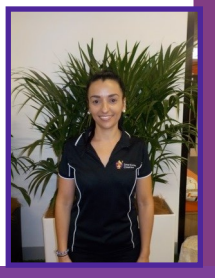


Little Ducks Childcare September / October 2016 Newsletter

A note from your Centre Manager

Welcome to our September/October newsletter edition!
We often comment that time seems to move more quickly the more years we have seen. However, I find myself being reminded that our children are not so very rushed as we are. They are still experiencing the world in that haze of childhood happiness. Do you recall when you were young? What is the earliest memory you can recall? How old were you? What do you feel from that memory? Our children are currently making their memories. And every parent and educator wants to try and make these positive and effective in helping the child to grow and develop to their potential. Sometimes, the world is travelling fast for adults with our need to get here and do this, but all it really takes is just a few minutes to sit and be. *Being* is one of the main principles of the Early Years Learning Framework. It is also a concept that is woven through our centre's philosophy. And while we do get caught up, our children often give us the best reminder to just slow down and enjoy the present. Our families are always welcome here at Little Ducks. We also understand that different families have different lifestyles and commitments that can affect how they can be involved in their child's education and in our program. We operate under what is called an 'Open Door Policy'. This basically means that you are welcome to come and be involved whenever and in whatever form suits you. This newsletter is filled with an abundance of important information and updates especially useful for those who are new to the centre. It also includes information and dates on upcoming centre events or closures – you will also find these dates in our centre calendar (If you don't have one please let an educator know so we can arrange one for you). Our bimonthly newsletter is sent to the relevant email addresses of all centre families and is also displayed in our foyer on ground level as well as our website. Happy Reading!



Maria Sasiakos

Centre Manager

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4006
Phone (07) 3252 1841

Kindergarten Approved Program — Queensland Government

fv@littleducks.com.au

Upcoming Events!

September 2016

Superhero Dress-up day—Thursday 1st
Come dressed in your superhero costume with a gold coin to support those with Muscular Dystrophy.

Australian National Flag Day—Sunday 3rd
Celebrate the red white and blue flag that makes us all proud Australians.



National ECE Day—Wednesday 7th
Celebrating the important role early childhood educators play in educating and caring for tomorrow's leaders.

Father's Day Afternoon Tea—Friday 2nd
Come along for a special afternoon tea to celebrate our dads.



International *Talk like a Pirate day* - Monday 19th
Come along ready to talk like a pirate—lets dress-up too!!

International day of Peace—Wednesday 21st
A day devoted to strengthening the ideals of peace, both within and among al nations and peoples.



October 2016

China's National Day
Learn Today we'll learn about China and what makes their country special.

Queen's Birthday—Monday 3rd
Public Holiday



World Food Day—Sunday 16th
A day of action against hunger. Bring along a non-perishable item of food for us to donate to the needy.

Loud Shirt Day—Friday 21st
Its an excuse to wear your brightest clothes and raise money t help give the gift of sound and speech to deaf children. Gold coin donation.



National Nutrition Week—16th—22nd
Let's learn to eat right and eat for our health.

Children's Week—22nd—30th
Childrens Week celebrates the right of children to enjoy childhood.

National Bandanna Day—Friday 28th
Support young children living with Cancer by buying a bandanna.

Halloween—Monday 31st
Dress-up with us and enjoy this traditionally Celtic celebration!



Reminders

What's your business……

You will notice in our foyer on ground level a sign – '*What's your business'*.
We are asking all of our families to share with us where you work – what you do for work.
Please share this information with us by placing your business card/flyer on our wall.
This is a great opportunity for us to develop dynamic community links as well as assisting our families to access useful resources and help us to create a network of local support.
I look forward to your input and assistance.

Policy Reviews

We value your input and feedback so please refer to the Policy Review Folder downstairs in the foyer for more information; along with our Legislation Regulations and our National Quality Framework Standards. We welcome families input into policy documentation and will seek family feedback for review on an annual basis.

The policies/procedures in review during September and October are:

*Aboriginal & Torres Strait Island Cultural Awareness Policy * Chemical Storage & Dangerous Products Policy *Cleaning & Hygiene Policy, *Discrimination, *Harassment, Bullying & Occupational Violence Policy *Robbery Policy *Behaviour Management Positive Guidance Policy *Biting Management Policy & Procedure *Continuity of Care Policy *Dental Hygiene Policy *Exclusion Policy *Nose Wiping Procedure, *Programming Policy *Harmful Plants Policy & Procedure *Temperature Policy *Social Media Engagement Policy

We look forward to working closely with our families to offer transparency and a shared vision between the team and families.

