Little Ducks Childcare
Fortitude Valley
September / October 2019

A note from your Centre Manager

How exciting to have finally reached Spring—my favourite time of year! The time of year you have enough of the year behind you to look back and reflect on the progress that has been made and the growth in the learning and development of the children. It is important to take the time to appreciate this!

It is also the time of year that we start to look toward the coming year and start the 2020 enrolment process. Currently we are offering places for or Approved Kindergarten Program for 2020.

We are very proud or our Kindergarten Program at Little Ducks Fortitude Valley. We are please to offer the Approved Kindy Program with Miss Suder as our Early Childhood Teacher. The picture below is the amazing space where Miss Suder offers the Kindy Program—an amazing environment that encourages the children to love to learn, to explore their potential, stretch their imaginations , build friendships and become confident involved learners. Miss Suder and the current Kindy children are working on an engineering project in hope of Little Ducks Fortitude Valley being granted Little Scientists accreditation. Miss Suder believes in the benefits of inquiry-based learning. Inquiry-based learning is a form of active learning that starts by posing questions, problems or scenarios. It encourages the children to be curious, ask questions, and enjoy learning.

This is a philosophy we are fostering through our service, in all age groups it is important to follow children's interests and questions, it is amazing just how capable our children are when we stop and let them "do it myself" or try something new. Showing that we recognise the child's capabilities and ideas is crucial in building up their sense of identity and contributes to their positive self esteem, identity and well-being. Just the traits we would love to see in our future leaders!





Michele Kovchenko

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Kindergarten Approved Program — Queensland Government

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Educator Spotlight

Joey
Nursery 2 Lead Educator



Hello everyone!
I have been in Early Childhood since mid-2010, finishing my Diploma in 2012. I worked in a centre for two years during that time, mostly with the babies and toddlers as an assistant. Upon finishing my Diploma, I wanted to explore other areas of childcare and moved into Nannying and OSCH too. Over seven years of nannying, I worked in some unique roles. From newborns, to teenagers, travelling overseas/interstate, cared for a child with Down syndrome, twins and triplets and lastly a family with six kids aging two to 13. Nannying also landed me in Brisbane (from Melbourne), for a live-in nanny position in 2015. During my nannying time I was also the QLD representative for the Australian Nanny Association.

Earlier this year though I felt I had 'done it all' with nannying and made the decision to go back to childcare. I had never had a Lead Educator position and felt it was time to take on a new challenge. Little Ducks ticked all the boxes for me, and I love coming in to work every day!
As well as working at LD, as some of you already know, I have a small face painting business! I love painting, photography and art in general also. I also have a cat whom I love dearly, am a mad AFL fan and love the great outdoors, going camping and on hikes whenever I have the chance.
I look forward to my future at LD and caring for your children.
Miss Joey

Healthy Habits

Easy Chicken and Leek Pie

Easy chicken leek pie made with puff pastry, family-friendly comfort food



INGREDIENTS

- 1-2 Tbsp olive oil
- 1 large leek
- 1 medium carrot
- 500g chicken breast
- 2 medium zucchini
- 300 ml chicken stock
- 1 Tbsp wholegrain mustard (optional)
- 2 Tbsp sour cream (optional)
- 1 Sheet puff pastry

METHOD

1. Heat the oil in a fry pan over a medium heat
2. Slice the leek thinly (into rings) sauté the leek in the in the oil.
3. Finely dice the carrot and add to the pan, continue to sauté the leek and carrot until both are tender and fragrant (approx 5 mins)
4. Dice the chicken, add this to the fry pan and seal the chicken.
5. Add the stock, grate the zucchini and add this too. Bring to the boil then reduce to a simmer, Leave the mix to simmer for 20-30 mins, you want the liquid to reduce right down as this will be the filling of your pie, if it's too liquidy you end up with pie soup!
6. Once the chicken and veggie mix has reduced down, turn off the heat and stir through the mustard and sour cream. You can skip this step, but I do find the flavour of the pie is absolutely amazing with the addition of these last 2 ingredients!
7. Grease a pie dish, transfer the chicken and veggie mix into the pie dish.
8. Top with puff pastry, pierce the pastry with a knife to create a few holes for steam to escape, and if you have the inclination brush the pastry with a little milk.
9. Bake at 200 degrees Celsius for 15 minutes or until the pastry is golden.
10. Serve with mash and some green veggies, it's delicious with a 50:50 cauliflower and potato mash!

Notes

You can skip the sour cream completely or sub for any creamy type ingredients such as cream, creme fraiche or cream cheese or greek yoghurt.

If you don't have wholegrain mustard Dijon mustard also works well, be careful of hot english mustard it can be a little overpowering in this type of dish.

