Little Ducks Childcare Birkdale

May/June 2017 Newsletter

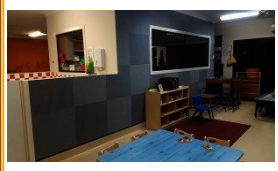
A note from your Centre Manager

Welcome to our May/June edition of the newsletter! Thanks for tuning in to see what has been happening over the past 2 months, and seeing what's ahead.



March and April sure did deliver in the fun and learning department! We kicked off March with a Holi show. Roushini (a cultural collaborator & professional artist) taught us about a Hindu spring festival which is also known as the festival of colours or the festival of sharing love. We also took the opportunity to educate the children about Harmony day and we spoke about what makes a good friend, how can we be a good friend, and how we can cheer someone up when they are feeling sad. Moving forward, we celebrated Easter as a service with an Easter hat parade and many Easter themed experiences. We loved the opportunity to invite all families into the centre for the parade, and then stay and engage in some fun activities, such as the egg and spoon race, Easter coloured playdough (as chosen by the children) and just being able to talk, and catch up with our families. It is so nice to be able to spend time with you all!

As you have now all seen, we have made a major upgrade to our centre. Over the Easter long weekend, some very dedicated trades came through and tiled our walls with acoustic carpet



tiling and what an amazing difference this has made! This helps to absorb noise, saves the walls from damage from the displays can cause from blutack, and we can use this to create games that can be velcro'd to the wall, such as puzzles, matching games and felt stories.

Currently, we are reviewing Quality Area 2: Children's health and safety, and Quality Area 6: Collaborative partnerships with families and community. You will see our family feedback area questions change over the coming weeks so we do, as always, appreciate your honest feedback. We will keep you up to date with progress made through our Friday catch-up emails. Lastly, we have reviewed our Centre Philosophy and Sun Protection policy. I have included these on the final page of the newsletter for you to read and provide feedback. Thank you to all who helped us though the review process. We have been able to make some great changes and updates!



My office hours are from 8.00-4.30 Monday-Thursday and 6.30-3.00 on Friday so feel free to stop by, call or email for a chat anytime. I look forward to sharing our adventure again in May.

Cassie...

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Recipe of the Month!

Some healthy, yet comforting sides for the Autumn season!

Smashed potato salad & Warm roasted vegetable salad



INGREDIENTS

1.5kgs baby red potatoes
Kosher salt, freshly ground pepper
4 tablespoons oil of choice
1 teaspoon minced fresh ginger
½ cup buttermilk
¼ cup mayonnaise
1½ teaspoons dark brown sugar (omit for sugarfree)
2 teaspoons chopped fresh thyme
2 teaspoons chopped fresh oregano
1 bunch watercress, tough stems removed, chopped
3 green shallots, thinly sliced

PREPARATION

Heat oven to 450°. Place potatoes in a large pot and cover with 1" cold water. Season with salt and bring to a boil. Reduce heat and simmer until tender, 15–18 minutes. Drain and return to pot to dry.

Working with one potato at a time, place each under a glass or flat-bottom measuring cup and press to flatten. Divide oil between two rimmed baking sheets. Transfer smashed potatoes to baking sheets and turn to coat. Season with salt, pepper, and ginger. Roast, flipping once, until golden, 20–25 minutes.

Meanwhile, whisk together buttermilk, mayonnaise, brown sugar (if using), thyme, and oregano; season with salt and pepper. Fold warm potatoes into dressing along with watercress and shallots; season with salt and pepper.