Centre Birthdays!



A big happy birthday to the children who have recently celebrated their birthdays or will celebrate theirs in the coming months. Hope all your dreams and wishes come true!



September

Edith
Ava
Marcella
Saxon

October

Molly C
Alby
Cian
Mikey
Paisley
Isabelle
Isaac
Marialuisa





Sustainability Matters.....

Little Ducks Worm Farm

Before we introduced our worm farm to the children Miss Megan in Toddlers began reading a book titled, “My Wiggly Worm’ which teaches children about worms such as what they can eat and what they can’t eat, why worm farms are good for our environment and where they should be kept. This book gave the children some basic background information about worms and helped get the children talking about the worms before meeting them.

The children in Toddlers and Kindy then started their own worm farm. We bought 1000 worms! We needed newspaper, soil, the worms and some water. Miss Megan showed us how to assemble the farm. The worms will eat a lot of our food scraps and we will get some nice rich fertiliser to put on the plants to help them grow.

The worms can eat fruit and vegetable scraps, wet cardboard and shredded paper, lint and fluff and a little bit of coffee grinds. The worms cannot eat, any citrus fruit, fish or meat and bones and no corn cobs or fruit stones.

We moved the worm farm to it’s permanent location outside in the Kindy yard. To support this experience with the children we continued talking to the children about the facts the children learnt about the worms. It was amazing what the children have learnt and the information that they have retained from this experience.

Composting worms are one of nature’s most efficient food waste recyclers! Worms can help us in many ways. Worm farms are a great way to turn your organic kitchen scraps and unwanted waste into a nutrient rich, water holding plant food which can be added to your garden soil, as well as your potted plants. They also help to reduce your carbon footprint by reducing the amount of waste you dispose. This was part of our intentional teaching program focusing on sustainability.











Nursery One!

Another newsletter. We can't believe it is our second last newsletter of the year!



Nursery 1 has found the perfect permanent fit and welcomed Miss Amy to the room at the beginning of August. Yay! Amy has settled in fabulously and the children are loving having her around. She brings her own type of sass into the room, as well as a knowledgeable, happy and supportive personality which makes it easy for all the children to bond with her and form secure relationships with her.



We made some new friends in the last couple of months welcoming Molly J, Hugo and Edie to the room, Margarita and Thomas have made the transition upstairs to Senior Nursery 1. All the children have transitioned smoothly showing feelings of safety and security within their surroundings and building some trusting bonds and relationships with their educators.





Learning Outcome 1.1. All our friends are making such magnificent improvements on their own personal pathways learning to sit, stand, crawl and even walk... The children have showed great happiness and satisfaction in their achievements, smiling, clapping after they attempt a new thing. Building strength in their social and emotional wellbeing. Learning Outcome 3.1.

Amy and Caitlin are focusing on helping the children help themselves by letting them try to do things for themselves first, such as using a spoon when they are eating and holding their own milk bottles. We are all making such great progress. In the up and coming months we plan to continue to build on our self-help skills, autonomy, interdependence and sense of agency by giving the children lots of choice and by programming to their own ideas and interests.



Currently in Nursery 1 we are using some family input from Atticus, who went to the Ekka to focus on learning about animals. We have so far learned about the cow and explored a "milking" experience, and a sheep where the children were able to help put wool on it to make it nice and fluffy. They really found the texture of the cotton wool and the stickiness of the contact adhesive quite an interesting and opposite texture to explore.



Nursery One!

We have also been learning about the noises animals make. We have been singing lots of songs around animals, including; Old McDonald, Galumph went the Frog and Three Little Ducks. Maybe you could try singing these at home? Atticus already knows the cow says 'Moo' and Axel knows that a Duck says 'Quack'



Little Ducks has had some great events happen over the last few months such as PJ day, it was great to have a chilled out kind of day in our comfortable PJs, the tooth fairy on tour, learning about how important it is to have good oral hygiene. The dance show where the children got to express themselves through music. Book week was great fun... Dressing up as our favourite characters from our favourite stories.



