

In life, there is nothing better than laughing, especially a laugh when you most need it  
**CATHERINE O'HARA**

**JUNGLE  
GEMS**

CLICK ME FOR THIS MONTH'S CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	31	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

Policy of the Month



<https://junglegems.com.au/whats-on/>



**ON this  
MONTH**

Events at Jungle Gems

- First Day of Autumn** ----- 1<sup>st</sup>
- 1<sup>st</sup> Melody Park Excursion** ----- 2<sup>nd</sup>
- Sea Week** ----- 29<sup>th</sup>- 8<sup>th</sup>
- Bulgarian Liberation** ----- 3<sup>rd</sup>
- Floral Fridays Day** ----- Fridays
- Crazy Sock Day** ----- 6<sup>th</sup>
- International Women's Day** ----- 8<sup>th</sup>
- Cultural Diversity Week** ----- 21<sup>st</sup>- 29<sup>th</sup>
- International Day of Happiness** ----- 20<sup>th</sup>
- Harmony Day** ----- 21<sup>st</sup>
- World Poetry Day** ----- 21<sup>st</sup>
- Mr Kale Jarjums Session** ----- 24<sup>th</sup>
- Earth Hour** ----- 28<sup>th</sup>

Extra-curricular Activities at Jungle Gems  
(SCHOOL term only)

- Ready Steady Go Kids** (Giraffe's only) -- Tue
- Ball Skills** with Mr Kale (Little Cubs/Meerkats) - Wed
- Little Groovers Dance** (Giraffe and Meerkats) -- Fri

Public Holidays: No Public Holidays

**Policy of the Month:**  
**QA4: Staffing Arrangements**  
**Staff Wellness Policy**

**March Newsletter**

Welcome to all our new families who have joined us at Jungle Gems. We are excited to have you join the family.

Date Reminder

At Jungle Gems we love celebrating the important people in our children's lives. We will be celebrating Mother's Day and Father's Day with an afternoon tea as well as Grandparents Day with a morning tea. Dates are below:

- Mother's Day Afternoon Tea:** Thursday, 7<sup>th</sup> May
- Father's Day Afternoon Tea:** Thursday, 3<sup>rd</sup> September
- Grandparents Morning Tea:** Thursday, 22<sup>nd</sup> October

**FREE Parent Workshop:**

**Supporting your child's emotional resilience**

**Date:** Monday, 22<sup>nd</sup> June

**Time:** 4:30- 5:30pm

**Location:** Jungle Gems Early Learning Centre

This year, Jungle Gems has organised an opportunity for child psychologist and guest speaker, Marina Bailey, to present an online workshop specifically for parents. She will focus on skills that will help parents support their child's emotional resilience. Please mark the date in your calendar as this is a night not to be missed!

**Community Corner**

Every week, Kale sends out a Storypark to all our families to let them know of the events held on the Gold Coast, over the upcoming weekend. Thank you to all our families for your input. If you know of any upcoming events, please send the details through to [kale@junglegems.com.au](mailto:kale@junglegems.com.au) Thank you in advance.



## NATIONAL RIDE '2' SCHOOL DAY - MARCH 20

Join more than 350,000 children across the nation and ride, walk, scoot and skate to pre-school or daycare today. National ride '2' school day promotes healthy habits, active lifestyles, and safer, more sustainable ways to travel within our communities. It also helps

children learn important road safety skills, including Wearing helmets, following road rules and being aware of others when travelling. Let's celebrate active travel and the positive impact it has on children's health and the environment. [Find out more here](#)

## EARTH HOUR - MARCH 28

Earth Hour is a great opportunity to slow down and spend time together. Children can learn about saving energy and looking after the environment in simple, meaningful ways. Earth hour doesn't have to just be one day a year, make it a weekly or monthly thing. Switch off more often and read a book or play a game via candle light. [Learn more here](#)

## GREEK YOGURT CHOC CHIP MUFFINS

PREP 10 min | COOK 20 min | SERVES 12-15



### INGREDIENTS

- |                         |                            |
|-------------------------|----------------------------|
| 2.5 cups plain flour    | ¾ cup un-flavoured oil,    |
| 1 tbs baking powder     | 1 cup Greek yogurt,        |
| ½ tsp baking soda       | ¼ cup milk, (¼ to ½ cup)   |
| ½ tsp salt              | 1 teaspoon vanilla extract |
| ⅓ cup sugar             | 1.5 Cup choc chips         |
| 2 eggs, lightly whisked |                            |

