Happiness grows when it is shared with others. – **Unknown**

Term 2 Newsletter, 2026

Camberwell Junction ELC



Upcoming events

AT CJELC

Police Incursion----------21 April
Kids Roar Kinder Program----------28 April
First Aid Training----------30 April
Chicken Hatching Program---------- 4 May -15 May

AROUND THE COUNTRY

Earth Day----------22 April
ANZAC Day ----------25 April
Pay it forward Day----------28 April
Hand Hygiene Day----------5 May
Mother's Day ----------10 May
National Sorry Day----------26 May
National Reconciliation Week----------27 May to 3 June
World Environment Day---------- 5 June
World Oceans Day---------- 8 June
International Day of Yoga---------- 21 June

Kids Roar Program

On Tuesday, 28th April at 10.30 am, our kindergarten children will participate in the Kids Roar- Little Paws Big Roars program. This program supports children's understanding of body safety, emotions, trusted adults and help-seeking strategies in an age-appropriate way. **Additional bookings are welcome!**

Chicken Hatching Program

We are excited to announce the upcoming Chicken Hatching Program, running from May 4th to May 15th May! During this hands-on, educational experience, children will witness the fascinating journey of eggs hatching into chicks. This program encourages curiosity, fosters a love for animals, and provides an opportunity for children to learn about life cycles in a fun and engaging way. Stay tuned for updates and pictures of our little hatchlings as they make their debut!



Police Incursion

On 21st April at 10.30 am, our Kindergarten children will participate in a police incursion. The session will include age-appropriate safety talks to help children understand community helpers and how they keep us safe. Children will also explore police equipment, police vehicle and engage in dress-up experiences, supporting their curiosity and imaginative play. **Additional bookings are welcome!**



Community Events



ANZAC DAY – APRIL 25

ANZAC Day is observed each year on **25 April** and is a time for Australians to remember the men and women who have served in wars, conflicts, and peacekeeping missions. The day marks the anniversary of the landing of Australian and New Zealand soldiers at Gallipoli during World War I in 1915. It is a time to reflect on the values of courage, mateship, and sacrifice shown by those who served. Many people attend dawn services, marches, or moments of silence to pay their respects. Go to your local council website for services happening near you.

PAY IT FORWARD DAY – APRIL 28

Pay It Forward Day encourages people around the world to spread kindness through simple acts for others. The idea is that one small act of kindness can inspire someone else to do the same, creating a ripple effect in the community. **It may be something as simple as smiling at someone else. What are you going to do?**

Kids in the kitchen



PUMPKIN MAC AND CHEESE

PREP 25 mins | COOK 20 -25 mins | SERVES 12

INGREDIENTS

Pasta: 500 grams **orecchiette pasta** (any small, shaped pasta)

Pumpkin cheese sauce:
4 tbs **butter**
4 tbs **plain flour**
2 cups **milk**
1 can (400 g) **pumpkin puree**
1 tsp **garlic powder**
1 tsp **dry mustard**
1/4 tsp **cayenne white pepper**, *to season*
grating of fresh **nutmeg**
125 g **mozzarella**, *grated*
100 g **parmesan**, *grated*

Panko topping:
1 1/4 cups **panko style breadcrumbs**
100 grams **mozzarella**, *grated*

METHOD

Preheat oven to 200 C. To cook the pasta: **Bring** a large pot of water to the boil. **Add** salt and pasta and cook according to packet instructions. **Drain** and set aside.

To make the pumpkin cheese sauce: **Place** the butter into a large saucepan over medium heat and melt. **Add** flour and **whisk** to create a smooth paste. **Slowly add** milk, whisking continuously. Continue to **whisk** until slightly thickened, approx. 3 minutes or until the mixture coats the back of a spoon. **Reduce** the heat to low and whisk in the pumpkin puree, garlic, mustard, cayenne and pepper. **Add** the cheeses and stir until melted. **Take** off the heat. **Add** cooked pasta to the pumpkin mac and cheese sauce and mix thoroughly to combine.
Pour the pasta mixture into a large baking dish

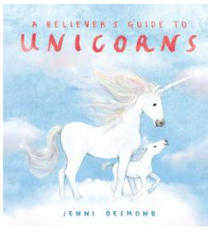
To make the panko topping: Sprinkle the panko breadcrumbs and mozzarella cheese evenly over the pasta. **Bake** for 20-25 minutes or until the cheese is melted and breadcrumbs are golden.

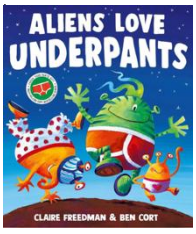
Source: Image & recipe 'My lovely lunchbox'

Book reviews

Dinosaurs, unicorns and aliens. Stories full of magic for young children.







