Little Ducks Childcare

Wilston Newsletter March/April 2022

News & Features

From your Centre Manager

Page 1

Educator information & recommended reading / blogs

Page 2

From the classroom & Reconciliation Action Plan Update

Page 3-5

Physical Skills, Health and Safety & Book of the month!

Page 6

Centre Events, Policy Review & Sustainability

Page 7

Healthy Habits

Page 8

From your Centre Manager

Welcome to our March/April newsletter, as you can see we have a new newsletter format which focuses on our key curriculum developments for the year. Our curriculum is informed by several early childhood theorists, researchers, and data from the AEDC.

Data from the AEDC indicates that children within the Annerley locality are potentially at risk of underdevelopment of physical skills and health. From this data our centre has incorporated a Move & Grove program which is specifically tailored to children's physical abilities , nutrition, and well-being. Each room program focuses on age appropriate activities, skills, and learning activities to develop children's physical health and well-being, to ensure each child is developing their age appropriate milestones.

Using research and early education theorists is a focus for our quality improvement plan this year, to ensure our educators are making informed decisions around child– centred curriculum.

Too often, early childcare education centres are represented as a day care, whilst we are striving to change this perception and obtain excellence in educational age appropriate activities and teachings for all children at the centre.

We hope you enjoy our new look newsletter and see you at the centre soon.

Yours in education and learning,

Erin Evans

Centre Manager/ Nominated Supervisor



Education Information

BASIC PATTERNS

Basic math skills in preschool and kindergarten set the foundation for learning more advanced math concepts later on. Patterning is one of those important early skills. Thankfully, patterns are easy and fun to teach! How do we teach patterns? We can notice them, hear them, and physically make them. Here's a simple progression you might want to use when you teach patterns:

- ABAB (red, blue, red, blue)
- ABC (car, truck, plane, car, truck, plane)
- AABB (crayon, crayon, pencil, pencil, crayon, crayon, pencil, pencil)
- AAB (Cheerio, Cheerio, raisin, Cheerio, Cheerio, raisin)
- ABB (stomp, clap, clap, stomp, clap clap)

For activity extensions and adaptions follow the link here. Activity and Image Source: themeasuredmum.com & Hand-sonaswegrow.com



"A great educator makes everyone learn, not just those who are at the top of the class."
James Lopez

Educator Spotlight



Miss Sidra is the ECT in our Kindy Powai room!

Sidra offers our service a passionate outlook with an open mind towards her team, sharing her knowledge and understanding through active enrichment and mindful setups in the Powai space

Recommended readings / Blogs

App reviews

WHILE I'M AWAY

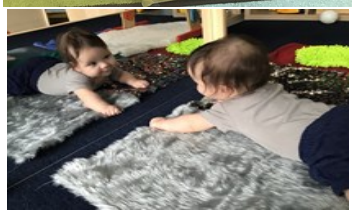
AUSTRALIAN INFANT, CHILD, ADOLESCENT AND FAMILY MENTAL HEALTH ASSOCIATION LIMITED | FREE

The While I'm Away app has been designed to help parents support the mental health and wellbeing of their child should they need to be cared for by someone else (e.g. if a parent needs to go into hospital, travel for work, or is separated from their child for any period of time). The app guides parents through a series of questions that captures the most important information about their children including key people, daily routines, interests, hobbies, medical information and more.

Nursery learning







Building Strong Relationships

EYLF- Principles-Secure Respectful Reciprocal Relationships

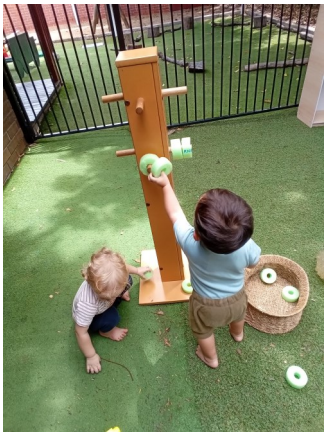
Over the past few months we have been focusing on the circle of security, ensuring the babies feel safe, secure and form strong attachments within the environment. The Circle of Security is a visual map of attachment. The "father" of attachment theory, John Bowlby, said this about attachment: "Intimate attachments to other human beings are the hub around which a person's life revolves, not only as an infant or a toddler or a schoolchild but throughout adolescence and years of maturity as well, and on into old age. From these intimate attachments a person draws strength and enjoyment of life and, through what he contributes, gives strength and enjoyment to others. By implementing the circle of security within our Nursery environment, we have seen first hand the benefits of this philosophy in creating a safe, calm and nurturing environment.