INGREDIENTS

500g baby red rascal potatoes, washed, halved 500g sweet potato, peeled, cut into 4cm pieces
4 garlic cloves, peeled
2 tablespoons extra virgin olive oil
1 large (185g) red capsicum, thickly sliced
1 large (180g) red onion, cut into thick wedges
1/4 cup toasted pine nuts (or sunflower seeds)
80g baby rocket leaves

DRESSING

2 tablespoons lemon juice
1/4 cup extra virgin olive oil
2 teaspoons wholegrain mustard
2 tablespoons chopped fresh oregano leaves

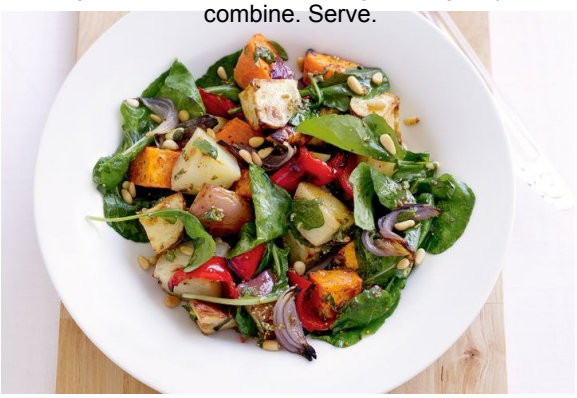
METHOD

Step 1 Preheat oven to 220°C/200°C fan-forced. Place potato, sweet potato, garlic and oil in a bowl. Toss well to combine. Place mixture, in a single layer, onto a large oven tray. Season with salt and pepper. Roast for 20 minutes.

Step 2 Turn potato and sweet potato. Add capsicum and red onion tray. Roast for 15 minutes then add pine nuts to vegetables to roast for a further 5 minutes or until vegetables are browned and tender. Set aside for 10 minutes to cool slightly.

Step 3 Meanwhile make dressing. Place lemon juice, oil, mustard and oregano in a screw-top jar. Secure lid. Shake well to combine.

Step 4 Place rocket, pine nuts and vegetables in a large bowl. Pour over dressing. Toss gently to combine. Serve.



Have you made any of our recipes? Send in your photos and we will include them in the next newsletter!

Centre Events!

(Let us know if you would like to help out or be involved)

...May...

Monday 1st May – May Day/ Labour Day PUBLIC HOLIDAY May Day is celebrated in many countries as a traditional springtime festival or as an international day honouring workers.
Tuesday 9th – **Stranger Danger Show** Come along and learn about safety and stranger danger.
Friday 12th – **Mother's Day Afternoon Tea**
We will be celebrating our special mums with an afternoon tea starting 3:30pm.
Sunday 14th – **Mother's Day**
Don't forget to spoil your mum today!
Monday 15th - **Henny Penny Chicken Hatching**
Bringing the joy of watching eggs hatching, and chicks emerging from their shells, right in front of our eyes! This week will be the chicks last week with us – don't forget to adopt a one or two
Monday 15th – **International Day of Families**
Leading up to this day we will be talking about what makes our families special.
Friday 26th – **National Sorry Day**
We will remember and commemorate the mistreatment of the country's indigenous population.
Saturday 27th – **Ramadan begins**
This is a period of prayer, fasting, charity-giving and self-accountability for Muslims in Australia.

...June...

Saturday 3rd - **Mabo Day**
Commemorates Torres Strait Islander and Indigenous land rights.
Monday 5th - **World Environment Day**
On this day we will learn about why it is so important to be inspired to care for and nurture our environment. We will be having a special visitor come to Little Ducks and help us get closer to nature.



Tuesday 6th – **Queensland Day**
Come in dressed up as your favourite Queenslander!
Queensland Day celebrations are part of Queensland Week, which focuses on the state's history and development, the people of Queensland, and their achievements.

Tuesday 6th – Thursday 8th – **Centre photos!** Make sure your teeth and hair are brushed and don't forget your smile!
Sunday 25th - **Matariki**
Maori New Year! During the lead up to this day, we will learn about the importance of Matariki and how it is celebrated.

Birthdays!

A very happy birthday to ...

...May...

Miley
Charlotte G
Isobel
Mia
Isabel
Matthew
Elijah
Miss Emma



...June...

Cooper
Kyan
Layla
Maxwell
Miss Zarif

Junior Nursery Natter!



