DIRECTOR’S MESSAGE

HAPPY NEW YEAR! Welcome back to all our returning families to MOSHC in 2017 and welcome to all our new families starting this year. We are excited to be on this journey with you all and Thank You for trusting us with your precious children.

We have lots of exciting plans in store for the coming months and have some refurbishments currently taking place as I type. We have recently had a new perimeter fence installed, lifting the height of the fence and gates on the road side as well as extending the grounds. We will commence landscaping of the extended grounds in the coming weeks and look forward to sharing with you some of the features the students have selected to be included in the scope of works. One request the children have made is an installation of a Mud Kitchen (please see below). Our builders are looking forward to creating a great play space for the children and in line with our sustainability philosophy, we will be calling on parents to donate old kitchen utensils, pots and pans, kitchen sinks and wooden pallets. If you think you can help please contact Amanda in the Office ASAP. Here’s a photo of a mud kitchen for a visual.

As a non-for profit entity of the MacGregor Primary P&C, MOSHC is committed to reinvesting its profits into the facilities and are always looking for new ways to improve the surroundings for your children. If you would like to be involved in the selection of future projects, please come to our MOSHC Open Night and AGM on March 1 2017. The MOSHC Parent Committee also meets on the first Wednesday of every month at MOSHC at 6:30pm. If you cannot make the AGM we would love to see you at the monthly MOSHC Meeting.

I hope you enjoy the rest of the Newsletter and I hope to see you at the next MOSHC Meeting.

Until next time...

Amanda Lowe
DIRECTOR

DATES TO REMEMBER

FEBRUARY 14, 2017
P & C Meeting, 6:30pm – School Office

FEBRUARY 20, 2017
Start of Bi-Annual Updates

MARCH 1, 2017
MOSHC Open Night & AGM, 6:30pm

MARCH 7, 2017
MacGregor Primary P&C AGM, 6:30pm – School Office

IMPORTANT ANNOUNCEMENTS

From next week Katherine, will be distributing the Bi-Annual update forms. These forms provide you with a copy of your contact details, children’s details and the people in your contact list who are authorized to collect your child. Please ensure you read through this information carefully and return at your earliest convenience. With over 300 active families at MOSHC this task is quite lengthy and we appreciate your cooperation to update your details in a timely manner. This information assists us in providing the best possible care for your children. Thank you, in advance for your cooperation.

Amanda & Katherine.
REMINDERS

Parents please ensure you are signing your child in and out of the centre. Only approved contacts over the age of 18 are legally able to sign your child in/out. This enables us to know exactly where your child is at all times in the event of an emergency. Also please ensure that you collect your child by 6pm and any collection later than that will incur an additional fee per minute and will be charged to your account.

Please inform MOSHC if your child is away for the day, If MOSHC is required a parent to verify an absence, an admiration fee of $5.00 will be applied to the parent account.

More information about this matter is in the parent handbook. If you wish to obtain a new copy, of parent handbook feel free to ask management.

STAFF INFORMATION

Join MOSHC in welcoming our new educator Pooja, who is a former MacGregor student and an ex-MOSH child. It is always a pleasure to welcome back children we have formally cared for, and see how much they have grown and learned over the years. Pooja is fun and full of life, and you will often find her engaging with children in small groups or one on one, as she loves to make sure the children feel respected and listened too.

HEALTHY TIP (PACKING A SCHOOL LUNCHBOX)

When children eat well they behave better, can listen well and concentrate for longer. Packing a healthy school lunchbox will help children to learn, play well and be happy at school. Here are some steps to planning a healthy lunchbox for children:

1. Take time to prepare. Have fresh fruit and vegetables, milk and yogurt, bread and crackers all bought in advance.
2. Shop wisely and save money. Buy fresh fruit and vegetables in season to ensure good quality and value for money.
3. Make your own snacks. For example, snack packs from fresh ingredients which you can buy in bulk.
4. Look after the environment. Put sandwiches and other items in reusable containers. This uses less packaging and creates less rubbish.
5. Choose a variety of foods from the 5 food groups.
6. Include a bottle of water. No need for sweetened drinks such as juice, cordial or soft drink as these contain too much sugar which are not good for teeth. Non-water drinkers usually start drinking water with the example of other children. Freeze a small quantity each night and top up with cold water in the morning for a cool summer drink.
7. Keep food cool. In warm weather freeze a water bottle or put a small ice pack in the lunchbox

Remember to involve your children. Take them shopping and let them help choose fruits and vegetables for their lunchbox. Let them help prepare and pack their own school lunchbox.