Ms Achal and Ms Manoja

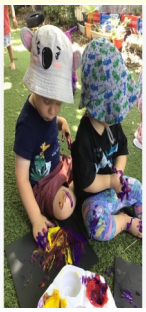
Senior Nursery learning

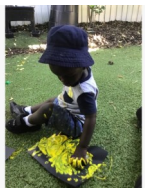
Welcome to Senior Nursery for 2022, it has been lovely meeting all of you so far, the children have seemed to have settled in so quickly and have adjusted to the routine very easily. This past month we have been working on building close relationships with the children and their families. A strong interest for the children is fine motor challenges, such as stacking and threading and also painting activities to help support the children to develop their hand eye coordination skills. The children have also been enjoying the book "The very hungry caterpillar" to extend on this learning the children will be making their own butterfly painting which they are quite excited about. For move and groove we have been teaching the children how to balance on different obstacles such as balance boards and stepping stones. The children have found this quite a challenge but this is one of our goals to help children gain confidence in balancing on their own, and gaining the skill of being able to walk on their own. This is a goal we'll continue working on over the next few months, and continue to building strong relationships with our families and children. Thanks, Senior Nursery Team.





Toddler learning







Hello and welcome to all of our beautiful Toddler families both new and existing within our Little Ducks community! The children in our room this year have been taking their time to settle in and learn a new way of play and learning with us, which has been exciting to see. Learning new skills such as finer motor control, balancing and material manipulation has meant that the Toddlers have already started to be more able to use utensils at mealtimes, engage in some amazing imaginative play scenarios and work through some physical challenges as they learn what their bodies are becoming capable of.

We are big on negotiation skills and encouraging positive interactions between the children. Seeing some loving friendships develop and an increase in verbal communication has shown us that experiences such as communal meals, the daily Acknowledgement to Country and engaging with the Arts has given our children a growing handle on being able to share resources, ask for turns and wait until someone has finished before taking.

The Toddlers have shown a lot of interests in indoor/outdoor freedom, making choices autonomously and being super independent. Taking time at their pace and slowing down our day to meet them where they are has provided many opportunities for them to feel their voices are heard, loud and clear!

We are so excited to continue growing and learning together, and are proud of our accomplishments so far. Don't forget to send us Storypark messages or comments on your children and their learning, as it helps us to create continuity between home and care. We want to hear it all!

Until next time, Di, Lauren and Kasia

Junior Kindy learning

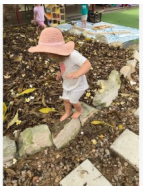
The first few months in the Junior Kindy room our focus is to ensure each child feels a sense of belonging in their new environment and feels safe and secure. Through this process we endeavour to ensure each child is supported in every aspect of their development and that they build attachments with both their new educators and their peers.

We are focusing on learning the interests of each child and their own unique personalities. To learn about each child, we're asking for parent input and communication, we are achieving this through conversations personally and through Story Park. Our book of the month for January was "The Invisible String" by Patrice Krasst, and we used the context of the story to extend our programming and focus of connectedness with our educators, family, and peers. We have created family memory books, which is a great tool for ensuring the children feel connected to their family even when they are not together, which is the core value of the story.

As we have such a diverse community in the Junior Kindy room, over the next few months we aim to focus on exploring the cultures and heritages within the room. This provides opportunities for the children to learn about other cultures, providing awareness of connections, similarities and differences between people. We will be asking parents assist with this by sharing their heritage, and any key information e.g. special days in their culture, key words that we can incorporate in the program, story books that relate to their culture, etc. If you have any input, you would like implemented into our program, please do not hesitate to come and see us, your input is valuable to us.

