



Little Ducks Childcare

November/December

A note from your Centre Manager

Well we're on the last leg of the 2018 journey now and the children are thriving. It is wonderful to see the children engaged in ongoing projects demonstrating their learning and interests while really showcasing the skills they have learnt throughout the year.

It is also that time of year again when each child will receive a new summative assessment on their development and learning. This is a fantastic opportunity to see what your child has been learning and how far they have come since June, as well as some information about what to expect when moving to their next classroom. You should expect to receive your transition statement from your teacher's in the kindergarten in November. We also encourage you complete a consent letter so we can share this statement with the school your child is enrolled in for Prep 2019. Our educators spend many hours compiling and collating these stories to showcase all the learning opportunities the children have engaged in and celebration each learning achievement individually. If you have any question or queries or just want to catch up on some information about what's happening in the any of the classrooms, please don't hesitate to speak with your class-room educators either verbally, email or over the phone. Our educators are passionate about their children and programs and are always eager to have a chat.

Myself, Miss Vicki and Miss Natasha have been busy visiting local schools and making connections with Prep teachers and Principals over the past few months to ensure this transition from Kindergarten to Prep provides continuity of care and learning. I look forward to sharing this exciting time with each of you as we watch the children transition towards their new classrooms or new schools for 2018.

Rebecca Armstrong - Centre Manager

Educational Excellence through the Power of Play Based Learning
Purposeful, Playful, Positive

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Upcoming Events!

November

Wednesday 7th – **Diwali**
Diwali (also called Lakshmi Puja, Laxmi Puja and Diwali Puja) is the Hindu festival of lights. Children will be celebrating this important Hindu day in their classrooms.



7th -13th – **National Recycling Week**
We will focus on the environmental benefits of recycling



Friday 11th - **Remembrance Day**
We will have a minutes silence to remember the diggers that gave their lives for our country and paying our respects on this day.

December

Thursday 6th – **Preschool Graduation**
Celebrating our children that are transitioning to school next year.



Wednesday 12th – **Christmas Celebration**
Come along and celebrate Christmas and the end of the year with all the Little Ducks community from 5:30pm
Tuesday 25th - **Christmas Day**
PUBLIC HOLIDAY



Wednesday 26th - **Boxing Day**
PUBLIC HOLIDAY

Thursday 27th December 2018 -
1st January 2019 – **Little Ducks**
Closed

Policy Reviews

We value your input and feedback....

The policies/procedures in review during October, November and December are:

- Inclusion policy
- Medication policy
- Medication short and long term administration policy
- Nutrition policy
- Educator professional Development policy
- Educators course of study policy
- Harmful plants policy & procedure
- Rest time policy
- Temperature policy
- Transitioning children between environments

Ways that you can provide feedback are:

Our policies are available to read in the foyer and you can give feedback in 2 ways, by email

Educator Spotlight ...

Miss Josie has been welcomed to the team as Senior Nursery Lead Educator after working for Little Ducks as a float for 2 years.

Miss Josie loves working for and with children. It is very rewarding for her to see children develop and overcome daily challenges. She is very passionate about her job, specially helping children build up skills for a bright future.

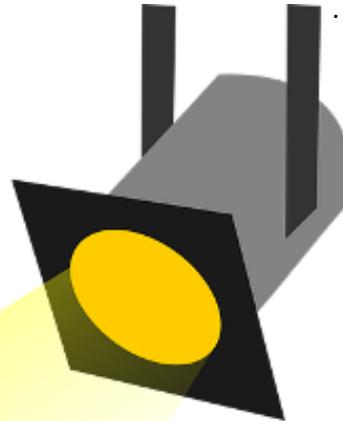
Miss Josie has a Diploma in Early Childhood Education and Care and also a Degree in Social Communication. Back in Venezela she worked as a radio producer for 4 years. In Australia she has been working in childcare for 2 years.



Miss Josie enjoys spending time with her husband and friends. She also loves yoga and reading.

If you see Josana around the centre, please feel free to stop and say hi!

