



Smartkids Riverside Talk

Written by
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Year 4, Issue 1
November 2011



I am happy to be the new Location Manager at SmartKids Riverside. I have lived and worked in five different countries for the past 14 years as an educator. I have lived in Nicaragua, Viet Nam, Bangaldesh, Egypt and the United Arab Emirates. I have been a teacher, principal, assistant principal and an education consultant. While living in variety of countries I have had the great fortune of travelling to 22 different countries. My home state Minnesota, U.S.A. which is known as the state with 10,000 lakes. The national bird is the loon which has a beautiful yodel or call. Minnesota shares a northern border with Canada, an eastern border with Michigan, a southern border with Iowa and a western border with North and South Dakota. For recreation I like to golf and practice yoga in my spare time. My family all lives in the United States in Minnesota, Michigan and Washington.



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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 (starting the week of 21st of November).

During these meetings you can raise any concerns and ask questions about the development of your child. The teacher will discuss with you 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.

New Climbing House

Our new climbing house will be completed next week 14-18 November. Mr. Rick (Coopers dad in the yellow group) and Mr. Ken are doing a fantastic job building it.



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

At SmartKids We Serve Healthy Food

At SmartKids, we offer children a well balanced and healthy diet. While the children have their favorites they may not be willing to try something new.

All the food in SmartKids is bought and prepared fresh. Fruits are peeled, vegetables cooked and the meat is bought at Metro. Our kitchen staff has input in the menu and the menu is made by Ms Yoko, according to the Australian Nutrition partment (childcare nutrition).

Birthday Parties

Thank you for bringing healthy birthday treats for your child's birthday. If you would like some ideas for a healthy treat to bring, please speak to Ms. Lynn.

Please remember that SmartKids does not allow children to distribute gifts or goodie bags during these parties.

A copy of the Parent Handbook is on the website and can be downloaded. There are also hard copies in the office.



Chicken and Pea Risotto

Created by Ms.Lam (who dressed up for pirate day)
Head of Kitchen, 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
DO NOT WASH THE RICE!



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.