

Playschool Press

We are looking for YOU!



If you have found your own child care with an Au Pair, Nanny or even a family member like Granma, Friend or similar we can provide our FREE support programme plus pay you our non-income tested subsidies!

What are you waiting for?
Contact us today!

This month Playschool wants to celebrate Matariki with you. Matariki is the Maori name for a group of seven stars known as the Pleiades star cluster. Some people think of Matariki as a mother star with six daughters, and it is often referred to as the Seven Sisters.



Matariki appears in the eastern sky sometime around the shortest day of the year and is thought to determine how successful the harvest crop will be in the coming season. The brighter the stars, the more productive the crop will be.

What does Matariki mean: Matariki has two meanings, both of which refer to the cluster of stars. Mata Riki means Tiny Eyes, and Mata Ariki means Eyes of God.

When is Matariki celebrated: Matariki begins to rise in the last few days of May, and this symbolises the coming of the Maori New Year. Some iwi (tribes) start celebrations when Matariki is first seen, however it is the first new moon after Matariki that officially signals the Maori New Year. Some people celebrate the New Year on the day the new moon rises, and others celebrate on the day after the new moon. Celebrations can last up to 3 days.

Child friendly recipe Matariki Stars

Ingredients:

1 ½ cups of plain flour 1/3 cup of caster sugar ½ tsp vanilla essence
150g butter (at room temperature) Extra caster sugar or icing sugar for dusting

Directions:

1. Line a baking tray with baking paper
2. Sift flour into bowl & mix in sugar and vanilla
3. Rub butter into dry ingredients with your fingers until the mix resembles coarse breadcrumbs.
4. Using your hands, form dough into a ball and place between 2 sheets of baking paper
5. Roll the dough out until it's about 2-3 cm thick and cut using a star cookie cutter.
6. Place your stars at least 3cm apart on a baking tray.
7. Bake for 10 - 15 minutes at 180, checking regularly until golden.
8. Remove from the oven and then dust generously with caster sugar or icing sugar before letting cool completely.

This is now when the kids can get creative with icing, chocolate and hundreds and thousands, creating as many different stars as possible.

Upcoming dates:

School Holidays

6th – 17th July

Teddy Bear Picnic

10th July

Matariki

13th - 20th July

International Day of Friendship

30th July

Red Nose Day

3rd July

TIPS TO BUILD EMOTIONAL RESILIENCE IN KIDS

Spend quality time with kids.
When they feel loved and supported, children develop emotional strength.

Talk about feelings so your child learns to share their worries and fears with people they trust.

Instead of rushing to solve problems, give kids time to work things out themselves.

When children experience failure or disappointment, it's important to praise their effort and encourage them to try again.

Acknowledge your own mistakes to teach kids that mistakes are essential for learning and growth.

If your child can't find a solution to a problem, use gentle questioning to guide them towards it.

Ensure kids are eating well and getting enough sleep and exercise.



The tamariki had so much fun last month on their nature scavenger hunt - exploring their senses.





Galaxy Dough

Celebrating Matariki (Maori New Year) with Playschool

This year the Matariki cluster will set on 15 May and return from 13–16 July. The Matariki period is 13–20 July. You can teach your tamariki (children) that Matariki is seen as an important time to celebrate the earth and show respect for the land on which we live, teaching them about sustainability, food growth and preparation. This is a great opportunity for engaging whanau and tamariki in exploring other cultures too.

This year Playschool would like to celebrate Matariki with you by creating your very own galaxy dough – that represents your very own stars in the night sky. Dough is not only great for creativity but also imagination, fine and gross motor skills and exploring sensory play.

BEST EVER NO-COOK GALAXY DOUGH RECIPE

- 2 cups plain flour (all purpose)
- 2 tablespoons vegetable oil
- 1/2 cup salt
- 2 tablespoons cream of tartar
- black food colouring
- few drops glycerine
- 1 to 1.5 cups boiling water (adding in increments until it feels just right)

Instructions:

- Mix the flour, salt, cream of tartar and oil in a large mixing bowl
- Add food colouring TO the boiling water then into the dry ingredients (an adult needs to do this for safety reasons)
- Stir continuously until it becomes a sticky, combined dough
- Add the glycerine (optional)
- Allow it to cool down then take it out of the bowl and knead it vigorously for a couple of minutes until all of the stickiness has gone. * This is the most important part of the process, so keep at it until it is the perfect consistency! *
- If it remains a little sticky, then add a touch more flour until just right

Below are some ideas you and your whanau might like to explore to celebrate Matariki, while also exploring the benefits of visits and outings with your tamariki. When engaging tamariki in visits and outings they are exploring new experiences and increase their understanding of the world around them, while also supporting social confidence.

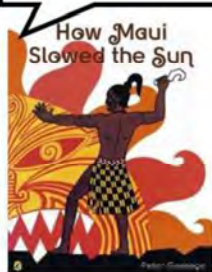


Concerts and cultural performances

Dawn ceremonies



Learn about the Maori myths and legends and visit your local library



Go for a bush walk



Tree planting in conservation areas



Celebrate Matariki through arts and craft



Enjoying a hangi or a feast, or watching a cooking demonstration



Visit the local planetarium and explore the stars, or go for a night time drive and star gaze.



Go kite flying

