

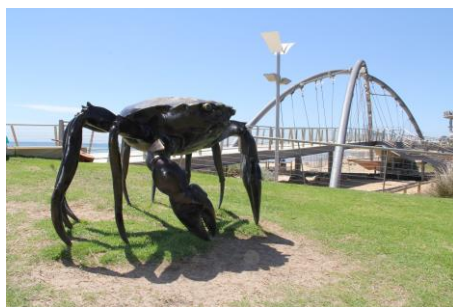
# Playgroup Newsletter

## December 2021



*Lifestyle Capital of Victoria*

Welcome to the monthly Playgroup Newsletter. Keep up to date with playgroup news and information about what is happening locally as well as play ideas and recipes.



### **This month we have articles on:**

- Paper Plate Craft-Spiders
- Festive Crafty Ideas
- Sun Safety
- Visit Frankston Parks
- Christmas Storytime in the Sunshine
- Festive Recipes

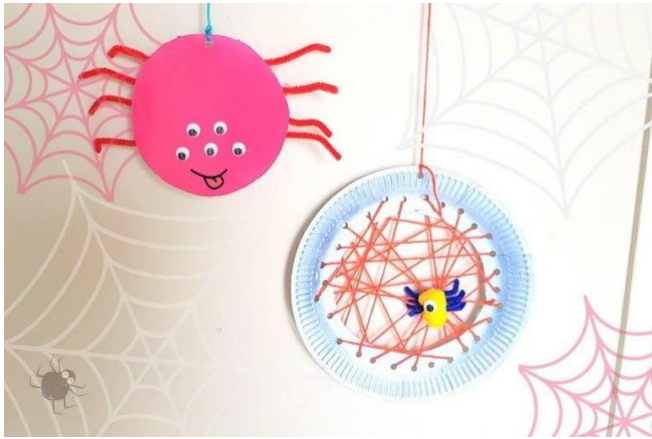
### **Expressions of interest.**

Are you interested in starting a playgroup? Please contact the number below to discuss some options.

For all playgroup inquiries you can contact the Playgroup Development Officer on 9293 7156 or email

[playgroups@frankston.vic.gov.au](mailto:playgroups@frankston.vic.gov.au)

# Paper Plate Craft- Spiders



## You will need

A paper plate, wool, paint, hole punch, 2 pompoms, 1 googly eye, 1 pipe cleaner, glue.



1. Cut out the inner circle of the paper plate.



2. Use your hole punch to punch a set of holes around the inner circle.



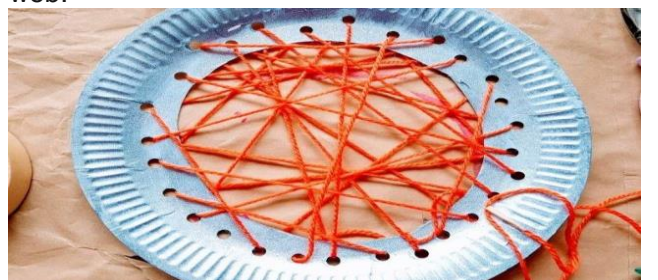
3. Paint the outside rim.



4. Once the paint is dry, grab a piece of string for threading through the holes. But before you start, to make it easier for your child, wrap a small piece of tape around the end of the wool. This will make pushing the wool through the holes super easy.



5. Weave the wool in a criss-cross pattern through the holes to make your own unique web.



6. Assemble your spider and glue to the web.



Completed spider web



# Festive crafty ideas!



# Sun safety



- Too much sun can lead to sunburn, skin damage, eye damage, skin cancer and a weakened immune system.
- Simple sun safety precautions can minimise the risks of sun exposure.
- Sun safety is about timing, shade, protective clothing and sunscreen.
- You can be a role model for sun safety.



## Shade

Shade gives you some protection from UV radiation. Dense shade that creates a dark shadow is best.

<https://raisingchildren.net.au/newborns/safety/outdoor-sun-safety/sun-safety>

## Protective clothing, hats and sunglasses

- Sun-protective clothing with an **ultraviolet protection factor (UPF) rating of 50+** gives your child the best protection from the sun.
- **Tightly woven fabric** helps protect skin from the sun. Hold the fabric up to the light to see how much sun gets through. If the fabric lets a lot of light through, it'll probably let a lot of UV through too.
- Long sleeves and long pants cover up more skin. Elbow-length sleeves and knee-length shorts are best if it's too warm for full-length clothing.
- Wetsuits and rash vests are a great way to protect your child and yourself from the sun when they're swimming or doing other water activities.
- Cotton clothing is cooler than clothing made from acrylic fibres.
- Loose-fitting clothing is cooler.

## Top Tip

In summer, it's best to go to the playground, the park or the beach in the early morning and late afternoon.

## Visit Frankston Parks



**The Frankston Waterfront Reserve** (22.7 hectares) stretches along the coastline for five kilometres from Long Island Tennis Club to Kackeraboite Creek at Davey's Bay. Offering areas of significant natural flora and fauna, and a clean family-friendly beach which has won several awards from Keep Australia Beautiful.

