



Gumnut Gazette

In this issue

- A Word About Health From Our Director
- From the Gootha Room
- Loris Malaguzzi—a Biography From the Boori Room
- The Benefits of Bush Kindy From the Jarjum Room
- From the Gumnut Gardens Kitchen
- A Word From Our Approved Providers



Winter

2019

A Word About Health From Our *Director*

Dear Families,

There is always a lot of reading to do but sometimes you get mail that is really interesting! My contribution this time is all about health.

Munch & Move (funded by the government) has been around for quite some time now and they have sent us information about a new program, **Time for Healthy Habits**.

“Children who develop healthy habits from a young age are more likely to continue these habits into adulthood”. The program focuses on educating parents and carers of 2-6 year old children on healthy eating, physical activity, screen time and sleep.

It’s free, runs for 12 weeks and can be undertaken at home. You can choose to participate in one of three programs; Online modules, telephone support or printed materials.

Other recommendations are that babies/toddlers under 2 years of age should have;

Zero screen time, toddlers should have a minimum of three hours physical activity and babies a minimum of thirty minutes of tummy time including reaching and grasping, pushing and pulling every day.

Toddlers/children over two years of age should have;

Less than one hour screen time and a minimum of three hours of physical activities where more than one hour should consist of energetic play. This is very much in line with our philosophy.

The limited screen time is a hot topic right now, where warnings have been issued of how many young children are becoming short sighted due to too much exposure.



I had a visit from the **Inclusion Agency (Sydney Metro South Inclusion Hub)**, which is also funded by the government. Beyond Blue has produced a new resource called Be you. <https://beyou.edu.au/>

I will post a resource example on the front foyer noticeboard for you. "What a Parent Resilience Coach looks like". Mental wellbeing is more and more talked about but there are lots of things we can do on a daily basis to feel better and empowered. Cook dinner and have a relaxed meal time together, go for a play in the park or take the bus to a new destination. Children often appreciate the bus ride more than the destination!

Finally I would like to draw your attention to **section 22, under Health, in our Parent Handbook.**

"Parents and children are asked to wash their hands on arrival at the Centre to drop off or pick up their children". Now this may appear a bit over the top but it works wonders. Some say that you can reduce colds and other illnesses by up to 50% just by washing hands often and July is often the month where a lot of coughs & colds become very persistent! Good hygiene procedures will also support us in being more inclusive as some children are more susceptible.

Please be aware that we have asked that you do **not** bring in any food and that you ensure that children do not enter Gumnuts with biscuits or any breakfast leftovers from home. We make our own Birthday treats for the children and staff. We currently have one child attending that is anaphylactic and we want to be supportive. Anaphylaxis is a potentially life threatening allergy which needs to be taken very seriously. Originally this was the reason for me asking Sandra to start making our own breads, as almost all in the shops have the generic note of "May contain traces of..."

Hoping that we have a great, healthy winter, with lots of outdoor play and fresh air.

Mimi xx

From the *Gootha Room*

Hi everyone. My name is Santo Forleo and I come from southern Italy. My city is located on the sea like Sydney. For this reason I decided to move here. This beautiful land makes me feel at home.



“Play is essential to a child’s healthy development”

As soon as I graduated in foreign languages and literatures I started traveling throughout Europe to improve my skills in language and communication. I can speak English, French, Spanish and Italian. After four years of travel, I returned home and began teaching children and sharing with them the wonder and importance of playing.

Play is essential to a child’s healthy development and learning. Children use play to actively construct knowledge, meet social/emotional needs and acquire life skills. Toys of value enhance children's natural ability to engage in imaginative, meaningful play by allowing them to try out their own ideas and solve their own problems.

As an educator, I try to provide children with toys that promote positive play which support all developmental domains: physical, social/emotional, cognitive and communication. Therefore, the goal of my program is to make the ongoing learning experience safe, positive and fun, nurturing the whole child as I strive to guide them into the next stage of development with confidence in themselves and an excitement for continued learning.

Teaching children is my passion which is underpinned by two very important components: security and trust; two components which lead to work in partnership with families: children's first and most influential teachers. In planning my program I take into consideration that each child is unique with different interests, backgrounds and developmental stages. In doing so I provide children with the opportunity to master new challenges through activities and topics that are meaningful to them, thus building their self-esteem as they develop and learn.

