



Little Ducks Childcare Birkdale



November/December 2020

A note from your Centre Manager

Hello and welcome to 2021! I hope you had a safe and happy holiday season and are ready for a prosperous new year!

For those of you who are new here, welcome! I am Cassie, your Centre Manager! I have been working for Little Ducks Childcare for over 11 years now and have been at the Birkdale centre since February 2015, so I am about to reach my 6 year anniversary at this service. I have over 17 years experience in the industry and am passionate early childhood educating and care. I look forward to welcoming back our families, and creating a place that you can feel at home for our new families.

This year, we are excited to welcome some new faces to our team with our Miss Kylie gaining a permanent position as our Nursery educator and Nicole securing our very first trainee position. We also look forward to welcoming Anthea, Mia and Marylyn to our casual pool of educators. It is always exciting to welcome new members to our team, bringing in fresh perspectives, new ideas and exciting opportunities!

Right now, all of the children are beginning to settle into their new care environments with their new educators. I have included some helpful information about assisting your child to settle into care on pages 4 and 5 of this newsletter, sourced from startigblocks.gov.au, so please make sure you have a read over this information as you may find some new and helpful this here.

We have begun to develop our 2021 calendar of events, but we also love including feedback from your family! Is there a special event that your family attends every year? Is there a special day or festival that you celebrate from your cultural heritage? Is there something happening in the greater community and surrounds that we can share some information on? If you have any feedback at all, please send it through to me at birkdale@littleducks.com.au.

Throughout the year, you will be invited to provide your valuable feedback in a variety of ways.

There will be posts on Storypark, policy reviews, feedback questions in the foyer and emails sent asking questions based around different topics. With all of that being said, you don't need to wait to be prompted to let us know what you think! Did you see an educator go above and beyond? Let me know! Is there something that you think we could improve upon? Let me know! Do you have experience in a similar field and can offer a different perspective? Let me know! No matter how big or small, your feedback is always valuable and very welcome.

My office hours are 8:00am-4:30pm, Monday to Friday so stop by or call anytime to have a yarn. Looking forward to a great 2021 with you.



Cassie Windt



435 Old Cleveland Road East
Birkdale QLD 4159
Phone (07) 3822 5933

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



littleducks.com.au

Upcoming Events!

January	February
<p>Friday 1st - <u>New Year's Day</u> PUBLIC HOLIDAY</p> <p>Monday 4th - <u>First day at Little Ducks for 2020</u> Welcome back everyone!</p>  <p>Wednesday 27th - <u>Australia Day</u> PUBLIC HOLIDAY</p>	<p>Saturday 6th - <u>Waitangi Day</u> A New Zealand holiday that commemorates the signing of the Treaty of Waitangi (Tiriti o Waitangi). Our classes use this occasion to develop our own treaties for the year setting expectations of how we will work with each other.</p> <p>Friday 12th - <u>Chinese New Years</u> Celebrate the Year of the Ox with us by learning about Chinese culture.</p>  <p>Tuesday 16th - <u>Shrove Tuesday</u> Shrove Tuesday (known in some countries as Pancake Tuesday or Pancake day) is a day in February or March preceding Ash Wednesday (the first day of Lent), and in Australia we celebrate by consuming pancakes! Join us for a special Pancake morning tea!</p>

Community events

Indigiscapes: School holiday iNaturalist scavenger hunt: Thursday 14/1/21 10am-3pm

Redland bay golf club: Superheroes and villains Lego workshop: Tuesday 19/1/21 9-3.30pm

Southbank: Australia Day event: Tuesday 26/1/21 All day

Capalaba Library: Toddler time: Thursday 4/2/21 9.30-10am

Thornlands community park: Pop-up library: Friday 12/2/21 9.30-10.30am

Policy Reviews

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

- ◇ Health & Hygiene for Enclosed Outdoor Spaces - Policy & Procedure
- ◇ Transitioning Children between Environments
- ◇ Centre Presentation
- ◇ Physical Environment (Workplace Safety, Learning and Administration)
- ◇ Staffing & Supervision
- ◇ Privacy & Confidentiality

Ways that you can provide feedback are:

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



Educator Spotlight ...

Mr Laz!