Over the past few months we have been very busy in the Junior nursery with lots of experiences to further develop the children's knowledge and skills. We have welcomed some new friends into the room. Mia, Piper, Theo, Rocco, and Isobel have settled in so nicely to the room and have begun building friendships and their sense of belonging. The other children have been very helpful in making them feel welcome as they made babbling noises, shared smiles and their toys to encourage their new friends into their environment. We have also been building on the children's individual goals as well as their developing physical skills with activties like ball games and various climbing equipment out in the yard. We have been using tyres, beams, a-frames and planks to crawl across and changing these over regularly to foster the different domains in physical development like balance, co-ordination, turn taking and spatial awareness. The babies also enjoyed rolling the balls around the yard so we extended this with some balloon play inside, kicking and throwing them to each other around the room. The tunnel in the smaller yard has also had great success in building the social cues of the babies as they have shared humour and happiness through games of peek-a-boo, chasey and hiding from one another whilst in the tunnel.



We have also celebrated world health day with Miss Julie and Miss Zarif speaking to the children at each mealtime about their healthy food and the benefits it has for their bodies as well as reading the very hungry caterpillar book, countless times (it's our new favourite), engaging the children in lots of physical play both indoors and outdoors and helping the children to learn how to wash their hands at the sink. Zarif and Julie also gave the children some warming cuddles when they were sad or tired to encourage them to express their emotions. As the children have enjoyed the stories so much, we would like to ask if you could bring in your child's favourite story to share.

Junior nursery has also been getting busy in creating our café/ food station area for the children to use their self-help skills and imaginative play, alongside getting messy during food related crafts. Our messy play has also been extended to the outside area where we have been doing tooth brush painting, crayon drawings and mud play, which all the children seemed to love. Children become confident learners as they are encouraged to explore a wide range of activities and skills such as imagination, creativity, verbal and non-verbal communication, fine motor development and mirroring the actions of others. The children were then encouraged to participate in some cooking experiences that came from home recipes and ideas from the educators. They shared a cooking experience with some of the older children, who were great in supporting and guiding the younger children as they washed their hands, stirred, mixed, and handled the cake mixture. Lots of social interaction, group mixed age play and sensory skills were seen and used throughout this activity which is great for both age groups. The children also experienced some jelly play which enabled their sensory skills to develop as they tasted, squished, studied the looks of the jelly and how it moved through their fingers. Their delighted faces suggested that they really enjoyed the taste.





Moving forward, we will be celebrating Mother's Day with an afternoon tea if you wish to join in the activities that will be happening in the room. We would also love to add some more photos to our community wall if you could either email and bring these in as the children love pointing out the things they love in these pictures. We will also be continuing to build on the children's individual goals and as always if you have any questions please feel free to see Miss Julie or Miss Zarif.

Senior Nursery News!



Last month we welcomed Connor, who has moved up from the Junior Nursery room. We already spent a lot of time together outside getting to know each other and building a foundation for our relationship so we were so happy to find out that he would be joining our class. Connor has been doing so well and we are extremely happy to have you join us.

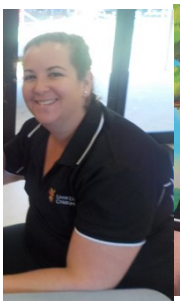
The Senior Nursery children have been very involved learners over the last two months. As you would have noticed from the displays in the room, the children have shown a big interest in transport. A car track has been set up using tape on a table inside and all sorts of vehicles added to it, this also led us to trains!! Debbie sourced a train track for us and this was set up on the low table in the room. The children loved this addition to the room, driving the trains around on it saying choo choo as the trains went by!! We also extended the theme into the outdoor environment. Trucks and cars were added where children had the opportunity to role play with these, digging in the sand and driving them around the yard!