Josana Carrillo



Moove and Groove

Welcome to the last edition of the Move and Groove Newsletter. September was a busy month for the children as I set up a series of activities to improve and refine the children's manipulative skills in catching an object. Catching is a receptive manipulative skill that involves the receiving of an object. It is one of the more difficult fundamental skills.



We practiced catching a water-filled balloon for the younger age groups and as they improved on their coordination and response, I transitioned them into catching small objects such as sand socks, bean bags and balls of different shapes.

Catching small objects was an easy task for the Kindy children so, I challenged their manipulative skills through organising difficult catching activities. The children enjoyed throwing and catching the bean bags with a partner, throwing sand socks in the air and catching it and throwing and catching cardboard Frisbees. With positive dispositions for learning such as commitment and enthusiasm to learn the children showed great improvement on their catching skills.



Moving to the month of October, we began our journey in practicing and refining our striking skills. Embedding sustainability in our practice, I used cardboard boxes and tubes as our implements for striking a ball. I organised a fun golfing activity where children took turns striking a stationary ball. Senior Nursery and Toddlers loved this game and showed so much enthusiasm in learning to fine tune their senses to hit a ball. The Junior Kindy and Kindy children quickly moved from striking a stationary ball into a moving ball. With instructions on how to hold the tubes and how to stand properly the children are all in their way in becoming excellent batsman.



In the Nursery room, percussion instruments were the way to practice and refine their manipulative skills. Making learning fun and engaging, we sing nursery rhymes as the children play the instruments.



Next month, we will continue to practice the striking skills using racquets for the experienced children and other implements such as fly swats or foam noodle.

Nursery Natter!

Welkom Families (In Dutch)

Time sure does fly by when your having fun, Can you believe its that time already were we get to share with all our families and friends all the wonderful and exciting things our little friends have learnt, experienced and been a part of in our very last news letter for 2018.

Over the year we committed ourselves to providing a stimulating and rich environment full of love, care and support for all children, while building strong and trusting partnerships with families. We want to thank you all for allowing us to be apart of your child's first early years development, we have grown to love all the children we care for and are so excited to be a part of their journey as they grow.

Over the past 10 months we have learnt so much about each and every child as they gain confidence in their environment and become familiar with their educators and fellow peers, Educators helped children feel safe and secure in their environment with lots of cuddles and one on one time, we shared the excitement as they held an object in their hand, sat up on their own, began crawling and taking their very first steps and showing interest in the world around them. We were in awe as we witness their little minds processing and taking everything they see around them in and adapt their learning at their own pace. We are so excited to see all our children happy, healthy and ready for the next adventure in their lives as some of our friends make the big step to senior nursery next year.



Our little friends are not so little anymore with most our children 12 months of over, this means changing up our routines and environment in responsiveness with experiences to match. We have noticed our children's interest in sensory processing and creative arts emerge over the past few months as they develop and challenge their fine motor skills. We invited the children to participate in painting where we explored hands on with our fingers, mixing and gaining knowledge of colours, the children participated

in strengthening their muscles using their hands as they squeezed and manipulated clay at the table, learning through the process of play and extending their interest with animals and natural materials. This led to our interest in the farm animals where we created small world play and sparked their children's sense of wonder and imagination as they gathered round to role play with the different animals as they listened to stories and sounds educators promoted.



The children's sense of wellbeing has continually emerged as they begin to show

Nursery Natter!

independence and recognise bodily needs such as thirst, hunger and when they are tired. The children have become very good at communicating this with nonverbal and verbal communication and we are able to support this by recognising and supporting each's child's needs. At meal times the children make their own choices with lunch boxes and drink bottles and choose the foods they want to eat, children take this opportunity to show off their skills when eating with a spoon or fork. For our little friends that need support, meal times is the perfect opportunity to build that connection to one another singing songs, learning new words and giving lots of praise and smiles.



Outside has been the go to for the Nursery children this year where they can continue to challenge their growing body's and muscles. With the use of the safety mats to catch our little ones we have seen the children take risk with standing up on their own, climbing up onto frames and beams and developing their balance, strengthening their core muscles and gaining confidence in their skills. Miss Jasmine, Debbie, Amaya and Miss Mel have documented the children's progress and shared with all our families in their portfolios and on story park. We would love to hear any feedback our families have or share your child's development at home to support our teaching here in the Nursery environment.



