Little Ducks Childcare Bardon

June/ July 2020

A note from your Centre Manager

We acknowledge the traditional lands of the Turrbal people and recognise the strength and resilience of the aboriginal people of this land.



We are very excited to be able to announce that business is returning to Normal! We can't wait to welcome all our families back and want to thank each and every one of you for your support and understanding over the last few months. I truly believe that as much as the world has challenged us recently it has really bought us all together closer within the community.

Over the last month our focus of health and hygiene has been highly embedded not only in our practices but through our program and learning. We have also been busy this month reviewing our Centre Philosophy. As a team we spent time discussing and reviewing what we believe we do well, what we can improve on and what we believe is most important to us. We then reached out to our families who gave us some great feed back and input. We put this all together and created a valued and strong Bardon Philosophy .





I have been very proud to be apart of a service that recognises Aboriginal and T orres Strait Islander heritage. Being aware of and integrating Aboriginal and Torres Strait Islander child-rearing practices helps children and families feel that they belong, and supports important cultural practices. The children have had the opportunity to explore with the didgeridoo's, cooking, song and dance.

Acknowledgement of country is a way of showing respect to the traditional owners of the land. It's important because it encourages children to engage with diversity and respect . Each morning we gather together and sing Taba naba as respect to the people and land we learn and

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Kindergarten Approved Program — Queensland Government

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Upcoming Events



Wednesday 22nd July

Chicken Curry Cooking Day



Tuesday 28th July

Bardon Bake Sale Fundraiser
Homemade with love



Monday 3rd –9th August

Dental Health Week



Friday 14th August

Ekka Public Holiday



Thursday 20th August

Crazy hair day,
Leukaemia Foundation Fundraiser



Policies in Review

We value input and feedback into the operations of the service and invite you to review the below policies.

The policies in review are:

- Orientation Policy
- Parent Involvement and Participation in Service Policy
- Sleep and Rest Policy

Ways to provide feed back are:

Policies are available in the office and you can give feedback by providing a note in the feedback box located on the foyer Desk or sending an email to Bardon@littleducks.com.au.

Educator Spotlight ...

Miss Chrish



Little Ducks Bardon would like to acknowledge Miss Chrish this month. Miss Chrish has been with us a Little Ducks Bardon for over 2 years and holds a Diploma qualification. Chrish's nurturing ways comes from being a mum of two beautiful pre teens.

Miss Chrish has been working as the Lead Educator of the Toddler room during the COVID period and has shown her passion in supporting the development of our energetic Toddlers.

Chrish has been scaffolding childrens learning by providing a developmentally appropriate program and building strong relationships with children in the toddler room. Chrish has a soft, gentle and loving personality that helps her build secure bonds not only with the children but their families too.

Development information

Healthy Eating Behaviours

Mealtimes provide an opportunity for children to develop good eating habits and behaviours, learn about nutrition and food variety and are an important time for social interactions.

It is important to sit with the children at meal and snack times, and talk with them in a relaxed way.



Children's Agency is promoted when they have the opportunity to make choices for themselves and be involved in cooking experiences





Nursery /Senior Nursery Natter!







It has been an exciting and busy time in the nursery this month. We have welcomed Elsie back to the centre and in the next couple of weeks a few of our older babies will move up to Senior Nursery. We have a new baby Marlie starting with us and look forward to getting to know her personality and following her routine to make the transition into the Nursery as smooth as possible.

In the nursery babies need to feel safe, secure and supported and we do this by building secure attachments with them. At routine times such as nappy changing, feeding and mat play we interact and form bonds through singing, talking and giving comfort to the babies. As Educators we recognise there are times in a child's day that may provoke feelings of distress or discomfort and we recognise these feelings and are able to provide comforting, nurturing support for your child.

The babies are developing a sense of belonging as they learn to interact and cooperate with their peers in play experiences such as simple puzzles, shape sorters and sand play. Being comfortable in their environment helps a child respond positively to others and helps build friendships.

The babies have been investigating sensory activities such as cooked spaghetti, playdough with natural leaves and flowers and exploring Goop. Touching and feeling different textures the babies have expressed interest and wonder, with each child investigating in different ways. We have enjoyed learning simple math concepts and mixing, pouring during baking time. The babies are using verbal and non-verbal communication when helping with cooking preparation and love tasting their efforts at afternoon tea.

