

PAPER MOBILES

A creative activity for children is making paper mobiles decorated with some colourful sequins and they can hang them in their rooms. The following material is required to make paper mobiles.

- ★ White colored paper
- ★ Crayons /poster colours
- ★ Stapler/glue
- ★ Newspapers for stuffing
- ★ Transparent wire/white thread
- ★ Sequins/crepe paper cuttings/glitter
- ★ Pencil
- ★ A pair of scissors



Draw any fruit, cartoon character, flower, shape, vehicle or any of your favourite object on the white paper. Make sure that the paper is folded into half so that you get the two cutouts of whatever you draw. Now cut out the drawing. Either colour it or paint it. Decorate them with the sequins, glitter or crepe paper cuttings. Now keep both the drawings on top of each other and either glue or staple the half of it. Crumple the newspapers and stuff it inside it and now close the rest of it by gluing or stapling. Make a small hole and pass a thread or wire through it. Hang it anywhere you would love to!!

Please send any suggestions for the newsletter to multi@georgestreetnc.org.au
This publication has been put together by Komal Junaid,
George Street Neighbourhood Centre Volunteer

We are on the web!!
www.georgestreetnc.org.au

PARENTS, CARERS AND BUBS

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Hi readers,
This is the second issue of this newsletter and I hope that you are finding it very useful. If you want to include your own articles, tips, recipe, suggestions or letter to the editor I would greatly appreciate it. Keep sending me emails regarding what topics you would like me to include in the upcoming issues.

LET'S READ

Lets Read is a program designed for children from birth to 5 years of age. The aim of this program is to promote reading rather than teaching them to read. It is to build the skills of children which would be helpful in teaching them to read when they start school. This program is delivered in the community and many people are taking steps to be a volunteer with the program. Workshops are organised for community volunteers to prepare for delivering the read aloud sessions. As I am also volunteering for it, I found it very useful. It is a good opportunity for the volunteers to develop their skills, provide free resources, contribute to the

community etc....If you enjoy reading stories to children then do not hesitate and take a step to be a volunteer with "LETS READ" and contact

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QUOTES:

- "A child educated only at school is an uneducated child"
(George Santayana)
- "All children are artists. The problem is how to remain an artist once he grows up"
(Pablo Picasso)
- "Don't limit a child to your own learning or he was born in another time"
(Rabbinical Saying)
- "Always kiss your children goodnight even if they're already asleep"
(H.Jackson Brown,Jr)

CONTACT DETAILS FOR KINDYS IN MACKAY

C & K East Mackay
Preschool and kindergarten
20 Hoey Street
East MACKAY
PH: 49574669

C & K Pioneer
Preschool and Kindergarten
10 High Street,
North Mackay
PH: 49423340

Snugglepot Kindyland
53 Grendon Street
North Mackay
PH: 49574466

C & K South Mackay
Preschool and Kindergarten
Casey avenue,
South Mackay
PH: 49578928

Mackay Kindergarten & Preschool Association
416 Shakespeare Street
PH: 49574589

VEGETABLES AND CHEESE CUTLETS

INGREDIENTS:

- Carrot 1
- Medium potatoes 2
- Peas 1/2-1cup
- Shredded cheddar cheese 1/2cup
- Salt to taste
- Black pepper 1/2 tsp or more
- Bread crumbs for coating
- Soya sauce 1/2 tsp
- Lemon juice 1/2tsp
- Oil for frying

METHOD:

Boil potatoes and mash them .
Chop carrots and peas.
Now add potatoes, cheese and make a paste
add salt, lemon juice ,pepper, soya sauce
and make cutlets in any shape you want.
If it sticks on your hand use wet hand to
give the shape to cutlets. Now coat them

NUTRITIONAL INFORMATION ON VEGETABLES USED IN THIS RECIPE:

CARROTS:



They contain large amount of vitamin A and contain falcarinol which may prevent cancer. They are good for eyesight.