As always in the next few months Little Ducks Fortitude Valley has more exciting events and celebrations happening, check out our calendar of events at the beginning of the newsletter for dates.

Over the next few months we are excited to investigate all of the different seasons in the year. Our aim is to make our indoor/outdoor area have more of an outdoor feel. With the weather slowly getting warmer and Riverfire upon us—where we celebrate the river city as spring arrives, we thought there is no better time than to start September off with some Spring experiences! We look forward to investigating some sensory, creativity and natural experiences. We are also excited to get our outdoor program underway as we interact with our Nursery 2 neighbours to build our outdoor atmosphere together as a whole level! Bringing a belonging feel as a whole group, we cant wait!!

As always, please feel free to have a chat with us if you need anything at all, whether it be a comment, concern, question or just something you think we might like to know. Until next time – Amy and Caitlin.

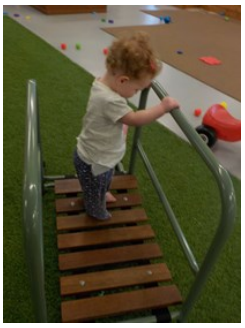


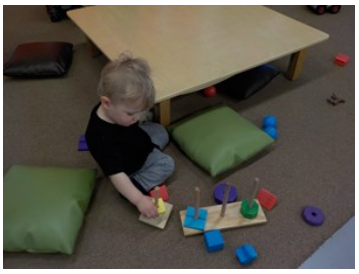


Nursery Two!

Wow this year is quickly getting away from us and our babies are quickly growing up! Welcome to all our new families who have started in the Nursery. We have really enjoyed getting to know each one of your children and your families individually. That is one of our favourite parts of our jobs, creating warm relationships with our children and their families. We have celebrated Olivia, Ted and Willow's 1st Birthdays; Willow, Dante and Olivia have learnt to walk; Max, Maisie, Patrick, Olivia F, Isabella have all transitioned to our Senior Nursery; we welcomed Atticus and Luca to our room; Ayva is becoming very confident standing; Ziva, Violet and Lucy are very confident explorers; Hugo rode a bike; Erin is talking a lot and Clayton is becoming quite the nature enthusiast and can tell you lots of different animal noises. We have seen many changes to our room layout over the last few months which is to support the baby's curiosity and extends upon their interests.

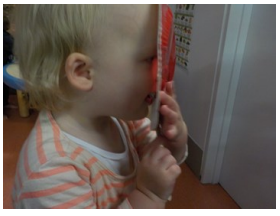


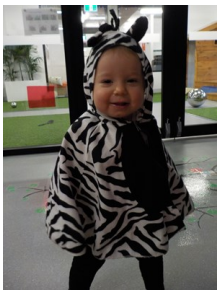


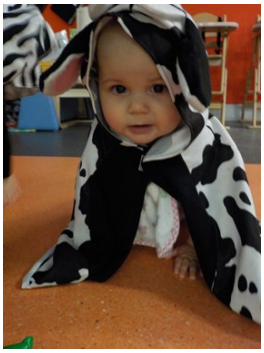


Our room now includes an inside obstacle course which is there to support their gross motor skills as well as allow us the teachable moment of what is appropriate climbing.
We have been working with the babies and following their interest of self-help skills. We began with physically and verbally supporting the babies to feed themselves. This has been very successful and messy process with many of the babies enjoying feeding themselves. We have recently moved to washing their own hands, walking/crawling to the bathroom when asked and putting away their bags when finished using them.









Our bags have become a big interest for many of the babies. We are all becoming very good at unzipping our bags and unpacking/packing our bags. Please be careful to put all formula and bottles into your child's basket to avoid any accidents.

Nursery Two!

Our Program Highlights:

Colour paddles – We created colour paddles to explore our colours and extend on Willow's interest. We found the colour paddles very interesting and a lot of fun as we all had big smiles as we changed the colour of our world.

Animal sound video – We have been focusing on animals and their sounds recently and to continue our interest we watched an animal sound video and had to guess the animal sounds. This was very tricky and a lot of fun.