Upcoming Events

September

Sunday 1st: Father's Day - we will celebrate with these important people in children's lives with a drumbeats experience on Tuesday at 3.00pm

Wednesday 6th : National ECE Day - Celebrating the work of Australia's educators in early learning services



Thursday 12th: Are you OK day - R U OK? Day is our national day of action dedicated to reminding everyone to ask, "Are you OK?" and to remember every day of the year to support people who may be struggling with life's ups and downs

Wednesday 25th: Career Day, **Dress up day** - We have been looking at the community around us and having different people come in and talk about what they do

October



Monday 7th: Queens Birthday **(Public Holiday)**

8th, 9th, 10th: Centre Photos

Friday 18th: Loud Shirt Day– Supporting kids who are deaf

20th— 28th: National Nutrition Week - Inspiring and empowering healthy eating for all Australians

Friday 25th: Day for Daniel (Wear Red) - In honour of Daniel Morcombe to make Australia a safer place for children

Thursday 31st: Halloween - Dress up in your favourite costume!

Policy Review's

We value your input and feedback….The policies in review are:

Aboriginal and Torres Strait Island Culture Awareness Policy
Enrolment Policy
Family Law and Access
Acceptance and refusal of authorisations
Behaviour management Positive Guidance Policy
Continuity of Care Policy
Discrimination, Harassment, Bullying and occupational Violence Policy
Policy for the use of gloves
Education, curriculum and Learning Policy
Administering Paracetamol Policy
Harmful Plants Policy and Procedure

Ways to provide feed back are:
Policies are available in the office and by the Level 1 lifts you can give feedback by conversation with Centre Manager, email or via suggestion box located on aby the Level 1 lifts.

Level One

Nursery One & Two



What a busy time we have had over the last two months, it has been wonderful to see all our babies in the nursery exploring their skills and interests during this period keeping them all engaged and busy.
Over this last month two of friends have successfully transitioned up to Level two to Toddler's room while we welcomed 4 new friends to our nursery. We worked through the last month along with The Toddler room and our families to provide a smooth transition for the children and they are currently happily settled in their new environment. With our new friends in the nursery, they are slowly settling in into their new environment too. Our older friends have been empathetic towards their new friends too, this is a great skill that they are developing with both their new and old friends.
We celebrated NAIDOC Week & National Aboriginal Children Day acknowledging and celebrating the diversity of Indigenous people and their cultural diversity. Our nursery babies became immersed in several experiences to explore and enhance their knowledge of this important area of learning. We had an incursion too from Nunukul Yuggera Dance and Music group. Joseph is a member of the Nunukul Yuggera dance company. He came in to share with us the music and dance of the Nunukul and Yuggera tribes. Incorporating learning about Indigenous people has been a big focus into our learning and over the last two months we have been able to provide some great opportunities for our nursery babies on this topic through a wide range of different experiences and centre visits.
We are also building up some community connections with our local communities which providing some great opportunities for our children to learn and widen their knowledge about the world around them. We were fortunate to have visits from our local communities like the dentist, Queensland Police, Lifeguard who taught our children about different aspects of self-care, safety and protection.



Over the last two months are babies have been displaying a great sense of social and emotional being as they all have shown the increasing capability to make choices, accept challenges, take considered risks, manage change and cope with frustrations and the unexpected. All our nursery babies have been happy, healthy, safe and connected to others. We have witnessed some great skills to combine gross and fine motor movement and balance to achieve increasingly complex patterns of activity including dance, creative movement.

Level One

We celebrated Dental Health week to teach our babies the importance of healthy dental health and how we can take care of it. We also had a visit from the dentist who further helped us to learn more on dental hygiene and its importance of dental health and how we can take care of it.

Books have been a great interest amongst our nursery babies and " Book Week" was a wonderful opportunity for our babies to extend on this amazing interest. Our babies brought their favourite books from home and we read them together with their friends. We read all different kinds of books which aided towards curiosity and enthusiasm to learn about different topics through these books we also dressed up as our favourite book character.

Communication has been another big development that we have observed over these two months. Lots of attempts from older babies to say/learn new words every day while little ones are development skills to listen and comprehend the information and respond accordingly. They have been very confident expressing on needs and interests either through verbal or nonverbal communication.

We have had an amazing and exciting last two months and are really looking forward for coming days. Father's is around the corner and we are very excited to celebrate it with wonderful dads/ special persons for all our nursery babies on 3rd September. Physical wellbeing of all our babies will another focus for coming month where we will be acknowledging and celebrating "Nutrition Week" to teach and celebrate important good nutrition in our life. Over the next two months we will also continue to focus on our baby's individual growth and development towards their goals.