THE DINOSAUR NEXT DOOR | DAVID LITCHFIELD

The Dinosaur Next Door tells the story of Liz, who believes her neighbour Mr Wilson is hiding a very unusual secret … he might actually be a dinosaur. *With his long neck, clumsy feet and love of green leaves, Liz is convinced something extraordinary is going on next door. This heartwarming story celebrates acceptance and embracing what makes each of us unique.*

A BELIEVER'S GUIDE TO UNICORNS | JENNI DESMOND

This delightful picture book invites readers to discover the magical world of unicorns who live high among the clouds. *Through playful clues and imaginative scenes, children can spot the signs that unicorns are nearby. From bouncing on clouds to make snow to racing across the night sky like shooting stars, unicorns love leaving little surprises behind. With beautiful illustrations by award-winning author Jenni Desmond, this story celebrates imagination and wonder.*

ALIENS LOVE UNDERPANTS | CLAIRE FREEDMAN & BEN CORT

Aliens Love Underpants is a hilarious story about aliens who travel to Earth for a very unusual reason — they love collecting underpants! *When aliens zoom down in their spaceships, they search for the biggest, brightest and most colourful pairs they can find. Their silly adventures lead to plenty of giggles as they sneak around stealing underwear from washing lines everywhere. This playful picture book is full of rhymes, laughter and fun illustrations that children love.*

FOCUS: Why Children Say “No” (and What They’re Really Trying to Tell Us)



If you spend time with young children, you’ve likely heard the word “no” more times than you can count. It can appear suddenly and often with great determination. “No!” to getting dressed, brushing teeth, leaving the park, or even something they asked for moments earlier. While it can feel frustrating for adults, this stage is actually an important and healthy part of development.

For young children, saying “no” is often their first way of expressing independence. As children grow, they begin to realise that they are separate individuals with their own ideas, preferences, and feelings. Saying “no” is one of the ways they practise this new sense of autonomy.

This doesn’t mean children are trying to be difficult. More often, they are learning how to communicate their needs, test boundaries, and understand how the world works.

Why “No” Happens So Often

Young children have strong feelings but are still developing the language and emotional skills to express them clearly. When a child says “no,” it may mean many different things. They might be tired, overwhelmed, unsure, or simply wanting a sense of control over what is happening around them.

Children also use “no” when they are practising decision-making. It’s a way of exploring choices and learning that their voice matters.

Supporting Children Through This Stage

Rather than seeing “no” as defiance, it can help to view it as communication. Taking a moment to pause and understand what your child might be feeling can often reduce power struggles.

Offering limited choices can be helpful. For example, instead of asking, “Do you want to get dressed?” you might ask, “Would you like the blue shirt or the green shirt today?” This allows children to feel a sense of control while still moving forward with the routine.

Acknowledging feelings can also make a difference. Saying something like, “You wish you could stay at the park longer” helps children feel heard, even when the answer still needs to be no.

Keeping Boundaries Clear

While independence is important, children also need consistent boundaries to feel safe and secure. Calmly holding limits while showing understanding helps children learn that their feelings are valid, but not every choice can change the situation.

Over time, children begin to develop stronger language skills and emotional regulation, and the constant “no” phase usually softens.

Growing Independence

Learning to say “no” is one of the first steps toward independence and self-confidence. It shows that children are beginning to understand their own thoughts and feelings.

With patience, empathy, and clear guidance, families can support children through this stage while helping them develop respectful communication and problem-solving skills.

In the end, that determined little “no” is often a sign that a child is growing, learning, and discovering their voice.

For more information or support check out this link

Link: pregnancybirthbaby.org.au When your child’s favourite word is ‘no’!

TELL A STORY

Storytelling is a wonderful way to support children’s early literacy, imagination, and language development. This simple activity encourages children to create their own stories using toys they already love.

You will need: A few favourite toys (soft toys, action figures, dolls, cars, or animals) and a comfortable space to sit together

What to do: Invite your child to choose a few toys to be the characters in your story. Begin by setting the scene, such as “Once upon a time, a little dinosaur went on an adventure…” Then take turns adding to the story. One person might describe where the characters go, while the other decides what happens next. Encourage your child to use their imagination by asking questions like *“What happens next?”* or *“Who do they meet along the way?”*

This activity helps build vocabulary, listening skills, creativity, and confidence while showing children that stories can come from their own ideas and experiences.

HEALTH & SAFETY: Healthy Sleep Habits for Preschoolers

Sleep is an essential part of children's health, growth, and development. Preschool-aged children typically need around 10–13 hours of sleep each day, including naps. During sleep, children's bodies and brains are busy growing, repairing, and processing everything they have learned throughout the day. Getting enough rest helps children feel ready to play, learn, and connect with others.

When children are well rested, they are more likely to have the energy and focus needed for everyday activities. Adequate sleep also supports emotional regulation, helping children manage their feelings and cope with challenges. In contrast, when children are overtired, they may become more irritable, have difficulty concentrating, or struggle with transitions and routines. Sleep also plays an important role in supporting the immune system, helping children stay healthy.

For many families, bedtime can sometimes feel like a challenge. Preschoolers are naturally curious and may resist going to bed when they feel there are still exciting things happening around them. Creating a predictable and calming bedtime routine can help children transition from the busy parts of the day into a restful night's sleep.