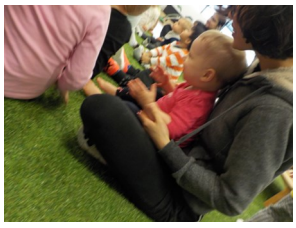
Trucks, ducks and scary monsters music show – We were very confident on our adventure to Level 3 to watch the music show. Lucy, Violet and Willow were very engaged and danced along to the music.

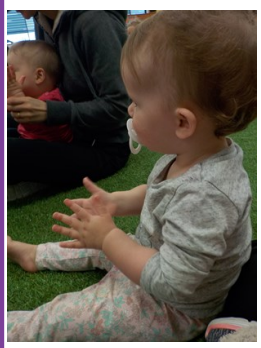
Book week – Each year, across Australia, The Children's Book Council of Australia brings children and books together celebrating Children's Book Week.

What a fun opportunity this was too dress up as our favourite characters and read our favourite books. We had a very convincing fairy and ballerina.

We would greatly appreciate any donations of household items such as unused pots, keyboards, pvc pipes etc **or** any natural items such as palm fronds, pine cones etc **or** any unused work items such as brochures etc. Please talk to Suder, Grace or Maria if you have any questions.

Thank you to all the families that have emailed through a family photo for our Family Tree. We now have all families that have sent through a photo on our tree and it is looking very full. The babies often stop and look at their family photo as well as others. This is a great opportunity for us to talk to them about whose family is it and contextualised words such as Mum and Dad. Our days are positively busy with providing our supportive active learning environment but we can always find time to answer any questions or concerns you may have about your child –please feel free to ask any of us in the room. We welcome any feedback you may have about the room's layout, program and your child's interests/ routine.





Brett Campbell's Music Show



Book Week





Senior Nursery 1!

Dear Families,

Welcome to Senior Nursery 1 room September newsletter!!

Our Senior Nursery 1 room have been a busy little bunch engaging in many learning experiences for the last 2 months.



NAIDOC Week

There were lots of exciting experiences that the children participated in to celebrate NAIDOC week. Children and the educators explored Aboriginal and Torres Strait Islander culture and it was wonderful to see children get involved in all the experiences.

Exciting Experiences



Bubble play is always fun and magical and educators love to see how excited the children get when we pull out the bubbles. We had lots of fun with the children exploring the bubbles and the colours they form. Children were able to use their sensory capabilities and effectively engage in the activity using their hand—eye coordination.

Our construction area is one of the children's favourite play areas and children use their imagination to come up with many wonderful ideas of what to create. It was also so much fun making and playing with dirt and mud. Children were able to explore their sense of touch, feel, see and smell while they explored dirt and mud.





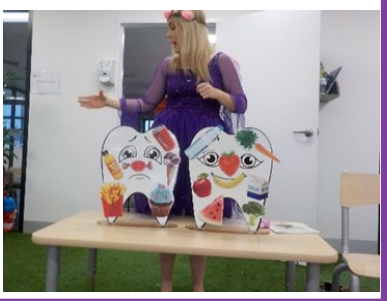


F*amily Input*

We have been getting lots of family input! This is a great opportunity to know how the children spend their special weekends with their families. Children love getting involved in their weekend stories, interests and sharing the photos with their friends. Please continue to share with us what you do on the weekend, we really appreciate it.

ToothFairy

Children learnt about the importance of teeth with a visit from the tooth fairy. We talked about how we look after our teeth and gums, what food makes our teeth happy and sad. The children also practiced how to brush their teeth. The Tooth fairy visiting reinforced the healthy eating and explained the importance of our brushing teeth.



Senior Nursery 1!

Little Ducks Olympic Games

Children had so much fun playing and practicing in Olympic experiences. There were lots of laughs and giggles while children played basketball, jumped through hoops, played paper plate ring toss and running races. As a group, we talked about different colours representing flags of different countries. Children also had the opportunity to participate in Olympic craft by making an Olympic torch, they looked great!



Children's Interests

With the children's interest in climbing things and their risk taking skills increasing, we will focus on challenging them with different obstacle courses set up to increase their physical development and confidence in their skills for the next 2 months. Some of us have even started to jump off the balance beam onto the mat. We will continue to scaffold the children's interests of climbing and risk taking with the use of the climbing frames, ladders, balance beams, stepping stones and blocks.



