

# Activity Ideas Newsletter

## Week 1 September 2021

Dear Families,

Welcome to Sandy Beach Activity Ideas Newsletter! The team has come together to put some activities and experiences for your child's enjoyment. We have included different learning areas and interests for you to choose from: Science, Challenge Yourself, Just for Fun, Wellbeing, Story time, Get Moving and Mess Play.

These activities provide a great opportunity to maintain your child's connection with Sandybeach whilst we are staying at home.

Please remember that these are for you and your child to access at your leisure. We understand that families are under all sorts of new pressures during the lockdown.

We would be so happy to receive any photos of your child enjoying the activities.

We miss you all and can't wait to see you all again.



### Sun Smart

Just a reminder that Sandybeach Sun Smart policy has commenced and we require all children to have sunscreen applied before arriving at the centre. The educators will reapply sunscreen during the session. With that in mind we have a reminder about being Sunsmart as hats, sunscreen and **appropriate clothing** are more important than ever when the UV index soars.



Protect yourself in five ways from skin cancer

**SUN SMART**

## Acknowledgement of Country

As many parents may know, at Sandybeach we participate in a respectful Acknowledge of Country with the children at Group time each morning. It is an opportunity to show respect for Traditional Owners and the continuing connection of the First Nations people. There are many different versions however this one suits the children due to actions and short sentences.

### Acknowledgement of Country: The Boon Wurrung people of the Kulin Nation

*Here is the land (hands on the ground)  
Here is the sky (hands up high)  
Here are my friends (out wide)  
Here I am (on body)  
We thank the Boon Wurrung people for the land  
On which we learn and play  
Hands up  
Hands down  
We are on Boon Wurrung ground.*



### [Dance Like A Kangaroo](#)

This year we introduced a simple song called "Dance like a Kangaroo" by the Shenanigans.

It is a catchy song that can be used with simple sticks or by clapping along to the beat.

Show us your native animal actions!!

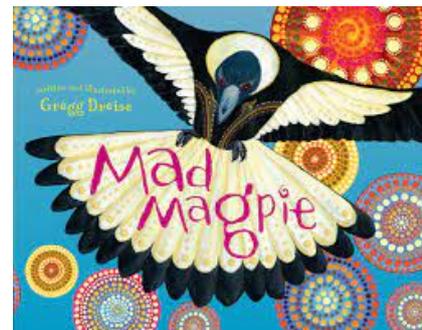


### [Mad Magpie](#)

Here is a link to an Indigenous Story called "Mad Magpie". Written and illustrated By Greg Dreise.

Read by Alison from Eco Explores

It tells the story of Guluu, an angry magpie who is being teased by a gang of butcher birds and the advice given by his Elders.



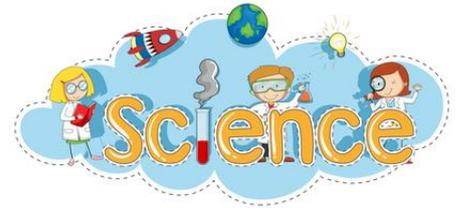
## Science experiments

Earlier this year at Sandybeach we became Scientists.

Science experiments promotes a child's resourcefulness, discovery, planning and problem solving. It also nurtures intellectual curiosity, helping children acquire new ways of asking questions and understanding the world.

### [Magic Milk](#)

One of our fascinating experiments we participated in was with Milk. By using materials that children are familiar with, it helps them grow big ideas and understand fundamental concepts.



## Cooking with Karen

### Honey Joys

#### INGREDIENTS

- 90g butter or margarine
- 1/3 cup sugar
- 1 tablespoon honey
- 4 cups [Kellogg's® Corn Flakes](#)

#### DIRECTIONS

1. Preheat oven to 150°C.
2. Line 24 hole patty pan with paper cases.
3. Melt butter, sugar and honey together in a saucepan until frothy.
4. Add Kellogg's® Corn Flakes and mix well.
5. Working quickly spoon into paper patty cases.
6. Bake in a slow oven 150°C for 10 minutes.
7. Cool.



## Get Moving!

### Outdoor Play Ideas

Listed are some simple outdoor activities now that the weather has brightened. Here are some creative ideas for getting your children outside, moving their bodies and having fun in the sunshine.

Make an Obstacle course

Throwing beanbags or rice bags in a hoop

Scavenger hunt collecting items from nature

Making bubbles using dishwashing liquid and kitchen utensils

Baking mud pies and muffins

Build towers with rocks and other natural materials

Go for a Bug Hunt. Give them a container and collect different kinds of bugs

Play with water, get them to wash your car with big sponges, wash your windows or all that Tupperware stashed in the back of your pantry

Make footpath art with chalk.

Picnic lunch in the garden

Hide and seek

Bouncing a ball and counting

Leaf rubbing

Paint rocks

Spray bottle painting using food dye

Make and decorate a kite for those typical Melbourne windy days

