



Little Ducks Childcare Birkdale

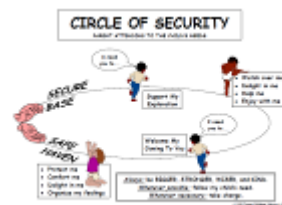


March / April 2020

A note from your Centre Manager

The beginning of the year has been busy, but it is so great to see the centre buzzing with new families and children, a couple of new faces in our education team and new play based learning experiences, keeping the children entertained, learning and growing.

Last year we placed a large importance on the circle of security, and increasing the educators knowledge of this which has been evident in how quickly the children have settled into their new care environments this year. The Circle of Security is a visual map of attachment. Here are some founding principles that underlie the Circle of Security models of intervention, and why they are so important:



1. Attachment problems in infancy and early childhood increase the probability of psychopathology later on in life.
2. Secure attachment relationships with caregivers are a protective factor for infants and preschoolers, setting the foundation for social competence and promoting effective functioning of the emotion regulation and stress response systems.
3. The quality of the attachment relationship is amenable to change.
4. Learning, including therapeutic change, occurs from within a secure base relationship.
5. Lasting change in the attachment relationship comes from caregivers' developing specific relationship capacities rather than learning techniques to manage behaviour.
6. All caregivers want what is best for their children.

Throughout the unpacking of Quality Area 5, the educators have been reflecting on the language used when engaging with children how we respect the dignity and rights of every child in our service. The educators are using more empathetic and supportive language approaches during their interactions, and validating a child's feelings. An example of the language improvement scale used when engaging with children who are feeling emotional after a parent drops them off in the morning is below;

Avoiding Feelings	Sympathy	Empathy / validate emotions
'Don't cry, you're okay.'	'I know you're sad but you're fine. Mum/Dad will be back this afternoon. Here – do you want to play with this?'	'I know... You want your Mummy/Daddy to come back... You're sad that she's gone and you miss her... It's hard when Mummy/Daddy goes away... I'll stay with you until you feel better... Let's read this book together.'



Have you noticed the use of supportive language the educators are using with your children? You can email your feedback to birkdale@littleducks.com.au

I will check back in with you in May and in the meantime, check out Storypark for our up-

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[Facebook.com/LittleDucksChildcareBirkdale](https://www.facebook.com/LittleDucksChildcareBirkdale)



littleducks.com.au

Upcoming Events!

March	April
<p>Monday 2nd - <u>Clean Up Australia Day</u> ‘Little Ducks Clean Up Day’– each taking part in keeping our environment clean and beautiful.</p> <p>Tuesday 3rd—<u>Hearing awareness week</u> Focusing on the sense of hear, we will explore a range of experiences</p> <p>Tuesday 10th - <u>Holi</u> Indian festival of colours </p> <p>Monday 15th —<u>Harmony Week</u> Harmony Week celebrates Australia’s cultural diversity. It’s about inclusiveness, respect and a sense of belonging for everyone.</p> <p>Friday 20th—<u>International day of happiness</u> We will be going program free today and allowing the children to express their sense of autonomy and do what makes them happy!</p> <p>Friday 27th – <u>Earth Hour</u> Little Ducks will go “electricity free between 10am and 11am” to teach children about being energy conscious.</p>	<p>Thursday 9th – <u>Easter Egg Hunt</u> Celebrating the tradition of the Easter Egg hunt celebrated in many countries around the world. Come along at 3:30pm to participate in the Little Ducks egg hunt. </p> <p>Friday 10th – <u>Good Friday</u> PUBLIC HOLIDAY </p> <p>Monday 13nd – <u>Easter Monday</u> PUBLIC HOLIDAY</p> <p>Tuesday 14th – <u>Henny Penny Hatching</u> We will be exploring what came first, the chicken or the egg for the next 2 weeks watching the miraculous life cycle of chicken’s hatching.</p> <p>Monday 27th - <u>ANZAC Day</u> PUBLIC HOLIDAY  Leading up to this day, we will pay our respect to the diggers.</p>