Spring Time

Wow time flies! It is time to welcome spring. We are looking forward to participating in activities to explore what spring means and learn about the world we live in. We will create our little spring corner in the room, adding resources found in nature; flowers, trees and exploring the worm farm in the outdoor environment. As we explore we will be developing sensory skills and building understanding of weather.



Cultural Diversity

During September we would like to focus on our cultural identity and diversity in Senior Nursery. To assist us with this, we would like to invite families to share anything you and your family celebrate, a traditional meal you eat at home, an activity you do as a family, or a cultural tradition. We would love to hear about it all. Please feel free to email it, write it down on a piece of paper, or note it down in our communication book near the Sign in and Out sheet.

We appreciate all ideas and suggestions, so feel free to speak to any of the Educators in the Senior Nursery 1 room. We look forward to an enjoyable spring with our families.

Thank you
Miss Amy and Miss Jyoti

Senior Nursery 2!

Hi all, well another wonderful, fun-filled month we've had! We've had so many different adventures over the past 4 weeks, especially highlights from celebrating a few important dates including 'Jeans for Genes Day' on the 5.08.16; where the children enjoyed decorating a pair of jeans with different colourful materials.



We celebrated the famous Brisbane Exhibition 8.08.16-12.08.16, where the children contributed art, craft and cooking to create a beautiful display of their versions of the Ekka. The children were busy making animal faces; to go into our Little Ducks Animal Nursery, we made some yummy ice-cream; made it from scratch with an ice-cream maker! We also did some artistic fireworks paintings; using recycled paper towel rolls and decorated their own showbags; to put all their goodies into.



The children also participated in supporting another special event that only comes around every 4 years; The Olympics!! During the week of 15.08.16-19.08.16 turned our outdoor area into a mini version of the Olympics with games, sporting activities and displays of the children's different art and crafts; that were representing different parts of the Olympics.



The children even were shown a short video of the 'Opening Ceremony' of the Rio Olympics, to try and help the children understand and acknowledge why we have this event and what it means.

Book Week (22.08.16-26.08.16) has also been a huge topic, especially the Australian animal themed books, and the children have loved discovering the different books that their peers have brought in from home. Over the week we have been reading a different book each day and following it with an activity pertaining to that book. The wall was so colourful with all the children's artworks.

Aside from all the happenings of recognizing events, the children have been getting to know a few new faces and learning more on emotions; how we gauge emotions and how we interact nicely with our peers. We have been reading books about emotions, engaging in activities promoting emotions; How do we feel?- face matching game and have displayed pictures of children showing their different emotions.

Senior Nursery 2!



We have started to incorporate more literacy into our daily routine; utilising books to help the children understand certain topics that we are learning about. We are focusing on creating more knowledge on self-help skills; cleaning up after ourselves at meal times, learning how to go and independently wash our own hands (from start to finish), tidying up the room with our educators and packing away our sheets after rest-time! Role-playing has also been a popular social/emotional-building activity that has been engaged in lots, especially in areas like the home corner. Over time, there has been additions of used food items; boxes, bottles, containers, pom poms and real foods like pasta; which has really helped to inspire the children and encourage their imagination and creativity. You never know, we might have a case of little Senior Nursery 2 Masterchef's in the making!!
At the present moment, we are concentrating on Father's Day and preparing some presents for the children to give to the special men in their lives. We are also planning on doing some cooking during the end of the week, to add to the food organization for the Father's Day Afternoon tea we are holding on Friday 2nd September at 3.30pm.

What does the future hold?

- Dant da daa, Dant danta da!! Yes it's time for us to celebrate Superhero Day Thursday the 1st September! Senior Nursery 2 is having their very own 'Superhero Party' with art and craft activities, some cooking activities and face painting. Can't wait to see every-one's superhero costumes!
- Arr me hearties!! Pirate Day is coming up on the 19th September! Let's all have a grrreat time being dressing up as pirate's. With treasure hunts, cooking adventures and lots of fun art experiences, Pirate Day shall be a day not to forget.

Special Accomplishments-
A big thank you to parents, especially Indiana's mum, who has been contributing pictures and stories of their family's adventures over the weekend; it always is a great addition to our group times topics and lovely to see them enjoying themselves.

The children are always interested in music, whether it's music from a CD or self-made, from the musical instruments. We have begun using different materials to try and more different types of instruments, so if parents have any empty tins, bottles, boxes, paper towel rolls or even CD's that can be played, we'd appreciate it immensely.
Spring time is soooo exciting and we can't wait to start engaging in activities that surround this beautiful season!
For now, I hope everyone has a great end to August and we'll be back with more exciting news later next month.