It's time to say good bye for another term, we have had so much fun along the way and are so proud of our little friends for allowing us to teach and nurture them. We wish you all the very best, happiness for the remainder of 2018 and look forward to seeing you all here back again in 2019 for another year of fun. If you have any questions, queries or would like to have a chat about your child's development. Please don't hesitate to drop in, email or share a post on story park for educators to respond to.

Until next time

All our love and dedication

Miss Mel, Miss Jasmine and Miss Amaya

Senior Nursery News!

Welcome to the Senior Nursery Room,



What a very busy couple of months we have had ! Firstly we must welcome our new Lead Educator, Miss Josana. Everyone loves you already ! We started off by celebrating Fathers Day. All our wonderful Dads were invited to come and join in with our visit from a terrific show called Drum Beats. The Dads and children all had so much fun playing all the different drums. Next it was Book Week and Grandparents Day. Lots of lovely Grandparents came in to read stories to the children. This was a great opportunity for the children to interact with people from different age groups.

The focus in our room has been to learn our colours. We are continually talking about colours with everything we do. We began with the primary colours, this progressed to the colours of our lunch boxes and clothes etc. From there we investigated the different colours of the foods we eat. We made collage plates of the yummy foods we like to eat. We extended our interest in foods to diversity where we all helped to cook up batches of banana cookies, Venezuelan arepas and Indian pappadums – all very delicious. This progressed into sustainability with us setting up a composting bin and making composting a part of our daily routine. We are using a lot more recycled materials in our play and finding multiple uses for cardboard boxes – everything from sitting in boats to Home Corner food play to painting and collage. We then began to look around for more natural items for us to use – these have included sticks, logs, leaves and stones. We have recently set up our vege garden with the help from Emily's Mum. We added organic fertilizer to the soil before planting our corn, chives and mint plants.



Senior Nursery News!

We cant wait till they grow big enough for us to eat. We participated in World Food Day and the theme this year was "Where does our food come from?" All the children knew what was inside an orange poppa juice but nobody knew where the juice came from. We decided to make some fresh orange juice using local oranges. Everyone had a turn at using the juicer and we were amazed to see all the juice pouring into the jug below. Of course, everyone had a taste and the verdict was it was super yummy ! A lot of the children went to watch the RiverFire fireworks so we used glitter pens on black paper to make our own unique fireworks pictures.

The Senior Nursery children are continually seeking to become more independent which means we need to learn self help skills such as toileting, feeding ourselves, dressing ourselves, self settling and looking after our own belongings. One of our room goals is to learn how to share and take turns which is valuable for active community participation. These skills will also help prepare us for our move to the Toddler Room next year.

We are so looking forward to seeing each and every child grow and develop under our care over the coming 3 months. We thank you for giving us the opportunity to spend this precious time with your children.

Love,
Miss Debbie, Miss Josana and Miss Belmira



Toddler Tales!

oYaama (Hello and Welcome in Gameroi language) to the last edition of the Toddler Newsletter!



What an amazing journey the Toddlers made this year. We shared so much fun, laughter and learning throughout 2018 and we are very happy to see each and every one of them grow into amazing learners with strong sense of identity and wellbeing.

The month of September was jam packed with activities, exploration and learning. We welcomed the month of September celebrating Father's Day and the children were ecstatic to celebrate this wonderful occasion. We prepared nutritious vegetarian pizzas in the morning and later joined Nick from Drum Beats Australia in playing the different types of drums. The children had lots of fun beating the drums and singing along to some nursery rhyme. The experience became even more special as the dads

joined the children in playing the instruments. What a wonderful experience that the children will treasure!

"Our little garden" that we made a month ago sparked curiosity in the children's mind as they saw the seeds slowly transformed into seedlings. To guide them in their learning we explained and identify the needs of the plants to grow. We further supported the children's investigation and development of ideas through conducting a series of experiments. We organised a flower and dye experiment to show to the children how water travels to the different parts of the plants for it to grow. This was followed by a leaf exploration and experiment where we discovered that leaves breathe air and have lines or veins to transport water to the different parts of the leaf. This experiment also help developed children understanding of the importance of our natural environment and why we need to care and respect it.

