



Balnarring Preschool & Infant Welfare Association

Learning and Living with nature



March Committee Newsletter 2020

Presidents Report

With such an infiltration of hysteria and fear from the media in our society at the moment I would like to take this opportunity to share with you something I heard on the radio today that made me stop for just a moment and really look forward to the coming holidays. The quick podcast talked about how studies have shown that we operate at our best when we are in a state of relaxation; being able to think and process deeper. We live in such a busy world, with so many expectations we put on ourselves and each other, but mostly ourselves, it's hard to find those times to stop and really give yourself a chance to relax. With holidays coming up in one week's time and with the need to limit interactions, it is the perfect time to slow down and really take time out to enjoy the quiet moments, and the noisy ones when you have young kids. Play outside in the natural playground and allow your brains and your children's time to recoup and start the next term relaxed and eager to go. Try not to get too bogged down with all the negativity around, and know you are part of a community that support each other.

Please keep updated with all regulations regarding COVID-19. We would appreciate it if you are sick to stay home, particularly if you have a temperature or you fall into any of the categories as far as contact or travel go. If you would like information in regards to the Coronavirus in relation to the kinder please visit this website:

<https://www.education.vic.gov.au/about/department/Pages/coronavirus.aspx>

I hope you all have a wonderful Easter holiday and find the fun in the day to day.

Fiona

Fundraising committee update

At this stage, due to the current restrictions associated with COVID-19, the scheduled Bunnings sausage sizzle for late March and the Trivia night for May have been postponed. We will inform you when new dates have been scheduled for these events.

Boon Wurrung Language

You may hear your children speak some of the Boon Wurrung language they have been learning at kinder. Elders Carolyn Briggs and Fay Stewart-Muir have given our kinder permission to use these words. Each month we will list a few of these words in our newsletter. This month, we have included the following:

Womendjeka – Welcome/Hello

Mar-ran – Western Port Bay

Birrarung – Yarra River

Narim – Port Phillip Bay



Acknowledgement: Balnarring Preschool acknowledges that our children and families play and learn on Boon Wurrung Country. We acknowledge the Boon Wurrung of the Kulin Nation as the First Peoples of this land. We thank them for caring for the land and the waterways and value the sharing of their knowledge and stories. We pay our respects to their Elders: past and present.



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March recipe – Seedy Zucchini Bread

We thought it would be a nice touch to add a recipe to each newsletter for you and your children to enjoy together. This months recipe is from the Autumn Peninsula Kids magazine.

Ingredients

- 4 large eggs
- ¼ cup light tasting olive oil
- 1.5 cups almond flour
- ½ cup pepitas, roughly chopped
- ½ cup sunflower seeds, roughly chopped
- ¼ cup chia seeds
- ¼ cup sesame seeds
- 2 tsp baking powder
- 1 tsp salt
- 1 medium zucchini grated

Method

Preheat oven to 170 degrees Celsius and line a loaf tin with non-stick baking paper.
Whisk eggs and olive oil in a bowl then add almond meal and whisk a little more.
Add pepitas, sunflower seeds, sesame seeds, chia, baking powder and salt to wet ingredients and stir until combined.
Fold grated zucchini through the mixture.
Spoon into prepared loaf pan and bake for 40-45 minutes until lightly browned on top.
Cool in tin for 15 minutes and then remove to allow to cool further on a wire rack.
Stores well in the fridge up to one week or can be sliced and stored in an airtight container in the freezer for up to 2 months. Great to use for making ham and cheese toasties!! Enjoy 😊

Next committee meeting: Tuesday 21st April 2020



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