

# Play School

## Early Education Notes

### Series 343: Our Celebrations

#### Background

'Our Celebrations' explores many of the ways we celebrate in multicultural Australia. Celebrations come in different forms and can enhance a child's sense of belonging to family, friends and community. With the Play School Celebrations Scrapbook, there's plenty of recipes to explore to get the party started! Our 'Through the Windows' films shine a light on a diverse range of occasions such as Diwali, Eid al-Fitr, NAIDOC Week, Buddha's Birthday, Vietnamese Lunar New Year, Passata Day and Christmas. We also celebrate significant events like welcoming a new baby into the family or playing a special game of footy! When we celebrate, we come together as a family and a community. There's always lots of fun to be had – and that's worth celebrating!

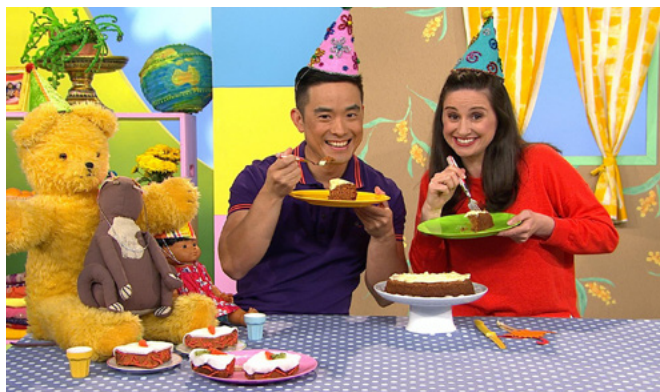
#### Follow-up

##### Celebrations and food, glorious food!

Preparing and sharing food together are important elements of any celebration, in this series and in real life! A great way to follow-up after watching each episode is to make the featured recipe together. Each dish is specially chosen to be quick, easy, tasty, and healthy for little cooks. Play School loves the idea of encouraging children to try new flavours. Many of the recipes in Our Celebrations include unique ingredients that some children may not have tried before e.g. wattle seed, turmeric, tahini, myrtle leaf and pomegranate. Some cooking techniques have been helpfully modified so children (from a very young age) can feel in control of certain tasks in the kitchen.

There is so much valuable language, literacy, numeracy, and scientific exploration going on while cooking with children, not to mention the wonderful way cooking and eating together can strengthen relationships and build connections with community, culture and sense of self.

Recipes for this series are included on pages 3 and 4.

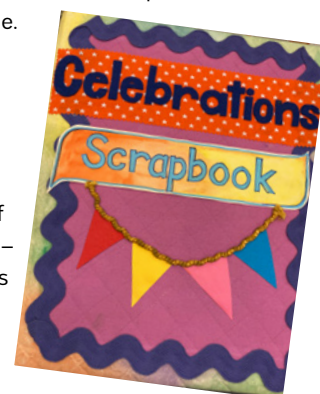


Emma & Kaeng make a yummy carrot cake for Emma's birthday and have a surprise party with the toys!

#### Make an 'Our Celebrations' scrapbook

Create a scrapbook inspired by the one featured in this series. Include tokens, recipes, images and stories from the celebrations at your setting. Invite children and families to add to the scrapbook throughout the year. From large cultural events like Diwali, Luna New Year or Christmas, through to smaller personal milestones such as progressing at swimming lessons or moving to a 'big bed'. Recognising what matters most to children and families is part of responsive and inclusive practice.

To extend, take this idea into the virtual world! For example, during times of celebration, Grandparents living overseas could add to an online version of an 'Our Celebrations scrapbook' – children would see contributions from their family pop-up in real time!



This idea links to the Early Childhood Australia Statement on Young Children and Digital Technologies – Part 1 Relationships:

- 1.1 Children, adults and digital technologies: Digital technologies can be used to support positive child–adult relationships.
- 1.3 Educator and family partnerships: Strong partnerships between educators and families are important for young children's wellbeing and developmental outcomes.