Mr Laz joined our team in August 2017 after a lengthy career in another field. Finding that his job satisfaction was dwindling by the day, Laz looked at the one thing in his life that made him the happiest, raising his daughters. It was then that he decided to enrol in his Diploma of Early Childhood Education and Care and he hasn't looked back. Laz is one of our amazing casual support educators and you will often find him having a chin wag down by the swings.



Settling into care

Starting child care can be an emotional experience for both you and your child. Children especially can often experience some difficulty settling into a new environment, particularly if they find it hard to separate from family or familiar caregivers.

This information sheet offers some suggestions that can help you support your child during the settling in period. You will of course need to be patient because they may cry, be grumpy or throw tantrums for an initial time as they get used to the new environment.

Plan an orientation visit

- An orientation visit before your child starts will give them a chance to explore their new environment.
- They can begin to develop a relationship with the educators and meet other children at the service with the security that you are close by. Familiarising your child with their alternate carers and care setting will be a huge help to them.
- Discuss your child's interests, routines and rituals with the educators.
- The service may also be able to provide you with a family handbook at this time. This should include information about the service's operations and key policies and procedures which may help you to plan to settle your child into care.

Prepare them for the separation

- Leave your child with their grandparents or your friends for a few hours every day so they get used to your absence.
- Talk about child care with your child and let them know that you are happy and confident that they will have a good time and will be cared for.
- If possible, start with shorter or fewer days then gradually increase their time spent at the care centre. Once they develop a settling routine, they should be more comfortable.
- Don't let your emotions or anxieties affect your child. Try and hold back your tears when you drop them off.
- Say 'goodbye' confidently and reassure them when you leave that you (or someone else) will be back later to collect them.
- Give your child sufficient time to say their goodbyes in the morning. Reach the child care centre early so you have time to prepare your child for a good day.

Comfort them

- Ask your child if they would like to take their favourite toy or colour book to the centre.
- Find a preferred staff member that your child can be left with when you drop them off for the day.
- Spend some time settling your child into a favourite activity before you leave.
- Inform the service about what comforts your child and discuss how you manage activities or times of the day they find unsettling. For example, does your child have a toy or blanket that helps them to settle?
- Show empathy – in the morning when you see your child upset on your way to child care, talk to them. It is advised not to share your own worries, but tell your child that they'll be okay. Ask them to share their feelings with you. Listen to them and tell them what they are feeling is normal and it's a big step for them as they are growing up.

Settling into care cont.

Encourage them

Every time you go to pick up your child from their centre, tell them they did great that day.

- Encourage your little one pack their bag with essentials they will need for the day. If they are too young to pack their bag themselves, ask them if they would like to take a toy/book with them. Pack a comforter – a toy or blanket that is something familiar from home for them.
- Take the time to have a nice conversation at the breakfast table. Tell them the time at what you'll be picking them up, and perhaps offer them a reward if they behave well at their care centre.
- Talking with children and encouraging them to voice any concerns or anxieties they may have is a helpful strategy.

For your peace of mind it can be helpful to call the service later to see how your child settled. Children who become very upset when they are left often settle very quickly and happily once the actual separation is over. The service should enable you to contact them throughout the day. You may also want to speak to the educators at child care about how you can better support your child's transition.

How can the service assist your child to settle?

The educators at the service should also demonstrate openness and sensitivity in assisting your child and family to settle. Some important ways for them to do this include:

- Providing you with verbal and/or written information about what can be expected when your child is settling and giving you settling tips during this process.
- Keeping you informed about your child's settling, and actively seeking ongoing information from you about your child's needs and interests.
- Inviting you to call or visit the service
- Giving you information about anything that may be happening at the service that may affect your child's settling. For example, the absence of key people who work with your child.
- Reviewing the settling process for your child with you to identify how this is going.

Reconnecting with your child after a day in childcare

It's not only a new experience for your child, it's also important for you to know how they feel about going to their early childhood education and care service. This will help you connect and build a strong relationship with your child.

After you pick them up from their centre, give them your undivided attention. They might be grumpy because they haven't seen you the whole day, so shower them with all the love you can.

Create a meaningful conversation with them after their day at a service.

