Little Ducks Childcare Birkdale

May/June 2021

A note from your Centre Manager



What an exciting couple of months we have had! My favourite event over the past month has by far has been the chicken hatching program. We have had the Henny Penny hatching program here throughout April and whilst they sure are cute! They are also an excellent tool for the children's learning and development. The Henny Penny Hatching program was designed to provide children with an enthralling experience in a safe environment. In essence, it brings a little piece of the country to the city, making the wonder of Mother Nature accessible to all. From egg to active chick, the program offers the opportunity to watch eggs hatching in a specially designed incubator, they learn about why they need to stay in the incubator until all of their feathers dry out and then observe the hatched chicks at play in a large, clear-sided brooding pen. At the end of the program, families have the opportunity to adopt the baby chickens and we were excited to see baby chicks go to 4 new forever homes!

Now that all of the children have settled into care, looking forward into May/June we are shifting our focus to how families have input that is included in, and how information about children's learning and development is shared with families. This links to element 1.3.3 in the National Quality Standards and is a new focus for our term 2 Educational Leader goal. You may be asked for feedback throughout this journey, so if you see a question go up on Storypark, out via email or a survey in the foyer, please stop and provide your honest feedback. This information is used to make future plans for the service, and ensure you are receiving exceeding quality in education and care.



Keep an eye out on Stroypark each Friday for the upcoming rosters and menu's for the week ahead, and if you have any other questions or feedback please feel welcome to email birkdale@littleducks.com.au, or call me on 3822 5933 at anytime throughout the day.

Cassie Windt

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Kindergarten Approved Program — Queensland Government

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Upcoming Events!

May	June
Monday 3rd – Labour Day—PUBLIC HOLIDAY Friday 7th – Mother's Day Celebration We will be celebrating our special mums with an event TBA Sunday 9th – Mother's Day Monday 10th-15th—Food Allergy Week Educators will raise awareness of different food allergies and how we can all assist in the precautions taken daily. Sunday 15th- International Day of Families Bring along a family photo as the children learn about the different families we have within our service Friday 21st—Outdoor classroom day A global movement to make the outdoors a part of children's daily activity. Wednesday 26th – National Sorry Day We will remember and commemorate Australia's first people, the indigenous population. Thursday 27th – 3rd June – Reconciliation week National Reconciliation Week (NRW) is a time for all Australians to learn about our shared histories, cultures, and achievements, and to explore how each of us can contribute to achieving reconciliation in Australia 	Wednesday 2nd- Italian National Day Join us as we celebrate everything Italian Thursday 3rd – Mabo Day Commemorates Torres Strait Islander and Indigenous land rights.  Wednesday 9th– State of Origin Come dressed in your maroon and blue to support your team for Game 1. Saturday 5th- World Environment Day The children will be encourage to show awareness and take action for the protection of our environment Tuesday 22nd and Wednesday 23rd June – Centre photo day Sunday 27th – State of Origin Come dressed in your maroon and blue to support your team for Game 2. 

Community events

Saturday 8th May—Coochiemudlo Island Festival—12pm—9:30 pm
Sunday 9th May—Mothers Day Market at Cleveland Markets 7am—1pm
Saturday 15th May—Garage Sale—Redlands centre for women 6am—10am
Saturday 20th May—Pop up Library—Mount Cotton Park
Sunday 30th May—Redlands art gallery—family Sunday craft activities– 10am-1pm
Friday 11th-Saturday 12th June—The owl and the pussycat performance—Redlands performing arts centre
Saturday 19th June—Light up my island lantern parade—Russell Island—5:30pm-8:30pm

Community connection!

At OzFit personal training we like to think of ourselves as “The People’s Gym”.
We have literally helped thousands of people create a healthier way of living since 2005. We focus on our clients, their achievements and their stories.
Our aim is to use our experience, education and knowledge to give you the best coaching and support possible!
We opened our new gym facility just over 2 years ago now to service the members….AND unlike big franchise gyms, we are privately owned, meaning you are not just a number to us! Nor do we see a $ sign when you walk through the door!



If you want to experience the OzFit difference, come and try our FREE WEEK TRIAL!

Fun fact!

Did you know….



