

Little Ducks Childcare November –December 2016 Newsletter

A note from your Centre Manager

Welcome to our November/December newsletter edition!
Welcome to Little Ducks Newsletter and a big hello to all our new families! We are sure that your child/ren will enjoy the time they spend here at our centre and will have many happy learning moments to add to their already creative and imaginative minds!!
Each day we reflect on the day's activities and experiences the children have enjoyed throughout the day. The emphasis is to get more family input/feedback into our program so we can meet the needs of our families. The children are always so proud of their work and they love to share it with you. Families are asked to take a minute or two to have a look at the Daily Journal and write a comment or two on our family feedback form. We look forward to reading your feedback and really appreciate your input.
In October, our centre went through the Quality Assurance Assessment and Rating process. The purpose of the National Quality Framework assessment and rating process is to determine whether and at what rating level services meet the National Quality Standard and the requirements of the Education and Care Service National Regulations and the Education and Care Services National Law.
During this process, we had one assessor come out to the centre for 3 days and spend time in the rooms, watching the educator's interactions with the children, our daily routines and procedures and the programming formats within each room. As a centre we are extremely proud of all the hard work we do and put in everyday to care for, nurture and scaffold your child's learning and development. Once we receive our results I will make sure we share them with you all!!
Re-enrolment is going very well, we have now offered positions to our internal families who have siblings on the waiting list for 2017, if you haven't heard from us and this is you, please contact the office.
Thank you to all our families for their prompt reply to the re-enrolment email. If you haven't got yours in yet please get it back to us as soon as possible.
Thank you for taking the time to read our centre newsletter. Please remember our door is always open and that we value family participation across all aspects of our program. Until next time, Maria and the educators at Little Ducks Childcare.



55 McLachlan Street
Fortitude Valley QLD 4006
Phone (07) 3252 1841

Kindergarten Approved Program
Queensland Government

fv@littleducks.com.au

Upcoming Events!

November 2016



Melbourne Cup Day—Tuesday 1st
The day that stops the nation

National Recycling Week —7th—13th
We will focus on the environmental benefits of recycling.

Remembrance Day—Friday 11th
We will be making poppy's in remembrance of the diggers that gave their lives for our country and paying our respects on this day.



Teddy Bears Picnic—Wednesday 16th
Lets all bring along our favorite teddy and have a teddy bears picnic.

Dr. Joe Science Show - Monday 21st
This year for our science show the theme is SUPER SPACE! Learn what you need to live in outer space, dress up like an astronaut, discover the history of the solar system and explore the night sky in the starhouse!

December 2016



Preschool Graduation Thursday 1st
Celebrating our children that are transitioning to school next year.

International Day of people with Disabilities—Saturday 3rd

Children's Christmas Party—Wednesday 7th
Come along for some Christmas fun from 4pm onwards!!

Christmas Day—Saturday 25th

Boxing Day—Sunday 26th



Reminders

Immunisation Certificates

Don't forget that we need copies of your child's Immunisation Certificates. The 'blue books' are no longer acceptable for our records, we need a copy of the Australian Immunisation Register certificate – the one that is sent to you from Medicare after Immunisation. You can download it from the Medicare website if you've misplaced your copy. Please bring it into us when you're next in.



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 November and December are:

*First Aid Policy *Inclusion Policy *Medication Policy *Medication Short & Long Term *Nutrition Policy *Additional Needs Policy *Communication Policy—Educators & Families *Code Of Ethics *Death of a child Policy *Food Handling Policy *Rest Time 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!

November

Ayva
Angus G
Ethan
Kielland
Nino
Lucas

December

Angus B
Cora
Bridget
Kobe
Tara
Lily
Leo
Aden
Eximious





Nursery One!

Well here we are. Our last newsletter of the year. We cannot believe that it is almost Christmas time already. This past 2 months have gone by in a blur. We have been doing so much learning and having so much fun together.

Our centre also went through assessment and rating recently. This means that the department sent out an assessor to watch our practices and procedures. They then rate us per the National Quality Framework to ensure we are meeting all our seven Quality Areas - Educational program and practice, Children's health and safety, Physical environment, Staffing arrangements, Relationships with children, Collaborative partnerships with families and communities and Leadership and service management.