Thanks Junior Kindy!







Kindergarten Powai

Our Kindy Powai has been exploring with lots of new projects and ventures as our children have been extensively learning about feelings through books, arts and crafts, morning group time check ins as well as the interactive feelings table that we have set up to figure out how emotions look like (the shape of eyes & mouth) with the corresponding feeling. We are also focusing on ways to be environmentally friendly through reading books, doing Q n A, recycling our foods and plastic waste properly in our room, doing waterways clean up activity as well as sustainability through reusing the food scarps to feed our worm farm. We also learnt extensively about different dinosaurs (as per children's interest); exploring their diets (concepts of herbivores and carnivores) , their shape and form (doing drawing, painting and examining their skeletons). We are also focusing on our belonging through showcasing family pictures and information about the holidays they celebrate, foods they eat and where they are from.

In our Move and Groove project we are working on risk taking, coordination and balance through obstacle courses and being mindful through breath works and yoga before our lunch times to ground and centre themselves. Our children are also getting into writing as it started with the name sign in table and now we a doing weekly alphabet and things starting with the same consonants .

Thanks Kindy Powai team!

Ms Sidra and Miss Rabia











Kindergarten Kubbi

January was a month where we focused on Identity such as belonging and recognising our own cultures and achievements. We had some exciting projects and worked on building the Kubbi room into a place where the children would be able to feel comfortable, safe and celebrated for being themselves.

We celebrated several national festivals together with our friends and learned the history of these festivals through stories, songs and pictures. Educators recognise that families are children's first and most influential teachers, and that the views of parents should be respected. Children are born belonging to a culture, which is not only influenced by traditional practices, heritage and ancestral knowledge, but also by the composition, experiences, values and beliefs of individual families and communities. When educators communicate with families to find out about their child's evolving preferences, experiences and routines, and respect the expertise, cultures, languages, values, beliefs and child-rearing practices of families, they are able to: better support each child's learning and wellbeing, develop a tailored educational program that builds on each child's background, strengths and promotes their development, support families in their parenting role. In a service environment where families are respected and share in decision making, families and educators are supported to value each other's knowledge and roles, and communicate freely and respectfully. Genuine partnership relationships which include shared decision-making with families support consistency between children's experiences at home and at the service, which positively enhances children's learning, wellbeing and inclusion.

Ms Yin & Mr Tim



Reconciliation Action Plan

We're incorporating Ridgey Didge Monday's, children are offered different cultural activities such as making tapping sticks, making yarning sticks, or painting flags.

Floral Friday's to represent the Aboriginal and Torres Strait Islander communities our staff will be wearing our Indigenous shirts or floral shirts, and creating cultural activities for the children.

Physical skills development

Sporting Activities that can help your child develop their strength and stability?

Your 'core' is made up of the bones, joints and muscles of your trunk (eg: the ribs, the spine, the abdominals, the back muscles), your pelvic bones and the muscles in the pelvis, as well as the muscles involved in breathing. Your child's 'core', if it is strong and stable, provides it with a stable base from which he or she can move their arms and legs from. Which means, that if your child has a strong and stable core, they have more change of using their arms and legs with more coordination and more strength.

How strong your child's core is and how well they can hold their core stable will play a part in how well they can perform everyday activities such as walking, running, getting up and down off the floor, and ball skills. Your child's core strength and stability also play a part in how well your child can sit up straight, can sit still in the classroom, and even in how coordinated they are.

Certain sporting activities can help your child to improve their core strength and stability. Here are a few of our favourites: Swimming, Gymnastics, Dancing, Martial Arts, Horse riding.

Move and Play Paediatric Therapy (2020) Sporting activities that can help your child develop their core strength and stability. Retrieved from kiddipedia.com.au/sporting-activities-that-can-help-your-child-develop-their-core-strength-

HEALTH AND SAFETY Never leave kids in cars

The never leave kids in cars campaign prompts parents to take their kids with them whenever they get out of the car, just as they do with heir everyday valuables, to avoid potentially tragic consequences.

WHAT ARE THE RISKS?

