

Playgroup Newsletter

November 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:

- Crafty ideas using cardboard
- Printing ideas using recycled materials
- Raising Children- new app Raising Healthy Minds
- Vacancies in the HIPPY Program
- Recipes

Expressions of interest.

Are you interested in starting a playgroup? Please contact the number below to discuss some options.

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

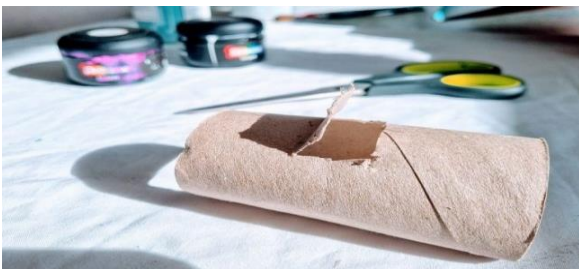
playgroups@frankston.vic.gov.au

Cardboard Roll Race Car Craft

You will need:

- Cardboard roll the size of the toilet roll/plastic wrap roll
- Thin cardboard for the wheels
- Split pins
- Red paint
- A black marker
- A white marker or some tinfoil for the front window
- Scissors

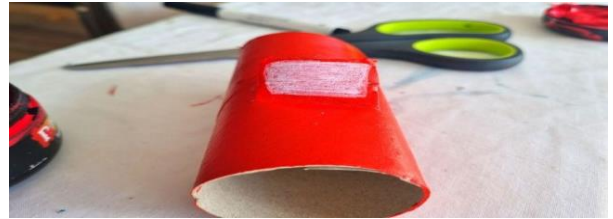
Cut out a small hole in the middle of your roll. Make sure you keep one side attached as it will be bent up to make the front window screen. See image below.



Paint your cardboard roll with red paint



Once your paint is dry you can either use a white paint pen to colour in the front window, or if you have tinfoil you could cut a small piece out, and glue it onto the front as shiny window.



Use a black marker to decorate your car. Add your child's age and add your own designs.



Use your thin cardboard and cut out 4 wheels about the size of a \$2 coin. Use your marker to colour a black ring around the edge. Then push a split pin through the middle of your wheel.



To push the wheels in to the cardboard tube use a small nail to first punch a hole into the roll before pushing the split pin through.



<https://www.kiwifamilies.co.nz/topics/toddlers-and-preschoolers/creative-arts-crafts-toddle>

Cardboard Dinosaur Craft

You will need

- Cardboard
- Pen
- Paint- two shades of green
- Bubble Wrap
- Dinosaur template
- Googly eyes (optional) or use black marker



What to do

Trace your Dinosaur template onto cardboard and then cut out your pieces.
Cut a slit in the body and the legs. Paint all your pieces on both sides in darker green.



Use lighter green to paint a piece of bubble wrap. Make sure you paint it wider than your dinosaur parts. Press all your pieces down hard onto the bubble wrap. Repeat on the other side when it is dry. When all your cardboard dinosaur pieces are dry, you can either use a split pin to add the arms, or if you don't have any you could just glue them onto the body.



Push the legs into the slits of the body.



Glue on your googly eyes.



<https://www.kiwifamilies.co.nz/articles/cardboard-dinosaur-craft/>

Printing Craft with Cardboard Tubes

What you need

Cardboard Tube

Paints in a range of colours

Paper to paint on to

Felt tip markers

Cotton tip or a pencil to use for printing



Cut your cardboard tubes into about 1 – 2cm strips. Once you have them cut you can make a number of simple shapes just by pinching parts of the tube.



Pour some paint onto your paper plate. If the blobs of paint are a little thick, just flatten it out with a plastic knife.



Crab printmaking

To make the Crab use your circle and heart shape cardboard tube cut outs, plus a pen or felt. First dip your circle into the orange paint, and press it onto the page. Next dip your heart into orange paint, and press it down twice on an angle above your circle. The hearts will make the nippers. Use your pen to attach the nippers, draw in some legs and some eyes.



Fish printmaking

To make the fish you will need your heart shape again, and a teardrop shape cardboard tube cut out, a pen and a pin or the end of a pencil to make small dot prints for the scales.

Press your teardrop shape into a fun tropical colour, like deep purple, and press it onto the paper. Then use your heart shape to make the tail. Draw in a line for the head and then use the cotton tip to make scale dots in contrasting colours, on the rest of the fish body. Add some cute fish lips with your pen and a few print bubbles with the end of the cotton tip.



<https://www.kiwifamilies.co.nz/articles/printmaking-craft-with-cardboard-tubes/>

New Raising Healthy Minds app



Raising Healthy Minds is a **free app** you can tailor to your child, family and interests. It answers your questions about child wellbeing and shares practical tips for your day-to-day family life.

Download now to start building your child’s wellbeing, encouraging positive behaviour and emotions, strengthening family relationships and looking after yourself.



<https://raisingchildren.net.au/guides/raising-healthy-minds>

Raising Children-website



Subscribe to our emails

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.

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<https://raisingchildren.net.au/subscribe>

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Pregnancy week by week

Our pregnancy emails are your essential guide to what’s happening with you and your baby in each week of pregnancy. See how baby is growing and get tips for looking after yourself.

Frequency: weekly up to 42 weeks of pregnancy

select

Parenting children 0-8

Full of practical ideas that you can apply in your own family situation, these emails give you the information you need to care for your children and be the parent or carer you want to be.

Frequency: monthly

HIPPY Program- There are vacancies for the 2022 program

HIPPY Frankston North is open to families who live in:

- Frankston North
- Seaford East (Belvedere area)
- Karingal
- Frankston Central

and who have a child who will turn 3 by 30 April.