Emma extended on this interest by having the children make some 'stop' and 'go' signs. The children painted these red and green and Emma made these into signs. The children were observed saying to each other 'stop; and 'go' as well Debbie and Emma!! To continue on with making the stop and go signs and general talk about traffic signs, we moved onto making a large group traffic light!! Each day the children had the opportunity to collage materials onto green, red and orange cardboard to form the lights. As the children created the lights, we discussed what the colour of the traffic light meant as well as discussing the colour itself. From this some of the children started to sing 'the wheels on the bus' as we discussed transport, this is where the transport theme took us next! To create the buses the children used water colours to paint their buses and then a photo of themselves were added to look like they were driving the bus. The children have loved looking at their photos of themselves!! To finish off the display, the children helped to paint a big road for the buses to drive on!! The children have still been using 'stop' and 'go' in their play throughout their day and some parents have mentioned the children are identifying 'stop and 'go' outside of the centre. It's great to see this learning happening outside in the world!! Layla and her mum, Tahlia, gave us some great parent input that coincided with this current theme, on their daily walk to day care, Layla spotted a big digger working in a yard. Layla was excited to tell her peers about what she had seen and how noisy it was. We followed on from this input by creating a digger pit for the children to roleplay with. They used the diggers to move dirt, sand and rocks around, thanks for the parent input Layla and Tahlia!





The transport theme took a break as Easter approached, the children were very busy creating their Easter bonnets and Easter baskets, ready for the Easter bonnet parade. Thank you to everyone that came to the Easter parade and we hope you all had a great break with your families. Other centre events that the children have participated in over the month include St Patricks Day, Crazy hair day Harmony day and World Health Day! Future centre events to look out for are Mother's Day celebrations, National Sorry day and World environment day!! Just a quick reminder to parents, could you please name your child's belongings as we have noticed some things going missing and it makes it difficult to reunite list items without names to their owners.





Thank you. Until next time, Emma and Debbie

Toddler Tales!



Wow Autumn already! We have been busy in the Toddler Room since our last newsletter, with plenty of experiences inside and outside. We all enjoyed our fabulous nature project and creating all of the exciting natural things that we displayed, we engaged in making play dough with mint leaves we picked from our garden, we made birds from pine cones, pet rocks, pet leaves, we painted bark, we made stick self-portraits, and we even made our own paint brushes with sticks and mint leaves. Once we had learnt all we wanted from our nature display we recycled some of the things to make a fairy garden, our toddlers are loving the little fairy gardens and are engaging in play with this on a daily basis, we loved learning about gardening and watching our wheat grass grow too! The toddlers joined Miss Amanda in planting the seeds into the soil in small biodegradable pots which helps us develop our knowledge of sustainability. They then used watering cans once a day to water the seeds and watched as small green sprouts started to show. The children showed such excitement and were able to further their knowledge on how plants grow and the things needed to care for them. As the children have enjoyed the gardening activities in the room, we have added a small tub with dirt and pretend flowers for the toddlers to continue their own interest and practice planting as often as they like.

A big thank you to Miss Tahlia from the Kindergarten room for giving us a couple of her baby snails that have just hatched from Kindergartens pet snails. Our snails will be kept on display in our room where our toddlers can watch and learn how they eat, drink and get around. Feel free to take the snails home over a weekend if your child would like to! They are very easy to care for, just a fresh piece of fruit or veg and they are good to go for the weekend.



I am so proud of how much our toddlers have been achieving with their self-help skills, did you know that your toddler can now:

scrape their food scraps into the bin
put their dirty dishes away
clean their hands and faces after meals
drink our milk from a cup (when we have it for morning tea)
put their sheets in their bag after rest time.

Coming up over the next few months we be celebrating Mother's Day with an afternoon tea and using our creativity to create something special for our mummy's, we will experience the joy of Henny Penny's chicken hatching, and leading up to International Day of Families and National Sorry Day we will be talking about what makes our families special and celebrating our respect for the country's indigenous population.



We look forward to a fun and busy month of learning and laughter!

We have welcomed to our Toddler room, Quinn who has transitioned up from Senior Nursery and Harper who is new to our service. Our toddlers have welcomed our new friends by showing care and compassion and showing off their great self-help skills by showing their new friends where their belongings go and where to put the dishes after meals etc.