Moreover, I believe observations and assessments are excellent tools to use when planning curriculum. Having said this, it is crucial to put the camera away and listen to the children's voice which I consider one of the most important tools to adopt a holistic approach. Another factor that makes my program exciting and challenging is the value of the environment, our THIRD TEACHER, as Maria Montessori loved to call it. Learning environments are welcoming spaces when they reflect and enrich the lives and identities of children and families participating in the setting and respond to their interests and needs. Environments that support learning are vibrant and flexible spaces that are responsive to the interests and abilities of each child. They cater to different learning capacities and learning styles and invite children and families to contribute ideas, interests and questions.

Last, but not least, the music. Music activities and experiences help children practice important skills including thinking, language, motor coordination and understanding emotions. For these reasons I would like to implement Yoga classes into my program.

I would also like to mention that besides being an Educator and a Teacher, I am also a writer. This passion gave me the opportunity to publish a book of poems under the pseudonym of Tato Forleo.

I particularly want to highlight this second 'job' and passion because a lot of writers have qualities such as being sensitive and humble, which I believe are essential when working with children. Every time I write I open my heart, just like the smile of a child can do as well, when he/she responds positively to my teaching and communication strategies.

I cannot wait to start this new adventure and being deeply involved into the children's dreams.

Santo.

Loris Malaguzzi - A Biography from the *Boori Room*

After graduating in pedagogy and psychology, Loris Malaguzzi began his career as a primary school teacher in the 1940s. In 1950 he created the Municipal Psycho-Pedagogical Medical Centre in Reggio Emilia, where he worked for more than twenty years.



*“A Revolutionary
Human”*

In 1963 he began collaborating with the local Municipality for the opening of the first municipal pre-schools. This network of services was established in the post-War period and it was expanded in 1971 to include the first early childhood centres. Malaguzzi managed these educational services for many years, working in co-operation with other colleagues and experts.

In 1980 as a consultant to the Italian Ministry of Education and director of the education journals he established the National Early Childhood Group in Reggio Emilia. Malaguzzi tirelessly promoted an innovative philosophy of education appraising the wealth of potentials and resources of all children, as expressed in the concept of the *“hundred languages of children.”*

During this period he started to export some exhibitions to Europe and later to the United States and all over the world. The first exhibition was in Stockholm; Anna Bisotti remembers *“In 1981 when we brought the exhibition of *The Eye Leaps Over the Wall* to Stockholm there was an urgent and deep need for new ideas and thoughts on Early Childhood Education. This exhibition arrived at the perfect time.”*

Malaguzzi's revolutionary approach was born out of the desire for innovation after the Second World War. He wanted to create a school where every child could be the protagonist in their learning journey. He believed that each human being has got a unique potential ("100 languages") that can be developed through our relationships with others and the environment. Educators, children and families are actively building knowledge, culture and society. The process of observation for Malaguzzi is an active and attentive process of understanding.

The Loris Malaguzzi International Centre was founded in 2012. It is an international space for people who want to develop an innovative education and culture. It is a place that is open to the future, to all cultures, to people of every age, to ambitious dreamers who want to create a better world, to imagination and creativity. It is a space that produces ideas, research, innovation and experimentation of educational possibilities and knowledge.

Malaguzzi was a revolutionary human being who worked to create a better society where people could feel free to express themselves and are conscious of their potential and responsibilities towards their society. It is inspiring every time we explore the story of the dreamers and visionary people who decided to give their contribution to the community.



The Benefits of Bush Kindy From the *Jarjum Room*

This season we have welcomed Will. R. into our preschool community.

As Bush Kindy is such an integral part of our preschool program we want to share some aspects of it. Clare Warden, a renowned nature pedagogue and advocate states "nature pedagogy is an understanding of our sense of belonging to land, our sense of working with nature. There's a pedagogical shift when you move outside into nature, learning with nature not just teaching about it". We have found this is fundamental to creating ecologically aware children who care, respect, love and form profound connections to their land. Learning at Bush Kindy affects most of our program back at the centre where we extend knowledge through research, inquiry questions by the children, close observations of natural affordances/ artefacts with the microscope, visual and performance arts. Over time we construct knowledge and learn collaboratively together as one, rather than 'teach'.

Our most recent investigation is exploring and manipulating light, inspired by the Vivid festival. To use non-traditional art making mediums and processes we change the children's attitudes and perspectives of what art is or can be while fostering new ways of self-expression and ways to make meaning of the world. Light, projection and shadows create awe and wonder for children. It has been remarkable to see the learning of cause and effect, movement and motion, perspective of size and distance, trial and error throughout the investigation. We are extending their understanding of manipulating imagery, using ICT technology and gaining skills for the technological society and future. We can't wait to share our experiences at our Gumnut Vivid night in the near future.