Community events

12:00pm March 7th—Bayside Blues Festival—Pittwin Road North, Capalaba

10:00am March 24th—Fairies in the forest high tea— Mount Cotton Retreat

9:30am April 2nd—Toddler time—Capalaba Library

9:00am April 21st—Nature walks in the Redlands—Various locations
(contact Indigiscapes)

Policy Reviews

We value your input and feedback! The policies/procedures in review during March/April are:

- ◇ Centre Philosophy
- ◇ Aids/HIV
- ◇ Health, Hygiene and safe food
- ◇ Excursion
- ◇ Maintenance
- ◇ Grievance
- ◇ Late collection of children
- ◇ Educator and management
- ◇ Sandpit
- ◇ Toileting

Ways that you can provide feedback are:

- ◇ In person, or over the phone
- ◇ As a reply to an email
- ◇ On Storypark



Educator Spotlight ...

Miss Letitia!



Miss Letitia, or Miss Teesh as she is affectionately known, joined our team at the start of 2020 and has taken on the role of Early Childhood Teacher (ECT) in our Junior Kindy room. Teesh has been in the early education industry since 2011 and brings with her a passion for play based learning and the importance of play. This is evident through the exciting experiences she plans for the children on a daily basis and the stories the children share with their families about their day.

Teesh also runs our Move and Groove program which you can read more about on the last page of the newsletter, and the children love it when Teesh comes to their room for M&G time!

You can find her in Junior Kindy Monday to Friday so pop by and say "Hi!"

Free community event for families

Let's talk about feelings...

"Raising your child with love, warmth and emotional intelligence"

An introduction to Circle of Security

A FREE, interactive workshop providing practical strategies and information for parents, grandparents, carers, early childhood educators, teachers and allied health professionals



FREE COMMUNITY EVENT

Wednesday 4th March, 2020

6.00—8.00pm

**Registration & Table Displays from
5.40pm**



**Bayview State School - Multipurpose Hall
77 Ziegenfusz Road, Thornlands**

Register online through EVENTBRITE

<https://www.eventbrite.com.au/e/raising-your-child-with-love-warmth-and-emotional-intelligence-tickets-95297486347>

A practical workshop that introduces carers to ways that will assist you in understanding children when their behaviour is causing distress, and how you can meet their needs. The Circle of Security is a way of thinking about emotion and behaviour that enables early childhood educators and carers to look beyond a child's immediate behaviour and think about how to meet their genuine relationship needs.

Our presenter - Andrea Carlson

Andrea is the coordinator of the Redlands Integrated Early Years Place and has previously worked for Goodstart Early Learning in various roles as Director and Lead Educator.

Andrea is an accredited trainer and delivers Circle of Security training to the Redlands Community.

- **Talk with Professionals** (allied health, teachers and early years educators).
- **Collect useful hints, tips and resources.**
- **Discover support agencies in Redlands City** which can support families and children.

Early Learning Redlands is a community group of Early Years Professionals dedicated to supporting the development and learning outcomes of young children in the Redlands, using the Australian Early Development Census.

Developmental information

How to sleep better for children: tips

1. Set up a bedtime routine

A regular bedtime routine starting around the same time each night encourages good sleep patterns. A routine of bath, story and bed can help younger children feel ready for sleep. For older children, the routine might include a quiet chat with you about the day then some time alone relaxing before lights out.

2. Relax before bedtime

Encourage your child to relax before bedtime. Older children might like to wind down by reading a book, listening to gentle music or practising breathing for relaxation. If your child takes longer than 30 minutes to fall asleep, he might need a longer wind-down time before turning the lights out to go to sleep.

3. Keep regular sleep and wake times

Keep your child's bedtimes and wake-up times within 1-2 hours of each other each day. This helps to keep your child's body clock in a regular pattern. It's a good idea for weekends and holidays, as well as school days.