A bedtime routine does not need to be complicated. Simple, consistent steps such as having a bath, putting on pyjamas, brushing teeth, and reading a story together can help signal to children that bedtime is approaching. Doing these activities in the same order each evening helps children understand what to expect and can make the transition to sleep feel easier and more secure.

The sleep environment can also make a difference. A quiet, comfortable, and dimly lit bedroom helps children relax. Some children enjoy having a favourite soft toy, blanket, or night light nearby for comfort. Keeping bedrooms mainly for rest can also support healthy sleep habits.

Another helpful strategy is reducing stimulating activities before bedtime. Bright screens, energetic games, or



exciting play can make it harder for children to wind down. Instead, quiet activities such as reading books, drawing, or listening to gentle music can help children relax.

It is also important to keep regular sleep and wake times where possible. Consistency helps children's internal body clocks develop healthy rhythms, making it easier for them to fall asleep and wake up feeling refreshed.

Of course, every child is different. Some children fall asleep easily while others need a little more time and reassurance. Patience, gentle guidance, and consistency can help children gradually develop positive sleep habits.

Healthy sleep routines not only support children's physical health, but also their emotional wellbeing and ability to learn and explore. By prioritising rest and creating calm bedtime routines, families can help children feel safe, relaxed, and ready for each new day.

For additional sleep support try this link via the QR code.

Link: RaisingChildren.net

Sustainability CORNER

PLANTING FOR THE SEASON

April is a wonderful time to start thinking about planting and caring for gardens as the weather begins to cool in many parts of Australia. Planting herbs, leafy greens, or winter vegetables is a simple way for families to grow fresh food at home while learning about sustainability.

Gardening helps children understand where food comes from and how plants grow. Even small spaces like balconies, windowsills, or pots in the backyard can be used to grow something useful. Herbs such as parsley, spinach, lettuce, and silver beet are great options for autumn planting.

Looking after plants teaches children responsibility while also encouraging patience and care for the environment. By growing even a small amount of food at home, families can reduce packaging waste and food miles while enjoying fresh, homegrown produce together.

Find out what grows well where you live via the QR code.

Link: April in your patch

MEET OUR NEW TODDLER ROOM EDUCATOR



Hi everyone,

My name is Priya, and I'm so excited to be joining the team! I bring over 10 years of experience working with young children, including in early learning settings in Singapore.

I love creating fun, engaging experiences through storytelling, music, and play, and I truly enjoy being part of children's everyday discoveries. You'll often find me right there with them—singing, dancing, and exploring!

Fun fact: I love adventure sports and trying new experiences—so I'm always ready for a little adventure! 😄

I look forward to getting to know you and your little ones 🤝

Ladybird room–

We warmly welcome all our families, including a special welcome to the new baby in our Nursery Room. It has been wonderful to see the children settle in and build trusting relationships with educators, and we remain committed to ensuring every child feels safe, valued, and supported.

This term, children engaged in a range of meaningful experiences and celebrations, including Australia Day, Valentine's Day, Sea Week, Holi, Harmony Week, St Patrick's Day, and Easter. We are currently celebrating Nature Play Week through creative experiences using natural materials, supporting children's connection with the environment.

Looking ahead, we will explore colours such as blue and red, along with body parts and animals through interactive learning. We also look forward to upcoming events including Anzac Day, Mother's Day, National Reconciliation Week, NAIDOC Week, and National Pyjama Day.

Thank you for your continued support as we create a nurturing and engaging environment for all children.

Kind regards

Mayu, Sonali, Bella

Caterpillar room

Welcome to Term 2 in the Toddler Room.

This term, we will support children to build a strong sense of belonging as they settle into routines, the environment, and relationships, including those transitioning from the Babies Room.

With the change in weather, we will be incorporating warm and cozy sensory experiences to engage children's senses. We kindly request families to dress children appropriately for the season, including jumpers, beanies, and closed shoes, to ensure they stay comfortable during both indoor and outdoor play. We will continue fostering independence through daily routines like toilet training, putting on shoes, jackets and collecting hats/beanies.

Group times will include songs, stories, Inanay with clap sticks, and an Acknowledgement of Country, embedding Aboriginal and Torres Strait Islander perspectives. Children will also engage in imaginative play and continue exploring seasonal changes through our Seasonal Calendar Project.

We look forward to a wonderful term of learning and growth.

Kind regards

Kezia, Alka, Lily, Priya

Butterfly room–

Welcome to Term 2! We hope you had a lovely Easter break. Last term, the Kinder children enjoyed celebrating a range of special events and cultural experiences.

This term, we will focus on establishing clear routines and expectations to support children's sense of safety and belonging. We will continue building early literacy and numeracy skills, alongside teaching consent and supporting children's understanding of their rights, safety and wellbeing. These experiences will help children develop confidence in expressing their needs and respecting others.

We are committed to ensuring children's best interests are at the centre of everything we do. Thank you for your ongoing support—we look forward to a positive and engaging term ahead.

Kind regards

Barnali and Kate

Feedback is always welcome

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