The older babies are becoming effective communicators as they are learning to say simple words and their friend's names. We are continuing to practise our language skills by repeating words such as animal names. Some children are using non-verbal language such as pointing to the drink container box.

The children have shown interest in fruits and vegetables by choosing pictures from the wall to look at. We then cut and had role play with Velcro fruit and vegetables. From there we have been taste testing fruits and vegetables from sweet to sour, fragrant to non-smelling, soft to hard. The children have enjoyed learning new words and tastes.





Nursery /Senior Nursery Natter!



Senior Nursery have had a blast over the past few months getting to know each other and building bonds with fellow peers. I have observed the children's interest grow as we continue to explore the world around us, while observing as they come out of their shell, building many wonderful memories together. Move and groove was one activity we enjoyed as we explore hopping and side stepping as we challenged and built on their gross motor skills and hand/ eye co-ordination. We have also incorporated these movements within our play and activities as we overcome the different obstacles within the play ground. Our favourite thing to come out of move grove was 'Jump jump start' song . This has been a major hit, and is now incorporated into our daily routine for transitioning periods.



I'm so proud of the confidence the children have built within their hygiene practices. Our toddlers are continuously growing An understanding of how germs disappear when we wash our hands, using a variety of songs to sing along too during the hygiene practise has really encouraged the children's participation.



Lets not forget about our favourite project recently as we have grown and learnt about the natural environment and growing a range of different plants. We also dealt deep into healthy eating linking this with planting vegetables and fruits in our Bardon community Garden. This is were we have been taking responsibility of watering and looking after our seeds as we watch them transform into sprouts.

Exploring cultural diversity at a young age is very important, each day we use the song HELLO to explore the different cultural words of hello from around the world. We are scaffolding the children's interest on culture with language, food, costumes and music. We have really been enjoying our time together and look forward to what the next few months bring.

Miss Tammie, Miss Caitlyn and Miss Megan







Toddler Tales!

We have had a great 2 months of meaningful learning in the Toddlers Room, this is due to the toddlers' room being really focused on healthy eating, dental hygiene, gardening projects, celebrating reconciliation week, enjoying pyjama day and enjoying Mother's Day.

During our healthy eating project, we discussed the benefits of different coloured fruit and vegetables (red, green, purple, yellow and orange), the children were given the opportunity to serve themselves the fruit and vegetables and taste test them, given the opportunity to touch, feel, smell and check the texture of each fruit and vegetables in order to be able to identify them, we also used some vegetables for art and craft activities, were given the opportunity to identify new fruit and vegetables and enjoyed playing with toy fruits and vegetables in the home corner.



That's not all though !! We also had meaningful conversations with the toddlers during mealtimes regarding what are healthy foods, their benefits and how food is good for dental health with the importance of healthy eating. We also gave the children the opportunity for them to have healthy choices during mealtimes in their lunch boxes. This gave them a lifetime benefit of being able to choose what food should be eaten at what time.



In addition, the children have been participating in a gardening project. We researched what plants grow best during cold weathers and decided to grow beetroot, pepper, leak, and cucumber. We then gave the children the opportunity to plant seeds in seedling baskets. The children then watered the seeds every day and when they finally sprouted, we transferred them to the veggie patch, where they can grow even bigger. This helped the children learn how to take care of a plant and learn where fruits and veggies come from.



Toddler Tales!



During reconciliation week, we participated in Aboriginal art and craft to gain respect about the culture of the Aboriginal and Torres Strait Islander peoples. In the art and craft activities the children enjoyed taking part in stick paining, dot painting, leaf painting and rock painting. They also enjoyed making their own interpretation of the aboriginal flag using a range of different collage pieces, our other art experiences included the creation of a serpent and a didgeridoo. We also participated in the Acknowledgment of Country each morning and explored books about Aboriginal culture. The children also received an opportunity to witness a real didgeridoo.

However, the most exciting activity for the children was our Pyjama Day. During pyjama day, everyone enjoyed wearing their pyjamas and watching movies.

Before we knew it, it was now Mothers day, the children participated in making necklaces using pasta, handprint cards and flowerpots out of egg cartons to acknowledge there beautiful Mother's.