1. **Pre-heat** the oven to 180 C, line a muffin pan with muffin liners. Spray lightly with oil.
2. **Combine the dry ingredients** in a large bowl.
3. **Combine the wet ingredients** in a jug or smaller bowl.
4. **Pour the wet ingredients** into the dry and mix with a wooden spoon until just combined (a few lumps are fine. Don't overmix). Add a little more milk if necessary (the mixture will be quite thick but it shouldn't be dry).
5. Gently **fold the chocolate chips** into the batter.
6. **Spoon the batter into the muffin cases** (you can fill almost to the top) and bake for 17 to 25 minutes.
7. After 17 minutes keep checking every couple of minutes. A skewer pushed into the centre of the muffin should come out without raw batter on it, and the muffins should be nicely golden brown.

*Let cool completely on a wire rack before eating so that the muffin cases don't stick. Reheat for 15 seconds in the microwave after peeling off the muffin case if you'd like to enjoy a muffin warm!*

Enjoy x

*Find this recipe and more at Scrummy Lane*

## Podcast Reviews

*A couple for them, in the morning or in the car and one for you!*



**Arty Farty | Sydney Opera House**

Arty Farty is a podcast for creative kids! Produced by the Sydney Opera House, these talks, discussions and stories will ignite the spark of imagination in our littlest listeners and remind them to always think and create on the edge of the possible!



**Story Salad | ABC Kids Listen**

Story Salad is a fun and wacky improv storytelling show. Join Matt from playschool and one of his super storyteller friends as they are given three words to make up a story about it, ON THE SPOT! What do a teddy, the colour orange and a castle have in common? No idea! How about a toilet, guitar and a cat? No clue, but we'll find out very soon because Matt and his friend only have three minutes to whip them up into a Story Salad.



**Words Grow Minds Parent Podcast | Raising Literacy Australia**

Did you know your child's brain grows faster in the first 3 years than at any other time? Hosts Kate Ellis and Amelia Mulcahy chat with Australian and international experts, breaking down brain science into easy everyday things you can do to help nurture your child's development in the early years. No pressure, no judgement, just tips and fun conversations to give your child the best start in life.

# Jungle Gems Latest Room Updates

## Jingeri families and friends...

### Giraffes Update

What a fabulous February we have had in the Giraffe Room! We have continued to build a strong sense of belonging and connection with both our friends and educators. We are now seeing the children's true personalities shine as they become more settled and confident in their surroundings. This month, we have worked very hard on learning about personal space, how to speak to others when we disagree or need them to listen to us, and how to manage transition times throughout the day. I am sure you will agree the children are rising to the challenge of being good citizens within our learning community. We have enjoyed a very culturally diverse month. We began by continuing our Celebrating Australia experiences following the Australia Day break. We then moved on to Valentine's Day, where we focused not only on love, but also on showing kindness to our friends and, most importantly, to ourselves. To finish the month, we took part in Lunar New Year celebrations with Miss Nat. In literacy, we have been focusing on recalling stories and retelling them in our own words. We are now moving on to recognising our names, learning the sounds each letter makes and forming letters correctly. All children are at different stages of this learning, and our teaching will continue to meet each child at their individual point of development. In March, we will be heading out for our first visit to Melody Park. We also expect to spend more time in the garden weeding, picking fruit and planting seeds. We would really appreciate it if all children could have a spare change of clothes and shoes suitable for gardening. The first week of March is Sea Week, where we will be learning about animals that live in the sea and exploring ways we can care for our environment. We will also be focusing on recognising and naming emotions and learning strategies for managing big feelings. Here's to an exciting March!

### Miss Marie and the Giraffes Team

### Meerkats Update

February has been a wonderful month of growth as our Meerkats have continued to settle confidently into their new room. It has been lovely to see them embracing daily routines and developing new self-help skills, showing increasing independence as they take on each day's adventures. Parent feedback helped guide our learning this month, leading to meaningful explorations of road safety and germs. The children practised using pedestrian crossings during a visit to the car park and learned about red and green light signals. We also explored how germs spread and ways to prevent this, including thorough hand washing and coughing into our inner elbow. The children approached these experiences with curiosity and enthusiasm. Movers and Groovers has quickly become a favourite part of the week. The excitement is clear when Miss Holly arrives, and the children eagerly join in, building

confidence and coordination through dance and movement. We look forward to seeing where March takes us as we continue to follow the children's interests and support their growing independence.