We have survived this process with feelings of positivity towards having done well. It takes a few weeks for our rating to be processed, then will be displayed on our website. We would like to thank all our families for their support throughout this process. We appreciate the kind words you have been giving us throughout this journey. We would not be a centre without you!!!

We have had lots of birthdays over the past couple of months with; Edith, Molly C, Alby, Cian, Michael, Finnegan and Franklin all turning One! We have also celebrated lots of milestones with Cian, Mikey, Finnegan and Alby all becoming confident in walking. Kai, Molly J and Ashton all sitting up without support and Edith and Molly C pulling themselves up into a standing position! (LOC3.2)



Last newsletter we spoke about 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 very proud educators to announce that the children are doing very well with their spoons when eating, some are also starting to show interest in using the washer to wash their faces all by themselves and even are becoming a lot more confident in washing their hands at the sink. We are also proud to announce that some children have transitioned into having one sleep a day and will happily self-settle off to sleep all by themselves without being rocked! We are all making such great progress, developing and becoming confident in our emerging autonomy, interdependence, resilience and sense of agency. (LOC1.2)





Early in September we celebrated Father's Day. We invited all our dads and Grandads to come along for afternoon tea and to play some games. During the morning, our Nursery 1 children shook up some pancakes in preparation for the afternoon tea. Becoming connected and contributing to their world as they develop a sense of belonging to groups and communities, and becoming active participants in the preparation for the event. (LOC2.1) Miss Amy then cooked them up in the kitchen ready to gobble them up when our dads and grandads came. The afternoon was a success, with everybody having lots of fun.

Nursery One!

We celebrated the start of Spring in September as well. We explored lots of sensory aspects of Spring such as flower print painting, flower petal and leaf exploration, outdoor environment visits to the Kindy yard, gardening and listening to environment sounds such as woodlands, rainforest and beach sounds/music. We provided a holistic approach to explore all that there was to know about spring and what it is made up of. The children seemed to enjoy this theme with painting, and dancing being the favourite activities.





October brought with it lots of events. We celebrated Nutrition week, where we studied fruits and vegetables. We asked each family what each child's favourite fruit or vegetable was, creating an interactive display on our carpet wall for the children. We now utilise this every day when we are eating our meals! We played find the food with photos of fruits and vegetables hidden in zip lock bags filled with shaving foam. We also painted our own interpretations of fruit and vegetables which was a lot of fun!!

We celebrated National Children's Week, celebrating each child and all their abilities, talents and tricks! There was lots of celebrating through high fives, clapping and cheering after the children accomplished any task whether it was big or small. They showed great strength in their social and emotional wellbeing as they displayed feeling of excitement when they cheered for their peers and showed lots of enthusiasm to show off their skills and abilities. (LOC3.1) To share the celebration with our families and visitors, we created an '*I Can' Display*' so we can post any new or reoccurring abilities and achievements!





We cannot wait to see how our learning will evolve from here, as the year comes to an end and the children prepare for transition in older rooms and as we start to prepare or Christmas! As always there are some events and celebrations that we will celebrate over the next few months.

November: 7th-13th Recycle week, 11th Remembrance Day, 16th teddy bears picnic, 21st Dr Joe Science Show.

December: 1st Preschool graduation, 3rd International day of people with disabilities, 7th Children's Christmas party.

We hope everybody has a great Christmas and New Year holiday! See you next year!

Nursery Two!

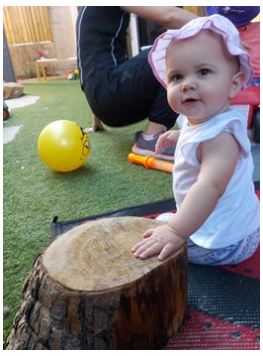
Wow we have had a busy few months and are looking forward to finishing the year with a bang!!
We welcomed Atticus, Angus and Jude. Luca, Ted, Olivia and Willow have made the big move to our Senior Nursery program. Ayva has begun to stand. Hugo has become very fast crawling and is doing very well riding a bike. We have discovered Clayton's love for the water and getting wet. Lucy is becoming very independent being able to take off her shoes, pack her bag and wash her hands. Ziva has become very confident in her environment and loves to explore new areas in the centre (Level 3 pirate ship and outdoor environment). Violet's language skills are constantly amazing us with the new words she is learning to say. We all giggle when she walks up to Miss Caitlin and says "Hey Baby". Maya is a big talker at the moment and she tells us very big stories.