Here are some suggestions:

- Ask them about their favourite activities of the day.
- Talk to them about the friends they have made. Ask them to name a few children who you know your child is friendly with or spends time playing with.
- If the centre provided food, ask your child how it was and who did they have it with.
- Talk to them about their favourite educator at child care and what they like about them.
- Ask them if their educator read them any story, which one was it, and what they liked about it.
- Mention some items that your child would see or play with at the service, as this helps them recall situations. For instance, ask them what they and their friends made with the blocks.

Source: www.startingblocks.gov.au

Healthy Recipes

Delicious and Chewy Homemade and Nut-Free Granola Bars for Kids

Ingredients

- 2 cup oats, dry
- 2/3 cup coconut sugar
- 1 cup flour, whole wheat
- 1/2 teaspoon baking soda
- 1/2 teaspoon baking powder
- 1 teaspoon cinnamon
- 1 teaspoon salt
- 1 teaspoon vanilla extract
- 1/2 cup honey
- 2 tablespoon coconut oil
- 1/4 cup sunflower seeds
- 1/4 cup pumpkin seed kernels



Instructions

1. Mix all ingredients and press into greased pan, 9X13. Dough will be VERY dry and crumbly. It's OK, it will still turn out.
2. Press until dough forms with pan.
3. Bake at 325 for 20 minutes or until edges are browned. Take out and let cool entirely.
4. Cut into strips and store in snack size bags.
5. Optional: Drizzle melted chocolate over the top.



For more healthy snack and meal ideas, visit:
www.superhealthykids.com

Nursery

Welcome to Nursery for another exciting year of learning! This year your Lead Educator will be Miss Chloe. She holds a Diploma of Early Childhood and has 10 years' experience in the Early Years industry and in this time has had a child of her own. Miss Chloe began at Little ducks at the end of 2019 after maternity leave. Miss Kylie will be your educator in the Nursery room. Miss Kylie is new to the industry and has just began her studies. Miss Kylie also has her own children, so brings with her experience with caring for precious little ones.



Child Theorist, John Bowlby, was the founder of the attachment theory. He believed that children are born with a biologically programmed tendency to seek and remain close to attachment figures. This provides nurturance and comfort but also aids in the child's survival. To begin the year, we will be focusing on building secure relationships with our children to aid them in feeling a sense of security and belonging in our environments.

Through this, we will begin to become familiar with your child's individual routine and will create a sense of stability between home and care.

Already the children are beginning to show small amounts of confidence in exploring their environment and the resources around them. Miss Chloe brought in some recycled bottles after the Christmas break and these have been enjoyed by all the children. We love to re-cycle and re-use wherever possible, so if you have any empty food containers at home, please feel free to bring them in for us to engage with.



At Little Ducks we value the input from our families. We believe that collaborative relationships with families are fundamental to achieving quality outcomes for children. Each month, a topic will be displayed on the whiteboard in the Nursery. We would appreciate your input around these topics so that we can include your suggestions into our planning and programming. Please don't hesitate to approach Kylie or Chloe if you have any questions or concerns, they are more than happy to help or

lend an ear. We look forward to the year ahead nurturing your precious little ones and helping them to meet their developmental milestones.

Love Miss Chloe and Miss Kylie

Senior Nursery

Happy New Year to everyone. It is with eagerness that I look forward to sharing this year with the children in Senior Nursery. Some of my little friends have followed me from Nursery, and I am very happy to have Dakota, Jack, Bosten, Brielle, Poppy, Adelynn, Aleiya, and Vinny, and am also looking forward to meeting my new friends, Sianna and Ezekiel. I am so happy to see my old friends from Nursery, Rhys and Finn.



As I have been following the phenomenal progress of the Nursery children, I envisage moving forward from their learning with encouragement in their physical skills, as towards the end of last year the children were beginning to focus on playing ball games with their friends and educators. I will continue with this and will also introduce some skilled games such as skittles, explaining the aim of the game with the children. I see their learning journey as being fun as well as educational, as no one learns well without some enjoyment involved.



I will also introduce the children to more challenging puzzles and shape containers, as well as honing their fine motor skills with painting, drawing, and hope that soon we will be able to participate in sensory play such as goop, oobleck, and other messy play that the children appear to love.