Level two

Toddlers

Hello, families of our wonderful toddlers, wow, how quick have these months gone by! What a busy few months it has been for us.

Last month we focused on stamping as a part of our art immersion activity which we thoroughly enjoyed we stamped with our feet, hands, pegs, and rocks. The Toddlers seemed to enjoy it and the little challenges of being able to hold on using their fine motor skills as everything was slippery!

For the month of August, our art immersion has been rolling, we used rolling pins, wheels, and balls to make patterns and designs.

Move and Groove with Miss Megan is every Friday she has been helping them focus on their large motor skills and manipulate their bodies to do jumping and balancing, which was an extension from the previous months balancing and sidestepping.
We have noticed a big improvement in the children's confidence in trying new experiences.

The toddlers have had such an enjoyable month connecting with their community through different visitors coming into the centre, we had a dentist come in and taught use which foods were good and bad for our teeth and bodies and taught us how to brush our teeth correctly. We had a lifeguard come in with LOTS of equipment to show us how to be safe at the beach. She also taught the educators a lot to help them and their families stay safe too. The police paid us a visit and brought their police car, most of us were excited to see the police car and see inside it, the officers put on the lights and sirens and also talked with us about stranger danger and how to identify someone who can help you when you are lost.

Following on from our last newsletter, we have been continuing to focus on prompting self-help and confidence amongst the children which I feel is really beginning to show. We are going to continue to focus on these areas as well as encouraging the children to be able to ask for help when they need it but ensuring they have tried first.
I look forward to seeing what's next for our toddlers.

Miss Nicole







Level two

Junior Kindy



What a fun few months we have had in the Junior Kindy room.

What's happened?

We celebrated special events such as NAIDOC week, Aboriginal and Torres strait Islander children's Day, Magnus 3rd birthday. We have also had a number of special community visits from QLD police force, Life saving Australia, Dentco dentists fortitude valley and an Indigenous dance group. These visits have allowed children to learn and understand more of the special people we have to help and work alongside us all in the community and what their roles entail.

Move and Groove and Art immersion have been popular amongst the children of Junior Kindy with the children getting creative with fine motor skills through the art techniques of rolling and stamping, we have used cars for rolling and Lego for stamping with many variations on each art technique to create more creative art pieces each week. Our physical movement through the move and groove program has improved significantly for all children with the focus of side stepping and using this in obstacles, races, dancing and walking. Side stepping is so good for spatial awareness and general coordination in children and promotes the learning of feet and body coordination in other directions rather then forward movements.

And last but not least thank you to the families and community organisations (BMP plumping and Sparky Marc) for the wonderful donations towards our sustainability program. The donations of reels, car parts, corks, PVC pipes, wood and plastic eggs have been such a focus to the junior kindy children creating rockets, exploring their ideas and imagination and sharing with one another their thoughts and ideas of what that one part can turn into. It's been so great seeing how enthusiastic the children are with the loose parts.

We are also still happy to accept any donations for this loose part play we are seeking

Electrical and sewing reels, corks, safe wood, safe metals and scrap parts, PVC pipes and connecters, nuts and bolts.





Thank you,

Jamie and Toni

Level Three

Kindergarten News

"Play is the highest expression of human development in childhood for it alone is the free expression of what is in a child's soul"

-Fredrick Frobel

Can you believe how fast the year is moving? I like to take a stop over here and share with you what we have been doing in Kindergarten so far, this term.
Children have become comfortable with familiar and unfamiliar people in the environment by greeting them and initiating conversation with them understanding that they are there to support them. Children are given the opportunities to confidently share objects, resources and their home language that reflects their culture. Children are building a positive relationship with all children by cooperating, sharing and supporting each other when needed. Home corner, Beauty shop, cooking experiences and pretend play are the favourite areas where a lot of socialising happened.

Sustainability topic, 'Earthworm' encouraged children to explore, communicate, investigate, explain and find the science behind this through questions and answers. There had been so many activities around the Earthworms by viewing their actions through the glass display in the classroom. Earthworms life cycle, ways Earthworms improves soil breaking down organic matter and how they help the soil was our observations. We have conducted more experiments where children discovered that some liquids mix easily, like water and food colouring while others, for example, water and oil, do not. We experimented with lights to find out how light travels and mix paints two to three colours to find out the result. They were completely enchanted as they try to analyse, predict and explain a science related activity that relates to the world around them. and asked many questions, all of which have helped developed their critical thinking skills. Their desire and confidence to ask questions in the first place is what matters throughout the learning process. Scientific reasoning is equally developed in free construction and building of new creations. The children learnt how to collaborate, and problem solve as they adopt the role of inventor.