Thanks, Miss Kate and Miss Suchi.

Toddler!

Toddler 2 Tales



Oh how much we have experienced and learnt these couple of months in the Toddler 2 room. A wonderful tooth fairy visited us to teach the Toddlers and Kindy about dental hygiene as well as healthy food choices. The Toddlers were excited to have a visit from the beautiful tooth fairy, she sang a few songs about how to clean your teeth as well as how many times to clean your teeth. After the tooth fairy experience we continued to explore sometimes and always foods. As we love eating healthy at Little Ducks teaching children that sometimes food or foods higher in sugar are still okay although best in moderation. As we explored more about healthy habits providing opportunities where Toddlers were able to prepare food and be a part of different cooking experiences which have been fun and a little messy which was the best part!



Toddlers have become such an independent bunch as childhood is a time of increasing independence. As children grow and develop they become more able to do things for themselves, to express themselves and to explore their world independently. (NQS excerpt) Miss Megan I (Miss Jo) have been providing opportunities for the toddlers to make choices, and to attempt tasks for themselves. Meal times have been extended as children are choosing what they like and dislike, as well as eating much more fruit and vegies using tongs which is increasing their fine motor movements with their fingers and hands. Toddies seem to enjoy using the tongs and are becoming confident using different tools for food, this was a great opportunity to introduce diverse tools such as chop sticks which was fun to explore with. Hopefully we can find other methods of eating as we have mastered the spoon and fork!

Little Tennis

Within Little Tennis the children show so much excitement, as they are challenged with different obstacle courses such as jumping, bopping and moving their way around all the cones. Their face's light up as they finish the obstacle course. The children are learning about manipulating a tennis racket as they hit the ball over the net aiming to catch the animals to place them back into the zoo. The children are learning about hand eye-coordination as they throw and hit the ball with the tennis racket, they love it!!!!

Toddlers!

X-rays

Over the past couple of months the Toddlers were interested in dinosaurs as we roared and stomped around the room, we then started to learn about dinosaur footprints. Later we created a dinosaur diorama where the Toddlers were able to hide dinosaur bones and become archaeologists dusting the dirt and sand off the bones to create different types of dinosaurs. This then lead to what kind of bones do we have in our bodies, through songs and stories as well as resources that helped the Toddlers to explore their bodies. Miss Megan and I set out resources for the Toddlers to explore with and to help learn more about their own bodies, many fun play based learning which lead to dress-ups as doctors and nurses. The children used materials to fix each other and the babies in our Little Ducks Hospital, Miss Megan and I were their number one patient with many broken bones and sickness that needed attention. It was great to see all the children interacting and playing as a group. Our most interesting body part is the heart and how we can hear it through our chest, the toddlers then explored with their pulse it was quite interesting to see. From there the children began to extend to checking on toy animals and helping them when they were sick, we have now created a place for our animal friends at Little Ducks Vet.

Healthy Eating



Along the topic of healthy eating the Toddlers expressed interest in sustainable living through books. To extend on this Miss Megan brought worms to begin a worm farm. This led to many fun experiences such as learning about food scraps and how we can use them to benefit the soil to grow fruit and vegies. We have learnt about how worms eat our food scraps which have been saved by the Toddlers and then given to the worms of an afternoon in the outdoor play area. As we watched the worms feed on the food for a couple of days it created tea that is used for soil, then the toddlers diluted it into a watering can to feed to all the plants.



What's Your Business??

You might all have seen the wall in the foyer – What's your Business?? We are very excited to know more about the occupations of our families. If you have anything from your job that you would like to share with the children (e.g.: nurse - face masks etc.), the children love to experience new things so please let us know if you have something interesting you wish to share.

Kindergarten Program!

Hello to all our Families,

Show & Tell

Building confidence and fostering our social skills has been a focus for learning in our classroom and we have been encouraging our children to set limits, make rules and follow directions over the past month. We have introduced Show & Tell time to further promote these skills. Show and Tell is an excellent opportunity for children to talk in front of a group, developing confidence and specific language skills (both verbal and non-verbal communication) that are required when addressing an audience. Skills such as planning what you will say (introduction, description, summary), staying on track (relevance), using appropriate tone and volume and using gesture or other props to communicate meaning. We have begun talking to our children about what the purpose of Show and Tell is, to share information about an event or place that you have visited, to share information about something that happened to you, to share information about a relevant investigation in the room and to share something that is precious to your family (such as a tradition or celebration).