Construction interest

We have had a big focus on construction over the last few weeks. The children have been very interested in exploring the tool and truck puzzles, building (mostly knocking down) block towers, reading the "road works" book. We also were very lucky and went upstairs and watched the construction site. To continue this interest we added construction hats into our room, this allowed us to role play construction using the tool puzzle pieces.

Level 3/Outdoor Environments

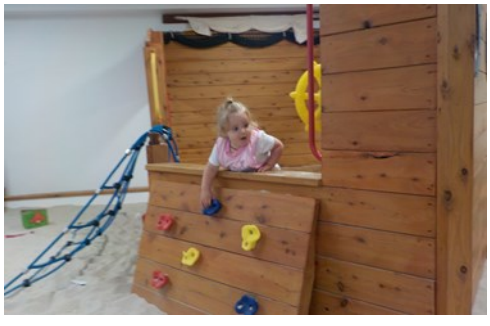
With the weather warming up we have started to take full advantage of the outdoor environment on the Ground floor level. The children have become very confident in this environment and have started to associate their hats with going outside. Thank you to all the families that supply hats in their child's bag.



Please continue to pack your child a hat or alternatively your child could be a model for Little Ducks and you can purchase a Little Duck's hat!!!
The ground floor allows the children to run around in a great big open space. We often play with the bubbles, have a ride on the bikes, stomp across the bridge, dig in the sand pit, play with the Kindy children and if we are lucky there might be some messy/water play.







Nursery Two!

We have also been regularly going to Level 3 – Toddlers, to play on the Pirate Ship. This is a great way to challenge the children's gross motor skills as the Pirate Ship has a climbing net, rock climbing pegs and a sand pit. Ziva has been practicing her climbing skills on the net. Violet is very interested in the older children and their outdoor environment. Level 3 also has a lovely art studio. We are trying to use the art studio more frequently to encourage our little artists.

Gardening

We have been practicing our green thumbs and helping bring back some life to our gardens. We replaced some of our old plants and invited the children to help us to plant the new plants. The children helped to dig the holes for the plants and we then looked at the different parts of the plant paying special attention to the roots. We have then been focusing on watering the plants when the plants become thirsty to ensure they have full bellies.





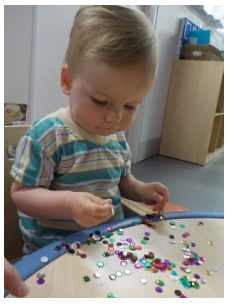


Grandparent's Day

Wow what a lot of fun we had creating lovely picture frames for our Grandparents to celebrate Grandparent's Day. We had a lot of fun sprinkling the sequins and the glitter and created a fun mess. It is a delight to see the expressions on children's faces when a special person arrives. We were able to share songs and stories as well as familiar activities and morning tea. It is a happy experience when children have their own special visitor who can focus their attention just on one child and it makes the child and the visitor feel really valued and appreciated.

Many of our children continue to rely on their grandparents to take care of them when their parents are at work. Very often, the care of the child is shared between the childcare service and the grandparents, making this an extension of our Little Ducks Family.

Thank you to the Grandparents that came along to celebrate the special role you play in the children's lives!









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 past 2 months.



Firstly I would like to share with you my philosophy as the Lead Educator in the Senior Nursery room. I believe in an Open Door Policy were we encourage participation from families in all aspects of our centre , including the development of the curriculum. I believe building partnerships with families allows us to bridge the gap between home and care, so please come and spend time in the room with the children and the educators.



Welcome to our new families that have started recently. We look forward to getting to know you all and your children individually over the next few months. That is one of our favourite parts of our jobs, creating warm relationships with our children and their families

We have been busy introducing our new friends and educators to the Senior Nursery level! I am pleased to say all the children have been very friendly and open to new experiences and activities. Which has allowed me to settle straight into the room and build secure, respectful relationships with your children as well as with the families.



As the children are becoming more comfortable and confident in their surroundings, we are now seeing some of the children develop new and intriguing interest's. A particularly strong interest of theirs is farm animals, musical movement, and discovering different wet textures.

