

Playgroup Newsletter

July 2021



Lifestyle Capital of Victoria

Welcome to the monthly Playgroup Newsletter. Keep up to date with playgroup news and information about what is happening locally as well as play ideas and recipes.



This month we have articles on:

- Craft- Glow in the dark jellyfish
- Helping children manage their emotions
- Kindergarten enrolment information
- Return to work Frankston City Job Advocates
- Winter recipes

Find a local playgroup:

https://www.frankston.vic.gov.au/Our_Community/Family_Services/Playgroups

For all playgroup inquiries you can contact the Playgroup Development Officer on 9293 7156 or email

playgroups@frankston.vic.gov.au

July art

Glow in the dark jelly fish



Paper plates and yarn transform into these denizens of the deep. If you use glow-in-the-dark acrylic paint, you can even see their "bioluminescence" in action when you turn out the lights.

Materials

- heavy-weight paper bowls
- white yarn
- glow-in-the-dark acrylic paint
- paint brushes and painting supplies
- scissors
- zipper sandwich bags
- skewer or sharp pencil



For the tentacles, cut 10 - 12 pieces of yarn approximately 36 inches in length. Place them in a zipper sandwich bag with several squirts of glow paint and seal the bag.



Squish! Squish! Squish! until the yarn is completely covered, adding more paint if necessary. If the paint is too thick, add a little water to the bag.



Hang the yarn to dry.



At the center of the bowl, punch two holes about 0.5 inch apart using a skewer or sharp pencil.

Cut a piece of yarn approximately 40 inches long. Thread it through the two holes so that both ends come out the bottom of the bowl.



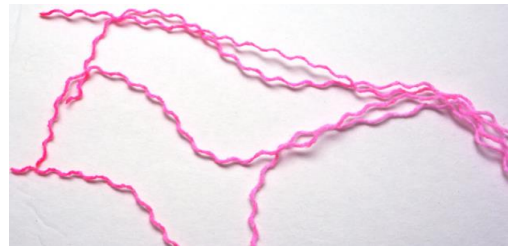
From the inside of the bowl, pull the yarn up to form a small loop. Thread the tentacles through and roughly center them under the loop.



Flip the bowl, pull the yarn taut and tie a double knot.



The frilly appendages flanking the mouths of some types of jellyfish are called oral arms. To recreate these, unravel a few pieces of yarn that hang close to the center of the bunch.



Charge your jellyfish creation in bright light for at least 30 minutes. Turn out the lights and enjoy its **luminous glow!**



<https://www.craftiments.com/2013/04/glow-in-dark-jellyfish-craft.html>

Understanding and managing emotions: why it's important

Understanding and managing emotions is important for development and wellbeing during childhood and adolescence.

Children and teenagers who can understand and manage their emotions are more likely to:

- express emotions by speaking calmly or in appropriate ways
- bounce back after feeling strong emotions like disappointment, frustration or excitement
- control impulses
- behave appropriately – that is, in ways that don't hurt other people, things or themselves.

It helps children make friends and become more independent. Your child's ability to understand and manage emotions develops over time.

When your child is young, they'll need help with understanding emotions. This mostly involves **recognising and naming** emotions and lays the groundwork for managing emotions as your child gets older.

As your child grows, they'll learn more strategies to manage their emotions without your help.

Big emotions like frustration, anger and embarrassment can be overwhelming for young children. You can offer time-in to help your child cope.



<https://raisingchildren.net.au/preschoolers/development/preschoolers-social-emotional-development/understanding-managing-emotions-children-teenagers>

Understanding and managing emotions is also called **emotional regulation**. It's an important part of your child's self-regulation.



Children under 3 years: developing language for emotions

Children experience emotions before they can use words. Children understand language before they can use it themselves. So you can **help your child understand what they're feeling** by helping them develop 'emotional language'.

Here are some ideas to help:

- When you see your child showing a particular emotion, label it for them and talk about it. For example, 'You have a big smile on your face. You must be happy to see me', or 'You're crying. You're frustrated because you can't play with the fish'.
- Label the emotions your child sees in you and other people. For example, 'Auntie's sad because she misses Grandpa'.

Book suggestions on feelings:

As recommended by Kerry, Family Literacy Resource Officer, Frankston Library.

- ❖ "When I'm feeling" series by Tracey Moroney
- ❖ "The ABC of feelings" by Helen Martin and Judith Simpson
- ❖ "Anger is like Armour" and other titles by Shona Innes
- ❖ From our Children's nonfiction collection: - "Why do I feel fear?" and other titles by Melissa Reve

Benefits of attending kindergarten

Kindergarten is an important step for young children and it is strongly recommended all children go to kindergarten.

Research has shown that:

- early education helps set children up for a bright future
- attending two years of quality kindergarten has even greater benefits
- at kindergarten children learn skills that they'll take with them throughout their life.

Kindergarten improves children's health and wellbeing, helps them to develop strong social skills and encourages a love of learning.

Children who go to kindergarten are more independent and confident and are more likely to make a smooth move to primary school.



A new information booklet that contains answers to all your kindergarten questions is now available online.

https://www.frankston.vic.gov.au/Our_Community/Family_Services/Kindergartens/Introduction_to_kindergarten



2022 Kindergarten Central Registration Information Book

Frankston City Council supports the delivery of Kindergarten services for children by providing community infrastructure and Kindergarten Central Registrations (KCR). KCR manages the registration and allocation process for 3YO and 4YO Kindergarten in Frankston City Council-owned and maintained buildings.

