

Little Ducks Childcare Bardon

January / February 2022

A note from your Centre Manager

Dear Families of Bardon, we acknowledge the traditional lands of the Turrbal people and recognize the strength and resilience of the Aboriginal people of this land .

Hello and welcome back everyone for your hopefully wonderful, and maybe even a little relaxing, breaks!

I just wanted to take this time to welcome you all back to Bardon Little Ducks, including our brand new families!

I would like to introduce myself to you as the Centre Director here at Little Ducks Bardon. I have been lucky enough to have been working in the early years learning sector for nearly 20 years. Thoroughly enjoying watching each and every child I have had the opportunity of caring for, grow and develop as they come into their own under our care.

I am originally from Lismore in NSW, but have been living in Brisbane for around 8 years, and thoroughly enjoy all the excitement it has to offer!

I would also like to let you know that my door is always open for any queries, questions or even just a chat!

I am available via our phone here at Little Ducks Bardon, (07) 3366 6907. Or via our e-mail, bardon@littleducks.com.au. Or if you would prefer you can always shoot me a message via Storypark.

This year we will be working on strengthening our connections with our community, including the Ashgrove library. So please keep your eyes peeled for some amazing artwork from our children here at little ducks displayed around!



Kind Regards,
Miss Roxy
Centre Manager

97 Jubilee Terrace Bardon 4065
Phone: 3366 6907
Fax: 3366 5497

Kindergarten Approved Program
Queensland Government

bardon@littleducks.com.au

Upcoming Events

January	February
Saturday 1st – New Years Day Tuesday 4th – First Day back at Little Ducks for 2022  Wednesday 26th – Australia Day  Saturday 29th – World Puzzle Day 	Saturday 12th – Chinese New Year/ Lunar New Year  Monday 14th – Valentine's Day Thursday 17th – Random Acts of Kindness Day  Monday 21st – International Mother Language Day Monday 21st – World Harmony Day 

Policies in Review

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

- Death of a Child
- Health & Hygiene for Enclosed Outdoor Spaces - Policy & Procedure
- Transitioning Children between Environments
- Centre Presentation
- Physical Environment (Workplace Safety, Learning and Administration)
- Smoking, Alcohol & Drugs
- Staffing & Supervision
- Privacy & Confidentiality

Did you know that Policies can be located for parent view at any time in our front Foyer.

Ways to provide feed back are:

Policies are available in the office and you can give feedback by sending an email to bardon@littleducks.com.au.

Your feedback is greatly appreciated and what better way to share this then go on-

Educator Spotlight ...

Miss Sascha

Miss Sascha has joined our family here at Little Ducks, Bardon as our Kindergarten, Early Childhood Teacher.
Miss Sascha has been working in the Early Years Sector for over three years as she was studying her Bachelor, however has been working with young children since the age of 15, baby sitting and volunteering.
Miss Sascha enjoys spending her spare time working on a passion of hers, cheerleading. She has competed in championships, and even appearing on the T.V show, 'The Amazing race'.
Miss Sascha's philosophy is greatly devoted to learning through play, and assisting the children to reach their greatest potential through following their interests, as they grow and develop at their own pace.



Settling in ...

How can you help your child settle into an early childhood care service?
Starting an early childhood education and care service 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 the service.

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 the early childhood care service 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 service. 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 service 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 educator 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.

Policies in Review

- 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.
- Where possible, organise play dates outside of service. This will help your child be more comfortable with the other children at the service.

Encourage them

- Every time you go to pick up your child from the service, 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 early childhood service.
- 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.

Reconnecting with your child after a day in early childhood care

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 service, 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.

Nursery Natter!

Hello wonderful families and welcome to a fun filled year in Nursery!
We have been thoroughly enjoying getting to know you and your families over the past few weeks, starting amazing relationships that will grow and develop over this year.
Let us introduce ourselves a little, our team in Nursery consists of Miss Tammie who works four days of the week, as the room leader.
Mr Tyler as our amazing assistant who works all five days.
Miss Trudy who fills in for Miss Tammie on her day off.
Miss Tammie has been working in the early years learning sector for over 20 years and has been working here at Little Ducks Bardon for over 6 years.
Miss Tammie adores the younger age group, and especially loves to make connections with children, and their families to help assist in creating a foundation of understanding, to then build a program for all the children individually based.
Mr Tyler has been working in the early years sector for just over 12 months here at Little Ducks Bardon, and has previously completed an acting degree. Mr Tyler is a very enthusiastic educator and thoroughly enjoys creating strong bonds with children, to then help them develop to their best potential.
Miss Trudy has been working in the early years sector for over 10 years, and is working at little ducks as the educational leader when not in nursery. Miss Trudy particularly enjoys the younger age groups as they are learning at such an amazingly fast pace, and always full of wonder and curiosity as they explore their surroundings.

