

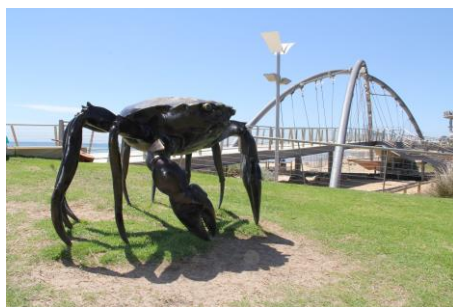
Playgroup Newsletter

June 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:

- Story Time schedule
- Raising Children website
- Playgroup Victoria- free membership
- Play Connect
- Playgroup routines
- Music activities
- Recipes

For all playgroup inquiries you can contact the Playgroup Development Officer on 9293 7156 or email playgroups@frankston.vic.gov.au

Frankston City Community Recovery Call Centre now open

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 **1300 322 322** and ask to be referred to the Community Recovery Call Centre.



The centre is open Monday-Friday, 8.30am-5pm.

Library Story time

Last year was like no other and this included the way that we delivered your much loved Storytimes.

Storytime encourages a love of reading and offers social interaction too. Evidence shows that reading regularly to a child gives them a head start once they reach primary school.

We are delighted to be able to start in-person Storytime in a planned and staged approach.

The big thing to know is that you will need to book. There won't be any walk-ins as our numbers are limited.

Bookings ensure that we comply with our Covid-safe plan and the social distancing requirements of one person per two square metre rule for public libraries.

Storytime remains a great, free activity and bookings will open each Thursday morning for the week ahead.

We do ask that you arrive a few minutes early to your booked session to allow time to scan in via the QR code on display, sanitise and then find a Storytime spot for your family group.

Due to Covid restrictions, there will be no craft activity at the end, but you can still expect lots of fun, reading and telling stories, songs and rhymes. Kerry, Monica and Bev will still be available if you have any questions at the end of your session.

We've missed you and look forward to seeing you in the library soon.

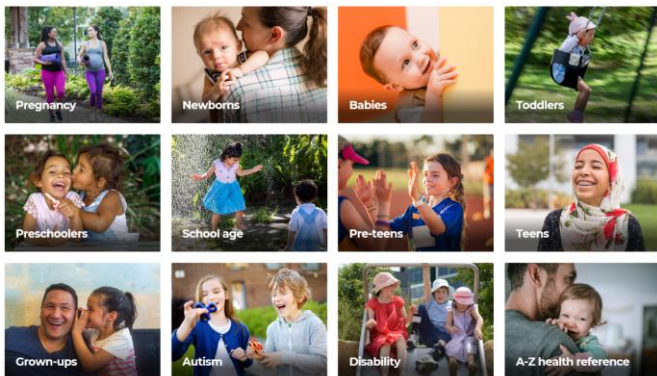
Bookings:

<https://library.frankston.vic.gov.au/FrankstonLibraries/Events/Storytime>



Story Time Weekly Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9.30am		Seaford Preschool Storytime 3-5 years	Karingal PLACE 0-5 years	Seaford Tiny Tots 0-2 years		
				Frankston North Community Centre 0-5 years		
10.30am	Frankston Tiny Tots 0-2 years	Carrum Downs Preschool Storytime 3-5 years			Frankston Tiny Tots 0-2 years	Frankston 0-5 years (fortnightly)
11.00am		Seaford Tiny Tots 0-2 years				
11.30	Frankston Preschool Storytime 3-5 years		Carrum Downs Tiny Tots 0-2 years	Frankston Preschool Storytime 3-5 years	Carrum Downs Tiny Tots 0-2 years	
				Langwarrin Customer Service Centre 0-5 years		



Your complete and trusted online parenting resource

At raisingchildren.net.au, we provide **free, reliable, up-to-date and independent information** to help your family grow and thrive together. We're funded by the Australian Government, reviewed by experts and non-commercial, so you know you can trust us. Designed for busy families and full of tips and tricks for you to try, our content is easy to find and easy to digest. We have the answers to hundreds of parenting questions, where and when you need them.