Just a quick note:

Please feel free to let us know what your family did over the weekend so we can promote your child's sense of belonging, connectedness and wellbeing. Our toddlers love sharing what they did with their peers, it can be a big or small thing, something as simple as sharing the book you read with your child or telling us the name of your pet etc. As most of you already know this can be as simple as jotting it on the white board hanging on the door or taking the parent input form home on the weekend to fill in.





Thanks for reading :-) Amanda & Holly.

Junior Kindy Jabber!



What a great few months we have had filled with learning and building the children's knowledge and skills. The children have started to learn patterning and recognising matches while they sort, order and categorise items within the room. The children began building these skills by using the dinosaur egg and their matching dinosaur part. We then built on this by matching colours in our environments and sorting toys into size. This led the junior kindy children into celebrating the 'holi' show that we had come to the centre. The lady who came spoke to us about the Hindu culture also explained about the colours and their meanings as well as what kinds of fruit and vegetables they represent. She then used coloured powder to throw over the children. As this was a much-loved experience from this we continued the rainbow theme with various activities like flick painting in which the children used the paint brushes to flick paint onto the paper on the wall, rolling pin rainbow paintings and some face painting. We have been teaching the children the rainbow song over the past few months. Once the children had the words to the song down pat we started teaching them the sign language that goes with the rainbow song. We talked about the reasons we need sign language and how helpful it can be to others.



We had many parent input experiences we celebrated with the children like camping, fishing and visiting the ocean. It was so wonderful for the children to be able to share their home culture stories. Our camping project had us setting up a tent in the room followed by eating toasted marshmallows around the camp fire we had constructed with rocks. The children did some fishing with rods that we created from sticks to extend Avalon's parent input. Avalon told us about her fishing trip with poppy and Paxton and Brodie added his knowledge to the activity about using bait to catch the fish.

The children discovered a huntsman spider outside and it quickly became an interest of theirs. Extending their learning we first gathered the children's knowledge about what they know already on spiders and then what they wanted to learn. From this the children drew their own interpretations of spiders and their features as well as learning interesting facts from fact sheets. We then created some spider webs using our fine motor and co-ordination skills to weave string through holes on paper plates. We talked about the different sizes of webs and where you might find them as well as the spiders who don't use webs. To finish off the children used playdough, matchsticks and beads to manipulate their playdough into spiders and transfer their knowledge from one context to another.



Lastly, we have been working on healthy eating and physical exercise and the benefits these hold for our bodies. We did a lot of fitness activities like: yoga, dance, balancing, climbing and even climbing trees. We talked about the foods that are good for your body and the foods we should only eat sometimes. This learning led us to looking at how much sugar is in certain drinks and the effects these can have on our bodies. The children showed great knowledge and understanding in what was good for you and what was not so good. They still have these discussions today while we are eating our meals together.

Moving forward, we will be celebrating Mother's Day, national sorry day, international day of families, Ramadan and the henny penny hatching program. These activities will help the children develop their knowledge about other ways of living and respect for culture and diversity.

As always, feel free to see Shannon or Tara if you have any questions. Until next time, We hope you enjoy looking at the learning on our walls.





Kindergarten Kapers!



Well what a fun and exciting time we have been having in the Kindergarten Room, where friendships are flourishing and learning is occurring! Over the last few months Lucas and Hayden have been very keen fishermen. Using string, bark and sticks as bait they have been spending their days engaging in this type of play both inside and outside of the class. The block area, sandpit and rock area in the outside environment have been utilised most. This has encouraged many of the other boys to join in, including Cooper, Ben, Angus and Max. Through this type of play they are connecting positively with each other and developing their sense of imagination as they generate ideas, while also helping to further develop Miss Renee's fine motor skills as I continue to tie knots for them! This has provided an opportunity to help teach the boys how to tie their own knots. This is a work in progress!



We have been focusing on healthy lifestyle choices recently throughout different activities. Emphasising the importance of healthy diet and active lifestyle, we are taking action as we do great exercises each day. We start the morning off with music and movement, hip-hop dance or yoga for children became very popular in our room. Challenging obstacle courses and fun games outside also offer fitness for our body. Discussing a healthy diet by making our fruit kebabs was a great hit. Emphasizing the importance of hand washing after toileting and oral hygiene by reading cute stories made the children laugh and hopefully think as well.