The toddlers' room has been really focusing on spontaneous learning and child-initiated play. We are focused on valuing and being responsive to children's strengths, abilities, skills, knowledge and interests. Even through the cooler weather, we encouraged children to play outside to develop their gross motor skills, coordination skills, balancing, manipulation, social interaction, communication, imaginary play and creativity. Other than outdoor activities, the toddlers enjoyed singing, dancing, home corner play, self-help skills activities such as packing away, putting things in the correct places and emptying scraps into the bin and dirty dishes into the dirty dish container.

Can you imagine, our little toddlers did such large projects to develop their knowledge?

Thanks Chrish, Sukhi and Amy







Junior Kindy Jumble!

Junior Kindy are moving towards midway at rapid speed! It has been an amazing couple of months of new discoveries and learning. This term was important for us to focus on quality area 2: Children's health and safety and it was important for us to promote healthy eating and physical activity for the children. We continue to teach the children about healthy

practices and reducing the spread of germs. We encourage the children to use correct hand washing, coughing into their sleeves or covering their mouth and washing hands. We have good cleaning routines in place to keep the environment clean and ensure equipment is washed regularly. We have provided opportunities for the children to make their own beds, wipe down tables and sweep floors, water the garden and WOW! providing the children with the belief 'they can do it,' has a sense of independence and pride promoted, as ownership and respect continues to grow.



We have also been focusing on acknowledging reconciliation week and we felt this was important to include this in the program to help embed Aboriginal perspectives within the curriculum. We had an interest table set up with Aboriginal dolls, books and natural materials for the children to explore. We included displays of Maisie Campbell Napaltjarri art and the children created their own interpretation with what they saw with their eyes, noticing the lines, circles and colour and the story attached to each of her paintings. To extend on their understanding of reconciliation week we acknowledge land, sky, animals, peoples, our friends and ourselves each day when we come together as a whole.

We have started gardening again and it has led us to have discussions with how seeds grow out of the ground, we have planted: cucumbers, carrots, spinach and other fruit and vegetables. Children have been most excited about growing something they can eat. Many children had little idea that peas grow in pods on a plant or that plants need water to grow. Which led us to our broad bean experiments and showing children for beans to sprout, they need water and sometimes sunlight to grow. The children are becoming totally enthralled by the magic of gardening and watching their own beans grow and giving them that responsibility to look after their own broad bean plant. We further extended on the children's knowledge and conducted a celery experiment to show children how water travels up the stem to the leaves. I do want to say thank you for your input into our gardening, it definitely helps with our daily curriculum. It fosters meaningful conversations among the children which allows them to share their interests and experiences with their gardening with their family.



Junior Kindy Jumble!

We have been exploring cultural diversity in our room and talking with families to discover more about the cultural identities of the children within our setting. Families have already started sharing information about their home-life and traditions such as their favourite food and who is in their families. We will continue to play music from variety of different cultures and learn some lyrics to songs in other languages and continue to explore a variety of cultural methods such as art. We are also collecting favourite family recipes to create a class recipe book, a fabulous project we are looking forward to starting this month.

As always, please let us know of your child's changing interests and special event that are happening at home. If you have something special to offer by way of talent, profession or culture, we are always eager to learn and expand our knowledge, so please let us know we'd love to have you visit. We'd love to learn new songs and listen to stories in different languages. We look forward to Lamara's dad Michael coming in to play his guitar after the school holidays and we look forward to reading your favourite family recipes.

Thank you

Ms. Fiona









Kindy Catch Up!



Hello everyone and welcome to the Kindy room news. Its been a busy few months as we engaged in a range of different themes and projects.

Literacy has been a focus I have embedded deep into our daily routine which was fostered from the children's interest in exploring letters of their names. We used a range of different literacy resources to challenge our self with letter recognition. Our daily exercise of drawing the weather and writing the date became one of our favourite routines as not only did it teach us literacy but patience , numeracy and pattern work. Research shows that giving the children the opportunity to explore literacy early on offers many lifelong benefits: increased vocabulary, curiosity, and memory. Positive associations with books and reading. Opportunities to build listening skills.