Teaching children how to care for our natural environment goes hand in hand with our sustainable practices, which we embedded in our routine and transition through composting. We explained to the children the importance of composting and what items we can add to our compost. Supporting them in their learning, we took them to the compost bin in the back garden and explained further how to properly layer the bin to encourage



Toddler Tales!

fast decomposition and turn into a rich nutrient soil that we can use in the garden. We also transferred some of our seedlings to the back garden and regularly visit the area to water the plants. Thank you eco warriors!

Through collaborative partnership with families we set up a series of cooking activities that aims to encourage children to eat healthy food. We made vegetarian sushi, zucchini bites, orange juices and fruit shakes that children totally love to make and eat. Through engaging the children in cooking experiences we were able to promote healthy lifestyle and good nutrition.

We also had special visitors in the month of September. The children's grandparents came to visit us, read us some of our favourite stories and played with us. It was such a fantastic experience for the children that helps build their identity, confidence and sense of who they are and where they belong.

The children continued to show great learning dispositions throughout the month of September and October. We helped develop the children's range of skills such as problem solving, inquiry, experimentation, hypothesising, researching and investigating through our series of colour experiments. We mixed primary colours through using the shaving foam as our medium and discovered that red and blue make purple, blue and yellow make green and red and yellow make orange. To strengthen the children's learning we set up a colour sorting activity using different materials in the room.

In the beginning of October, the children showed interest in identifying the different shapes. We responded to the children's display of learning and interest through incorporating shapes puzzles and loose shape materials in the room that aim to spark their curiosity and extend their knowledge. Incorporating sustainable practices, we made a cardboard shape matching activities to challenge problem-solving skills. We explored the complicated shapes such as pentagon and hexagon through counting the sides and researching objects in our environment. To make learning fun, we set up a shape obstacle course, explore shapes using playdough, shape scavenger hunt and trace over shape stencils to support the children's learning of the different shapes.



In the next coming months we will focus on transitioning the children to the Junior Kindy Room. We are going to have plenty of visits to the next room and ensure that children spend time with Ms Jess and getting familiar with their routine.

Junior Kindy Catch Up!



Well welcome to the last edition of our newsletter for the end of the year in Junior Kindy! Wow as we get ready to send some of our children off into the Kindy room next year we have been very busy creating those positive and meaningful relationships with the children as well as the Educators. During this time we have been busy negotiating with each other and letting other children having a go of the toys before the other person has them. This is working well, as many of the children are able to gain respect for each other as well as the resources in the room. During this time as we continue to work on this goal we hope the children will also openly express their feelings and ideas with them telling them how they feel, this ties into EYLF outcome 1 Children have a strong sense of identity. Many of the children love to help each other as they work strongly together in a team, this has been noticed the most during rest time when they all work together to make beds., we have also been working hard with helping those peers to pack away their sheets independently with great success happening each and every day. As many of you know the children are helping to run the room and take more responsibilities throughout the room- such as packing away sheets, wiping down the beds, packing away the toys, we have noticed that this is helping them be more resilient and showing more respect to the toys as well as each other.

We were all sad to say good bye to Mr Jaimie as he went to join back with Little Ducks Fortitude Valley, we thank you so much for the fun and exciting vibe that you showed the children in the Junior Kindy room you are truly one of a kind! As sad news follows we said a very sad good bye to Miss Sarah who has left us to go and explore new opportunities closer to home. We wish you all the very best in everything you do Miss Sarah. We are very excited to share with you that Miss Jas from the babies room as come up to play with us in Junior Kindy, Miss Amaya and Miss Jas did a little swapsies as Miss Jas is expecting 2 bundles of joy!!!



I have been very busy with introducing some new songs to our mat time, after we acknowledge our country we have all enjoyed our new song of I've been eaten by a boa constrictor working on rhyming and body parts to get everyone joining in. During this time this is where we will often discuss what we would like to in our day, discussions about any topic that has arisen. During this time as well we have been introducing our talking stick, something to hold on to when the other children are talking we can focused on listening to them, respecting them with what they have to share with the

Junior Kindy Jumble!