### Miss Jade and the Meerkats Team

### Little Cubs Update

What a wonderful month we've had in the Little Cubs room! This February, our focus was on nurturing the children's independence and strengthening the muscles in their hands, supporting them to do things for themselves in practical and playful ways. You may have noticed your child showing more confidence during mealtimes and play times lately. Throughout the month, we encouraged self-help skills by inviting the children to wash their own dishes in the tub and serve themselves at mealtimes. These everyday routines are fantastic for building coordination and creating a sense of achievement. We also offered lots of hands-on activities, like pouring and scooping water, solving puzzles, and building with various materials. These activities were designed to challenge those small hand muscles and encourage concentration. These experiences help children develop both independence and persistence while having fun with their friends. Our Little Cubs curiosity about taste and texture inspired us to plan a range of sensory-rich cooking experiences. Together, we whipped up edible kinetic sand, made pizzas, and pancakes, exploring new flavours and textures in a safe, joyful environment. These shared experiences brought lots of laughter and gave children opportunities to engage all their senses. We love seeing your children thrive and can't wait for all the exciting adventures March will bring.

### Miss Alana and the Little Cubs team

### Bush Babies Update

February has been a wonderful month of settling in and adjusting to the Bush Babies room! Over the past month our focus has been on building strong, trusting connections with each child and creating a warm, welcoming environment where everyone feels safe and supported. We have spent time getting to know each child's interests, routines and individual personalities. It has been wonderful to observe the children growing in confidence, beginning to explore their surroundings more freely and developing a strong sense of belonging within the room. We have also seen lovely early friendships forming as the children engage in play together and practise their sharing.

As we move into the month of March, we are excited to explore a range of meaningful events and learning opportunities with the children, including the first day of Autumn, St Patrick's Day, Cultural Diversity Week, World Wildlife Day and World Water Day. Through a variety of hands-on-crafts, sensory play, stories, music and group experiences, children will explore seasonal changes and learn about different cultures and traditions. We look forward to another wonderful month in the Bush Babies!

## COUNT AND SORT

This activity supports number awareness, one-to-one correspondence, and early problem-solving.

**You will need:** Small household items (toy cars, buttons, pasta, pegs, blocks, or fruit) and few bowls or containers

**What to do:** Invite your child to place a small group of items on the table. Ask them to count how many there are, touching each item as they count. You can then sort the items by size, colour, or type and count each group together.

**Extend the learning by:** Asking, "Which group has more? Which has fewer?", Line items up and count forwards and backwards. Add or remove one item and count again.



## FOCUS ARTICLE: Why Children Need Repetition (and Why It's Not a Bad Thing)

If you've ever read the same book for the tenth time in a row, played the same game again and again, or followed the exact same bedtime routine night after night, you're not alone.

Repetition is a natural and important part of early childhood and while it can feel exhausting for adults, it plays a powerful role in how young children learn and feel safe in the world.

For young children, repetition builds understanding. Each time a child hears the same story, sings the same song, or repeats a familiar routine, their brain is strengthening connections. They begin to notice new details, predict what comes next, and make sense of the world around them. This repetition supports memory, language development, and confidence, helping children feel capable and secure.

Repetition also supports emotional regulation. Familiar activities and routines create a sense of predictability, which helps children feel calm and safe. When children know what to expect, their nervous system can relax. This is especially important during times of change, growth, or emotional development. A familiar book, song, or routine can be deeply comforting, helping children manage big feelings and transitions.

You may notice that children often repeat activities during periods of rapid development or emotional change. This is not a sign that they are stuck it's a sign that they are practising. Just as adults rehearse skills to build confidence, children use repetition to master new ideas and experiences. Saying the same words, playing the same game, or following the same steps helps children process information and gain control over their environment.

For families, repetition can sometimes feel frustrating or boring. However, small shifts in perspective can help. Rather than seeing repetition as something to endure, it can be viewed as a window into what your child is working hard



to understand. Joining in, observing, or gently extending play can support learning while still honouring your child's need for familiarity.

