



# Smartkids Thao Dien Talk

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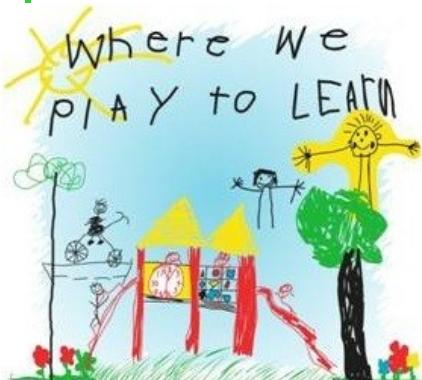
## The purpose of a stimulating environment

In SmartKids we want to encourage independence and freedom of choice in activities. At the same time we want children to explore different activities in order to experience all aspects of play and discovering the world.

Staff aim to offer a range of activities which will provide the children with joy during play, learning different skills, and interesting areas to explore. The activities need to be easily accessible, arranged for the children in sequence, and adaptable. Both indoor and outdoor activities are planned according to the children's needs, ages, developmental stages and are continuously changed to enable different experiences.

Interacting with others, working alone and together or alongside each other, are necessary to develop social skills, communication and language skills, creative skills, and to develop knowledge and understanding of the world.

Through these activities children learn mathematical and science concepts, like pouring, sinking and floating, etc. At the same moment they learn communication and language skills such as: enough, too much, over, under, in front, etc.



In the morning all teachers have around 7 activities set up in their classes.

We therefore encourage parents to bring their children in time (before 08.30) in the class.

In this way children can explore the different activities, settle in the morning routine and start their day in a good mood.

## Parent teacher meetings

Teachers will soon place a schedule on their classroom doors in order for you to arrange a time for the parent-teacher meetings (week starting 21st of November).

During these meetings you can raise any concerns and ask questions about the development of your child. The teacher will inform you about how your child is doing in the class.

Each teacher makes observations of your child - about his/her physical, social, emotional, language, cognitive and creative development. She will also inform you about eating and sleeping habits or toileting.

All teachers look forward to share this important information with you.

**It is not suitable to bring your child to the meeting.**



## After School Activities

SmartKids provides After School Activities on Tuesday in the Thao Dien Location and on Thursday in the Riverside location.

This is an opportunity for children aged 3 to 6 years old, to meet other children from SmartKids and other schools.

It enables them to do different activities than the ones in class and with other friends.

For those children needing assistance with English language skills, it is a great way of interacting with our teachers.

Classes are small, we limit the classes to 10 to 12 children.

## Changes in program or other questions?

Please feel free to see Ms. Yoko. She is most of the time in the morning in Thao Dien and more than happy to talk to you about any concerns or answer your questions.

Teachers are very busy with the children, so come to the office to see Ms. Yoko for all your concerns.

## Quality and healthy menu at SmartKids

As much as we try to offer children a well balanced, healthy diet, the children have their favourites or may not be willing to try something new.

At SmartKids it is somewhat easier as the whole group of children is involved in the process of eating and talking about food, healthy food, how it helps our bodies to work and play and giving us energy.

To see friends trying and eating, often encourages difficult eaters to join in eating as well.

All the food in SmartKids is bought and prepared fresh. Fruits are peeled, vegetables cooked and the meat is bought in the Metro, to be sure of a good quality.

Our kitchen staff has input in the menu and the menu is made by Ms Yoko, according to the Australian Nutrition Department (childcare nutrition).



### Chicken and pea risotto

By Ms.Lam ( who dressed up for pirate day)

Head of Kitchen, SmartKids Tran Ngoc Dien

#### INGREDIENTS

4 tablespoons butter  
1 leek or 1 onion, finely chopped.  
2 boneless, skinless chicken breasts finely chopped.  
1 cup of frozen peas.  
2 cups Arborio Rice (ONLY USE ARBORIO RICE!)  
**Don't wash the rice!**  
5 cups chicken stock  
1/3 cup of grated cheese



Place chicken stock in a pan and heat to simmering point - keep it on the heat next to where you will cook the risotto. Have a ladle ready to add stock to the risotto.

Heat the butter in a pan and add the onion or leek. Cook gently until very soft. Add the rice to the onion and butter mixture and cook for around 1 minute to make sure the rice is coated in butter. Pour in 1/2 cup of stock and cook until absorbed. Using the ladle add in more stock - 1 ladleful at a time. Wait until the rice has absorbed the stock before adding more. After around 15 minutes add in the chopped chicken and continue to cook the risotto, adding stock as needed. Then add in the peas. The rice will take around 25 minutes to cook.

It should be creamy and tender but still firm.

**It should not be like a chicken porridge.**

Top with grated parmesan (or cheddar) cheese to serve.

#### NOTE:

If you want to make risotto cakes/balls then you can make the risotto the day before and put it out onto a tray in the fridge overnight. Then you can cut out 'cake' shapes or roll into balls. Toss in beaten egg and breadcrumbs and fry in shallow oil until golden.

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