As I continue to foster the children's interest we looked into trucks, construction and industrial style machinery. Some of our families had home renovations occurring , from this the talk of the town became the names of the different machinery, diggers and excavators. With its rich capacity to teach children to problem solve, connect, understand and be inquisitive in their play, constructive play is an important part of an early learning environment. It uses open-ended materials and allows children to think about the functions of the materials that they are using, mobilo blocks were the popular resources the children constructed these machines with.





Kindy Catch Up!

Understanding, utilising and respecting Aboriginal and Torres Strait Islander culture was a very important focus for Kindy also. Child-rearing practices strengthens culture and helps to foster a strong sense of belonging for children and families. Children have a special place within family and community. Where they are born signifies connection to the land and/or sea.





Acknowledgement of country is a way of showing respect to the traditional owners of the land. It's important because it encourages children to engage with diversity and respect . Kindy have embedded the Taba naba each morning before transitioning into their daily indoor routine. Using open ended natural resources, arts and craft , role playing and puppets and story time. One of our favourite books was - 'How the birds got their feathers'.



Lets not forget about the awesome cooking experiences we have been participating in which has allowed us to benefit in the understanding of independence, decision making, nutritional knowledge and working together as a group. Cooking offers the opportunity to develop language development by linking it to all other areas, including Mathematics, Science, Social Studies, Arts, and Literacy. This is done by encouraging children to talk about what they are doing, counting, and watching materials change colour, texture, and medium. It also allows the children to be open to new challenges and exploring new tastes but not only that we are exploring different cultures and the traditional foods. Tacos was by far our favourites so far followed by Sushi, we now cant wait to try one of the families favourite home recipe of chicken curry and jasmine rice.



Lastly I wanted to write a short note to thank you all for the kindness you have shown to me during my time here at Little Ducks Bardon, it does sadden me that I have said good bye and it was not an easy decision. We all know Miss Fran is an amazing Educator who will continue the path of greatness to support the Kindy children with their last few months of the Kindergarten programme and I cant wait to come back and visit before the school year begins in 2021. Thank you so much for having me and I wish you all the best for the future.





Lots of love Miss Heather xxxxxx

Our Community ...



Miss Megan



Miss Brooke



Miss Sukhi

We would like to say a big Thank you to Miss Meagan , Miss Brooke and Miss Sukhi who came to support us here at Bardon during this time of need.

Without these three lovely ladies we wouldn't have been able to continue the quality of care to our families and children during these unforeseen times.

We know its not always easy to leave your comfit zone and enter a new place and environment , therefore we are so proud of them and wish them the best as they prepare to return back to their little ducks homes in Birkdale , New Farm and Annerley

Our Community ...









Our Community ...

Bardon Ducks Library

The primary purpose of the library is to provide resources and services in a variety of media to meet the needs of individuals and groups for education, information and personal development including recreation and leisure.



Reading daily to young children, starting in infancy, can help with language acquisition and literacy skills. This is because reading to your children in the earliest months stimulates the part of the brain that allows them to understand the meaning of language and helps build key language, literacy and social skills.



Don't forget to stop off at our Little Ducks Library to swap and borrow a book TODAY !

Healthy Habits!

Making sushi for children is easy and can boost a variety of wholesome foods in your child's diet – especially if they taste great and are fun to make! Sushi is a nutritious and popular meal for children. And it's easy to prepare too. You just have to stuff the sushi with your kid's favourite fillings.

Step 1:
Place the rice in a sieve. Rinse under cold running water, to remove any excess starch, until water runs clear. Place the rice and water in a large saucepan, covered, over high heat. Bring to the boil. Reduce heat to low and cook, covered, for 12 minutes or until all the water is absorbed. Remove from heat. Set aside, covered, for 10 minutes to cool slightly.

Step 2:
Combine the vinegar, sugar and salt in a small bowl. Transfer the rice to a large glass bowl. Use a wooden paddle to break up rice lumps while gradually adding the vinegar mixture, gently folding to combine. Continue folding and fanning the rice for 15 minutes or until rice is cool.

Step 3:
Place a sushi mat on a clean surface with slats running horizontally. Place a nori sheet, shiny-side down, on the mat. Use wet hands to spread one-sixth of the rice over the nori sheet, leaving a 3cm-wide border along the edge furthest away from you.