As Nursery always appeared to enjoy music, songs, dance, rhymes, games, and learning hand and dance movements, I will be incorporating an immense amount of this into the Senior Nursery program. We will also create a book place, where we can sit and read the books with or to the children.

Ashleigh said that starting fresh this year in Senior Nursery has really enlightened her, working alongside me, and getting to know all of our friends in the coming weeks.



As she grows an importance within her learning, she would like to promote positive interactions towards mental health.

Supporting the children, she and I have taken place in a 'Be You' program, and continue to develop our knowledge professionally to expand on "Belonging, Being and Becoming".

Highlighting our first week, we look forward to building those positive relationships and connect with the children, whilst linking to "Kids Matter" of feeling safe, able to explore, learn and grow.

At the time of writing this newsletter, we have not shared many precious memories with the children, but would like to share some photos of the fun we have participated in at this stage.

Miss Debbie and Miss Ashleigh



Toddler



Welcome to our Toddler room and another exciting year here at Little Ducks Childcare.

This year your Lead Educators will be Miss Jelissa and Miss Shannon, our Assistant educator is yet to be announced so stay tuned for the exciting news.

We wish to welcome all our Senior Nursery children who have transitioned up to the toddler room and welcome back to all our Toddler families from last year.

Over the first few months our focus will be helping the children to become comfortable and confident in their new environment, helping them to build connections with their peers and most importantly build a strong, respectful relationship with their educators.

We will focus on finding out what the children like and dislike, explore what interest them and creating the environment that reflects this. In order to help us with this we need you the families to be connected to our program, to have open communication and enjoy a chat in the morning or afternoon about your child. We will have our white board which will ask a variety of questions over the course of the year, for you to answer about your family and child. This is going to be a great way to get to know your child and family. Also don't forget to share your special family moments with us through story park, we love hearing about what they have done on the weekend and extending on these experiences here at the centre.



We also love to recycle and reuse and would like to set out our environment that reflects the natural home life. If you have any of the following items or items that may be useful with in our room, please do not hesitate to bring them in.

We would love:

- Old pots, pans and cooking utensils (Perfect for our home corner)
- Recycled containers and boxes (perfect for collage or to build with)
- Old telephones (Great for role playing)
- Any natural resources such as large leaves, seed pods etc (It's fun to explore with nature)

Anything else you would love to see your child explore and engage with in the room.

We look forward to a fantastic 2021 and getting to know each of our families a little more each day.



Junior Kindy



Myself (Miss Teesh) and Miss Rylee will be your educators for the year. This is my tenth year working in early education, I currently hold my Diploma of Early Education and Care and am in my final year of studying my Bachelor of Education. Miss Rylee has been working in the industry for 7 years and holds her Certificate III in Child services. This is our second year working together in the Junior Kindy room and we are excited to embark on this year's journey with you and your children! We are also going to be joined by a third educator when we find the perfect fit for our room!

Our focus for the beginning of the year is learning all about our children and families! We are keen to learn all about what your child's likes, dislikes, strengths, interests and of course any ways that we can support them. Please feel free to come and talk to us or start a child note on story park to share information with us at any time! We love getting feedback from our families and hearing about your home life so we can adjust the areas in our room to reflect our children and their interests.

Our goal for the first few months of the year is to assist our children in developing self help skills and following predictable routines. We will do this through encouraging the children to serve their own meals and pack their own belongings away in their bags. You can also help us in this by encouraging your child to place their bags away in their locker each morning and putting their drink bottles on the trolley.



All children grow and develop at different rates and we find that there is a lot of children beginning to toilet train around this age. Our room is well equipped to cater for children toilet training with unrestricted access to the bathroom through out the day we are more than happy to support you in transitioning your child to using the toilet if this is a step you are ready to take, please have a chat to either Miss Rylee or myself and we can discuss the best ways to begin this.

I'm sure this year your children will begin to develop friendships and you will hear many stories about their friends here at Little Ducks! At this age we see children begin to show interest in playing with other children and explore what being a friend means. This is something we will work to support them with throughout the year as they develop ways to cooperate and consider others in their decision making and play.

We are looking forward to unpacking our sustainability module for January "Fostering the Love of Nature" and continuing with our Move and Groove Module "Group Games".

Just a quick reminder to make sure your child has a sheet, hat, drink bottle, spare clothes, and nappies (if required) each day.

