletter' to some of my kinder friends. I have to say, it has been a pleasure working side by side with them and I think it should become a regular thing. Feedback on this idea would be greatly appreciated...

Lotte, Aurelie, Bede, Manuel and Oren put the following reflection piece together

Love Enza

**Breaking news:** Oren would like you all to know, that dogs can drive cars. So please take extra care when driving this afternoon and remember to wave to our furry friends if you see one.





The children have been able to explore Winter through creating Snowflakes, using icy pole sticks, coloured snowflakes and cotton balls, which you may have seen in our classroom, filling our room with beauty.

This visual activity was extended by cutting snowflakes from paper, not an easy task, because the children had to cut through six layers of paper, which they folded prior and then using hand towel to explore different textures.

Lots of fine motor skills were required for both activities and the children's persistence was lovely to observe.



It will be wonderful to watch Sigrid continue this winter project and together with the children she will fold one big snowflake. Teamwork – together we are strong!

## JOKE CORNER BY LOTTE:

Knock, Knock!  
 Who's there?  
 Cow!  
 Cow who?  
 No silly!! A cow says MOO!!!

CUPCAKE STALL- Manuel expressed that we still do not know what to spend the money that was raised ( \$190).

Here are some suggestions that have been expressed:

1. Magician
2. Go cart
3. Swing
4. A beach holiday
5. Pizza

We will keep you posted!



Tree house update- Bede would like you all to know that there is a tiny door hiding upstairs and at night time fairies come out to play, sing, eat and dance. He wishes he could see kinder at night time.

Look at what I can do now: (The children interviewed other kinder friends)

**Georgia-** I can hop on one leg!

**Lotte-** I can do a little walk while in a handstand on my trampoline at home

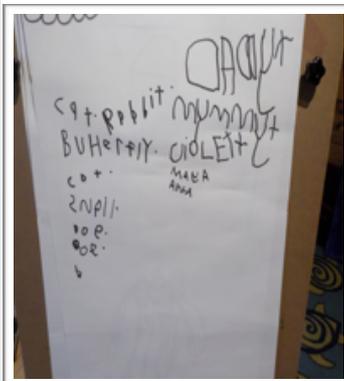
**Oren-** I can swing myself

**Raife-** I can count to 100

**Raven-** It was my brother's birthday last week and I made him a present.

**Imogen-** I can copy any word you write on a piece of paper.

**Enza-** I can now wash Frankie's hair without her screaming the house down.



Quote of the day! – ‘Worms are beautiful and friendly.’ Miller



Thank you for reading  
Bede, Lotte, Aurelie, Oren and Manuel

BEDE LOTTE AURELIE OREN AND

**An exploration of our Walkabouts and time in Nature together.....**



Faces of determination to reach the football



Understanding how the game is played



Sharing time with new friends



Turning into trees

### Research Shows.....

Children who play regularly in natural environments show more advanced motor fitness, including coordination, balance and agility, and they are sick less often (Grahn, et al. 1997, Fjortoft & Sageie 2001).

When children play in natural environments, their play is more diverse with imaginative and creative play that fosters language and collaborative skills (Moore & Wong 1997, Taylor, et al. 1998, Fjortoft 2000).

Exposure to natural environments improves children's cognitive development by improving their awareness, reasoning and observational skills (Pyle 2002).

I would like to take this opportunity to reflect upon our walkabouts. When I first started at Sunrise, I was unsure how this process was navigated, but quickly learnt that the children were my true teachers through this part of our program. The children have a sense of ownership of our walkabouts and belong to the community. There are no singular moments of learning, it is continual and child initiated in most cases.

For example: Raven, Raife, Oren, Bede and Jools have been co-ordinating ball games recently, which has lead to younger friends being scaffolded by their peers. It is so joyous to watch a tennis throwing game being created, defined and played without any Educator support.

There is also a sense of calm and wonder present when the children have un-interrupted moments of play in the parks. New friendships blossom and interesting conversations are had with buddies during our walk back for lunch. There are now sign posts of the journey created by the children to Clauscen Street Park; the two plant dinosaurs, snow-leopard tree, dolphin tree, the new house, two roads to cross, balancing and then the park. As an

Educator, I am so grateful to share this opportunity with the Sunrise children and staff and will continue to watch in wonder as the children play in nature.



Recently we have also seen the children time-travel, cross the galaxy, explore hidden planets and chase stars. Two cardboard boxes with buttons and knobs were enough to send the children's imagination into overdrive. The characters, story lines and ability to creatively improvise, allowed integrated learning to occur through science, drama-play, problem solving, imagination and loads of communication.

Science and nature are such wonderful concepts to explore with the children and this will certainly be continued through the program.



We also had a special visit from Aurelie's Mum, Sophie who showed us how to make Lanterns to shine light during the cold months of winter. It was lovely to have Sophie visit and I invite families to come and share your skills and ideas at Sunrise as family input is really important to us all.

## From the office:

### Dates to mark in your Diary:

Tuesday 3rd November : Melbourne Cup

Saturday 5th December : End of year celebration

Thursday 17th December : Last Kinder Day 2015

Monday 18th January 2016 : Reopen Sunrise after our 4 week break

- **Permanent Wednesday** available and temporary days also available (please see notice board)
- **Earn & Learn** stickers if you can keep bringing in the stickers.
- **Tea Towels** make fantastic christmas presents 1 for \$12 or 5 for \$55, order forms are next to the sign in/out form.

Thank you.... Cathy

## Vegetarian Recipe:

### Chickpea Salad



The mashed chickpeas create a texture and the sauce gets a boost from a creamy eggless mayonnaise. I've also added a hefty amount of crunchy vegetables like celery, pickles, and bell peppers to give it a great crunch and loads of fibre. Serve this salad in pieces of lettuce, in a wrap or sandwich, or on crackers.

### Ingredients:

- 1 (425-g) can chickpeas, drained and rinsed
- 2 stalks celery, finely chopped
- 1/4 cup finely chopped dill pickle
- 1/4 cup finely chopped red bell pepper
- 3 tablespoons shop-bought or homemade vegan mayonnaise
- 1 1/2 teaspoons yellow mustard
- 2 teaspoons minced fresh dill (optional)
- 1 1/2 to 3 teaspoons fresh lemon juice, to taste
- 1/4 teaspoon fine-grain sea salt, or to taste
- Freshly ground black pepper

**Directions:**

- 1 In a large bowl, mash the chickpeas with a potato masher until flaked in texture.
- 2 Stir in the celery, pickles, bell peppers, and mayonnaise until combined.
- 3 Stir in the mustard and dill and season with the lemon juice, salt, and pepper, adjusting the quantities to taste.
- 4 Serve with toasted bread, on crackers, wraps, or on top of a basic leafy green salad.

**BABA NAM KEVALAM**  
**“LOVE IS ALL THERE IS”**

