


RAINFOREST ELC NEWS

1st November 2018

Dear families,

Wow! What great fundraising we did for the farmers last month. We all got into the spirit of dressing up and showing off our favourite costumes with our little centre raising \$219! Great effort everyone! We have donated the money raised to 'Buy as Bale' which supports Aussie farmers and rural communities throughout Australia.

Reminder to indicate whether you will be attending the End of Year & Christmas Celebration on the list near the sing in/out iPad.

Stay happy, safe and cool! 

Regards, Miss Andrea

Events...

Thu 8th – Meals on Wheels donations due

Tue 13th – World Kindness Day

Fri 23rd – End of Year & Christmas Celebration 6pm

18th-24th – National Skin Cancer Action Week

Mon 3rd – Lizard Graduation 7pm

World Kindness Day – Tuesday 13th November

Started at the World Kindness Movement in Tokyo in 1998, the purpose of World Kindness Day is to look beyond ourselves, beyond the boundaries of our country, beyond our culture, our race, our religion, and realise we are citizens of the world.

For more info on this check out <http://kindness.com.au/world-kindness-day.html>

HAPPY BIRTHDAY

Penny 17/11 (3 years)

Orlando 24/11 (4 years)

Jessie 29/11 (4 years)

Samuel 30/11 (4 years)



Birthday photo chart celebrations are displayed behind our front door.

Outcome 2.1 children develop a sense of belonging to groups and communities

Slip, Slop, Slap in Summer 2018/2019

Make this the year that your children slip, slop, slap, seek and slide whenever the UV is above 3.

Ultraviolet (UV) is part of sunlight which causes sunburn, skin damage and skin cancer and is the invisible killer that you can't see or feel. UV radiation can be high even on cool and overcast days. This means you can't rely on clear skies or high temperatures to determine when you need to protect yourself from the sun.

Australia has one of the highest rates of skin cancer in the world. Two in three Australians will be diagnosed with a skin cancer by the age of 70.

The Bureau of Meteorology issues sun protection times when the UV Index is forecast to reach 3 or above. At that level, it can damage your skin and lead to skin cancer.

For best protection, it is recommended that you use a combination of the following:

1. **Slip** on some sun-protective clothing that covers as much skin as possible.
2. **Slop** on broad spectrum, water resistant SPF30+ (or higher) sunscreen. Put it on 20 minutes before you go outdoors and every two hours afterwards. Follow the package directions for maximum effectiveness.
3. **Slap on a hat** – broad brim or legionnaire style to protect your face, head, neck and ears.
4. **Seek** shade (Remember babies under 12 months should always be playing in the shade). Encourage your children to move around and use the shade when playing outside
5. **Slide** on some sunglasses – make sure they meet Australian Standards

Reference: Sunsmart Council Council



Aboriginal Bush Medicine

Although aborigines traditionally were much healthier than Australians are today, as they were living in the open spaces on a land largely free from disease with a better diet, more exercise, more supportive society and harmonious world view, they still had a need of bush medicines. They used a range of remedies, which varied between clans, for bush medicine – including wild herbs, animal products, steam baths, clay pits, charcoal and mud, massages, string amulets and secret chants.

One of these natural remedies used the **Billy goat plum/Kakadu plum** - (*Terminalia ferdinandiana*)

The Billy Goat plum or Kakadu plum is one of the world's richest source of Vitamin C and is found in the woodlands of the Northern Territory and Western Australia. The plum has 50 times the Vitamin C of oranges, and was a major source of food for tribes in the areas where it grows.

The Australian aboriginal people pound the fruit and use it as an antiseptic and a soothing balm for aching limbs. However, the greatest use of kakadu plum fruits is for gourmet jams, sauces, juices, ice-cream, cosmetics and flavours.

Other known remedies we use today – Tea Tree Oil and Eucalyptus Oil

Bri.net.au/medicine

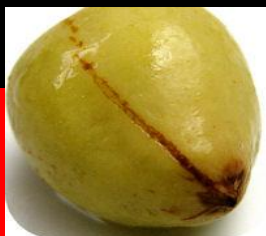
Pickled Kakadu Plums with Lemon Myrtle



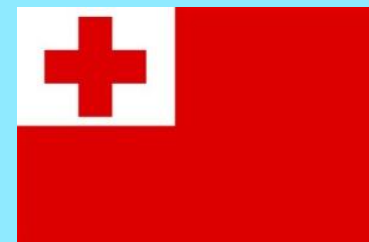
- 100g Kakadu plums
- 2 Fresh Lemon Myrtle Leaves
- Juice and zest of 1 orange
- 30g Rice vinegar
- 25g sugar
- 30g onion – diced 5mm
- 2 tsp (6g) Ginger julienne
- 1 red chilli – chopped fine

Bring all these ingredients briefly to the boil covered.
Simmer gently just a few minutes to soften the plum flesh.
Pack into sterile jars.

Reference: <http://tasteaustralia.biz/bushfood/native-fruit/kakadu-plum/>

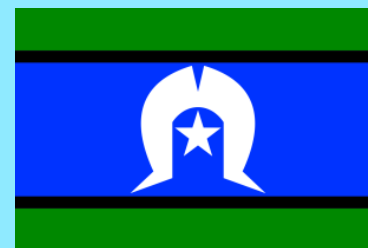


Looking at our Rainforest Community



TONGA is an island country located in the southern Pacific Ocean. The **official name** of the country is the **Kingdom of Tonga**. Although it is made up of 169 islands, 36 of which are inhabited, the population is only 106,776 people (as of 1 January 2017). The flag of Tonga was officially adopted on November 4, 1875. One of the oldest flags of the island countries in the South Pacific Ocean, the flag's widely recognized red cross is symbolic of Christianity coming to the islands; white symbolizes purity, and red represents the blood of Christ.

<http://justfunfacts.com/interesting-facts-about-tonga/>
<https://www.worldatlas.com/webimage/countrys/oceania/tonga/toflags.htm>



TORRES STRAIT ISLANDS –

Torres Strait is the narrow sea between Australia's Cape York and New Guinea. It is about 150 km wide and filled with islands, coral reefs and sand banks. There are about 240 islands but only 17 of them inhabited. While there are about 6,800 Torres Strait Islanders living on the islands, about 42,000 islanders now live on the mainland. The islands belong to Australia and are a part of Queensland. They are the only part of Australia to share a border with another country, New Guinea.

Torres Strait Islanders are the indigenous people of the Torres Strait Islands. They are culturally related to the coastal peoples of Papua New Guinea. They are regarded as being distinct from other Aboriginal peoples of Australia.

https://wiki.kidzsearch.com/wiki/Torres_Strait_Islanders