Once again welcome to Junior Kindy 2021!

Miss Teesh and Miss Rylee.



Kindergarten

Yura, Happiest New year all our lovely friends, family of our Kindergarten room and Welcome to 2021. We are so excited to have all our new as well as older kindy friends join us for a full year ahead of exploring, experimenting, discovering, and continuing their lifelong journey in becoming the unique individual they are



destined to be, filled with wondrous potential. We have already hit the ground running with our Kindy children already being curious, involved contributors in their learning environment this is shown in how they are demonstrating a great sense of agency through freely navigating the various spaces of their room according to their interest, having confidences to ask questions and share aspects of their home life and making connections in stories we read with their own experiences. As always in the beginning



of the year, our focus is to establish strong teacher to learner, learners to learners' connections and bonds. Ensuring as Educators we are being in tune to all our learners holistically as research has continue to conclude how paramount this is in building a strong foundation for healthy brain development and resilience that is carried out to their adult life. Also ensuring our program includes

lots of opportunities for our children to interact, build new friendship and learning to respect each other is vital this will be done through group games, singing and projects. Role modelling and scaffolding a common language our learners can use to identify, express, and communicate their emotions will be another one of our focus. The framework this is implemented through is the Zone of Regulation in which most children will be familiar with so building and revisiting their prior knowledge on this. We have also started talking about class rules/ boundaries tweaking and adding on to these as a class to ensure our children's input is included. This also allows our children to develop more awareness around safe, unsafe, fair, and unfair behaviors. Over the next few weeks for our sustainability module will see our children foster a love for nature through having readily set up provocations of natural resources for them to explore and having spontaneous and group yarns to develop a greater understanding around this topic.

As Educators we know that our children's families are our most important resource as they will always be their children's first teachers. Therefore, we are always open and available to discuss any queries, suggestions and input you may have, these will be greatly valued and appreciated. We look forward to work together with our families and especially in partnership with our children to ensure we are providing, catering optimal learning environments and opportunities for them to feel safe, loved, learn, grow, and discover and unleash their potential in.

Miss Renee, Miss Kayla, Ms Maryanne.



Move and Groove!

Hi there and welcome to a new year of move and groove! I am so excited to run this program again this year and help the children across all rooms of our service build their physical development skills and learn all about healthy lifestyles.

For those of you who are new here, my name is Miss Teesh and I run a program called Move and Groove. This is a program that focus' on the 10 fundamental movement skills developed in early childhood. Each month I will implement a module based off one of these skills and help the educators add this learning to their programs.

We always start the year with team games to help support new children to build friendships when integrating into the service, then we will be jumping straight into our first module in February — Jumping! How appropriate!

For our babies, this will simply be laying on their backs and pushing their legs against our hands, our toddlers will begin to learn how to jump off the ground with two feet, and our older children will be introduced to skipping!

There is a display in the hallway (down near the Junior Kindy room) where you can read about our progress and provide your feedback too.

Bring on 2021 and another exciting year of Movin' and Groovin'!

Miss Teesh



Sustainability Corner!

Welcome back to a new year of learning! I hope you all had a very fun (and sustainable festive season!) In December, we focused on sustainable celebrations and a lot of new ideas came to the surface, from wrapping presents in news paper and twine to creating decorations from recycled or natural materials! We got creative and became more thoughtful about our celebrations.

We have a lot to focus on this year and we are excited to dig in and get started!

As we complete each focus, we will celebrate our success with a trophy on our sustainability wall in the foyer! There will be 12 trophies and each month, we will surround them with photos, observations and projects that we do during these times.

Below is a list of ideas for us to focus on so far, please let me know if there is anything else we could focus on or how you are sustainable at home that we could incorporate here at Little Ducks!

- Saving electricity
- Sustainable gardening
- Pollution prevention
- Water conservation
- Reduce, reuse, recycle
- Caring for animals and their environments
- Composting
- Developing a love of nature
- Reducing carbon footprints
- Growing food and reducing food waste
- Planting trees and caring for them



And we will finish it off with “I take care of our Earth” reflecting on all the things we have learnt through out the year.

I can't wait to see the awesome changes we can make and maybe inspire you to make in the community as well!

Let's get to it! Miss Kerri