



Creative containers

Unusual containers for your plants will make your gardening projects interesting. Any object that has sides can be used, so keep a look out for possible ones to recycle and reuse.



Top tip
When deciding what container would be best to use, think about the height and space the plants will need when they are fully grown.

Found within: *RHS -Garden Projects (2012) Royal Horticulture Society.*



Herby cheese muffins



You will need:

- 280g (10oz) plain flour
- 1 tbsp baking powder
- 1 tsp salt
- 1 tsp mustard powder
- 125g (4 1/2oz) mature Cheddar cheese, grated
- 2 tbsp chopped fresh parsley
- 1 tbsp chopped fresh oregano
- 2 tsp chopped fresh thyme
- freshly ground black pepper
- 2 eggs
- 200ml (7 fl oz) semi-skimmed milk
- 75g (2 1/2oz) butter, melted



Here is a herby muffin recipe that uses parsley, oregano, and thyme from your garden. The muffins are irresistible and best eaten the day they're made, although they will last for a couple of days.



1 Preheat the oven to 190°C (375°F/Gas 5). Line a muffin tin with 10 paper muffin cases. Then sieve the flour, baking powder, and salt into a bowl.

2 Add the mustard, three quarters of the cheese, and the parsley, oregano, and thyme. Season with black pepper and mix everything together.



3 In another bowl, beat together the eggs, milk, and melted butter, and pour over the dry ingredients.

4 Stir the mixture until everything is just combined. Your batter should be quite lumpy.

5 Spoon the batter into the muffin cases, then sprinkle the rest of the cheese on top. Bake for 20–25 minutes until risen and firm.

Found within: *RHS -Garden Projects (2012) Royal Horticulture Society.*

Pukapuka/Story



https://www.youtube.com/watch?v=x1_ezVGu7uQ

Enjoy this story that is special to us all in Aotearoa, please click on the link above. Also feel free to head to the Kindergartens South Facebook page to enjoy listening to stories read/told by Kaiako/teachers and tamariki.

Yarn Rākau



<https://artfulparent.com/what-to-do-with-autumn-leaves/>

Click on the link above for more inspiration to become inspired to create some art alongside your tamaiti/child with the many leaves around you.

TAMAITI
Preschool 3-4 years

MANATŪ HAUORA
MINISTRY OF HEALTH

SLEEP
10 - 13 hours per day
KIA AU TE MOE
Sleep well

Plays in groups
The world is yours child
Give it everything!

KIA ITI TE NOHO
Sit less
throw · run
catch · pass · dig
jump · skip · draw
climb · roll · hop · dodge

Limit screen time
to 1 hour per day

KIA NUI TE NEKE
Move more
Mou te ao tama i hine Karawhiua!

A child is represented by the tukutuku pattern 'maunga' or mountain. The pattern demonstrates that all people are made up of many different strands. Strands represent whakapapa (genealogy), whatumanawa (emotional), tinana (biological), wairua (spiritual), whēako (experiences), all of which (and more) represent the very tapestry of who we are. As parents, caregivers, grandparents, aunts and uncles, we have the privilege of influencing the many strands that make up a child.

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Getting active & keeping well is crucial for not only your tamariki but also yourselves as parents. Check out this guide for ideas!