On a typical Australian summer day, the temperature inside a parked car can be 20 degrees C to 30 degrees C hotter than the outside temperature. The temperature inside a car can reach dangerous levels quickly; 75% of the temperature rise occurs within the first 5 minutes of closing and leaving the car. Large cars heat up just as fast as smaller ones. Leaving the windows down slightly has little effect on the inside car temperature. Tests conducted by RACQ have shown that when car windows are left open by 10cm, the inside temperature is only 5 degrees C cooler than with the windows closed. Young children are more sensitive to heat than older children or adults as their body temperature can rise 3 to 5 times faster. This puts them at greater risk of heatstroke and other health risks as their body temperature reaches dangerous levels much soon.

HOT CARS SAFETY TIPS:

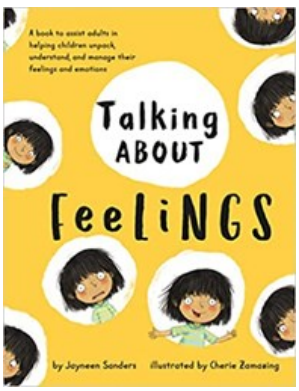
If you have to leave the car, even to run a quick errand - take the children with you - Never use the car as a substitute 'babysitter' - Never leave children in a car without adult supervision for any length of time, not even a minute! - Lock cars and secure keys when at home to prevent children playing inside the car - Make 'look before you leave' a routine whenever you get out of the car.

Book of the month!

"Talking about feelings," by Jaynee Sanders.

During this period, key kinds of learning take place more readily than later in life - emotional learning foremost among them. Developing emotional intelligence enables us to manage emotions effectively and avoid being derailed, for example, by a flash of anger.

Emotional intelligence is related to many important outcomes for children and adults. Children with higher emotional intelligence are better able to pay attention, are more engaged, have more positive relationships, and are more empathic.



Centre Events

March Centre events

3rd March World Wildlife Day

6th March Clean Up Australia Day

8th March International Women's Day



17th March Close the Gap



18th March Holi Festival

12st March Harmony Day

Policy review

March
Grievance
Educator & Management
Sun Protection and Clothing



April
Excursion
Toileting
Aids / HIV

Ways that you can provide feedback are:

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

Sustainability

JUNIOR LANDCARE

With over 35 environmental sustainability activities in the Junior Landcare Learning Centre, there is a lot to keep children busy. Every learning activity runs for 30 minutes with step-by-step instructions, a short story and a fun 'did you know?' section, plus lots of useful links and resources for more information.

Junior Landcare program manager Jo Stentiford says that "parents and carers who may not know a lot about food production, biodiversity, waste management and recycling or Indigenous perspective – the Junior Landcare Learning Centre will help you get started so you can also learn with your kids and share the experience."

Get started by watching Junior Landcare Ambassador Costa Georgiadis and the Junior Landcare team in action. From creating food gardens to getting the buzz on bees and other beneficial insects. What activity will you do these school holidays? plant a food garden, create a worm farm or frog garden, start your own compost, get a buzz on bees

Visit Junior Landcare or Junior Landcare Learning Centre, for more information.



Healthy Habits



Recipe

Yoghurt Raspberry Loaf

Ingredients (serves 10-12)



- 1 cup frozen raspberries
- ½ cup brown sugar
- 2 eggs, lightly beaten
- 1 cup 99% fat free Vanilla Yoghurt
- 1 ¾ cups self raising flour
- 1/3 cup almond meal (This ingredient can be omitted for a nut free version – no substitute required)

Method

1. Pre-heat oven to 180°C.
2. Spray a loaf pan with oil spray. Line base and two long sides with baking paper, allowing overhang.
3. Sift flour and combine all other ingredients in a large bowl.
4. Spoon into prepared pan and smooth surface.
5. Bake for approximately 50 min or until a toothpick or skewer inserted into the centre, comes out clean.
6. Turn out on wire rack and serve warm or chilled.

Tip

- Spoon mixture into a 12 cup muffin tin and bake for 15-20 mins for muffin recipe
- Substitute raspberries for blueberries/ forest fruits mix