- ◊ Bananas have powerful anti viral properties
- ◊ Melon hydrates the skin and nails
- ◊ Cauliflower is helpful for asthma
- ◊ Oranges help sinus and respiratory issues



- ◊ Apples help prevent depression and reduce anxiety
- ◊ Limes remove toxins from the body
- ◊ Cucumbers help hydrate the body

Policy Reviews

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

- ◊ Incident, Injury, Illness and Trauma
- ◊ Emergency and Evacuation Policy and Procedure
- ◊ Emergency Lockdown/Intruder Alert
- ◊ Handwashing
- ◊ Immunisation
- ◊ Infectious Disease
- ◊ Nappy changing
- ◊ Natural disaster/severe storm
- ◊ COVID-19
- ◊ Fee and Holiday Discount

Ways that you can provide feedback are:

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

Educator Spotlight ...

Miss Ashleigh



Miss Ashleigh joined our Little Ducks Team in 2020 and is studying towards her Diploma. Miss Ashleigh always has lots of energy and enthusiasm when interacting with the children and she believes in creating strong connections with both families and children.

Miss Ashleigh is always inspired to increase her knowledge and promote mental health within children as she believes that this creates a stronger learning and understanding for regulating emotional needs throughout our lifelong journey.

She has a passion for all things sensory and getting messy with the children and singing songs within the room.

You can find Miss Ashleigh as the educator in our Senior Nursery room and more importantly, share in a conversation with her at any time.

Healthy Recipes

Beef, barley and vegetable soup

Ingredients



- 500g chuck steak (diced and trimmed of fat)
- 1 tablespoons (metric) olive oil
- 1 onion (chopped)
- 2 stalks celery (sliced)
- 2 carrots (chopped)
- 1 parsnip (chopped)
- 2 tomatoes (chopped)
- 1/2 cup barley
- 1L beef stock (salt reduced)
- 1L water
- 2 zucchini (diced)
- 400g can kiney beans (drained and rinsed)
- 1 cup frozen peas
- Parsley (to serve)

Instructions

1. Toss beef in oil, heat a wide saucepan or stockpot over medium -high heat and brown beef in 2 batches. Reduce heat to medium and add onion, celery, carrot, parsnip, tomatoes and barley. Add beef stock and 1L water and bring to the boil.
2. Simmer for 2 hours or until beef and barley are tender. Add zucchini and kidney beans for the last 15 minutes of cooking. Add frozen peas for the last 5 minutes of cooking.
3. Serve in large bowls with fresh chopped parsley.

Notes

- Try serving soup with a dollop of pesto or a grating of parmesan.
- Leftover soup freezes really well, so pour into plastic containers with tight fitting lids in individual portions and freeze for up to 3 months.
- Makes a great lunch to take to work or an easy dinner that can be reheated in minutes

News from the Educational Leader

Hi Families,

My name is Michelle and I have joined the Little Ducks team as the Educational Leader. My role is to oversee the educational programs and practices and build the knowledge of the educators. Over the first term the educators at Little Ducks have been critically reflecting on their practices and their focus for term one was on relationships and the 'why' behind their importance.

Some of the subjects for reflection include - forming trusting relationships, nature versus nurture, do relationships form as part of brain development or are they formed by educator interactions? Do connections form relationships? Is emotional resilience and connection dependent on those around them?

When educators critically reflect they are each un-packing perspectives that challenge or align with their own personal philosophy and find both theory and research based knowledge on each perspective. Educators will then plan learning for the children based on what they have un-packed followed by an evaluation of success, changes, environments or interactions.

So after all this, What is attachment theory? Attachment theory, which is centred on the emotional bonds between people and suggests that our earliest attachments can leave a lasting mark on our lives.

The central theme of attachment theory is that primary caregivers who are available and responsive to an infant's needs allow the child to develop a sense of security. The child knows that the caregiver is dependable, which creates a secure base for the child to then explore the world.

https://www.verywellmind.com/what-is-attachment-theory-2795337-The attached article is around the theory on relationships. It states that Vygotsky relates to some of Jean Piaget's theory on children's intellectual development in the sense that children may respond differently.

The educators found some challenges as the theory or research that they found would challenge their own beliefs and then this created tools to build their own professional knowledge and experience as educators.

Some interesting links include-

https://www.learninglinks.org.au/strategies-to-promote-resilience-in-children/

https://healthyfamilies.beyondblue.org.au/healthy-homes/building-resilience

Until next time- Happy Learning- Michelle.



Nursery

Welcome to another edition of the Little Ducks newsletter!



Lots of fun things have been happening in the Nursery room over the past few months, now that our babies are feeling a sense of security and belonging in our room. With all the wonderful Queensland weather we have been engaging in more time in the outdoor environment as we made our way through our sustainability module which was Fostering a Love of Nature. Little children need a long time to learn about living. Opportunities to experience nature up close stimulate babies senses, provide loveliness for them to appreciate, and encourage us to label objects- flowers, plants, and animals- and to explain their characteristics. Through our time outdoors, several of our babies have shown an increasing interest in the flower garden and this is something that we would like to continue learning about and engaging with moving forward.