Repetition does not mean a lack of creativity. In fact, once children feel confident with a familiar activity, they often begin to add their own ideas changing characters in a story, altering the rules of a game, or exploring new ways to play. These small changes show growing confidence and imagination built on a strong foundation of familiarity. At early learning settings, educators intentionally use repetition through routines, songs, and experiences to support children's learning and wellbeing. At home, families can support this by allowing favourite books, routines, and activities to be revisited as often as children need.

So, the next time your child asks for "that one again," remember that repetition is meaningful work. It's how children learn, regulate, and build confidence — one familiar moment at a time.



For more information on the importance of repetition take a look at this great article via the QR code.



### Support local farmers, it's good for the environment

Choosing food grown by local farmers is a simple way families can help care for the environment. When food is grown closer to home, it doesn't need to travel long distances to reach our plates. This means fewer trucks on the road, lower fuel use, and reduced greenhouse gas emissions, which helps protect our planet.

Local farmers often grow produce that is in season, supporting natural growing cycles and healthier soils. Many also use sustainable farming practices that care for the land, water, and wildlife. Buying locally helps protect green spaces and supports farming communities to continue caring for the environment around us.

For children, learning where food comes from builds understanding and respect for nature. Visiting a local market, growing herbs at home, or talking about how food is grown helps children see how everyday choices can make a positive difference.

*Simply google "Local farmers market" to find one near you.*





## Stick Decorating: Art from Nature

### How it works:

Stick decorating is a simple, creative activity that encourages children to slow down, observe nature, and express themselves through art. It begins with a walk, a great opportunity for families to spend time together outdoors while exploring the environment.

Head out for a short walk in your local area, park, beach, or backyard and look for fallen sticks on the ground. Encourage children to choose **smooth sticks with larger surface areas**, as these are easier to decorate. Take time to notice shapes, textures, and sizes, talking about what makes each stick different. This helps build observation skills and appreciation for natural materials.

Once home, wipe the sticks clean and set up a simple art space. Children can use **crayons, paints, or markers** to decorate their sticks with patterns, lines, symbols, or colours. Some children may enjoy creating stories about their sticks turning them into magic wands, characters, or nature tools, while others may focus on repeating patterns or colour mixing.

This activity supports fine motor skills, creativity, and imagination while using materials found in nature. It also encourages sustainability by showing children that art doesn't need to come from a shop sometimes the best materials are already around us.

Image Source: [Days with grey](#)

## Prep Parent Information Evening

Recently, we held our annual Prep Parent information evening. Thank you to all parents for taking the time to come and join us and for returning the required signed forms. If you haven't yet signed these forms, please do so as soon as possible and hand them into Greta, Kale or Gail and the front desk.

### Reminder: Sun Safety Clothing Required

Please remember to dress your gem in sun safety clothes, as per our Sun Safety Policy. This means that your child needs to be wearing sleeves. We ask that you do not send your child in with shoestring or thick strappy dresses or singlets. Also, please remember to apply sunscreen on before arriving at kindy in the morning and make sure your gem has their hat packed in their bags every day. Thank you.

### Reminder: Carpark Speed Limit is 10km

As we have little ones walking in the carpark, please make sure you do not go over our speed limit of 10km. It is wonderful to see parents teaching your children about road safety and looking left to right for cars, while holding their hand when walking to and from your car. Thank you.

## 5 Minute MOVES Stretch & Breathe

Short simple activities to get some active minutes in the day.

This gentle movement activity is a lovely way for families to slow down and reconnect at the end of the day.

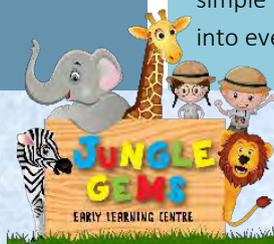
Find a quiet space, stand or sit together, and move slowly through each action.

### Try:

- Reach arms up high and stretch tall, then lower them slowly
- Bend down and touch toes or reach toward the floor
- Roll shoulders forwards and backwards
- Gently twist side to side
- Finish by taking three slow, deep breaths together

Encourage children to notice how their bodies feel as they move and breathe. This activity supports calm bodies, emotional regulation, and helps children transition from busy days into relaxed evenings. It's a simple way to build healthy movement and mindfulness into everyday family routines.

**Feedback**  
is always welcome



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