#### Mind mapping celebrations

Create a mind-map of the celebrations and traditions shared by families and educators at your early learning setting. Try mind-mapping informally at a parent gathering when starting off a new year. Display the map in your room. The mind-map could grow over time with jottings and images from celebrations held at your setting or shared by families at home.

Link to EYLF Principles and Practices including – 'Secure, respectful and reciprocal relationships', 'Partnerships' and 'Cultural competence'.



Emma followed Karen's picture recipe to make a delicious fruity, yoghurt dessert.

## Celebrations and the five senses

The feelings of happiness, excitement and connection we experience during celebrations are tightly linked to what we hear, see, smell, touch, and taste. When launching into learning experiences focusing on celebrations, encourage children to connect with their senses to help recall their experiences e.g. *What does a birthday party sound like? Can you paint the colours and shapes you think of when you think of Christmas? What does your new house smell like? If Luna New Year tasted like something, what would it be?* Thinking about celebrations in this way could become part of a mindfulness visualisation, with focus on developing children's feelings of gratitude and kindness.

Link to EYLF Principles, Practices and Learning Outcomes including:

Secure, respectful and reciprocal relationships

Partnerships

Respect for diversity

Holistic approaches

Responsiveness to children

Outcomes: 1.3, 2.1, 2.2, 5.1

## Related reading and other resources

- The special guest in episode four is award winning author, song writer and artist, Gregg Dreise. Gregg is an experienced performer in many different community contexts, including early education and care settings and primary schools. Visit [Gregg's website](#) for information about his wonderful children's books and much more.
- The storybooks from this series are *'My Culture and Me'* (2019) By Gregg Dreise and *'Cherries'* (2018) by Carrie Gallasch and Sara Acton. Enter each title into your web search to find out more.

- A timely article from Community Early Learning Australia (CELA) [Amplify: COVID-Safe Celebrations](#). Important updates for educators about end of year celebrations in 2020. Also includes points for critical reflection on Christmas celebrations.
- Read the ACECQA blog , We Hear You: [Review, reflect and celebrate: A story from the sector on celebrating children's achievements](#) (Dec 2017). Insights from an Educational Leader about how they acknowledge end of year milestones with children and families.
- Inform your practice and co-learn with children, visit ABC Education and check out the [Celebrations DigiBook](#). The videos included in this resource have current relevance, but many were filmed a long time ago. As well as the focus on celebrations, this resource may be interesting to older children when reflecting on celebrations 'then and now'.
- ['Spend and Minute' on Festivals and Festivities'](#) (January 2019) with Early Childhood Australia (ECA). A concise read outlining five key points to consider when incorporating celebrations into your practice.
- Download the free feature article from ECA's Every Child Volume 24, Number 3 2018 titled [Communicating Family Diversity and Celebrations](#).



## Our Celebrations 'Through the Windows' films

This series includes an extra special compilation of 'Through the Windows' films produced by Natalie Martin. Each film is a delightful reflection of how children experience celebrations in their home, and in their community. They can be watched again via the ABC Kids Early Education curriculum collection, [Family, Community and Culture](#).

### [Newborn Baby](#)

Welcoming a new baby is a very special time! We watch as newborn babies have their first cuddles and meet their families for the very first time.

### [Christmas](#)

Join Oliver and his family as they prepare for Christmas by picking out the perfect Christmas tree, then take a walk to see the local Christmas lights!



## Passata Day

Claire & Olivia make passata with Claire's family to celebrate Passata Day, an Italian tradition with lots of tasty tomatoes! We see the entire passata process, before the sauce is used for a feast of spaghetti & meatballs.

## Celebrating Sport

We're celebrating sports! Join Oscar as he meets the Sydney Swans to practice some footy training, before watching a game of AFL in a stadium.

## Eid al-Fitr

Join Rasha and her family as they celebrate Eid al-Fitr. Together they decorate their home, give gifts and prepare delicious food before heading out to the school fair to watch fireworks!