- All abilities barbecue and picnic tables
- Award-winning Frankston Beach
- Boardwalks
- Car parking (fees and time limits apply)
- Frankston's Visitor Information Centre
- Indigenous plants
- Kananook Creek boat ramp (permit required)
- Playground
- Public toilets
- Walking tracks



**Ballam Park** provides a great day out for people of all ages, with two regional playground areas, 30 hectares of open areas and sporting fields including a premier athletics track, AFL, soccer and cricket.

- Barbecues with shaded areas (free - bookings not available)
- Basketball ring
- Dog free roam area
- Public toilets
- Tennis wall
- Walking track

### **Beauty Park and Frankston War Memorial**

- A walking/cycling path circumnavigates the park
- Barbecues, drinking fountain and bins
- Creek line with large boulders and river pebbles
- Grassed picnic areas and shade trees
- On lead dog walking
- Ornamental lake with two raised viewing platforms suspended over the water's edge to view a variety of seabirds and water fowl
- Playground with 5.8 metre high climbing net, combination unit with cubby house and slide and a toddler's climbing net
- Sandstone-clad pavilion providing shelter
- Three outdoor fitness stations

## Christmas Storytime in the Sunshine



- Thursday, 09 December 2021 | 09:30 AM - 10:10 AM
- Thursday, 16 December 2021 | 09:30 AM - 10:10 AM

*Join a couple of your favourite storytellers Bev and Monica for two very special Christmas editions of Storytime in the Sunshine at our Seaford Library.*

*On 9 and 16 December, our Storytime in the Sunshine sessions will be Christmas themed! These extended sessions are for children aged 0-5 and include Christmas books, songs and a very special visitor...*

This is a free event, however bookings are essential.

**For bookings: 9784 1020**

As an entry requirement, in accordance with government regulations, proof of full COVID-19 vaccination or valid medical exemption will be required for anyone over the age of 12 years and 2 months to enter Frankston City Libraries' in-person events.

We ask that all family groups stay together on their blanket, in order to help us maintain safe social distancing throughout the event.



View the Frankston Library website to see what activities they are holding over the holiday period.

<https://library.frankston.vic.gov.au/FrankstonLibraries/Events>

# Recipes-Festive fare!

## Smoked Salmon Dip

- 250 grams cream cheese, *can be light*
- 100 grams smoked salmon
- 2 tablespoons lemon juice, *fresh is best*
- 1 teaspoon chopped fresh dill
- A pinch of salt and pepper
- Optional garnishes: fresh dill, lemon zest, capers, finely minced red onion, or tiny slice of lemon.

*Add the cream cheese, smoked salmon, lemon juice, dill, salt, and pepper to your food processor and blend on high until smooth, scraping the sides a few times*



## Cream Cheese Log

### Option 1.-Garlic herb log.

- 500 grams cream cheese
- Crushed garlic clove or garlic powder
- Teaspoon mixed herbs
- A handful of fresh parsley, finely chopped

*Soften cream cheese, use a fork to mash cheese and add crushed garlic and herbs. Place on a sheet of plastic wrap. Roll into a log shape. Use wrap to assist with making the shape. Then roll the log into finely chopped parsley. Place in the fridge until serving. Slice and serve with crackers or crusty bread*

### Option 2-Smoked Oyster Log

- 500 grams cream cheese
- 85 gram can smoked oysters
- Handful of finely chopped parsley

*Soften the cream cheese and use a fork to mash the cheese. Drain the smoked oysters and chop into small pieces. Shape the cream cheese to a rectangle shape between two pieces of plastic wrap. Place oysters on one side - then roll up the cream cheese into a log shape. Roll the log into finely chopped parsley. Place in fridge to set then serve with biscuits or crusty bread*



## TRAFFIC LIGHT SANDWICHES

- Wholemeal bread slices with crust removed
- Corn relish
- Sliced tasty cheese
- Sliced tomatoes
- Lettuce leaves

Using a 1.5cm cutter, cut out six holes on one slice of bread.

Layer the corn relish on the bottom of an uncut slice, place layers of cheese, tomatoes and lettuce making sure you have the tomato at the top, cheese in the middle and lettuce at the bottom.



## FESTIVE FRUIT SALAD



## CHILD-FRIENDLY CHARCUTERIE BOARD

### YOU WILL NEED

- cheese – cut into squares or cubes
- meats from the deli, ham, turkey, pepperoni, and mild salami
- crackers and pretzels
- olives
- vegetables (like thin sliced carrots, cucumbers, sliced peppers, sugar snap peas, avocado)
- fruits (like apple slices, grapes, orange slices, kiwifruit etc)
- hommus dip or avocado dip

This is a fun way to introduce new foods to your young children while including them in a special celebration food. Make sure the foods you use are age appropriate.