4. Keep older children's naps early and short

Most children stop napping at 3-5 years of age. If your child over five years is still napping during the day, try to keep the nap to no longer than 20 minutes and no later than early afternoon. Longer and later naps can make it harder for children to get to sleep at night.

5. Make sure your child feels safe at night

If your child feels scared about going to bed or being in the dark, you can praise and reward her whenever she's brave. Avoiding scary TV shows, movies and computer games can help too. Some children with bedtime fears feel better when they have a night light.

6. Check noise and light in your child's bedroom

A quiet, dimly lit space is important for good sleep. Check whether your child's bedroom is too light or noisy for sleep. Blue light from televisions, computer screens, phones and tablets might suppress melatonin levels and delay sleepiness. It probably helps to turn these off at least one hour before bedtime and to keep screens out of your child's room at night.

7. Avoid the clock

If your child is checking the time often, encourage him to move his clock or watch to a spot where he can't see it.

8. Eat the right amount at the right time

Make sure your child has a satisfying evening meal at a reasonable time. Feeling hungry or too full before bed can make your child more alert or uncomfortable. This can make it harder for her to get to sleep. In the morning, a healthy breakfast helps to kick-start your child's body clock at the right time.

9. Get plenty of natural light in the day

Encourage your child to get as much natural light as possible during the day, especially in the morning. Bright light suppresses melatonin. This helps your child feel awake and alert during the day and sleepy towards bedtime.



10. Avoid caffeine

Caffeine is in energy drinks, coffee, tea, chocolate and cola. Encourage your child to avoid these things in the late afternoon and evening, and don't offer them to him at this time.

3 Ingredient Greek Yoghurt & Berry Ice Blocks



INGREDIENTS

- 2 cups mixed berries (fresh or frozen)
- 2 cups Greek natural yoghurt
- 2 tbsp honey

METHOD

- Place berries (defrost first, if frozen) in a medium bowl and crush with a fork until smooth.
- Add yoghurt and honey and mix well.
- Spoon mixture evenly into 6 ice block moulds and freeze for a minimum of 4 hours or overnight if possible.
- Enjoy!

Nursery

It is astounding that it is already February, and our merry crew in Nursery are beginning to settle in and feel a part of Nursery. The last two months have seen a gradual and pleasant experience of the children beginning to recognise, respond and relate to Miss Kayla and I as their carers, and we have begun and incorporated the Circle of Security within our room, to engender the children feeling safe, secure and belonging.



Miss Kayla and I carefully observe the children, noting the activities that they enjoy, and with your collaboration we incorporate as many of these as we can into our daily program. In January, our focus was on enabling the children to settle in to Nursery, and we have enjoyed many wonderful hugs, and cuddles, as we endeavour to provide the children with a safe base to be able to learn from. In February, we concentrated a little more on sensory play, investigating what the children enjoy and coupling this with play based learning. In this



way, the children have experimented with and explored water, ice, goop, playdough, oobleck, and have experienced the natural elements such as wind, sand, leaves, rocks, shells, sticks, and have played in many different ways with fabrics, whether they feel them, or are playing peek-a-boo behind them. They have assuredly enjoyed this type of play.

The year began with Bella, Finn, and Samuel, and our original crew have now been added to by Thanisha, Joshua, Allira, Zan, Oliver, Hezekiah, and Rhys. How wonderful it is to welcome you all, swelling our numbers, and making for lots of extra fun, education, and friendship. We have formulated the goals for Term 1 with your participation, and the children are eagerly working towards them. Thanisha, Hezekiah, and Zan are building strong relationships with Miss Kayla and myself, beginning to become more comfortable with us. Samuel, Finn and Oliver are working so hard to sit up, and they are becoming much steadier and sitting much straighter. Bella and Joshua are walking around the furniture, and moving from structure to structure. They are all totally awesome.