The babies in our room have also been making great progress with working towards their developmental milestones. We have seen some babies move from sitting to crawling, others from crawling to standing, self-feeding and even walking! Along the way to these milestones, there has been lots of learning about trial and error as we progressed. Unfortunately, it wasn't as simple as picking up a spoon and putting it into their mouth. The babies engaged with problem solving to help them along, to aid them in working out *how* to keep the food on the spoon or *how* to sit back down after pulling themselves up to standing at the table. It has been such a pleasure for Kylie and myself to help support our babies (and families) navigate through these milestones and come out the other side with huge smiles of achievement.



Moving forward, we have some new faces ready to join us in the nursery room. We are very excited to begin settling and getting to know these new children as we build relationships and a sense of security with them.

Love
Miss Chloe and Miss Kylie



"There is joy and wonder everywhere when you view the world from the perspective of a child"-
Katrina Mayer





Senior Nursery



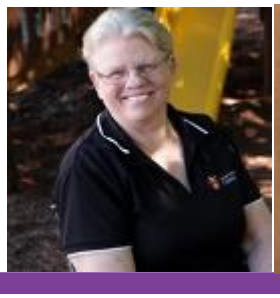
Hi Families and welcome back to another Newsletter edition. Over the last few months we have celebrated Easter with the children creating a large Easter egg painting which we displayed with our Easter display. The children also enjoyed the Easter egg hunt, finding some balls wrapped in cellophane, which they happily picked up and placed in their baskets.
We also investigated the optimum way to include Aboriginal and Torres Strait Islanders into our program, with continual involvement and displays around these cultures. We have also investigated teaching the whole child in an holistic way, focusing on their safety, health, development, security and wellbeing.
We would like to welcome Eloise to Senior Nursery as she has been transitioning up for the last few weeks, and will begin with us on the 19th April, which we look forward to, as she is already very comfortable with us when she transitions.
Senior Nursery has been very successful in reaching the children's goals, as they have become more secure with not only their educators but also other educators that come into the room.
Learning about our senses has been fun. Our environment is forever changing and so are our interests. Once discovering the children's love for sensory play, we navigated a range of activities for the children to try. First, paint on paper, then cardboard and we expanded our knowledge along the way. Next step using a variety of methods including other fabrics, paint brushes, rollers and threads that made use of cognitive and fine motor skills whilst exploring new activities. It was awesome to see everybody finding something they enjoyed whether it was gluing, painting, or cornflour goop created into volcanoes, our peers enjoyed from near or far, all making that step towards their development, whilst encouraging new development in our environment.





Everyone showed Miss Debbie and Miss Ashleigh their new profound self help skills, learning how to wash their hands, eat, serving their own food with the use of tongs, cleaning their faces and putting away their dishes, whilst also helping make their beds at rest time. Some also mastered the skills of walking and balancing as they travelled the room in confidence. With all the learning involved, we started to learn sign language, and so far understand, "finished, more, milk, and water".
What great excitement there has been as the children have been monitoring the arrival of chickens out of their eggs, as the Henny Penny Hatching Program has been set up in Kindergarten. This has prompted intentional teaching around where things come from.
We have shown the children the garden in the large yard where pumpkins are growing to demonstrate to them how food grows in the ground, so that we can eat it, which highlights our Sustainability focus this month which is Sustainable Farming and Growing.
We hope that this newsletter finds you happy and healthy, and thank you for your ongoing connection with us in Senior Nursery.

Miss Debbie and Miss Ashleigh





Toddler



Welcome to the Toddler newsletter! In this edition we will be talking about what we have been doing and what the interests have been in the Toddler Room!

The children have been so interested and have been doing a great deal of exploration into fruit, veg and herbs! This all came from our sustainability topic of Sustainable farming and growing.

We first started off with veg, fruit and herb pictures on the wall for the children to explore and learn what they were called. There were pairs of the pictures, so we could play a game of match with the children and have one on one time with them. Through these experiences the children are able to build their knowledge in the environment and the ways in which we can care for our vegetables and plants. This includes watering the plants, the location of where they need to be placed in order to grow and lastly the quality of the soil.

From here we went into planting the Woolworths pots into soil and Miss Paige brought in seeds to plant as well. Miss Kerri also showed the children the pumpkin and rockmelon that is/was growing in the veggie garden down the back near the shed. This also extended into more exploration of walking around the yard and finding our rosemary, mint and basil to smell it which is using the children's sense of touch, sight and smell. We also explored the strawberry patch and the tiny growing strawberry on the vines!