Some additional eligibility criteria apply.

To find out more about HIPPY in this area please contact your local coordinator:



Hippy
Frankston North

Jodie Bradshaw
Call or text: 0466 793 480
Email: Jodie.Bradshaw@bsl.org.au

Vicki Blond
Call or text: 0491 696 327
Email: Vicki.Blond@bsl.org.au

To apply online, please visit
bsl.org.au/join-hippy

Current research shows that HIPPY is a successful way for families to build a strong foundation for school success

HIPPY is free for participants.

Families receive a set of activity packs, storybooks and other materials designed to help children's learning.



Brotherhood of St. Laurence

The Brotherhood of St. Laurence holds the licence to operate HIPPY in Australia. The Age 3 Home Interaction Program for Parents and Youngsters is proudly supported by the Jacobsen Family Foundation.

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(ABN 24 605 467 024 ARBN 100 042 822)



Hippy
Frankston North

Home Interaction Program for Parents and Youngsters

HIPPY is a free, home-based program for families with a child turning 3 years old by 30 April, that helps to build skills and confidence. HIPPY encourages a love of learning and empowers parents & carers to be their children's first teachers.

What is HIPPY?

HIPPY is a free home-based program that supports families to strengthen children's confidence and knowledge.

The Age 3 HIPPY program at Frankston North is for children who turn 3 by 30 April. The program starts early in that year, and finishes towards the end of their first year in school.

Benefits for children:

- Encourages a love of learning and lays the foundations for school success
- Prepares for school by developing skills and concentration
- Promotes language and listening skills
- Builds self-esteem and motor abilities.

Benefits for families:

- Creates a learning environment at home
- Supports you as your child's first and most important educator
- Helps you adapt experiences to suit your individual child and family
- Increases your knowledge of how children learn
- Provides fun positive activities to share with your children
- Strengthens links to your community.

How does HIPPY work?

Home Visits

- A trained Peer Mentor, who is a member of your own community, will meet with you for one hour, once per fortnight to explain the activity packs
- As a parent/carer you will then spend 10 - 15 minutes each day doing fun activities with your child.

HIPPY get-togethers and gatherings

- You will also meet each month to have fun with play-based activities in a group setting, and share morning tea with other parents/carers who are also participating in HIPPY
- Gatherings are held in Frankston North.

Does my child need to be at home for home visits?

The Peer Mentor goes through the activity pack with you, not your child, so children do not need to be present at home visits (but of course, it's okay if they are home).



Who are the Peer Mentors?

HIPPY Peer Mentors are parents in the program, who have done the activities at home with their own child, and who are employed and trained to support other HIPPY families.

Can I be a Peer Mentor?

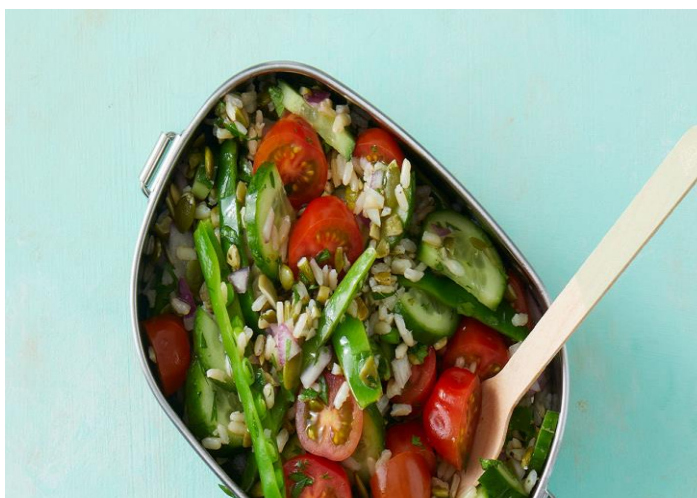
If you are interested in the paid position of Peer Mentor, please contact one of our HIPPY Coordinators.



Veggie Rice Salad

1/2 lemon, juiced
2 tsp extra virgin olive oil
1 cup cooked brown rice
1/2 small red onion, finely chopped
200g cherry tomatoes, halved
1 Lebanese cucumber, halved lengthways, thinly sliced
100g snow peas, trimmed, thinly sliced lengthways
1/2 bunch continental parsley, leaves picked, finely chopped
1/2 cup pepitas, roughly chopped

- Place lemon juice and oil in a large bowl and whisk to combine. Season with pepper. Add rice, onion, tomato, cucumber, snow peas, parsley and pepitas, then toss to combine.
- Divide rice salad among 2 airtight containers. Cover with lids and keep chilled until ready to serve.



Blueberry, Banana & Pepita Oat Bars

1/3 cup extra virgin olive oil
1/2 cup almond butter
2 tbs honey
1 free range egg
2 medium ripe bananas, mashed
1 cup traditional rolled oats
1/2 cup wholemeal plain flour
1/2 cup dry roasted almonds, coarsely chopped
1/2 cup pepitas
1/2 cup raisins
125g blueberries

- Preheat oven to 200°C/180°C fan-forced. Grease a 16 x 26cm slice pan. Line base and sides with baking paper, extending paper 2cm above edges.
- Place oil, honey and egg in a small bowl, then whisk until well combined.
- Place banana, oats, flour, almonds, pepitas and raisins in a large bowl. Add oil mixture and mix until well combined. Gently fold in blueberries. Transfer mixture to pan and using back of metal spoon, spread out evenly.
- Bake for 25 minutes or until golden brown. Cool then cut into 16 pieces.