This year will begin by creating relationships with you and your child, as we help them transition into the early years environment here at Little Ducks. We will be learning all of your child's cues and routines, to help them feel comfortable, safe and secure. We will be communicating with yourselves over their ever changing routine and preferences, and showing you their amazing learning develop as they form strong bonds with both educators and eventually their peers. We look forward to this amazing year with you and please don't hesitate to ask as many questions as you wish!



Miss Tammie



Mr Tyler



Miss Trudy

Senior Nursery Natter!

Welcome to Senior Nursery 2022!

We are excited to be back, meeting and getting to know all the families and children!
Let us introduce ourselves, and what we would like to work towards this year.

Ossi Tabling is one of our key educators in the room. Miss Ossi is Diploma Qualified and is an experienced, dedicated educator who brings lots of energy and enthusiasm. Miss Ossi believes that this period in a child's life is crucial, and seeks to further your child's interest through a range of experiences such as dance, music, art and craft. Miss Ossi has a 5 year old son, and also a horticulturalist, which will help us as we begin your child's understanding of how nature works, and how we can assist it.

In the next few months we will be focussing on building a relationship with you and your child and getting to know your family, and your culture. As we believe that you are your child's 'first teacher', the information you supply, will help to influence the program. We look forward to discussing your expectations and goals for your child.

We will be observing your child and getting to know their interests, likes, dislikes and planning the program based on these. The program is on Storypark for you to read through in your own time, as well as displayed in the room. We would appreciate your feedback and recommendations at any point through the year, either verbally or via story park!





Toddler Tales!

We hope everyone has had a fabulous Christmas and a great start to the new year! We have been absolutely loving getting to know yourselves, and your wonderful children, and cannot wait for our fun filled year together!

I am privileged to introduce myself to you all! I am Chrishantha Wanninayaka, everyone knows me as Chrish. I have a Diploma of Early Childhood Education and Care and I have been working in the early years sector for over three years, and have been working at Little Ducks for most of this time.
My husband Anuradha and I have two teenage children, my son Adithya 16 in grade 11 and my daughter Anuthara 13 in grade 8. I moved to Australia in 2009 from Sri Lanka and I have a special degree in Fisheries biology. Before I changed my career to the childcare sector, I have held various roles as Assistant lecturer, project manager, fish biologist and ornamental fish production specialist in overseas and Australia. I love working with children and teaching them the skills for life (hence why I switched career paths).

My name is Miss Niki and I am so excited to be looking after your wonderful little bundles of joy this year! I have been working in the early years sector for over 13 years, this includes working with every age group, from birth to seven years. I have also enjoyed a lot of time working with special needs children over this time, which I find both highly rewarding and wonderfully exciting.
I have worked previously as a room leader, and thoroughly enjoy forming lasting bonds with children and their families. I enjoy being a part of each child's individual learning journey and watching them grow and develop in their own time.

Our goal for this month is to get to know the children's interests and make those strong, nurturing and secure bonds with all the children in the toddler room. This month we are also focusing on children's sensory development, and we are going to introduce fun and messy learning experiences as well as Australia day activities.
We aim to provide a wide variety of thinking strategies to engage with situations and solve problems in a fun atmosphere that will challenge children to grow and learn. Along with encourage their love of learning and confidence and independence. We have great resources to scaffold children's interest and understandings of new situations and skills.
Please feel free to come and chat with either of us or send a story park message to us if you have any questions. We are more than happy to help you at any time.





Junior Kindy Jumble!

Welcome back and we hope everyone had a wonderful and restful holiday with your family and friends.

We welcome all our new faces and look forward to a successful year together in the junior kindy room.

Environments are important to us; an environment layout can really drive a program and a child's imagination. We are very lucky to have access to our very own private courtyard that gives opportunity to the children to engage in age appropriate experiences such as gardening, sensory experiences, gross motor exploration, nature and science. These opportunities are not limited to just outdoors, our indoor environment is created on children's interests and their voice captured.