The Easter event got all the children very excited as they discussed the upcoming event and participated in Easter art and crafts. We had our own Easter Bonnet Parade in the centre. The children wore the hats, they had made earlier, proudly. Following Easter, the excitement continued as many of the children enjoyed sharing stories about their Easter including the Easter egg hunts they went on and the eggs they received. Chatting with Ruby and Isobel. W they told me about their egg hunts. This led to us planning to have our very own hunt. The two girls came up with some great ideas as to what we could hid and where and the conversation was then continued during our morning group time. Half of the class then came outside to help hide objects around the yard, while the other half then later came out to find them. All the children became involved in this play and enjoyed working with their classmates to find some great hiding places. This time allowed the children to use their thinking skills, work collaboratively with others and to utilise resources in fun and meaningful ways. When I made some suggestions to the group to hide things under something, Isaac found a cup and hid a rock under it. Later when the other children were trying to find the items I provided some clues such as look under something. Eve listened well to this instruction and used great detective skills as she looked around the yard and spotted the cup!





As the outdoor environment is a wonderful place for exploring and provides the children with the freedom to engage in all types of play, we have been providing an indoor/outdoor program most days. This allows the children to choose where they would like to play and allows them to learn in a way that suits their personality and needs. This is achieved by leaving the doors open and encouraging children to move between the two spaces.

We would like to briefly remind parents, with the colder weather approaching, please ensure your child is sent to school with warm and suitable clothing. Thanks for reading!







The Schoolies Scoop!



As you'll have noticed from our recent wall displays and throughout your children's portfolios, we've been very focused on our 'beach project' which stemmed from Sophie's weekend trip with her family to Stradbroke Island, for her Dad's birthday in mid-February. The children have been thoroughly engaged in activities and experiences to do with the beach! We've had discussions on our experiences at the beach, painted shells and made them our pets, participated in bubble wrap fish painting and even drew and painted our own interpretations of the sea creatures we find at the beach!

Unfortunately, we also had to say goodbye to Ebony earlier this year as she no longer comes to Little Ducks. We've really enjoyed the last couple of years with Ebony here during the before and after school care program. We hosted a farewell party for Ebony where we played lots of games and even had a photo booth! During March, we've also celebrated Euan's birthday as well as a few centre events such as St. Patrick's Day, Crazy Hair Day, and Harmony Day and during the school holidays, World Health Day and our Easter Bonnet Parade. On St. Patrick's Day, Miss Bree talked to Sophie about the country and what the special day means to people in Ireland, just like we have Australia Day for our country. We looked at the Ireland flag and some other pictures of pot of gold and leprechaun. During Harmony Day celebrations, we discussed what the day means, different cultures and how we celebrate diversity. Gemma told us all about how she has friends with different coloured skin and she loves them! I asked the schoolies what are some kind things we can say or do with our friends and peers. I was very proud of the children with their responses. Cooper said to be respectful, Euan says to be responsible, Sophie says to give cuddles and Gemma says to tell our friends we love them. For World health day, the schoolies discussed the benefits of eating healthy and getting plenty of exercise for your bodies. We also discussed emotions and how to maintain hygiene by washing our hands to get rid of the germs.





Throughout our beach project, we looked at the 'Slip, slop, slap' commercial when learning about sun safety and Sophie and Gemma were able to sing along with the lyrics as they knew the song already! I was impressed with the children's knowledge of sun safety and the importance of it – well done! I'm really enjoying the parent input I've received so far from families for our program and really appreciate this. Please keep it coming! Moving on, we have started a new project of outdoor experiences. Some of the ideas the children have asked to do include painting outside, darts, treasure hunts and duck duck goose. These will be our new display so feel free to check our walls for these upcoming activities and experiences!



Until next time, thanks for reading, Bree



Do you know?

Winter is coming...