This year, we have celebrated Australia Day, Chinese New Year, and Waitangi Day with some very creative painting by the children. Australia Day was celebrated by painting the rich colours of the Australian land, as the children painted orange, red, yellow and green. For Chinese New year, the children painted



a vibrant red dragon that we displayed on the wall with information about the Chinese zodiac. Waitangi Day engendered the children, Miss Kayla and I creating our own treaty, which we all signed with our handprints. As Joshua is from the Brazilian culture, from the 17th to the 21st February, we celebrated Carnival with brightly coloured items all around the room, by

dressing ourselves and the children in bright colours, to emulate this colourful and happy celebration held in Rio de Janeiro. We also incorporated into this Mother Tongue Day on the 21st February, by displaying Portuguese words, and for Thanisha some Indian words, and some Maori words, as well as the words to the Haka. Nursery has seen an enormous amount of fun, development, and educational growth in the past two months. Miss Kayla and I look forward to the next two.



Senior Nursery



What a busy few months we have had in Senior Nursery filled with learning and growing in our development and knowledge. Forming relationships is an integral part of our lives and we have seen some strong attachments forming between both the children and educators within the room, as we are constantly welcoming new faces each day. We have increased our physical skills like balance, co-ordination and gross motor through walking along planks and balance beams, climbing over A-frames and through tunnels and also jumping into the sandpit

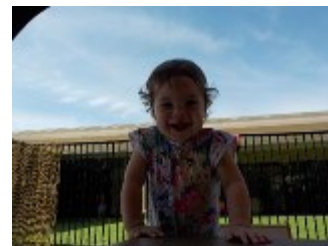
or onto cushions as well as throwing balls into baskets, aiming at targets or simply throwing them back and forth between one another.

We have also developed our knowledge around our hygiene and cleaning practices as we begin to take on our own responsibility and assert our independence by washing our own dishes, cleaning our faces and tables after meal periods, assisting with packing away both inside and outside and choosing the experiences we engage in each day. The experiences we often select involve some sort of creative arts with crayons, pencils, pens, paint, collage, music and movement or imaginative play in home corner becoming the choices.



Blocks has also been a strong interest in the room with constructions taking place that showcase our imaginations and problem-solving skills as we discover the ways to keep the blocks connected, stacked or balanced on one another. Using a variety of mediums has seen us apply these strategies as different blocks behave differently.

Sustainability is an embedded part of our curriculum with the children often exploring these concepts without even realising. We have created a small garden in the yard outside and with the children's help we have planted some new flowers, herbs and palms with the children taking care of these through watering and ensuring that we use our gentle hands. We have also incorporated this into our composting and worm farm discovery as we collect our scraps after mealtimes to enhance the soil for our plants. Following this we began to explore the concept of growing a little further as we used the sprouts from a sweet potato to grow roots which in turn grew green leaves on the sprouts. We are planting these into our big herb patch in the outdoor environment to use with our everyday meals.



Move and Groove has continued our development towards running as we chase bean bags and place them into hula hoops, engage in songs that encourage us to move our bodies in various ways and experiences that improve our balance.

The children have also made some wonderful progress towards their goals as we use books, songs, discussions and routine times to prompt language development and provide one on one interactions

to foster their progress. Moving forward we will continue to work towards achieving these milestones and begin to entrust the days experiences to the children for planning.

As always, if you have any questions or concerns please feel free to see myself or Diane, Until next time, Tara and Di.



Toddler

What a wonderful start to the year we have had in the Toddler room! Over the past two months we have seen the Toddler's all settle so well into the room and exhibit confidence in their new environment.



So far this year, the children have spent a lot of time pursuing their interest's. One of the bigger class interests within our room has been animals! The children began exploring the Zoo after Scarlett had communicated to her peers all about her zoo experience. The children engaged in play, learning about a range of different zoo animals and creating their own interpretations of them. The Toddler's also engaged with natural and constructed resources as they explored different animal habitats such as crocodiles living in swamps! Our animal learning soon moved on to discussions around animals that the children have at home. This has seen the children thinking critically about what animals that they could have as a pet at their house vs animals that live in the wild. As the children continue with their learning around animals, we are hoping to get our very own class pet, so make sure you keep an eye out for our new addition in the coming weeks!