We have been exploring edible and non-edible messy play which has been encouraging a group atmosphere and verbally and non-verbally interactions. Group activities can be amazing opportunities for our children to learn and further develop our language and communication skills.

Also by engaging in these situations and experiences encourages children to experiment, investigate, and express wonder. These are all components of learning outcome 4 – Children are confident and involved learners.

Senior Nursery 1!

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 by email or simply communicating to our educators in the mornings or afternoons. You might have also noticed our Program Feedback form that is displayed on our programming board. If you have any ideas/suggestions about our programme of daily journal we would love to hear it!!

Another source of great enjoyment for the children has been watering the garden in our outdoor environment. Children have been encouraged to help educators water the garden with their own watering cans. This is teaching children to become responsible and show respect for the environment, which are elements of Learning Outcome 2 – Children are connected with and contribute to their world.



We have also been celebrating children's individuality and independence through children's week which we organised a week full of activities that reflect the Rights of all Children as it is outlined in the United Nations Conventions of the Rights of a Child. This was perfect timing as we have noticed emerging self-help and autonomy skills developing in our children. To further support our children throughout children's week we encouraged them to have their own choices with activities and resources. We have now furthered that again, trying to continue this on a regular basis.

It has been a wonderful couple of months with your children and we are looking forward to the next two, watching your children develop and grow in their interaction and mental and physical growth.

Moving forward we will be focusing on our End of Year Celebration that we will be doing with the children, we are all looking forward to it!!

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 summer with our families.



Thanks,

Jess, Sandra, Jyoti

Senior Nursery 2!

Hello everyone, we are almost approaching the end of the year, and talking about the past few months it has been amazing and wonderful having lots of opportunities to participate in lots of fun and learning. We have had so many new friends and our new educator Ms. Taylor starting in our room last month. It was sad saying goodbye to Ms. Kate, leaving us to start her own cake business and few of our friends moving up to the toddler's room. However, we planned so many fun-filled events and activities for us to keep us happy and busy. Please enjoy reading below a few of the highlights from last few months:

Friday 2nd September- What a fantastic afternoon we had celebrating our special fathers and grandfathers of our service. Our fathers, grandfathers and children enjoyed the variety of sandwiches, fruit platters, cupcakes, variety of cakes and muffins and tea and coffee, all while actively enjoying the indoor and outdoor environment and learning experiences on offer. It was great to see all our Dads working with their children actively engaged in different activities across all the rooms. Thank you to all our wonderful Dads and Grandads who came and made the afternoon a great success.

Monday 19th September- "Talk like a Pirate" Day- Children loved coming in to the centre dressed up as pirates, making our own pirate hats, drawing their treasure map and then digging up for the treasure chest in the sandpit. The children loved digging in the sandpit to find the treasure chest and finally after we found it, we all enjoyed counting the golden coins together.





Friday 21st October-Loud Shirt Day- Loud Shirt Day is a positive fundraising campaign. It's an excuse to wear your brightest clothes (love 'em, hate 'em, whatever) and raise money to help give the gift of sound and speech to deaf children. We made our own loud shirts by colouring and collaging with some bright and loud colours. The children really enjoyed choosing bright colours to make their own loud shirt.

25th Oct-30th Oct- Children's week- Children's Week is an annual event celebrated in Australia held around the fourth Wednesday in October. In 1996 it was decided to adopt a permanent theme: "A Caring World Shares". A diverse range of events and activities are organised at National, State and Local levels. These focus the attention of the wider community on children, their needs and achievements. Children's Week celebrates the right of children to enjoy childhood. It is also a time for children to demonstrate their talents, skills and abilities. This week was all about celebrating and acknowledging our children's rights, interest, skills and the individuals they are for our centre. We followed their interests to play together constructing buildings, playing in the outdoors, and role playing in home corner. We also photographed our children doing their most loved activities while being in the centre which you would of see in our Daily Journals.

Senior Nursery 2!

17th Oct-22nd Oct- Nutrition Week- This week the children got the opportunity to be included in a wide range of learning experiences about their health and nutrition requirements. We enjoyed doing fruit paintings, cooking activities and participating in group times to teach/demonstrate to our children the advantages and benefits of eating healthily.





