



A MESSAGE FROM OUR

Director

UPCOMING DATES

This **Sunday 27th October** in the afternoon is our latest picnic in the Rose Garden at Urrbrae House on the Waite Campus. Bring along everything you need for a picnic, including hats and sunscreen, and bring the family. Come anytime between about 11.30am and 2pm. It is a great way to meet the families of your children's friends.

Monday November 4th is the annual closure day for WCCC. The whole staff team will be getting together offsite at Nunyara Conference Centre for a day of professional development working with Jess from Gowrie SA. The team will be focusing on the essentials of the assessment and rating process and also on Quality Area 5 and relationships. WCCC will be closed for the day and no fees will be charged.

We will be having a parent information session on **Tuesday 12th November** with Carolyn Jarrett from Seedling Paediatric Therapy. Carolyn will be presenting information about how to make learning to use the toilet a successful experience for everyone. This will be suited to families with children of all ages and stages. The session will be run at the Centre between 6.30pm and 8pm. Please add your name to the attendance list in reception to secure your place.

The Centre will close for the year at **6pm on Friday 20th December** and will reopen for 2025 at **9am on Monday 6th January**. There are no fees charged for this closure period.

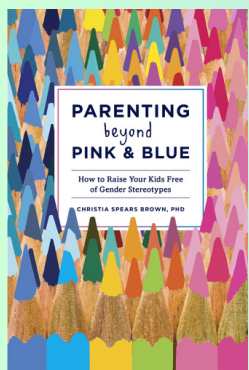
NEW BOOKS IN PARENT LIBRARY

RAISING THEM BY KYL MYERS



As a first time parent, Kyl was maintaining the focus of not raising a child who was beholden to the boy-girl binary, disparities or stereotypes. Kyl and her husband were trying to raise a confident, compassionate and self aware *person*. In this book they have explored the social construct of what it means to be assigned a gender from birth, and the gender inequities that start in childhood. They share how they watch their child grow towards developing their own expression.

PARENTING BEYOND PINK AND BLUE BY CHRISTIA SPEARS BROWN



In this practical guide to parenting, developmental psychologist Christia uses science based research to show how over dependence on gender can limit children, making it harder for them to develop into unique individuals. The book addresses all the issues that parents could consider from school sports, to birthday parties, to emotional intelligence, empowering parents to help children break out of the pink and blue boxes to become themselves.

THE LAST DAUGHTER BY BRENDA MATTHEWS



Brenda Matthews and her two siblings were taken from their parents when she was two years old. She lived with a white family in Sydney, unaware of the existence of her Aboriginal family and the fight for her return. This is the story of Brenda's journey to discover the truth about her past, to unite her two families - and to foster a broader connection between black and white Australia. It is a story of heartbreak, love and hope, one that shows a way forward for all Australians.



NUT AWARE CENTRE

A reminder to all that we are a nut aware centre. We have children with known nut allergies who attend WCCC including children with anaphylaxis.

We request that all families do not bring nuts or products containing nuts into the centre.

This may include:

- giving your child peanut butter on toast for breakfast which they eat in the car, leaving potential residue on hands/mouth
- giving a gift of chocolates to the staff team which contains nut items
- a child bringing an item containing nuts in their bag which is then left in the locker where children have access
- bring a milk alternative for your child that is a nut milk.



Thank you for helping us to keep the children of WCCC safe.

PARENT LIBRARY

The parent library contains lots of books for your reference. They are free to borrow for extended periods. The library contains books ranging from *how to have a happier family, *starting school, *raising resilient children, *relaxation for children, *composting and *having a waterwise garden.

Books can be borrowed by filling in the folder with a borrow and return date and your name.

HAPPY READING



BOOK SWAP

WCCC has a book exchange in the welcome area with a catchphrase of take a book, leave a book. Works like any community book exchange, leave a book, take a book.

Perhaps you could write a short review and leave it in the front of the book to help the next person choose.

You might just find your next favourite read!



ALL ABOUT BONE BROTH



Bone broth is a liquid made from boiling animal bones and connective tissue. Chefs use broth as a base for soups, sauces, and gravies. Some people drink it on its own. People have been making bone broth for millions of years. Anthropologists think that people drank liquid infused with bones and other animal parts as early as prehistoric times. People all over the planet make bone broth from the animals that live nearby. A popular Japanese ramen dish is tonkotsu - pork bone broth.

DIFFERENCE BETWEEN BONE BROTH AND STOCK

In general, the difference between broth and stock boils down to their primary ingredient. Animal-based stocks are made using bones, while broths are made using meat and skin. Bone broth combines the best of both worlds: bones, meat, and sometimes skin or other tissue go into the recipe. In addition to these base ingredients, stocks and broths may contain aromatic vegetables, and broths are usually seasoned with salt (and sometimes pepper) as well. Vegetable-based stocks and broths do not contain any meat or skeletal material. Instead, veggie stocks sometimes include meat-free gelatine as a thickener.