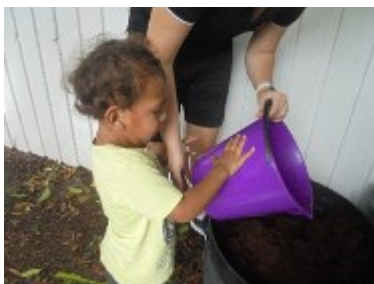


Over the past two months, Miss Teesh has been working with the children to build on their motor movements through our Move and Groove program. We have seen the children building on their sense of balance through playing musical statues as well as conquering the more challenging balancing beams outside.

The Toddler's have also taken part in sustainability learning with Miss Chloe. Most recently, the children's learning has been focused around worm farming, in the lead up to constructing our very own worm farm in the Senior outdoor environment. Miss Chloe has encouraged the children to think and learn about what we can and can't feed to the worms through discussions and poster making. As the children began to show an increasing interest in the worm farm, they had opportunities to extend on this through their play. Educators set up a messy play experience where the children had the opportunity to explore worms in their natural habitat. The children got messy as they explored the mud, dirt, leaves and bark with their plastic worms!



We are so excited to continue building on the children's interests over the next eight



weeks and would love to hear any valuable feedback you have regarding our program!

Until next time,
Thanks for reading,
Miss Chloe and
Miss Shannon



Junior Kindy

Can you believe we are nearing the end of February already? Over the past month in the Junior Kindy room we have been focusing on settling into our new routines and building relationships with our educators. It has been wonderful to also see the children building new friendships and nurturing existing friendships with each other. A huge interest in our room this month has been dinosaurs. We have set up a dinosaur area for the children to visit and this has been a popular area nearly every day.



We have extended on this throughout the month by making exciting dinosaur scenes and even making an erupting volcano! The children were so excited to see it erupt!

We have been working on building the children's understanding of the zones of regulation, making a display for the children to refer to and constantly discussing the different zones and what zones they may be in at different times of the day. The children have taken this learning on board and we are beginning to see them use this language as they interact with each other



and we have heard from few parents that they are even starting to talk about the zones at home which is wonderful!

Part of our Junior Kindy routine is developing our self-help skills, we have been encouraging the children to serve their own fruit and sandwiches at meal times and finding their own drink bottles on the trolley. This has been a work in progress over the month and we are so proud with how the children are becoming more confident to have a go and even helping their friends when needed. We are beginning to move on to the children selecting their own plates and spoons before sitting at the table and we will focus on this in the coming weeks.

Move and groove this month has been all about running! We have been able to play lots of running games outside and during our rainy weeks we were able to find some action songs about running to dance along to, exploring the difference between moving our feet fast and moving them slow.

We have had an interesting month in sustainability with Miss Chloe helping us to build our own worm farm in the yard! She has helped us research what the worms can and cant eat and how to properly care for them so they can produce some worm juice for our gardens.

Finally we have to say a big good bye, good luck and thankyou to our wonderful Miss Emma, lots of our children have moved up from the toddler room with Miss Emma and other families have come to know her over the years she has worked at



Little Ducks. She is a valuable part of our room and will be very missed. We wish Emma the best in her move and hope to see her around for some casual days here and there!



Kindergarten



Wombat Stew, Wombat Stew, ewey, gooey, yummy, chewy, Wombat Stew!! What a hit this book has been in the Kindy room! We began the year learning the song I am Australian as we celebrated Australia day and from here, we began to explore Australian Animals. The book Wombat Stew was introduced to help us learn more about our wonderful animals in our very own country. This book has been enjoyed by all so we just had to keep it going through various other activities.