Move and Groove has helped children in mastering the skills in Sliding and Stepping. Other than these children have participated in Cricket, Badminton, Tennis and Table tennis that has increased their coordination, fine and gross motor skills while moving around aiming for the ball.



Level Three

We had our Pyjama Day where we had a cosy day socialising, baking cake and watching movies. Crazy hair day where we prepared our own hand made powder and mixing with the right proportion of water and went crazy colouring our hair.
We celebrated NAIDOC week where children learnt about the Traditional Custodians of the land, the representation of the Flag and colours. Children took part in different activities like rock painting, interpretation of Aboriginal flag and exploring the sign and symbols used by the people. We had a visitor from Aboriginal Community sharing the culture with children through songs and movements. Following this we borrowed Multi- Cultural resources from Queensland museum to give children another opportunity to understand cultures around the world.

Dentco Dental came in and encouraged children demonstrating their job and talked about healthy food habits for stronger teeth.

We had Community visitors from the Police Department and Lifeguards where children learnt about the importance of their jobs and how they help us in emergency situations.

For our book week, children are encouraged to bring in their favourite book to share with the class. We have read a lot of books throughout the week that led us through experimenting, cooking experience, dramatic play experiences and even got introduced to new Superhero characters Black Widow and Wasp Lady. This has helped them to listen, to be imaginative and creative and retell the story and contribute to conversations.

Children have also learnt many more equally valuable skills, including how to be a good friend, how to resolve conflicts, how to persevere, how to find their own solutions. We will continue to prepare kind, inquisitive, independent, curious children who love to learn while playing.

We couldn't wait for the Father' Day. Children have already decided to spoil their Fathers on this special day.

Miss Suder





RAP
Reconciliation Action Plan

Vision for Reconciliation

The rich histories of Aboriginal and Torres Strait Islander peoples is one which should be acknowledged and celebrated in ways which are respectful, genuine and purposeful.
We at Little Ducks Fortitude Valley are committed to providing meaningful educational opportunities for children and families to learn about and celebrate the rich histories and continuing contributions of Australia's First Peoples.

We have committed to creating and working with a Reconciliation Action Plan to guide and ultimately develop the knowledge of the educators, children and families and to build relationships with people of Aboriginal and Torres Strait Islander heritage to encourage them to engage with the service and have opportunities to share their knowledge, experience and wisdom.

Our Reconciliation Action Plan vision includes respectfully embedding Aboriginal and Torres Strait Islander cultures and cultural protocols in our service through to developing partnerships for ongoing learning opportunities for children who attend the services, conducted in collaboration with the local Aboriginal community.

As part of our journey each morning the children and Educators participate in an acknowledgment of country. We have also initiated a RAP committee currently consisting of Toni and Amanda and are looking to add other interested people from our families and community. Toni and Amanda have recently attended the KU Children's Service Yarn up sessions. This has been an opportunity to network with other services with similar visions and who are also working on a Reconciliation Action Plan, With the children we have been working on learning the correct pronunciation of Aboriginal wording, learning about the cultural beliefs and respecting the culture and getting a better understanding of how we can respectfully embed the culture into our services. .

If anyone is interested in reading our RAP or having a input we very much welcome and encourage your thoughts and opinions.



Kids heart Pilates

Milestone Guides how to use them?

There is a new train of thought supported by research indicating there are **optimal times** of development rather than critical times. This indicates that milestone guides should be used very much as **guides only**. Each child develops uniquely and learns and experiences at different rates. They may be exploring one area of development more intensely and then follow on to another balancing it out in time. Therefore, it is important to not rush or force a child's learning and development but provide support and gently encourage the child. Rushing or pushing may result in the child having adverse feelings to activities and later avoiding it, having larger repercussions to their development and health. Research now supports that if there is a delay in development the plasticity of the brain will allow time for the child to 'catch up'.
The important thing in respect to a child's development is that parents and carers are aware of where children are at and encouraging children through activities that will bolster development. Through group movement programs children learn gross and fine motor skills, problem solving, cognitive skills and emotional awareness.

We are excited to share an exclusive discount for all Little Ducks families to the Kids Heart Pilates online programs that you can access from home and hook up to your smart TV. See the links below for more information and use 'LITTLEDUCKS' in the coupon code for 15% off or see the link below for an exclusive little ducks offer and receive a 12 month membership free with the purchase of a Mummy & Tummy Post-natal & baby development membership.

https://www.kidsheartpilates.com.au/blog/register/membership-2-for-1/

Sign up - https://www.kidsheartpilates.com.au/blog/signup-options/