BENEFITS OF EATING BONE BROTH

There are many health benefits to eating bone broth, including

- better hydration
- improved sleep
- a boost of collagen
- reduced inflammation
- weight loss

Bone broth comes in many forms; powder, home style cooking, and an already made liquid. If you have time you can make your own, or purchase it. There are health benefits for the whole family. You can add it to your sauces, soups, meatballs and vegetable fritters. Fresh bone broth will store in the fridge for up to 4 weeks in a mason jar, or you can use powder for instant use.



BASIC BONE BROTH RECIPE



INGREDIENTS

Bones – from poultry, fish, shellfish, wild game, beef. *This could include: raw bones (preferably the spine and femurs), whole carcass, shellfish shells and whole fish carcasses.

Cold Water – enough to cover the bones

Vinegar – a splash, or 2 tablespoons per quart of water

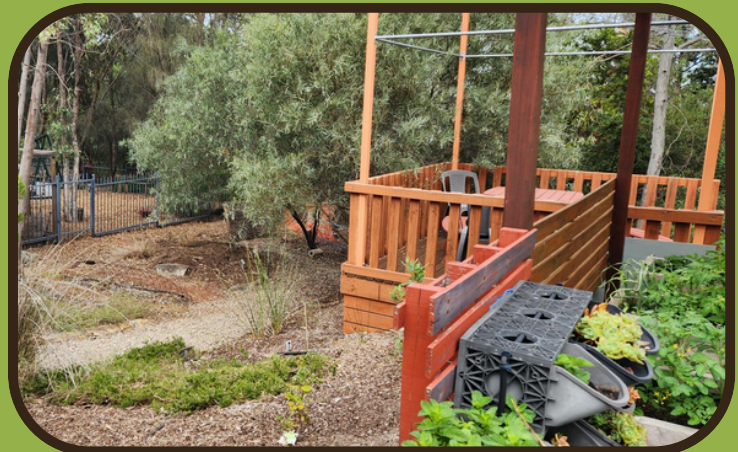
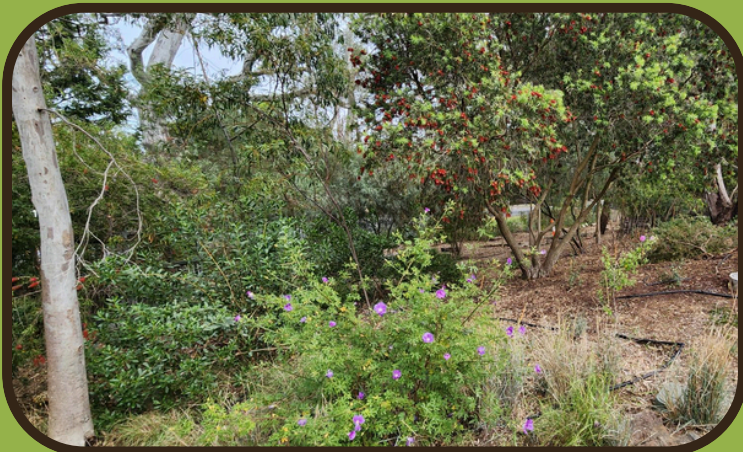
Vegetables – onions, garlic, carrots, celery are great additions

Herbs – bay leaf, peppercorns and parsley add great flavour

INSTRUCTIONS

Combine all ingredients in a large stockpot, ensuring everything is completely submerged under water and bring to a boil. Reduce to a simmer and cook for up to 12 hours. Strain the bones and remnants out of the stock using a colander or sieve lined with cheesecloth. Allow to cool to room temperature and then store in the freezer for up to three months, or the refrigerator. Use your prepared broth as a base for soups or gravy, or as a cooking liquid to replace water. You can also warm it up and drink it like a tea.

WORKING BEE IN PILYABILYANGGA



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On the morning of Saturday 19th October a group of dedicated WCCC families and staff came together for a working bee in Pilyabilyangga to trim, lift, weed and clear.

The weather was perfect for a working bee and the recent rains made the ground soft enough for the weeds to be pulled out.

Everyone worked hard in the sunshine, and the chooks from next door came to lend a hand too.

It took a couple of hours but many hands made light work, and the connections formed between families were strong too.

Doesn't Pilyabilyangga look great, and the splash of colour from the flowers is worth a smile!

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WAITE CAMPUS CHILDRENS CENTRE IS ON FACEBOOK
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