POTATOES:



They are excellent source of vitamins and mineral. One medium potato provides a healthy dose of magnesium, iron, potassium, fiber, vitamin c and niacin.

PEAS:

They are excellent source for B complex vitamins, vitamin c, vitamin A, Lutein (orange or yellow pigment found in fruit and vegetables



HOME BUSINESS:

Would you like to be an AVON representative and want to run your own home business call now!

Komal Junaid
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Useful contact numbers:

Mackay Women's Centre
49531788

Police: 49683444

Community health Services:
49683800

Mackay City Library:
49619387

Base hospital:
49686000

Educational DVD's for children:

1. **So smart! letters**
2. **Touch and tickle(3-6 mths)**
3. **So smart!shapes(1-3yrs)**
4. **So smart!colours(1-3yrs)**
5. **Favourite rhymes**

WEBSITES FOR PARENTS:

www.smart-mums.com.au

www.raisingchildren.net.au

www.mumzone.com.au

www.parentingrc.org.au

www.parentingideas.com.au

Dental Health Tips For Youngsters

BOOKS FOR STORYTELLING

- Chicken Fun by Mrie Jo Huff
- Along came a bed time by Ian Whybrow and Parker –Reese
- I know a rhino by Charles Fudge
- Otto goes to school BY Todd Parr
- Bears on chairs by Shirley Parenteau
- Boo to you by Lois Ehler

You want your child to have healthiest mouth possible so we are providing you with some tips to help you reach that goal.

1. Seek early dental care for young ones.
2. Begin oral hygiene when an infant first tooth emerges.
3. Encourage good oral health and hygiene early.
4. Have youngsters brush frequently with tooth paste.
5. Snack in moderation and include beverages to wash the mouth of food particles.
6. Set regular snack times to avoid constant exposure to cavity causing foods.



MY LIFE IN AUSTRALIA

The 13TH September 2008 is a day which I will never be forget. A day which was full of panic, busy meeting our relatives.

Finally it was time for our departure and we had to leave our loved ones with tears streaming down from their eyes it was very difficult to leave our family and move to a new country. At that time my daughter Aleena was only 3 months old and my son Ahmad was 31 months old. In the beginning it was difficult to cope with everything as kids were too young and I did not drive. I used to walk around and try to explore Mackay. It was a bit hard to walk around with kids in the stroller, but I managed it.

I came across George Street Neighbourhood Centre where I got a lot of information about places and activities in Mackay. I take my kids to the story time session at the library every Thursday which is very exciting for them and I've even started to attend the baby bounce sessions. At times I take them to the playgroup its really fun as the mums get a chance to have a cuppa and chit chat while the kids play around and this way I met some new friends too.

I am also a volunteer at George Street Neighbourhood Centre and recently they helped me print my newsletter called 'Parents, Carers and Bubs' and I was pretty excited, as I really wanted to print my own newsletter on parenting. I also attend the World Café group which is held every Tuesday at GSNC where people from different cultures come and bring a plate to share and have chit chat and talk about many topics, do craft activity, and learn to cook different dishes etc...while the children play. Its a good way of meeting and socializing as well as a good way to get rid of boredom.

There are many workshops going on for parents and I try to attend those when I get a chance. A few months ago I attended a playgroup management workshop which was very helpful if someone is planning to start a playgroup. I am also a volunteer for the LETS READ program which is designed to promote reading in children.

I really wanted to do something, so I

I work from home and with the kids around I can do it according to my schedule. That's also going well and again I have made more friends and customers.

Life over here is now busy and I don't get time to be bored as there are many things to keep me active I try to schedule my whole week. On the weekends when my husband is off work from the hospital where he works as a doctor we arrange picnics , visit friends ,take our kids to the beach or park, and sometimes watch a movie etc...so its enjoyable. Mackay is good place with many tourists attractions, and we have all are settled into our new life!!!!