Our articles, videos and interactive resources are tailored to different ages and stages, taking you from nurturing a newborn to raising a confident, resilient teen – and helping you to look after yourself as a parent too. raisingchildren.net.au is here for you, every step of your parenting journey



Subscribe to newsletters

Go from pregnancy to teens with our email newsletters, packed with practical, up-to-date information about raising children and looking after yourself as a parent.

Subscribe now

raisingchildren.net.au provides ad-free parenting videos, articles and apps backed by Australian experts.



FREE Family Membership!

It is our hope that all families have access to playgroup, and all families have opportunities to participate in playgroup. With that in mind, **Family Membership is now FREE!** Simply fill out the form below to join today.

Family member benefits include:

- Access to your member portal, where you can edit your details and access our resources
- Full access to our play ideas library, with over 70 downloadable activity sheets
- Monthly themed activity booklets with topics that include Nature Play, Music and Movement, Community Kindness, Creative Play and more!
- Full access to the Wild Things Bush Play Setup Guide, a downloadable guide to all things bush play
- Monthly e-Newsletters filled with the latest playgroup news, event opportunities, articles, interviews, and resources
- Full access to The Playgroup Toolkit – home to the best playgroup tools and resources
- 20% off any purchase with Kooshy Kids
- Opportunities at exclusive playgroup events

Stay connected with your playgroup community

Playgroup at Home

June

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 10am Playgroup at Home LIVE	2	3 2pm Playgroup at Home LIVE	4 10am Playgroup at Home LIVE
7 10am PlayConnect at Home LIVE 10am - 2pm Baby PG at Home LIVE	8 10am Playgroup at Home LIVE	9 10am All Come Out To Play!	10 2pm Playgroup at Home LIVE	11 10am Playgroup at Home LIVE
14 PUBLIC HOLIDAY No sessions running	15 10am Playgroup at Home LIVE	16	17 2pm Playgroup at Home LIVE	18 10am Playgroup at Home LIVE
21 10am Public Holiday 10am - 2pm Baby PG at Home LIVE	22 10am Playgroup at Home LIVE	23 10am All Come Out To Play!	24 2pm Playgroup at Home LIVE	25 10am Playgroup at Home LIVE
28 10am PlayConnect at Home LIVE 10am - 2pm Baby PG at Home LIVE	29 10am Playgroup at Home LIVE	30 10am All Come Out To Play!		

To book a session head to: bookings.playgroup.org.au

Free online playgroups when you can't make it to your local playgroup.

Bookings:

<https://www.playgroup.org.au/playgroup-at-home/>

Supported Playgroups for families with young children aged 0-6 who have Autism Spectrum Disorder, developmental delay or behavioural concerns.

Connect through play
www.playconnect.com.au

PlayConnect playgroups provide opportunity for children with Autism Spectrum Disorder, developmental delay or behavioural concerns to engage in appropriate and supported play. The PlayConnect program connects families and the facilitator assists with information and links to relevant services

Playgroup routines

Arrival

Welcome. Making families feel comfortable is so important. Have a few activities laid out- books, toys, drawing area. Remember to check the play space for hazards, set up the sign in, QR code and sanitising station. Remember that each adult is responsible for the children they bring to playgroup – if the child is outside the parent needs to be outside keeping an eye on them.



Layout

Putting some thought into how your playgroup is laid out can reduce the risk of accidents and conflict. Create a space for babies to keep them safe from older children's action by putting a few baby toys on a baby quilt surrounded by big soft cushions in a corner of the room. You can also create quiet reading areas by having big comfortable chair or cushion near picture books.



Open ended play

Provide opportunities for free play. This simplifies the job of providing play ideas on a weekly basis. It's a good idea to have the same basic set up each week.

Snack time

Wash hands and prepare for a snack. It's a great time to talk about healthy food. It also allows the group to discuss issues as a group or plan upcoming events. COVID precautions are currently in place- no food sharing.



Pack-up

Many hands make light work! Tell children a little before that it will soon be pack up time so they don't become frustrated if their play is abruptly cut short. Packing up is easy if each adult clears away the activity their child is playing with. Encourage children to take part in the packing up. This fosters good habits.