We have been thrilled with the Show & Tell our children have been sharing and they seem to really enjoy this time in the classroom. The children who's turn it is to speak come into the room exuding confidence, clarity and excitement and it has been infectious to witness. Thank you for helping its achieve this!

Building Resilience

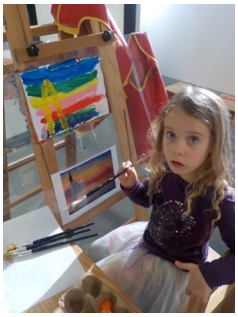
Social and emotional skills are some of the fundamental capabilities of children heading into Prep. Children who are emotionally able to cope with the unexpected, deal with change, adapt to new people, faces and ideas and confidently assert themselves in times of conflict or disagreement are more likely to feel positive about their first year in school. Empathy, respect and resilience are key skills Miss Tracey and Miss Kat are passionate about instilling in our Kindy children to prepare them for their transition to school, whether that be in 2017 or 2018.

The recent changes in the Kindy room have been a wonderful opportunity to talk with our children about change, and being able to help new friends and teachers to learn about the classroom and how we work as a team. We have heard children helping each other remember names, making choices about how they would like their learning environment to be set up and being able to openly communicate their worries, feelings and thoughts.

Our children have displayed wonderful resilience over the past month and we are so excited to work with them over the next few months to build a classroom that encourages learning, promotes thinking and fosters inquiry.

Kindergarten Program!

What's our plan for September?



Building trusting relationships in the classroom is one of the main focus goals for our next month in the Kindy room. Using confidence to communicate our needs and wants and being able to make choices about where to play, and what we would like to be involved in and learning.

We will be continuing to look at different art styles and exploring ways we can use self expression to build our sense of self and provide opportunities for children to become aware of themselves and be confident to be who they are.



After consideration and reflection we have decided to alter our Rest period during the day. As our children are growing and requiring less sleep to rejuvenate their bodies, we are going to empower them to make decisions about what their bodies need. We will offer beds to children who feel they would like a rest (with more encouragement for some of our younger children or children who still enjoy their rest time). Children who make the choice to not have a bed will be encouraged to participate in quiet activities whilst their friends settle on beds and, after fifteen minutes, these children can choose to play in our outdoor environment or quietly in the room.



In time children will become familiar with their needs and be able to make appropriate choices that suit what their minds and bodies require. Miss Tracey and Miss Kat will observe children during the early stages of this change, and be aware of children who will benefit from having a more structured rest period for particular days. If you would like your child to rest, or would like us to encourage rest time more specifically on certain days, please let us know by leaving a note in the Parent Communication Book next to the Sign In and Out sheets in the Kindy room. We will continue to inform you of how this new structure of rest time is progressing over the next month.



Thank you for a wonderfully exciting August, we love the passion your children bring to our classroom!

If you have any questions, queries or thoughts, or would just like to meet with us, please feel free to request a time and we can work with you on providing the best education for your children.

Thanks, Miss Tracey and Miss Kat

Spotlight on... Miss Tracey Kindy Teacher

1) Where did you grow up?

I grew up in NSW near the coast in a place called Taree. I moved to Brisbane when I was 17 to study early childhood before heading off to England as a Nanny when I was 20.

2) What was your first job?

My first job as at McDonalds back when the McCafe was just starting out. I loved it! I worked as much as I could and still have contact with some people that I met and worked with during that time.

3) What do you do when you're not at work?

When i am not at work i spend all of my time with my daughter. I am very rarely without her and I love her company. My husband and I are very keen on getting her outdoors as much as we can so we always try to go to the park or beach to play. We often find mountain trails to walk to, most recently we have been enjoying Mount Ngungun in the Sunshine Coast Hinterland and we quite like climbing Mount Coolum too. Our daughter Olivia loves sitting up high in her "backpack" that her daddy carries and chats the whole way up and down.

4) Where would you like to visit?