As they are showing so much interest in the topic, we continued this with apple painting which then extended into showing the children what a whole piece of fruit looks like. We continued this learning as we showed the children what the half of the fruit looks like, the skin and of course the fun part of the experience; TASTING! The children have showed so much interest in this topic that we are creating a project book to document all the learning the children are doing! Keep you eyes on our room and bookshelf to see the documentation all gathered together. Moving forward we will begin cooking experiences such as banana muffins or creating juices so the children can explore eating fruit and veg and even herbs in a different way!

The children have also been showing interest in puzzles. This helps the children with problem solving skills as they work out where to put the puzzle piece. It also uses their fine motor skills by picking up the pieces with their fingers.

This has tied in with some of the children's goals!



A-frames and planks have also been a big interest as the children are using their gross motor skills which helps strengthen their leg muscles which also helps with their balancing and hand-eye coordination. This also ties in with the children goals and assisting them in achieving progress towards their milestones. Another focus has been increasing the children's language development. To aid in this we as educators, make the learning fun by doing activities such as books/reading, engaging in conversation through the children's interests like trains or trucks and singing repetitive songs or rhymes.

The henny penny project has been a big hit over the last few weeks! The children have had opportunities to hold and pat the chickens as well as just watching them walk around their pen, eat and drink! This is great as this involves community input and relationships as well as letting the children explore different animals instead of the typical pet like fish, cats and dogs. Until next time, Miss Shannon, Miss Paige and Miss Jelissa x







Junior Kindy



Hi families and a big welcome to our new families and children who have transitioned up to the Junior Kindy room! We have had a great couple of months forming relationships and friendships with each other and learning through play. March, we saw Miss Bree enter our room! The children have been getting to know Miss Bree and are now familiar with her in the room which has been lovely to see. Over the last few months we have incorporated our acknowledgement to the Quandamooka people through our special song – you may have heard this at home if your child has been singing it. We have had discussions with the children about the Quandamooka people and why it's important to acknowledge the land that we share as the children begin to respond to diversity. A big interest has been a lot of learning through play in the outdoors as we've been encouraging children to engage in their outdoor environment more. Miss Bree has been encouraging the children to take risks – they loved climbing the tree! A special guest also visited us as the children were engaged in recreating the book – 'we're going on a bear hunt! This was so fun that even a few children were doing this with each other, days and weeks after, in their own interactions outside! We have just recently welcomed Arthur and Kora to our room as they have completed their transition to Junior Kindy. We look forward to getting to know them and supporting them.





Another highlight from our time in the Junior Kindy room would have to be the Henny Penny chicken hatching program. For 2 weeks, the children got to learn all about chickens – their life cycle, what they eat and drink, how they grow and how to care for them as everyone carefully and gently held the chicks during their stay. The children were so excited to see each day, how many eggs had hatched and some even got to see some hatch – what an incredible experience!

Moving forward, we are continuing to assist the children with their individual goals and meeting their milestone developments through play based learning – we always look forward to your input if you have any ideas, suggestions or concerns for your child in our program. We cannot wait to see all the learning that is to come in the next few months!



Miss Teesh, Miss Bree and Miss Rylee







Kindergarten



Greetings families and friends, here is just a small window snippet into the many wonderful learning our children have been busy exploring and experimenting in our Kindy class.

It is part of our ongoing commitment as teachers to ensure we are implementing best practices of high standard and quality. But more importantly that we are equipped with the tools, resources, and knowledge of the latest research to ensure we are inclusive, intentional and customize learning to every one of our children. One way we do this is by critically reflecting constantly and collaboratively on how we can best achieve and embed an effective holistic approach that meets all our children's learning and development needs that will allow them flourish. As a team we have been reflecting about early years brain development and its impact on thinking, behavior, and learning. This has led to us introducing two frameworks called the '16 habits of mind' and 'The Phoenix Cup'. Most of our children's term two goals is based around the 5 phoenix cups each of these cups represents a vital need that are required to be met in certain dozes depending on individual needs to allow them to function at optimal niche level. It in turn can influences how our children behave and form relationships with others when these needs are not met. Our children have exploring the freedom and fun cup thus far with Ms Renee where they are having great discussions around what freedom cup looks like for different children in our class some love dancing, running, and moving around. Asking questions such as if someone's freedom cup needs to fill but they are being made to sit down for a long time, how would they feel? what will they start doing? This allows our children to gain awareness, recognise and understand theirs and other's needs and behaviors.



