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THE SCOOP



SUBICARE EARLY LEARNING CENTRE'S FORTNIGHTLY NEWSLETTER

APRIL 2020

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SUBICARE COOKBOOK

Are you struggling to keep your children entertained at home in these quieter times? Why not cook up a storm in the kitchen with your children using our wonderful recipes from our Subicare cook book.

Please speak to management or admin if you would like to purchase a cookbook or colouring book.



Cook book is \$20 and our Colouring book is \$5

From our Cookbook

Wendy's Butter Chicken with Quinoa Rice

For a vegetarian option, replace the chicken with chickpeas

Serves 4-6

Ingredients

1 cup brown rice
 ½ cup quinoa
 ½ cup onions finely diced
 1 teaspoon minced garlic
 ½ tablespoon ginger, grated
 ¼ tablespoon cumin
 ½ tablespoon garam masala
 ¼ tablespoon ground coriander
 500g chicken thigh / breast fillets, diced
 1 tin diced tomatoes (400g)
 ½ cup chicken stock
 ½ tablespoon tomato paste
 ¼ cup natural yoghurt

Preparation

Cook the quinoa and rice as per packet instructions.

Heat a large pot with a little olive oil and add the onions, garlic and ginger. Sauté for about 5 minutes over a medium-low heat until the onion is tender. Add the cumin, coriander, garam masala and chicken and cook until the chicken is evenly browned. Add the tomatoes, tomato paste and stock. Cover with a lid and bring to the boil.

Reduce to simmer and cook for a further 15 – 20 minutes ensuring the chicken is cooked through. Just before serving add the yoghurt to the butter and warm through. Serve with the rice and steam vegetables.



Community Events



NATIONAL FAMILIES WEEK - MAY 15-21

The aim of National Families Week is to celebrate the vital role that families play in Australian society. The enduring theme '*Stronger families, stronger communities*', highlights the important role that families play as the central building block of our communities and that community wellbeing is enhanced by family wellbeing. Celebrate families week this year by focusing on the wellbeing of your family. The following link will provide you with helpful tips and ideas to support you. [**Find our more here.**](#)

NATIONAL SORRY DAY – MAY 26

National Sorry Day is an Australia-wide observance held on May 26 each year. This day gives people the chance to come together and share the steps towards healing for the Stolen Generations, their families and communities. The first National Sorry Day was held on 26 May 1998 - one year after the tabling of the report *Bringing them Home*, May 1997. [**Find out more here**](#)



Parent Educator Meetings Cancelled

Due to Covid-19, parent educator meetings for May have been cancelled. Please keep an eye out on Kindyhub for your child's Learning Journey, which summarises the things your child is good at, and the goals the educators have for your child. We strongly encourage you to give us your feedback and look forward to using your knowledge and values to plan learning experiences for your child.

Continuing to connect to our community



Subicare continues to keep our connections with our elder Sheila Humphries. Last year Sheila carried out art lessons with the children, teaching them about Indigenous culture and stories through art. This was a wonderful experience and since then we have continued to keep in contact with Sheila. Sheila sends her love to everyone at Subicare and looks forward to visiting when everything gets back to normal.



Friendly reminders:

Feedback 
is always welcome

Most families would've received an invite to please complete a satisfaction survey.

By participating in this survey, you made your voice heard and are helping shape the future of Subicare Early Learning Centre.

If everyone could please complete the survey, this will help us as a service better the Education and Care provided to children.

Mother's Day Afternoon Tea

For the first time in a few years we unfortunately have made the decision to cancel our Mother's Day afternoon tea.

However, the children are still busy creating a special surprise for all special mothers, grandmothers, aunties, caregivers etc. in their lives.

Subicare Kindyhub Application

We have been sending a lot of information through on our Kindyhub App, we ask that all parents please download the app and check it regularly.

If you do not have access to the app, please get in contact with Liz at liz.joyce@subicare.com.au and she get you connected



www.facebook.com/SubicareELC



Filling the gaps

Currently your playgroups are cancelled, extra-curricular activities like Little Kickers, Gymnastics and Dance are suspended for now. You are not going on outings and staying away from friends and family where possible.

So, what do you do with all that additional time?

PLAY IDEAS:

- Cooking with kids is one of those activities that is worth all the mess! Children love being involved and learn lifelong lessons simply taking part in cooking activities. **Purchase one of Subicare's cookbooks for hours of fun** 🍳
- **Theme Day:** Take a leaf out of the Bluey playbook. Choose a theme and fully commit for the day (or an hour). Dress up and transfer your room into a hotel, create a movie together, turn the lounge room into a hospital or allow the kids to control your every move...if you're game! You can find everything you need here <https://www.bluey.tv>

ONLINE ACTIVITY LINKS:

BABY KARAOKE – Enjoy singing well know children's songs together.

<https://raisingchildren.net.au/guides/baby-karaoke>

TORONGA TV – Taronga are bringing their two beautiful zoos directly into your living room!

<https://taronga.org.au/taronga-tv>