I have seen quite a bit of Europe but would love to see more! I would love to go back to the Greek Islands and explore Santorini. I would also like to see New Zealand but definitely not in the winter! My husband is from England so we have been back and forth a few times now with the most recent being at Christmas.

5) What is your secret talent? or if you had a super power what would it be?

I have no secret talents - unless its remembering numbers! For some reason I love working with numbers and I can remember them well. As for super powers - being able to read peoples minds would be cool!



Healthy Eating....

Chicken Singapore Noodles



Ingredients:

* Minced garlic
  200g chicken, thinly sliced
* 1 carrot
* 1 red capsicum
* 1 bunch of shallots
* 1 packet of Fresh Hokkien/Singapore noodle
* 1 tbs of curry powder
* 2 tbs of soy sauce
* A pinch of vegetable stock powder

Method

1.Place the noodles in a large bowl. Cover with boiling water and set aside for 15 minutes of until soft. Drain.

2. Meanwhile, heat some oil in a wok or large non-stick frying pan over high heat. Swirl to coat the base of heat until just smoking. Stir fry the chicken in small batches until just browned and set aside.

3. Heat some more oil in the wok. Stir-fry the vegetables, adding the garlic. Add the noodles and curry powder and toss to gently combine.

4. Return Chicken to the wok and stir in the soy sauce. Stir-fry 1-2 minutes or until the mixture is heated through.

Broccoli and cauliflower soup



Ingredients:

* Broccoli
* Cauliflower
* Bacon
* Onion
* Mixed Vegetables
* Four Bean Mix
* Chicken Stock
* Thickened Cream
* Potatoes
* Shredded Cheese

Method:

Cook all of the veggies and four bean mix together in chicken stock. Fry onion and bacon together and add to the cooked veggies once fried. Blend with a stick mixer. Add cream and shredded cheese. Blend once again and serve

Connecting with the Community.....

Upcoming COMMUNITY EVENTS

Children's Storytime

Thursday 2nd September

New Farm Library

Meet other parents and toddlers for a fun session of singing, clapping and dancing. Learn action rhymes and songs which will help your child's pre-literacy, communication, language and social skills. Ideal for babies and toddlers aged 1-3 years.

Littlies High Tea 2016

For a memorable outing, bring the children to Shingle Inn City Hall for a special kids High Tea. On the first Monday of every month, the Littlies High Tea will keep the littlies entertained.

Cost:
Teddy Bear Afternoon Tea $15
Afternoon Tea from $40

Fortitude Valley Markets

Saturday, 10 September | 9am – 4pm
Come and explore the newly revitalised Fortitude Valley Markets in the Brunswick Street and Chinatown Mall. The markets will offer a colourful variety of mobile food stalls, licensed and themed eating areas, vintage markets, art installations, live entertainment and creative pop-up activations.

Movies in the Valley Malls @ Chinese Moon Festival

Thursday, 15 September | 7 – 9pm

Pull up a free chair or dine outside at one of Chinatown Malls restaurants this school holidays and enjoy a free screening of **Alvin and the Chipmunks - The Road Chip**. Watch with friends or family at an outdoor cinema experience in the Chinatown Mall.

The Chinese Moon Festival is an exciting cultural experience for people of all ages in our vibrant and creative city.

Helpful Online Resources

Triple P gives parents simple and practical strategies to help them confidently manage their children's behaviour, prevent problems developing and build strong, healthy relationships.

http://www.triplep.net/glo-en/home/

Than

Australian Baby Hands was developed to introduce Australian parents to the joys and benefits of using Australian Sign Language with their baby, otherwise known as baby sign language Australian Baby Hands provides parents with a simple step-by-step guide to baby sign language using Australian Sign Language.

http://www.australianbabyhands.com/

NAPCAN has made a significant contribution to the safety and wellbeing of Australia's children and young people by raising public awareness of child abuse and neglect and its impacts, and by developing and promoting effective prevention strategies and programs.

Tresillian is an early parenting service offering families guidance in the early years of their child's life.
A fantastic organisation for new parents dealing with the challenges of babies as they arise—They also have a very helpful 24hr hotline.

http://www.tresillian.net/

Quote:
"The greatest gifts you can give your children are the roots of responsibility and the wings of independence".
(Denis Waitley)

Thank you for being a part of our Family at Little Ducks Fortitude Valley!!