Halloween Day- 31st Oct- This year, as well as the usual dress - up day, each room incorporated the Halloween theme into activities and experiences to promote learning in all areas. In our Senior Nursery room we saw some fantastic art work in typical Halloween themed colours, construction of some pretty scary monsters out of recycled materials and even some group discussions about pumpkins and all things Halloween!!! The children really enjoyed it.




Looking forward for the next quarter we are excited that we are just 7 weeks away from Christmas. We are working on the Children's End of Year Celebration which will be on the 9th December 2016. We will be performing in front of our families which we are all excited about and cant wait!!



However, before that we are looking forward too a few other events coming up like Recycling week (7th Nov-13th Nov), where we will be talking about recycling and its benefits for us and to our environments. There will be lots of activities using recyclable items to teach children the importance of recycling and why we do it.

And yes, the Teddy Bear Picnic (16.11.16)!! We are looking forward to having a little bit of fun before Christmas having a picnic at the centre. All the children can get their teddies or favourite soft toy from home and a plate to share for the fun-filled picnic!!

We hope everybody has a great Christmas and New Year holiday! See you next year!

Suchi and Taylor

Toddlers!

Zdravo naše lepe porodice (hello our beautiful families)

Eight more Fridays till Christmas, the year has flown by and the children have grown so much in the Toddler program.



Over these past couple of months the toddlers have explored with counting, measuring, weighing as well as strengthening their vocabulary exploring literacy through numeracy. To explore numeracy further we initially did experiences and activities the children would usually do such as cooking, only we would emphasise on measuring, which led to exploring volume through water play in the outdoor area. The children also explored their favourite books and songs, we used images from their favourite stories to create their own interpretation of what numbers look like through art. To make learning numbers even more fun and challenging Miss Megan and I incorporated counting in Spanish, French and Maori, the children loved it, they all tried and is great to exercise different sounds and strengthen their muscles in their mouths.



The toddlers also developed quite a green thumb over the last few months, as they began exploring and planting new plants outdoors, this lead to replenishing the worm farm daily with yummy food for the worms to eat, extracting worm tea from our worm farm for all the levels to use on their plants. The children's excitement grew as we then went on to explore grass heads as we began growing our own grass heads, watching and exploring how they grow. The Children also explored environmental sustainability, such a big topic for little minds, although these little minds will blow you away with plenty of environmental information they already know!!! The toddlers also explored why environmental sustainability is important for us



while exploring how it can help the planet we live on and the world around us as we explore different ways to help. We have been engaging children in discussions about sustainable practices. Such as noticing how a garbage bin is full, how food scraps left over after meal times go into our compost bin as well as encouraging children to participate in a recycling program (recycling bins for cardboard, plastic and paper) or involve them in developing new strategies for recycling materials (using donated materials for art n craft or donating materials to council clean ups etc.).

Toddlers!






The children have been exploring a variety of dream time stories, their interest grew as they began creating their own dream time characters from the story Dunbi the Owl. This sparked the children's interest as the idea to make a Dunbi the owl came, we asked the children if they would like to take them home or hang them up outdoors. The children began voicing their thoughts, as they wanted it displayed, while a few wanted to take them home for their Mum's and Dad's.

As the children's interest within Art began to grow we began exploring a variety of art forms such as different sculptures from around the world and sea. Discovering the children's view of art as the children used different materials to create our own art works. The children's imagination and enthusiasm shined through as they explored a variety of materials and incorporated their own knowledge within their art. The children then began extending their own interest as they began adding other materials from the art trolley, they used their imagination and curiosity to find out what happens if they add this to the painting, this lead us to printing using leaves.





Soon we will be exploring recycling as recycle week is coming up, this will be an extension of what the children have already been learning. We will be encouraging the toddlers to be a little more informed about how we can help the earth through research and play. The children are showing great a interest in art and craft therefore we will be making our own paper to draw and paint on, I wonder what colour the paper would turn out if we mix different colours? As we explore recycle week we will be discussing about a variety of ways we can recycle and reuse a variety of materials. The children have already begun exploring with recycled materials, its part of their daily play as they continue to use recycled tools for the garden, I wonder what other Ideas the children will have for recycled week.?

Kindergarten Program!