After what feels like the longest warm season we have had in years, finally there is a chill in the air! This is a friendly reminder to update the spare clothes in your children's bags to named winter clothing. This includes named socks and shoes. We will not be restricting out outdoor play over the winter months when it is cold, as physical activity is so important, and vital for growth and development. In various countries around the world, children play outside in sub 0 temperatures, so make sure that you dress your children appropriately, and ready for outdoor winter play. Here is a photo from Acorns Childcare in the UK of children playing outside in winter :)





Rhinos Personal Training

Special offer for families of Little Ducks Birkdale!
3 Personal Training sessions for $79.99
Call Ryan
0422 908 159
ryanmoore2010@gmail.com

Policy Reviews

We value your input and feedback so please refer to the Policy Review Folder in the foyer for more information or to provide any comments or suggestions. The policies/ procedures in review during May and June are:

*Accident/Incident/Illness Policy—Minor
*Accident/Incident/Illness Policy—Severe
*Asthma and Diabetes Policy
*Duty of care policy
*Policy for the use of gloves
*Handwashing Policy
*Infection control Policy
*Infectious illness Policy
*Infectious illness procedure
*Nappy changing Policy
*Confidentiality Policy
*Orientation Policy—Families
*Orientation Policy—Educators and Staff
*Annual leave Policy—Staff
*Fee Policy
*Open door and parent participation Policy
*Record keeping Policy
*SIDS Policy and guidelines for safe sleeping
*Students, volunteers and visitors Policy
*First aid action plan on dangerous products
*Environmental and sustainability strategy

You can find copies of these policies available in the foyer in the policy review folder. We welcome any feedback you may have.

Centre Philosophy

We understand that each child develops at their own rate, and it is our mission to inspire children to explore to enhance their journey, developing a love of play and learning.

We believe;

- Children have a right to high quality early childhood education and deserve access to suitably qualified and experienced early childhood professionals.
- Stimulating play based learning is where the most meaningful development occurs. By providing programs that are underpinned by the Early Years Learning Framework, National Quality Standards and National Regulations, educators can engage children to become confident and involved learners in early childhood and life.
- All children have a right to feel safe, secure and protected. Children have a right to loving and nurturing, anti-bias and inclusive environments regardless of culture, background, ability, beliefs or values. Protecting the rights of the child is paramount.

We value;

- Families as the first teachers. Educators build reciprocal relationships with families, and work in partnerships to achieve shared outcomes for their children, and a share a diverse range of beliefs and values.
- Community. We believe that by being a presence in the greater community, we can share our vision, beliefs and values. By connecting with community services, we are able to provide families with additional opportunities for guidance and support.
- The Quandamooka land on which our centre was built and the opportunity to involve the children in sustainable learning and living. Children having access to and building a connectedness with nature and natural environments is a blessing that isn't taken for granted. We acknowledge the traditional land owners as the Koobenpul people and their continuing connection to land, sea and people.
- Sustainability. We value our opportunity to educate children to support sustainable practices and learn about the importance of sustainability. We strive to achieve this through reduce, reuse and recycle, growing an edible garden, encouraging sustainable practices such as turning off lights and fans when not in use.

Our overall philosophy underpins a provision of quality care and reflects our belief that early education is significant to children;

Being in the moment

Belonging to our environment and

Becoming themselves

Sun protection and clothing policy

Our service aims to protect children and staff from too much UV radiation exposure to help minimise future skin damage and skin cancer risk. As part of the Centre's duty of care it is imperative that this risk be minimised.
Our aim with this policy is:
To promote sun protection guidelines for children, educators, staff and parents.
To encourage all children to be dressed appropriately and safely.
To this end:
All children will be encouraged to wear legionnaires or broad brimmed hats.
All educators and staff will be required to wear either a Legionnaire or wide-brimmed style of hat daily for their own protection and to set a good example to the children.
Parents who visit during the day, or who accompany the children on excursions will be required to wear a legionnaires or broad brimmed hat in accordance with our policy.
Children will wear their hats always outdoors, even when playing in the shade.
Children who arrive at the centre without a legionnaires or broad brimmed hat will be allowed to play in the shade cloth areas or verandah areas only while outdoors.
A sunscreen with SPF 30, supplied by the centre, will be applied to the children before going outside in the morning, during the morning as needed, especially if they are engaged in water play, and again in the afternoons before they go outside after rest time. This should be done 20 minutes before exposure.
SunSmart, and Little Ducks Childcare alike, acknowledge the importance of active outdoor play for overall health and development. To ensure that children can engage in fun, sun safe outdoor play throughout the day, the following steps are encouraged during the daily sun protection times:

- Slip on cool, covering clothing that covers as much skin as possible.
- Slop on SPF 30 (or higher) broad-spectrum, water-resistant sunscreen. Make sure you apply a generous amount and keep reapplying it every 2 hours. Check the expiry date.
- Slap on a wide brimmed hat that shades the face, neck, ears and eyes. Baseball or peak caps don't measure up so leave those on the hat rack!
- Seek shade – try a shady tree, verandah, pergola or shade sail, umbrella or tepee! Experiences will be provided in shady areas of the playground.
- Slide on some sunglasses where practical. They should be labelled AS 1067 so you know they are UV protected.

Provision for babies and infants under 12 months of age:
Cancer Council recommends that all babies under 12 months are not exposed to direct sun1 during the daily sun protection times (when the UV Index is 3 or above). A baby's skin is thin, extremely sensitive and can burn easily. The more sun exposure during childhood, the greater the risk of skin cancer in later life. When UV levels are low, sun protection is generally not required and a small amount of direct UV exposure is considered safe and healthy for infants. However, if spending longer periods of time outdoors during low UV periods, it is recommended that your baby's skin be protected from UV exposure with clothing and shade when available.
The Centre will ensure that:
Parents are informed of the SunSmart policy on enrolment.
SunSmart education program is provided for children and provide parents, educators and staff with up-to-date SunSmart information through newsletters and parent meetings.
Encourage all staff to act as positive role models for children in all aspects of SunSmart behaviour by:

- Wearing broad-brimmed or legionnaire styled hats and appropriate clothing for all outdoor activities
- Using SPF 30+ broad-spectrum, water resistant sunscreen
- Seeking shade whenever possible
- Wearing sunglasses that the Australian standard
- ensure that children not wearing hats play in shaded areas
- Supply communal sunscreen
- Review the sunsmart policy annually
- Supervise application of sunscreen (20 mins prior to outdoor activity)
- Direct children to play in shaded areas where possible (experiences set up in shaded areas)
- Ensure that child's clothing provides adequate protection from UVR. Cancer Council Queensland recommends clothing with the following features:
  - Dark coloured
  - Collars and sleeves
  - Closely woven fabrics
  - Natural fibre

The Parent's Role:
Ensure that your child has an appropriate hat at the centre every day.
Apply sunscreen to your child before you leave home to maximise protection.
Dress your child in suitable clothing, i.e. dark-colours, collars and sleeves, closely-woven, natural fabrics - NO Singlets.
Send along AT LEAST one full set of spare clothes every day so that dry clothing is always available for protection after water and sand play.
Talk to your child about the dangers of over-exposure to the sun.
Be a positive role model by implementing 'SunSmart' practices at home e.g. all family members wear hats, sleeved shirts when outdoors etc.

Other guidelines:
For each child's safety on the playground equipment, we ask that no loose jewellery is worn outdoors e.g. necklaces, sleeper earrings. 'Superhero' capes are a choking hazard if caught on equipment and are not permitted to be used outdoors.

Policy Source Acknowledgements:

Consultation with Management, Staff and Families
Office for Early Childhood and Education & Care
Queensland Health (www.health.qld.gov.au/safety/) 25 February 2010.
Cancer Council Queensland.
(www.cancerqld.org.au/Healthprofessionals/patientfactsheets/Lifestyle/Be_sunsmart.htm)
25 February 2010.
Cancer Council Queensland. (2008) *'SunSmart Policy Guidelines'.* Cancer Council Queensland, Early Childhood Settings.