Goodbye

Singing a goodbye song or even just saying "bye" (child's name) and (parent's name) see you next week creates predictability and anticipating for returning to playgroup. See you again next week!

June activities



Children of different ages will be exploring sound in different ways. So, it might be about sounds that they can hear. You know, the dog barking or the different voices that they hear. But it almost might be even a small baby working out that when they touch this cupboard it makes a different sound as when they rub their hand on the carpet. So, it's about exploring the aural world.

There's many ways that you can play with sound. Of course, you can listen to music. We can dance to music, but we can also make our own music and, if you don't have access to musical instruments, you can actually create your own musical instruments quite easily.

With an old bottle, you can fill it up with a little bit of rice and that becomes a shaker. Or pots and pans turned over with some wooden spoons and you've got yourself a drum. So, even tapping on all sorts of different objects is going to create different sounds, and, of course, the main instrument that you have is your voice. Children love to sing.

We can sing, we can whisper, we can create character voices. We can explore echo and, when the voice or noises come back to us, there's a whole different experience. Or through a tube so amplifying, making sound bigger. We can also explore even with just our own voice going high, going low, going loud, going soft, so looking at extremes of sound is really interesting.

As children get older, you'll see them being able to moderate their own voice and their own levels of sound better as they've played with it more, so they're able to

understand that yes, that voice was quite loud and actually the normal speaking voice is lower than that, but they need to develop that awareness through play and through experience.

We need to think about playing with sound as all sound, and playing with sound can be just taking a moment to be quiet with your children to see what they can hear in their environment. Can you hear a bird tweeting? Can you hear a car going past or a plane?

Sometimes the absence of sound, when it's not there, when we're quiet, there's a whole world of tiny sounds that come out to play as well.

Another great thing to do is to use your own body to make sound. So, clapping or clicking. Even practising clicking is quite a complex thing to learn how to do as a child. What does it sound like to tap your legs or to clap up high. Kind of like a body percussion. And also classic games like musical chairs. Those sorts of games with those rules are really fun to play as well.



Shaker bottles

- Can you shake softly?
- Can you shake loudly?
- Can you shake fast?
- Can you shake slowly?
- Can you shake up high?
- Can you shake down low?
- Can you shake in front?
- Can you shake to the side?

Recipes

Savoury Curry Mince

- 500g lean beef mince
- 2 tbsp. olive oil
- 1 celery stalk finely chopped
- 1 brown onion diced
- 1 garlic clove minced
- 1 carrot finely chopped medium
- 1/2 red capsicum chopped large
- 45g chicken noodle instant soup
- 2 cups Chicken Style Liquid Stock
- 2 tsp curry powder
- 1/4 cup rice uncooked
- 1/4 cup frozen peas
- 1/4 cup cabbage shredded

Directions

1. Add mince and brown well, breaking up any lumps.
2. Add soup mix and stock. Stir in curry powder.
3. Add rice, and stir.
4. Add the frozen peas and cabbage. Cover pan with lid.
5. Cook simmering for approximately 20 minutes until the rice, peas and cabbage are cooked.
6. Stir occasionally, adding more water as mixture thickens.



Hassle Back Potatoes

- Potatoes
- Extra-virgin olive oil, divided
- Salt and freshly ground black pepper, to taste
- 1 1/2 tablespoons minced fresh basil leaves
- 1 tablespoon minced fresh chives
- 1 tablespoon minced fresh parsley leaves
- 1 clove garlic, finely grated

Directions

1. Preheat oven to 200c. Line a baking sheet with baking paper.
2. Using a sharp knife, make crosswise cuts in each potato, stopping about 1cm from the bottom.
3. Place potatoes in a single layer, cut side up, onto the prepared baking sheet. Drizzle with 2 tablespoons olive oil; season with salt and pepper, to taste.
4. Place into oven and bake until tender and crisp, about 45-50 minutes.
5. In a small bowl, combine remaining 4 tablespoons olive oil, basil, chives, parsley and garlic; season with salt and pepper, to taste.
6. Serve potatoes immediately, drizzled with olive oil mixture.