Kindergarten



The Habits of Mind are an identified set of 16 problem solving, life related skill to promote strategic reasoning, insightfulness, perseverance, creativity, and craftsmanship. The understanding and application of these 16 Habits of Mind serve to provide the individual with skills to work through real life situations that equip them to respond using awareness (cues), thought, and intentional strategy to gain a positive outcome. The first two habits of mind we have exploring is persistence and patience. where we have been reading books, watching short clips and sharing various examples throughout the day during mat time on how our friends showed persistence and patience. We have been intentional setting up activities that require our children to exercise patience and persistence. Through tricky obstacle courses, cooking experiences and many fine motor skills tasks. We have also been hearing great stories from our families of children sharing this learning at home.

Recent incursion:
Tooth fairy visited and we have also had many of our friends have their yearly dentist check up which they have been sharing via photos on smart board with class. This prompted us to read books and discussion around mouth hygiene and recap on our washing hand process. Our children understood and were able to recall this information throughout the week and during spontaneous discussions when we asked questions such as how many times a week should you brush your teeth? when in the day should you brush your teeth? what happens if you eat too much sugar and not brush your teeth? What are the germs that get stuck in your teeth called? how do you get germs on your teeth. We also ask our children throughout the day questions around our hand washing process. Example how long should you wash your hand? What is the washing hand motion you should do to make sure all the germs come off? What is the song you can sing 2 times to make sure you wash them long enough? Our children will often need little to no prompting when answering the above.

Until next time,

Maryanne, Renee and Kayla







Sustainability Corner!



Howdy sustainability rangers!

Last month we fostered a love and respect for the natural environment and had some great experiences set up to explore it. The environments were set up in a variety of new ways that really engaged the children in their play and this will continue throughout the year! The construction area in the swing set zone really stuck out in memory and this area fostered learning in so many ways including engaging with nature, gross motor and fine motor skills, social and collaborative projects, imagination and creativity and engineering of all kinds of buildings and creations all the while, we were learning about being in nature and respecting the environment.



Moving on to our next focus for sustainability we are growing food in our gardens and learning about sustainable farming and all about the process of getting food from the farm to the plate! So far, we have been nurturing our beautiful pumpkin patch from last year, we even harvested some seeds from a rock melon we grew so that we could grow some more and we have tidied the garden up getting ready for our winter crops of strawberries, spinach and corn. We will be using our compost to feed the gardens and using left over water from play or drink bottles to help them grow.



Our herbs are growing beautifully and we have enjoyed using them in play. All of the rooms are getting very involved and it is so great to see all of the delicious edible gardens popping up! We are also going to look into the indigenous resources on the Bureau of Meteorology that provides us with information on what grows and happens in the coming seasons, check it out, it is very interesting!



Thank you to all of the families for the input into our sustainability projects, it goes a long way and we especially can't wait to see if our lemon seeds grow! Not long until we can start up a Little Ducks farmers market! Until next time! Thanks for being sustainable,
Miss Kerri.



Reconciliation Action Plan!

This month we have included a section to update families about our Reconciliation Action Plan as a service.
So what is a Reconciliation Action Plan you ask?
The Reconciliation Action Plan (RAP) program provides a framework for organisations to support the national reconciliation movement. This is developed with Narragunnawali and forms actions that a service will strive towards including as their commitment to reconciliation.
Narragunnawali supports all schools and early learning services in Australia to foster a higher level of knowledge and pride in Aboriginal and Torres Strait Islander histories, cultures and contributions.
This month we have been focussing on embedding our daily acknowledgement of country with the children.
Each morning, the educators and children perform an acknowledgment of country where they acknowledge the Traditional Custodians of our land. Where appropriate, this tradition has been extended to significant events held at our service, recognising the Aboriginal and Torres strait Islander peoples as the fist Australians and traditional owners of the land that we work, learn and play on.

RECONCILIATION
ACTION PLAN
REFLECT

Move and Groove!



Last month saw the children increasing in their catching skills as each room planned age appropriate experiences to foster the skill. Beginning with how to hold our hands in the correct positioning, followed by brining them together and holding onto things with our palmer grasp.

The children experimented with different balls, textures, shapes and sizes, furthering their fine motor skills and catching.

This month we are moving forward with hopping. The children will develop this skills though activities that require balance, implementing songs, obstacle courses, hopscotch games and learning to stand or increase leg muscles. We cant wait to see how they progress with this over the course of May.



For June we will be looking at increasing our kicking skills. Stay tuned for the next newsletter to see how we went.

Miss Teesh