Important Dates

1 February 2021	2022 Kindergarten Registrations open for 3YO- and 4YO Kindergarten • Register for 3YO kinder in 2022 • Register for 4YO kinder in 2022
30 April 2021	4YO 'On-time' registrations close 5:00pm Late registrations will continue to be accepted
19 July 2021	4 Year Old offers commence
30 September 2021	3YO 'On-time' registrations close 5:00pm Late registrations will continue to be accepted
4 October 2021	3 Year Old offers commence

Frankston City Council respectfully acknowledges that we are situated on the traditional land of the Boon Wurrung and Bunurong in this special place now known by its European name, Frankston. We recognise the contribution of all Aboriginal and Torres Strait Islander people to our community in the past, present and into the future.

For more information

☎ 1300 322 322
🌐 frankston.vic.gov.au
✉ kindergarten@frankston.vic.gov.au



Frankston City Job Advocates

Frankston City Council has employed three Jobs Victoria Advocates who will be working throughout the Frankston community to offer practical, face to face support to job seekers, people seeking a career change, or advice for training pathways.

Job Advocates will guide people on where they can go to seek this additional help, playing an important navigation role for vulnerable people in the Frankston community.

Who is eligible?

There are no boundaries on who can access the Job Advocates Frankston Service:

Are you unemployed, seeking a career change, or looking for training pathways?

Are you transitioning back into the workplace after some time off?

Do you need help navigating the training and educational options available to bridge your skills gap?

Do you simply need clear information and advice?

We are here to help.

Monday to Friday 8.30 to 5.00pm. Phone: 9768 1387 or Email the Job Advocates at

Job.Advocates@frankston.vic.gov.au

A "Drop in" session to meet and chat to the team about your needs is planned for 30th June 2021 (dependant on current restrictions) at the Frankston Library, 60 Playne Street Frankston.

For further information:

https://www.frankston.vic.gov.au/Our_Community/Community_Development/Job_Advocates_Frankston



Frankston City Community Recovery Call Centre now open

Monday 27 April 2020

Frankston City Council has launched a call centre referral service to help impacted residents navigate and connect with the services and resources they need to recover from COVID-19.

The Community Recovery Call Centre is now open, with staff manning phones to refer residents and businesses to support services suited to their current needs.

If you need help finding the right support, please phone Frankston City Council on 9768 1387 and ask to be referred to the Community Recovery Call Centre. The centre is open Monday-Friday, 8.30am-5pm.

Winter weekend recipes!

Roasted Vegetable Lasagne

- 2 Medium zucchini, thinly sliced sideways
- 1 medium sweet potato, peeled, thinly sliced into rounds
- 1 medium red onion sliced
- 1 medium eggplant slice into rounds
- 1 red capsicum finely chopped
- ¼ cup shredded fresh basil
- ½ cup semi dried tomatoes, chopped
- 700g jar chopped tomatoes or passata
- 50g butter
- 2 garlic cloves
- ¼ cup plain flour
- 3 cups milk
- 1 ¼ cups grated tasty or pizza cheese
- Salt and pepper to season

Preheat oven on 220C/200C. Grease 4 baking trays. Place zucchini, sweet potato, onion and eggplant in a single layer on prepared trays. Roast, 2 trays at a time, for 15 min. Combine capsicum, basil, semi-dried tomatoes and passata in a bowl. Season with salt and pepper until vegetables are tender and start to brown.

Melt butter in a medium saucepan over medium heat. Add garlic and flour. Cook, stirring for 2 minutes or until mixture is bubbling. Remove from heat. Gradually stir in milk until smooth and combined. Return to heat. Cook, stirring constantly, for 10 minutes or until mixture boils and thickens. Remove from heat. Season with salt and pepper. Stir in 1/4 cup cheese.

Reduce oven to 180C/160C fan-forced. Grease a 6cm deep, 29cm x 22cm ovenproof dish. Place 1 lasagne sheet over base of prepared dish, trimming to fit. Top with 1/3 vegetables. Drizzle with 1/3 tomato mixture, then cheese sauce. Arrange 1 lasagne sheet over mixture, trimming to fit. Top with half the remaining vegetables, half the tomato mixture and 1/3 cheese sauce. Repeat with 1 lasagne sheet, remaining vegetables, remaining tomato mixture and half of the remaining cheese sauce.

Arrange remaining lasagne sheet over mixture. Spread remaining cheese sauce. Sprinkle with remaining cheese. Cover with foil. Bake for 30 minutes. Remove foil. Bake for 20 minutes or until top is golden. Stand for 5 minutes before serving.



Cob Loaf Spinach Dip

- 450 g cob loaf
- 50g frozen spinach
- 250 g creamed cheese, softened
- 300ml tub sour cream
- 40g packet French onion soup mix

Preheat oven to 180c/160c fan forced.

Cut 4cm of top of cob loaf to form a lid. Scoop bread from center of loaf and chop roughly.

Squeeze out any excess moisture from thawed spinach. Combine spinach, cheese, sour cream and soup mix in a large bowl, season with salt and pepper.

Spoon mixture into loaf and top with lid. Arrange bread pieces on baking tray.

Bake for 20 minutes or until golden.

Use the toasted bread or sliced vegetable pieces for dipping.

Serve and enjoy!