Thank you for taking the time to read all about the Kindergarten room and our recent learnings! We have enjoyed an environment of flexibility and child-led variation since we last updated you, involving careful planning, purposeful consideration for each other and vivid imagination! Our spaces have transformed over and over again, proving that the environment is the third teacher each and every single day and incorporating children's ideas and suggestions with our resources is scaffolding learning to new heights! Firstly I would like to thank the Grandparents that attended our Grandparents Morning Tea on Friday – what a beautiful opportunity for the children to show their loved ones around their very own space and show off their learning portfolios! We enjoyed some morning tea and activities such drawing pictures for a nursing home patients, dancing and show and share. Please express our thanks to the family mem-



ber s that were able to attend and the invitation is extended to all at any time of the year – we would love to have family involvement and interaction! Our utmost favourite play recently has been all about water! We are lucky enough to have a very accessible tap for water play and we have been using to our advantage. I have had experience with children enjoying play with water, but our Kindy children are just complete water babies. There is no splashing in a tub – it is full on bucket-of-water-over-the-head type of play and it is just wonderful! The laughter, conversation, teamwork and coordination that is seen, heard and reinforced is magical and our children are enjoying every second of it. The Kindergarten children dived head first into a focus on self-identity and belonging in the room. I noticed there were not any pictures of the children in the environment when I started with Little Ducks in late August and I believe that had to



change – we worked on our own self-portraits, compiling a picture of our reflection when we looked into a mirror, teamed it up with a page of experiences the children felt they were good at (with some suggestions from us) and displayed them on the wall in the room for everyone to enjoy and reflect on with their Kindy photo. The children still point to these and discuss them with each other, often referring to their own self-portraits as the focal point.

Kindergarten Program!

The importance of belonging and feeling a sense of security is of high importance to me and I love that the children are showing the same enthusiasm and love for their work too.



Next up would have to be our ever-revolving role play space. We have seen it transform from a house setting to a baby role play centre, into a castle and now we have a vet surgery. These ideas are all coming from the children's play and our intention to scaffold their learning based on their interest. We have made a couple of phone calls to local vets to try and source some x-rays to display and use in the vet surgery and each time the children ask questions to the receptionist on the phone, which is a great way to incorporate real life experiences into their role play. We did the same when we purchased Wilbur the fish for our Aquaponics tank and the children were so happy to be able to talk with "the pet shop lady" that they asked if they can call her and tell her that Wilbur is really happy and talks to them daily.



We are very excited to be thinking about our Graduation ceremony coming up in early December for the children attending school in 2017. I will warn you now, I will cry! I love spending my day with your children and feel very lucky to have built such special bonds with them. I will send out more information and invitations closer to the date and please feel free to invite any family members you desire. On this night, your child will receive their learning portfolio and transition statement that will be passed on to the school to ensure the smoothest transition possible for the children.



Thank you very much for your time, Marion and I would like to wish you all a Merry Christmas but we won't do that – it's a little too scary to think about! See you all soon, I hope you enjoyed your update.

Tracey and Marion

Spotlight on... Miss Jessie Educational Leader

1) Where did you grow up?

I grew up in Coolum Beach which is a beachside town on the Sunshine Coast, QLD. I lived their with my grandparents. I spent most of my spare time going to the beaches, beautiful parks and the most awesome swimming hole with my friends.

2) What was your first job?

My first job was at Coolum Beach at the local pool. My role was to supervise the children when they were swimming as well as work in the canteen. This is when I started to get my passion for working with children. I really enjoyed spending time with the children and forming relationships with the children and their families. From this job I also started to volunteer working in child care centres at the Sunshine coast in order for me to gain more experience and knowledge working in this industry.

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

When I am not at work I am a Nanny every Monday and Tuesday for a lovely family. I have been doing nannying for a long time and I really enjoy it. I assist the family in getting their children ready for school as well as work with the children on their homework, It is so much fun!!

4) Where would you like to visit?

I would love to go back and visit America or Canada. I have travelled to both places and really love them both :)

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

My secret talent would have to be renovating houses, this is my passion as well as an interior designer. I really enjoy decorating and furnishing houses with fashionable or beautiful things.



Healthy Eating....

PIZZA TARLETS



Ingredients:
• 3 sheets frozen shortcut pastry, partially thawed
• 50g shaved leg ham, finely chopped
• 2 cups mushrooms, finely chopped
• ½ green capsicum, finely chopped
• ½ cup finely grated mozzarella
• 4 eggs
• ½ cup milk
• ¼ cup pizza sauce

Method:
1. Preheat oven to 200°C/180°C fanforced. Using a 7cm-round cutter, cut 24 rounds from pastry. Press into two 12-hole, 1½ tablespoon-capacity patty pans.