These activities have included playing in the rain and using the rain water as well as dirt, sand and bark to make our very own wombat stew in the outdoor environment. We began to learn how to draw a wombat using the smart board showing us all the steps involved. A display was created on our back wall to show off our wonderful art work and wombat interpretations. Some children even began to draw dingo's too. We then decided to do some further research into wombats and learnt some new facts such as wombats have pouches at the back!

Following on from Wombat Stew we have now been reading Possum Magic. The children in the Kindy room just love reading books and learning! Possum Magic has allowed us to learn more about a specific Australian animal – the possum of course. We have even begun cooking some of the foods in the story such as vegemite sandwiches and Anzac biscuits!



STEM – An approach to learning that involves science, technology, engineering and mathematics. Last year I began to implement many stem based experiences and again this year I have started to engage the children in hands on activities that involve STEM concepts. So far we have enjoyed marble play and even made our own marble run and are beginning to use materials in innovative ways to create and design. Stem allows children to problem solve, work collaboratively as well as think independently, be creative and think critically. I have already seen children enjoying engaging in these types of experiences and witnessing a spark in



their little minds as they engage for long periods and take pride in their work. I will continue to implement Stem experiences throughout the year so watch this space! Zones of emotional intelligence continues to be a hot topic in the kindy room. Miss Renee has began working with each individual child to create their very own book. As the books are made the children are able to think about what strategies will help them come back to the green zone when sad, bored, tired or silly as the green zone is the optimal zone for learning and being happy! The books can be taken home as well as used in the classroom as a reminder. The goal is that the children will soon be able to understand their needs better and know exactly what they need to do at certain times during the day to come back to the green zone.

Miss Holly has even began to set up a lovely green zone area that the children can utilize when they are not feeling very happy. Throughout this learning we have began to touch on the word communication, what this means and how the way we communicate affects others around us. The book 'words are not for hurting' has been implemented in order to help the children understand what communication means and we even stopped to imagine what the world would look like if no one communicated. Emma said it would be dark and we expanded on this and realized that if no one communicated we would not be very happy.

That's all from the Kindy room.... Miss Renee, Miss Maryanne and Miss Holly



Move and Groove!

We have just successfully completed our team sports and running modules over the past two months and are excited to announce that the Move and Groove module for March is side sliding!

We will be engaging in a range of fun, skill building experiences at the centre and you can join in by practicing at home! Here is a booklet from NSW health that shares some fun things you can do to help your little one learn how to side slide at home! https://www.nslhd.health.nsw.gov.au/HealthInformation/HealthPromotion/Documents/Projects/Healthy_Weight/MunchMove/MiniMoves/MinMoves_ActivityCards_SideSliding.pdf

In the meantime, have a look at some of the fun experiences we engaged in, in move and groove over the past month!



Sustainability Corner!

This year we have kicked off by learning about what is sustainability. In simple terms, sustainability is providing for the best for people and the environment both now and in the indefinite future.

In February, we have completed the Worm Farming module. The children have viewed photos of active worm farms and discussed all the different features- the layers, what is in each layer, why worm farms even have layers. In week two, learnt all about what we could and couldn't feed to worms. The children participated in collage activities and discussions around this topic. We also set up and began our own worm farm! The children were super excited as they gathered around in the outdoor environment and helped Miss Chloe to construct and fill each layer of the farm using the knowledge that they had learnt so far. The children showed care towards the worms as they gently placed them into their new home. Leading on from this experience, the children took part in learning activities around making worm tea, stay tuned as we wait for our first batch!

The worm farming module has set up a base foundation for the children to move onto the Composting module as we move into March. Composting is the earth's natural way of recycling, by using old organic waste i.e. food waste, manure, leaves, grass trimmings, paper and turning it into a valuable organic fertilizer. Which we then can use for our gardens. We will be looking at two ways to compost within our centre- the Worm Farm as well as the Composting bin.