Class, which we then can show the children who are demonstrating and engaging in co constructed learning .

Dolls and barbies have been a excellent addition to our room with many of the children working on skills to pull off clothes, get the barbies dressed working through frustrations to manipulate the dollies. We have also witnessed so many beautiful interactions with each other as they work on real life role play scenarios. With the children helping with dressing the dollies this helps with our intentional teaching with the Children working hard on undressing and dressing them selves in the morning before getting read for school and more success and independence with toileting more independently .



Our interest as led us to learning lots about the alphabet with lots and lots of exciting things around it. A range of our experiences have included lots of alphabet songs, creating the letters using peg to trace the outline of the letter, playdough to roll out and place around the letter, connecting blocks to make the letter, identifying the letter on our mat, being aware that our name starts with the correct letter all of this is focusing the children on helping them with early literacy and preparing them for when they move up to Kindy. Our learning outcome focused in this area is learning outcome 5 children are effective communicators as they engage with and gain meaning from a range of texts and 4 children are involved learners as they transfer that knowledge from one setting to another.

Puzzles have been so much fun in the room, as a recent family input with their child successfully being challenge and completing 20 piece puzzle sets at home, we were lucky enough to have some new puzzles brought into the room and the children are challenged by these , they are tricky with lines and shapes all very similar. Twisting and turning of each piece to find the right space, the children have found a real sense of achievement when they have completed the tricky puzzle.

Our current project of late has been investigating lions, we have had so much fun watching them on the internet and how they roared, we have discovered that they don't roar very loud. They can come in lots of different colours. While watching them we wrote down many of our thoughts and what we already knew about lions. This has then be able to shift towards then children doing their self portraits of the lions. We hope to be able to craft a lion later. Working on our learning outcome 1 children have a strong sense of identity as they increasing work collaboratively with others.

Until next time. Thanks again

Kindy Catch Up!

Hi Families,

Time for another catch up on all the amazing things we have been learning in the Kindergarten room. We are so happy to have welcomed Miss Natasha into the wonderful Kindergarten Program, the children have all been excitedly showing Miss Natasha all the wonderful things we do in our room. It is amazing how quickly the year is progressing, and its not long until we will be celebrating our Graduation and Christmas!



One of the main focuses from the last couple of months was our amazing Fashion Show! The children put in so much time and effort to create every aspect, from the seating arrangement, to the music choices, to the amazing clothing creations that they each individually hand made. This was an amazing process requiring our creativity to come up with the ideas and design our clothing. The children used math skills to measure material and body length and widths; their

fine motor skills were challenged with scissor skills when cutting out their patterns, carefully sewing using a needle and thread, coordinating the hot glue gun, stapling on extras etc. We had lots of amazing conversations around sustainability as all our materials were preloved, ranging from sheets to old shirts and scraps of material. Throughout the entire process the children were using questioning, researching, trial and error, reflection, problem solving and a whole lot more. Thank you to those that came to support our children, they were so proud of what they had achieved! And to top it all off \$32 was raised for Variety Children's Charity! Awesome!

We also want to send out a special thank you to Theo's grandma Karen who came into the Kindergarten class and taught the children how to make their own bags using a sewing machine. This was a great experience and many children hadn't even seen a sewing machine before! How wonderful to be able to take home our very own bag at the end of the day!

Little Ducks educators are always reflecting on their children's development and the teaching processes and programs that are in place. With some research into emotional regulation, we discovered a fun daily morning activity... 7 minutes of Animal Exercises. The purpose of this is to help the children self-regulate their emotions. It's amazing how this works. Our mind, brain, and



Kindy Catch Up!

body are all interconnected. When a child is dysregulated, their brain produces high levels of the stress hormone, cortisol. It also produces adrenaline. An increase in cortisol spikes anxiety and dysregulation. When this occurs, functional and social communication skills decrease. This is what leads to meltdowns which cause a huge spike in adrenaline. Exercise has been proven to reduce cortisol and adrenaline levels. This exercise lessens anxiety and results in increased dopamine and other endorphins. These are the brain's natural mood lifters. Less cortisol and more dopamine mean self-regulation is much easier. The benefits don't stop there though – the increased dopamine levels improves the functions of synapses in the brain. As a result communication ability improves, as does the ability to retrieve information. This means that overall the brain is in a better state for learning. We have been trying this for a few weeks and find that not only are some of the children having more success in regulating their emotions throughout the day, but it is an awesome way to start the day, getting our hearts racing together and having some fun with our favourite music on!

