



SEPTEMBER 2020

# THE SCOOP



SUBICARE EARLY LEARNING CENTRE'S MONTHLY NEWSLETTER

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## 2021 Placements

It is hard to believe that two thirds of the year have gone by already, but it is time to start thinking about placements for 2021!

Lindsay and the admin team will be starting the enrolment/re-enrolment process in the next few weeks. Now is the time to start thinking about what care days you will require for next year!

As always, once the forms go out it is first in, best dressed, so be sure to have your forms filled out and returned ASAP to avoid disappointment!





FROM THE

# Educational Leader...

We are thrilled to announce that Ruth will be taking on the role of Educational Leader until the end of the year, while our Education Manager Deanna is on maternity leave.

Ruth has been a valued member of the Subicare family for 4 years and has recently completed her Bachelor of Early Childhood Education through Curtin University.

We look forward to seeing Ruth's passion and creativity shine in this new role!

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## Parent/Educator Meetings

As many of you know, our Bi-annual Parent/Educator meetings for May needed to be cancelled due to Coronavirus restrictions. Thankfully, as WA remains in phase 4 restrictions, we can go ahead with the October meetings, while of course adhering to strict hygiene and social distancing practices.

Keep an eye out for a meetings sheet on the door of your child's care area. This is where you can choose a half an hour meeting time slot that suits you best. You will then soon receive an email with a family input form attached, please fill these short forms out with information about your child and return it as soon as possible. Once educators receive these forms, they can begin preparation for your meeting. Educators also fill out input forms, and these 2 forms combined help steer the conversation about your child's learning, development and future goals during the meeting.





# RAINBOW ROOM PLAYGROUND

*After yet another setback (thanks Covid!) we are FINALLY able to start work on the new Rainbow Room playground. We are currently in the process of working out logistics with our Regulatory Authority and the builders to devise a plan for the Rainbow Room children during construction. At this stage construction looks to be commencing on Tuesday the 29<sup>th</sup> of September and will continue for 4 weeks. We will keep you updated with any progress.*

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## Gentle Reminder

**OUTSIDE FOOD:** Please make sure that you are not bringing **ANY** outside food in to the service. We have a number of anaphylactic children in centre and we need to ensure their safety at all times.

**FRONT DOOR:** Please **DO NOT** let your child run ahead of you when entering the gate as this is a major hazard. The front door is heavy and self-closing and we have had a few near misses where a child has run ahead and almost had their fingers caught in the door.

**WET BAGS:** Please ensure your child's wet bag is checked daily and any wet or soiled clothes are removed. Extra wet bags are available for purchase if needed and can be added to your account.



## *From the Kitchen...*

We are loving our continued partnership with Nourished Beginnings.

We share Nourished Beginnings vision of raising the bar in early childhood nutrition and are proud to offer our children delicious seasonal menus made from nourishing whole foods.

If you have any questions or concerns about food options at Subicare, please feel free to speak to our food coordinator Wendy. Enjoy Nourished Beginnings recipe for **Choc Chia Bliss Balls** below, they are a winner with the kids and best of all, HEALTHY!

## *Choc Chia Bliss Balls*

2 cup dates (soaked in boiling water for 10 minutes then drained)  
1 cup rolled oats  
1/2 cup desiccated coconut (plus extra for rolling)  
1/4 cup pumpkin seeds  
1/4 cup sunflower seeds  
2 Tbsp chia seeds  
1 Tbsp cacao powder  
1/4 cup coconut oil (melted)  
1/2 cup coconut cream



1. Place the oats, desiccated coconut, pumpkin seeds, sunflower seeds, chia seeds & cacao powder in a food processor and blend until refined.
2. Add the dates and coconut cream.
3. Form into small (golf ball sized) balls and roll in desiccated coconut.





## ParentTV

In an effort to further support our families, we would like to remind you about a useful resource you have at the touch of a button. ParentTV is an on-demand video streaming website for families delivering the help they need from trusted experts anytime of the day or night. Experts include a paediatrician, occupational therapist, psychiatrist, psychologist, accredited practising dietitian, autism consultant, behaviour therapist, sleep consultant, technology expert, social worker, health and wellness expert and counsellor with new experts coming on every month.

ParentTV has hundreds of videos from some of Australia's and the world's leading parenting experts. Experts include, but not limited to Maggie Dent (Behaviour and Development), Dr Kaylene Henderson (Mental Health), Dr Justin Coulson (Behaviour and Development) and Dr Kristy Goodwin (Digital and wellbeing).

We have made ParentTV even easier for you to access by adding this to our Kindyhub App, so we have everything in one place. This is all free, no extra expense for you at all.

We hope you enjoy using it!

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## *social media*



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[www.instagram.com/subicareelc](https://www.instagram.com/subicareelc)