2. Combine ham, mushroom, capsicum and 2 tablespoons of cheese in a bowl. Whisk egg and milk together in a jug. Spread ½ teaspoon pizza sauce onto each pastry case. Divide ham mix and egg mix between pastry cases.

3. Bake for 10 minutes or until set. Sprinkle tartlets with remaining cheese. Bake for 5 minutes or until cheese is melted. Serve.

Spinach Hummus with Turkish Toasts

(Serves 6 (2 cups of dip) Prep 20 minutes Cook 10 minutes)



Ingredients:
- 430g loaf Turkish bread
- 400g can chick peas, rinsed and drained
- 2 cups (60g) baby spinach leaves
- 1 clove garlic, chopped
- 2 tbsp. tahini (sesame seed paste)
- 1 /4 cup lemon juice

Method:
1. Cut Turkish bread into 1cm thick slices and spray with cooking spray.

2. Toast slices under a preheated grill or in a char-grill pan until crisp and lightly browned on both sides.

3. Process chickpeas, spinach and garlic in a food processor until finely chopped.

4. Add tahini, lemon juice, cumin and water and process again until smooth.

5. Transfer mixture to a bowl and season with pepper. If consistency is too thick, stir in a little extra water.

6. Serve dip with Turkish toasts and vegetable pieces. Store in Fridge or freezer and enjoy for breakfast or lunch on the run

Connecting with the Community.....

Upcoming COMMUNITY EVENTS

Babies, books and rhymes

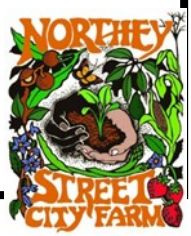
Tuesday, 20 November | 2 – 2:30pm
New Farm Library

Meet other parents and babies for a fun session of singing, clapping and dancing. Learn songs and action rhymes to nurture your baby's pre-literacy, communication, language and social skills. Ideal for babies aged up to one year.



Northey Street City Farm Organic Markets

Enjoy the freshest and purest certified organic fruit, vegetables, breads, meat, dairy, dry goods and preserves at Queensland's first and only market selling certified organic produce. Growers come from near and far to greet you with a smile every Sunday morning at Northey Street City Farm. You can also enjoy free workshops, art activities for the kids (plus space to play), and of course, breakfast at the Chai Cafe.
Every Sunday, 6:00 AM - 11:00 am



First 5 Forever toddler time

Wednesday, 9 November | 10:30 – 11am
New Farm Library

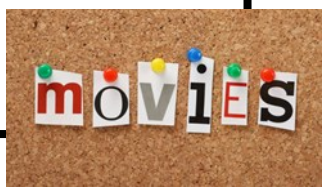
Meet other parents and toddlers for a fun session of singing, clapping and dancing. Learn action rhymes and songs which will help your child's pre-literacy, communication, language and social skills. Ideal for babies and toddlers aged 1-2 years.



Movies in the Valley Malls @ Chinese Moon Festival

December 4th

Pull up a free chair or dine outside at one of Chinatown Malls restaurants this school holidays and enjoy a free screening of Night at the Museum - Secret of the Tomb, starring Ben Stiller. Watch with friends or family at an outdoor cinema experience in the Chinatown Mall.



Helpful Online Resources

the bub hub
trusted by parents since 2002

The Bub Hub Blog, or Hubhub as we like to call it, features entertaining, fun, and informative blog posts on a wide range of baby and parenting topics. Real people, real info, real support. Check out the Bub Hub for the latest tips, tales and talk from the world of parenting and beyond.

Australian BabyHands

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/

raisingchildren.net.au

On the Raising Children website, parents will find reliable and scientifically validated information and resources to support them in the day-to-day work of raising children and looking after their own needs. This website covers a broad range of up-to-date parenting topics.

mychild.gov.au

Contains information on the different types of child care and early learning available fro families and how to get assistance with child care costs. You will also find links t other useful websites about children's health and wellbeing, parenting and family support services.

Quote:
""Tell me and I forget.
Teach me and I remember.
Involve me and I learn".
Benjamin Franklin

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