

NUMDAJI KWEI CHILDREN'S CENTRE

HELLO & WELCOME

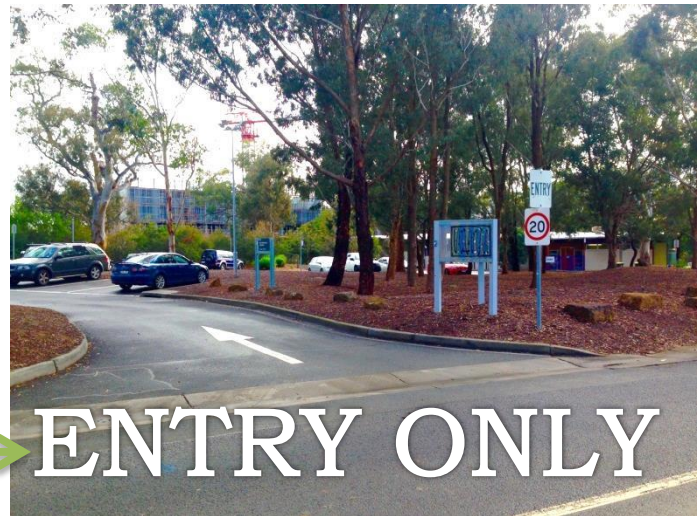
Hello and welcome to all new and existing families we hope everyone is staying warm during these colder months and we look forward to another fun filled term.

This week between Monday the 6th to Friday the 12th of July all rooms will be incorporating Naidoc Week Celebrations throughout their programs. NAIDOC Week provides an invitation to the wider community to show respect for and to the First Peoples of this land. Please see your child's rooms daily reflections for more.



ATTENTION FAMILIES – IMPORTANT MESSAGE-

It has come to the centres attention that some parents have been using the wrong entrance into the service. For the safety of the centre families and the community please ensure you are entering your vehicle through the correct entrance point.



Restraint Inspections

GM Holden recommends that children aged 12 years and under should ride in the rear seat of a vehicle, properly restrained. Research shows that children are safer if restrained in a rear seat

To raise public awareness about the proper use of infant capsules and car seats, GM Holden sponsors a free mobile service where an expert in Restraint Inspections will visit the centre to offer professional advice on correct child seat fitment.

DATE TBA- Please keep an eye out for confirmed date of centre visit



Woolworths Earn & Learn program

Numdaji Kwei will be participating in the Woolworths Earn & Learn program. Through this program we will be able to get new educational resources for our Children's Centre – and all we need you to do is shop for your groceries at **Woolworths** (Safeway).

You will get one Woolworths Earn & Learn Point for every \$10 spent (excluding liquor, tobacco and gift cards). Place the Woolworths Earn & Learn Points onto a Woolworths Earn & Learn Points Sheet and when it's complete, the Points Sheet can be dropped into the collection box in our centre below the menu display area.



As you may be aware the Centre is currently working on several projects and frameworks to further develop health & wellbeing throughout the Centre. Our two main focuses are the **Healthy Together Achievement Program** as well as **Kidsmatter**. Through the cycle of these frameworks the centre will demonstrate and practice success in health and wellbeing. Last week a survey was placed in all family pockets that asked for families' feedback in creating a sense of community within the service. **Please return your survey as soon as possible** to the survey box in the foyer as we value your feedback and require it to progress through the Kidsmatter Framework.

A BIG Thank you to those families that donated to The Diamond Valley Food Basket the Basket will be ongoing collection as we **FOODSHARE** to needy people in our local community experiencing hardship.

TERM 3 EVENTS

JULY	
Sunday 5- 12	Celebrating <u>Naidoc</u> Week
Friday 17	Dress up day
Monday 27	Board of Management Meeting
AUGUST	
Monday 17	<u>Pyjama</u> Day
Tuesday 25	Board of Management Meeting
SEPTEMBER	
Friday 4	Father's Day Celebration
Friday 25	Footy Day
Monday 28	Board of Management Meeting



Every Monday Renae distributes statements of accounts to your Family Pocket. In efforts to move towards a more sustainable service as well as to accommodate to parent preferences, we would like to provide families with a choice of email or hard copy.

If you are happy to receive emailed invoices rather than hard copies, please see Renae or Marina in the Office for an Email Request Form.



Ana's Recipe

Pork San Choy Bau is a new addition to the Winter Menu. Today (July 7) was the first day trailing it with the children and what a hit it was.

Pork San Choy Bau

Ingredients	6 serves	25 serves	60 serves
Rice noodles (uncooked)	200g	800g	2kg
Spring onion	1	4	10
Cabbage	¼ small	1 small	2 ½ small
Carrot	1 medium	4 medium	10 medium
Green beans	1 cup	4 cups	10 cups
Peas	1 cup	4 cups	10 cups
Capsicum	½	2	5
Canola oil	½ tablespoon	2 tablespoons	3 tablespoons
Garlic, crushed	1 clove	2 cloves	3 cloves
Ginger, grated	1 teaspoon	2 teaspoons	3 teaspoons
Lean pork mince	400g	1.75kg	4kg
Soy sauce	2 tablespoons	3 tablespoons	125mL
Iceberg lettuce	6 leaves	25 leaves	60 leaves

Method

1. Cook rice noodles according to packet instructions.
 2. Finely slice spring onion. Wash vegetables and finely dice into pieces of similar size.
 3. Heat a wok or frying pan over a medium to high heat. Add oil, garlic, ginger and spring onion. Cook for 30 seconds.
 4. Add mince. Stir-fry using a wooden spoon to break up lumps of meat, until all meat is browned.
 5. Add soy sauce. Stir and cook for 2 to 3 minutes or until sauce has thickened slightly.
 6. Add diced vegetables. Stir and cook for 5 minutes, until tender.
 7. Add cooked noodles to pan. Stir to mix.
- Serve with lettuce 'cups'. Allow children to scoop mixture into the lettuce, roll up and eat.



CENTRE MENU – As part of the Achievement Program the centre menu has been reviewed. Our New Winter menu has started- You will see some exciting new meals as well as those favourites. We welcome families to check it out on display and provide us with any feedback.