## Buddha's Birthday

Maximilian and his family are celebrating Buddha's Birthday, a time for giving and spreading peace, harmony and kindness. Watch as they enjoy a special Buddha's Birthday festival and perform a dance for the festival crowd!

## Vietnamese Lunar New Year

Owen, Evan & Ryan invite us to celebrate Vietnamese Lunar New Year with their family. They give each other gifts and eat lucky foods to bring good luck for the new year, before they head out to watch some lion dancing!



*Zindzi and Leah create a beautiful Rangoli with flower petals. Rangoli are often made during Hindu festivals including Diwali, the festival of lights.*

## Diwali

Join Tushar and his family celebrating Diwali, the festival of lights! They visit the community fair and have fun on the rides, eat lots of food and watch some dancing and colourful fireworks.

## NAIDOC Week

Kai and his family are celebrating NAIDOC Week. They attend a special festival and see a smoking ceremony, before meeting some native animals and planting some bush tucker trees!

## Birthday

Join Ted celebrating his little sister Darcey's birthday with their family and friends. Together they play party games, open presents, and sing 'Happy Birthday' when it's time for the birthday cake!



## Recipes from Our Celebrations

### Carrot cake

3/4 of a cup vegetable oil  
1 cup white sugar  
2 eggs  
3 cups of grated carrots  
1.5 cups of self-rising flour  
1 tsp cinnamon  
1 tsp baking powder

### Method

Whisk eggs, then combine all ingredients in a big bowl. Add grated carrot and mix gently.

Pour into a greased baking tin. Bake at 180° for 45mins.

### Shaky, spicy eggs

Large jar with a lid  
2 eggs  
Butter  
1 tsp of turmeric  
Half a cup of coconut milk  
Baby spinach  
Cherry tomatoes to serve

## Method

Crack the eggs into the jar. Add the turmeric and the coconut milk. Put on the lid and shake.

Melt butter in a pan and add the eggs. Add the baby spinach and stir gently. Serve on toast with chopped cherry tomatoes on top!



## Damper

900 grams of self-rising flour  
1 tsp of salt  
500 ml full cream milk  
A few myrtle leaves (crushed)  
Wattle seeds (crushed)  
Fresh thyme chopped

NB: Various retail outlets stock Australian native ingredients. Just enter the item name into your web browser to find out more.

## Method

Place flour on a large wooden board or on your clean kitchen bench. Sprinkle on the salt, wattles seeds, thyme and myrtle leaves. Combine gently with your fingers. Make a well in the centre of the flour, then pour in the milk slowly – combine with fingers as you pour. Knead gently, then roll into two rounds.

Wrap in foil and bake in a covered BBQ or the oven for 30 to 40 mins.

## Tabbouleh

$\frac{3}{4}$  cups of burghul or quinoa  
3 cups of chopped parsley  
 $\frac{3}{4}$  cups of fresh mint  
Chopped spring onions  
Chopped cherry tomatoes  
Dressing  
2 tbs of olive oil  
Juice of  $\frac{1}{2}$  a squeezed lemon

## Method

Cook the burghul or quinoa as directed then combine all ingredients in a bowl. Add dressing and mix. Enjoy!

## Roast cauliflower feast!

1 medium cauliflower  
 $\frac{1}{2}$  cup of tahini  
 $\frac{1}{2}$  cup of warm water  
2 cloves of crushed garlic  
Juice of  $\frac{1}{2}$  a lemon  
 $\frac{3}{4}$  tsp of salt  
 $\frac{1}{2}$  tsp of smoked paprika  
Pomegranate seeds and chopped parsley to serve

## Method

Combine the tahini, warm water, salt, crushed garlic, lemon juice and paprika. Drizzle mixture over the top of the cauliflower. Roast in the oven 180° for 1 hour. Check your cauliflower is cooked by poking in a wooden skewer (it should go in easily).

## Credits

Series Producer: Bryson Hall

Executive Producer: Jan Stradling

Early Education Notes: Laura Stone for ABC Kids Early Education