Your ideas are important to us too, so please feel free to share these with us to contribute to the program also. A good way to keep track of the program is through story park where we share the program for families. Please remember to take the time to explore story park and watch the program be put in place daily. Our goals for the next twelve months include but are not limited to, looking at the importance of understanding the environment, sustainability, move and groove, RAP, building empathy and enhancing confidence, social skills and sense of achievement, scaffolding our junior kindy's to reach their full potential in individual ways.; Allowing children to feel safe and secure is evident when children demonstrate confidence in group experiences. Providing children with the opportunity to share stories in group settings and talk about their experiences they have over the weekends with their families builds their communication and sense of identity. This is programmed daily for the children in the junior kindy room. Show and share is routine and programmed for each individual child. Connectedness is an area we link with our routines such as mealtimes. Learning to use utensils such as tongs for fruit and sandwiches to support the children's self-help skills. The skill of responsibility and assisting in tasks to pack away belongings. Sunscreen, hats and shoes are ways each child can daily utilise, and with these simple resources allows children to learn how to be responsible for their personal belongings as well as challenging their self-help skills.

Being active is a healthy habit, building areas outdoors for active play is something we like to give the children responsibility for also. Choosing what climbing equipment and activities they want is evidently important. It allows us the opportunity to capture how far their gross motor skills progress with balance, co-ordination and agility.

We look forward to sharing the next 12 months with you all!







Kindy Catch Up!

Welcome all our amazing Kindy families and welcome to 2022!

It has been an amazing first month in Kindy getting to know all of the children and families, while we get comfortable in our room and routine. This year in Kindy we will be focusing on ensuring that all of our Kindy children are confident in themselves and their abilities, as per the Queensland Kindergarten Learning Guidelines. These guidelines focus on tasks that will assist the children when they go to prep next year and assist in creating independent learners. These tasks range from opening containers, carrying backpacks to and from Kindy, helping to tidy up the room and being able to open and close toilet stalls, but also include the ability to engage with their peers confidently, ask questions of their teachers and positively take on new and exciting challenges. By learning how to independently complete these tasks the children will be more prepared for the transition to Prep towards the end of the year.
As the Kindy children are at an age where they are becoming increasingly independent, we will work with the children to identify a routine that works with the needs of all the children whilst also allowing for the day to move along smoothly and calmly. Working together as a team facilitates this growing independence and teaches the children that they are an important and valued members of the classroom. A regular and predictable routine can be the key to a calm day and it is important to me that the room routine is something that can better support the children in their growth and development.
This year we will also be exploring sustainability and working together to identify different ways that we can be more environmentally conscious and sustainable within our classroom, by following the 4 R's of sustainability; reduce, reuse, recycle and re-think.
I am very excited for what the rest of the year brings and observe how the children will learn and grow throughout the year.



Healthy Habits!

ONE INGREDIENT BANANA ICECREAM!!!!



There's been quite a buzz over this frozen treat, so we tried our hand at the one-ingredient wonder – homemade banana "ice cream." Go Bananas!

Banana muffins and banana bread are classic go-to recipes for over-ripe bananas, but there are some cooler options. When you've got more bananas than you know what to do with, slice them into large pieces and place in freezer-safe bag in the freezer for at least 4 hours (overnight is better). These frozen fruit chunks make creamy and frothy smoothies and a surprisingly similar dairy-free alternative to ice cream. One medium banana totals about 105 calories, 27 grams of carbohydrate, 3 grams of fiber and 1 gram of protein. You'll also get healthy doses of vitamins C and B6 and potassium. Bananas are also free of fat and cholesterol.

Banana Ice Cream - One Step Prep
Place frozen banana pieces in the bowl of a food processor fitted with a steel blade. Turn on the machine and let 'er rip. Process bananas until they create a frosty, yet creamy puree. Serve immediately or place in a bowl covered with a piece of parchment paper to harden. The re-frozen concoction will have a less creamy texture but is still super refreshing and naturally sweet.
Each medium-sized banana will yield about a ½ cup of ice cream.
Top It Off
This low-cal goodie leaves room for some toppings. Each of the portions below will add 50 calories per serving:
3 vanilla wafer cookies
1 sugar cone (whole or broken into pieces)
2 teaspoons semisweet chocolate chips
2 teaspoons natural peanut butter
1 ½ teaspoons chocolate-hazelnut spread (such as Nutella)
1 cup sliced strawberries
1 tablespoon chopped walnuts
½ cup diced mango
1 heaping tablespoon granola
1 ½ tablespoons shredded coconut
2 chocolate covered pretzels
2 teaspoons chocolate syrup
If you want to keep the calories as low as possible, try flavor boosters. They're virtually calorie-free:
Unsweetened cocoa powder
Vanilla extract
Ground cinnamon
Freshly grated orange or lime zest