



Redlands Playgroup

A Service of Bayside Family Day Care

Weekly Playgroup Sessions for Children of Parents and Early Childhood Educators in The Redlands

A WEEKLY UPDATE MESSAGE FROM MICHELLE NOTT, REDLANDS PLAYGROUP COORDINATOR

Thank you

Thank you for supporting Redlands Playgroup, a service of [Bayside Family Day Care](#). I hope you and your children have enjoyed coming along to our Weekly Play Sessions. I have certainly enjoyed running the sessions. I wish you and your families all the very best. Thank you for your friendship, assistance and input into our program.

In future, you can contact me if you wish at michelle@baysidefamilydaycare.com .

You may also want to use our online inquiry-feedback form: [click here for access](#).

National Aboriginal and Islander Children's Day

National Aboriginal and Islander Children's Day (NAICD) is celebrated on the 4th August each year. It was established in 1988 by the Secretariat of National Aboriginal and Island Child Care (SNAICC).

The 2011 NAICD theme is "From small to big: growing stronger everyday". The theme salutes the role of services in supporting families and communities to raise resilient, healthy children, strong in their culture.

The aim of the NAICD is to demonstrate how important children are to Aboriginal and Torres Strait Islander communities. By focusing on a different theme each year NAICD draws attention to the needs of Aboriginal and Torres Strait Islander children and major issues SNAICC is pursuing on their behalf.

Recipe: Bush Tomato (Akadjura) Scones

4 cups Plain Flour

1 tsp baking powder

3 tblsp butter

3 cups milk approx.

1 cup akudjura (bush tomato), finely chopped

pinch of salt

Pre-heat the oven to 200C. Add salt and baking powder to the flour. Rub the fat (butter) into the flour until it resembles breadcrumbs. Add bush tomato and mix through.

Gradually add the milk, a little at a time, until you have a soft dough. Knead for a few minutes. Cut into scones and rest for 10 minutes.

With a pastry brush, brush the tops of the scones with a little milk and bake for approximately 20 minutes at 200C or until brown on the top.

Bush Tomato Soup

This soup is perfect for those cold days or as a starter for a traditional bush tucker feast. It can be reduced further to make a pasta sauce. The flavour will strengthen with time so it is best to make it in advance and heat to serve.

100g dried, ground Bush Tomatoes

30g dried Mountain Pepper

20 very ripe, red tomatoes

2 large onions, finely diced

½ cup (125ml olive oil

1 teaspoon salt

fresh basil leaves to taste

Bring a pot of water to the boil and immerse the fresh tomatoes for about 30 seconds. Lift out peel and chop coarsely. Saute the onions in the olive oil in a medium saucepan over medium heat until soft and tender. Add the chopped tomato and cook for 10 minutes.

Add the ground bush tomatoes, mountain pepper and salt. Cook for 45 minutes over a low heat, stirring occasionally.

Add the fresh basil a few minutes before the end of the cooking time.

Remove from heat and puree until smooth.

Craft Recipes – Paper Mache

2 cups cold water

1 1/2 to 1 3/4 cups of flour

Newspaper, cut or torn into strips

Mix water and flour in a large bowl with a wire whisk until smooth. Mixture should be the consistency of heavy cream. Coat your mould (such as an inflated balloon) with a layer of the newspaper strips that have been dipped in water.

Then dip strips into flour mixture and lay over the first layer until mould is well coated. Allow to dry completely until your mould is hard.

If desired, add another layer of newspaper strips that have been dipped in the flour mixture and allow to dry. Paint over the strips in any colour of your choice.

Bubble Painting

½ cup water

¼ cup powdered tempera paint

2 tsp Dishwashing Liquid

Mix the ingredients in a small, shallow bowl. Have blank pieces of white paper nearby. Using a plastic drinking straw, carefully blow into the mixture until a dome of bubbles form over the bowl. Create a bubbly print by placing a piece of paper on top of the bubbles and gently pressing down. The bubbles will pop against the paper, leaving an interesting print. Allow to dry. If desired, mix together several colours of bubble paint mixture in different bowls and repeat the process in several different colours on the same paper. Very effective!

Song – All the Fish are Swimming in the Water

All the fish are swimming in the water, swimming in the water,
Swimming in the water. All the fish are swimming in the water.

Fol de rol de ray.