As our Kindergarten children have shown interest over the past few months in talking about healthy eating and the foods that we have when we are at Little Ducks, we also decided to make our very own Green Juice. The children all played a role in juicing apples, celery, lemon and cucumber to make a delicious and refreshing fresh juice! They are also experimenting with growing celery from the left over stalk we used for our juice, and are growing some vegetables from seed!



The children have continued showing an interest in technology, exploring the 'BeeBots' where they can program and code to make the BeeBot move in the directions they want. The children love this activity, and they are getting to use simple programming while learning the concepts of trial and error and problem solving. The children have also been expanding their technology interest with some of the children collaborating their ideas and creating

Kindy Catch Up!

movies. They are learning skills of storyboarding, creating plots and storylines, acting, filming, editing and a whole range of skills that encourage new ideas and challenge and challenge the children to explore something new.

There's just never enough space to write about all our amazing experiences, but we have been encouraging the children to try out more art and craft experiences including, painting with headphones, swing painting, marble painting, white charcoal drawings, collage and recycled materials craft and a whole range of fun creativity. We continue with engaging the children in literacy-based activities including the children making their names with Lego, reading books to each other and the class, creating name puzzles, making a word wall, singing our Phonics song and a whole heap more! We are always being kept busy with our math learning, measuring using playdough snakes, creating shape pictures, sorting and categorising objects, measuring ourselves with the connector cubes to learn about height, identifying and ordering numbers on our washing lines game just to name a few. The children have been very invested in their composting, becoming socially responsible members of society as we take our food scraps to be composted each day. The children have also begun talking about worm farms, and are watching plants grow in the veggie patch.

With the transition to school coming closer, we have begun talking about what we are excited about as we begin our new adventure next year. The children have created pictures for their schools, letting the schools know what they are excited about. The children have also begun their transition information that will accompany the family's transition letter and Miss Vicki's transition letter for the school and family. As we move closer to the end of the year we will let you know about our school uniform week which will give the children the opportunity to show off their new school uniforms! A little reminder, if you haven't yet let us know what school your child will be attending in 2019 please let us know as soon as possible so that we are able to begin our relationship with each child's school



We are excited to jump into the last couple of months of learning as we head to the end of 2018. Remember, we are always here for a chat, and love to hear your feedback on our program!

Healthy Habits!

Chickpeas and avocado salad

Ingredients:

- 1 cup (200 grams) dried quinoa
- 4 ½ cups (735 grams) cooked chickpeas (canned or cooked from 1 ½ cups / 300 grams dried)
- 1/3 cup (80 ml) water
- 2 tablespoons lemon juice
- 1 ½ tablespoons tahini
- 1 ½ teaspoons Dijon mustard
- ¼ teaspoon salt
- Pepper, to taste
- Half a medium red onion, diced
- About 30 cherry tomatoes, sliced
- ½ packed cup (25 grams) cilantro, chopped
- 1 medium avocado, diced



Method:

1. Rinse the quinoa under running water then cook it according to the package directions.
2. Meanwhile, take 1/3 of a cup (55 grams) of the chickpeas and combine them in a food processor or blender with the water, lemon juice, tahini, Dijon, salt and pepper. Blend to a creamy consistency. Taste and adjust seasonings to your liking.
3. Toss together the remaining chickpeas, quinoa, red onion, cherry tomatoes, cilantro and avocado. Serve the dressing on the side to mix it into the salad.

Serves 4-6

Centre's Birthday



Little Ducks
Childcare

Little Ducks Childcare
Wilston is turning

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This year marks
our 10th Birthday
and we are having a
Birthday celebration
& Open Day.



Little Ducks
Childcare

Open Day & Birthday Celebrations

Community Marketplace

Sausage Sizzle

Face Painting

Animal Farm

Jumping Castle

Gift bag for every child