Love Charlynn and Liesel xx



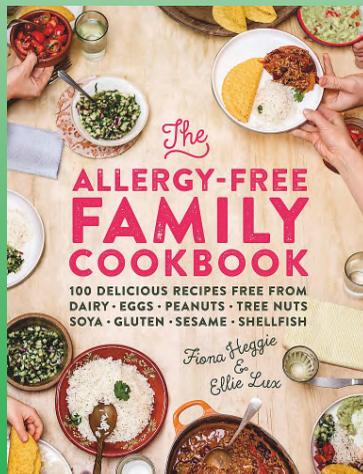
From the *Gumnut Gardens Kitchen*

We have some exciting news from the kitchen to share with you. The last week of May was Food Allergy Week. To mark the occasion, Gumnut Gardens bought a new recipe book “The Allergy-Free Family Cookbook” which contains lots of delicious Gluten-free, Dairy-free, Egg-free, Vegetarian and Nut-free recipes. We now have one more source of recipe inspiration which includes various meals that are suitable for all the children. The recipe I have selected to include in this issue of the Gazette comes from this book.

Winter has finally arrived!! It is now time to change the recipes on the menu. Because winter is all about eating warm and comforting meals, I will replace the salads with a variety of soups with homemade bread.

If you have any suggestions for meals or recipes then please email me at sandramcfreis@gmail.com.

Finally, I am planning to create a folder full of special recipes and I would be very grateful if you could send me your favourite recipes. Some of these recipes might even end up on the Gumnut Gardens menu! (Although they might need to be adjusted to meet our nutrition requirements).



A Recipe From the *Gumnut Gardens Kitchen*

Rustic Guacamole

Ingredients:

2 ripe avocados

1 tablespoon very finely chopped red onion (adjust to taste)

Juice of 1 lime

1 small garlic clove, crushed

1 small tomato, chopped into small chunks

Pinch chilli powder (optional)

Freshly ground black pepper

Method:

1. Cut open the avocados, scoop out the flesh and pop it into a blender. Blitz until smooth. Add the onion, lime and garlic and quickly blitz again. Alternatively, if you prefer a chunkier texture, simply mash the avocados with a fork.
2. Stir in the tomato and season. Add a little chilli powder if you like some heat.
3. Place a sheet of cling wrap (or bees wax cloth!) directly on the surface of the guacamole, covering it all, and then pop in the fridge until you are ready to serve. This will stop the surface going brown, like an apple can when it is left exposed to the air. This is best eaten the same day but will keep for 1 day in the fridge.



A Word From Our *Approved Providers*

We are delighted to announce the return of Santo Forleo as room leader of the Gootha (infants) room. Santo led the Gootha room in 2014-2015 before moving to regional Australia to obtain permanent residency. Santo obtained his Diploma in Children's Services in Sydney and holds a Bachelor's Degree in Foreign Languages from the University of Perugia. He taught Spanish, French and Italian to primary school students in both Italy and Spain. He has worked in Early Childhood Education in Australia for the past five years. Santo is also a published poet.

Santo adds to the depth and diversity of our staff and it is great to increase the male role models in our service. Many excellent male educators have left the industry owing to the discrimination they experience. Gumnut Gardens is an equal opportunity employer and we focus on the quality of educators. Race, gender, age, sexuality or religion are only relevant in so far as diversity of educators reflects our service's philosophy of inclusivity and social justice. Please give Santo a warm welcome.

Catherine and Chris.

Winter

by Campbell, David *(Copyright fee paid)*

When magpies sing in sky and tree
And colts like dragons snuff the air
And frosts paint hollows white till three
And lamp-lit children skip their prayer;
Then Meg and Joan at midnight lie
And quake to hear the dingoes cry
Who nightly round the white church stone
Snap at their tails and the frosty moon.
When stockmen lapped in oilskin go
And lambing ewes on hill-tops bleat
And crows are out and rain winds blow
And kettles simmer at the grate;
Then Meg and Joan at midnight lie
And quake to hear the dingoes cry
Who nightly round the white church stone
Snap at their tails and the weeping moon.



Gumnut Gardens

Gumnut Gardens

a 61 Moore Park Road, Paddington

p 9361 4369

w www.gumnutgardens.com.au

f facebook.com/GumnutGardens