WHAT’S ON IN BRISBANE

Pop Up Night Market/ Festival of Lanterns

Westfield Garden City Asian Night Market, a festival of Asian street food, music and traditional Chinese Lion Dancers. Market are completely FREE and food stall vendors include Won Ton Tom, Rolling Man, Motto Motto and much more. Market will run for two days Friday 10th of February and Saturday 11th of February at 4:00pm – 9:00 pm.

Family active activities

Karate for All

Learn the discipline of self-defense and increase core strength, mobility and agility. This event is free and good for all member of the family and runs through out February and on various times. For information check: agkk.com.au or phone 0409 474 494

Yoga and Meditation

Enjoy a flowing style of yoga as a way to improve your muscles, strength, posture and balance.

Where: Guyatt Park, St Lucia, from 8-9am
When: Saturday 11 and 18 of February
AS WE ARE A NOT-FOR-PROFIT ORGANISATION, WE ARE ALWAYS LOOKING FOR WAYS TO BE MORE RESOURCEFUL

As mentioned above we are looking for the following to “kit out” our soon to be installed MUD KITCHEN – If you have any of the following available to donate we would love to hear from you...

- Kitchen Utensils
- Wooden Packing Pallets
- Kitchen Sink
- Pots and Pans

FROM OUR KITCHEN

At MOSHC we are passionate about serving our children delicious and nutritious meals. Middle eastern is our culture theme for the menu this term. Here is one of the children’s favorite afternoon tea meals. We hope you can try it at home.

1kg, Minced Lamb
3 tbs, Chopped, Red Onion
5 clove, Garlic
500grm, Beans, snap, green, raw
2 container (400 gs ea.), Tofu (Firm)
1 tsp, Ground Coriander
2 tsp, Ground Cumin
1 tsp, cinnamon,
2 large, Egg
8 tablespoon, Oil – Olive
2 Cups Rice
10 tbsp, Tomato Paste
1 gram, Plain Flour
8 cup, Bread crumbs, dry, grated, plain
2 ounce, Salt and Pepper

Method
Preheat oven into 18o degree.

Cooked rice.

Line a baking tray with plastic wrap. Combine the lamb, onion, parsley, garlic, cumin, coriander, and cinnamon and tomato paste in a large glass bowl. Add the breadcrumbs and egg, and stir until well combined. Season with salt and pepper. Divide mixture into portions and shape each portion into a 4cm ball. Place on prepared tray. Cover with plastic wrap and place in fridge to chill.

Place flour on a plate. Roll kofta in flour and shake off excess. Line up kofta into a baking tray, baked for about 15mins until cooked through.

Meanwhile add oil into a pan, stir-fry garlic onion and green beans season with salt and pepper.

vegetarian option:
Use meat free mince

CELEBRATION OF CULTURE AND DIFFERENCES

Our Christmas Lunch
Children celebrating friendship and relationship with their peers and educator.

Chinese New Year
Dragon dance, Dumplings, Lanterns were some of the ways we explore during the celebration of Chinese New Year.

Celebrating the Culture of Australia
Boomerang throwing, lamingtons, dream time painting were all apart of our exploration into Australian culture.
PROGRAM UPDATE

Happy Chinese New Year!

Each year we welcome in the Chinese New Year with the help of Tom Lo Kung Fu & Tia Chi local business. For years, we have had a partnership with Tom and his team, which began with an ex-student of ours (Alexander Ha Terry) who studied under Tom and his team whilst in our care.

At MOSHC we seek to share similarities and differences between and across cultures, as we realize that for a child to develop a strong sense of belonging and attachment to us and our service, we as educators need to recognize and respect each child’s interests, needs, culture, religion, values and believes.

Through our enrolment process we have and continue to identify many students who identify with Chinese heritage. Because of these findings, we continue to run activates that acknowledge and respect events that hold cultural importance within these children’s worlds.

Alexander Ha Terry is a beautiful example of how something seemingly small such as Lion Dancing can have such a large effect on a child’s sense of belonging and identity. We are proud to say that in Alex’s first year of University he is still attending and dancing at our yearly Lion dancing incursion as a favor to us. We are also proud to have Tom Rodgers and Pooja Vijayakumar also ex-students of ours come back to the center now employed as educators.

Gemma Pratt