Little Ducks Childcare

Birkdale 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

Hi there and welcome back to another edition of our Birkdale newsletter. You will notice the change in layout this edition. We would love your feedback around these changes and how they have impacted your knowledge and aided in the development of your children.

Over the past few months we have placed a strong focus on our environments and creating outdoor and indoor spaces that support every child's engagement in play based learning as well as extending their interests, strengths, knowledge and needs. The rooms have been creating provocations for the children's learning and to peak wonder in these spaces with the children. A provocation is an invitation to provoke thought, to motivate thinking or investigation and to encourage the use of imagination. We have also begun implementing the Abecedarian approach within the service. This approach encompasses 3 key components; enriched caregiving, conversational reading and learning games. These components increase language for children and are strategies that, you too, can use in the home environment. The first component we have implemented is enriched caregiving routines. This focuses on the interactions you have with your child during the many routines of the day—nappy changing, feeding, bathing, getting dressed, sleep periods and so many more. During these times we show care—a cuddle or a smile, we connect with children through one on one interaction and then add content like singing, questioning and describing. This can be about colour, emotions, counting, sizes, shapes, patterns or rhyming. Throughout this occurring at all routine times, you can see how language for children would increase. We are loving having the opportunity to learn and implement this into the service and look forward to sharing the other components with you.



Thank you for being a part of our community. My office hours are 8:30-5:00 and I am available for a chat at anytime.

435 Old Cleveland Road East, Birkdale QLD 4159 - (07) 3822 5933 - birkdale@littleducks.com.au

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 & Handsonaswegrow.com



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

Educator Spotlight



Miss Megan

Miss Megan joined our Little Ducks family just over 1 year ago as a casual educator while she completed her Bachelor of psychology. Miss Megan is now our permanent educator in the nursery room and has brought her knowledge of psychology with her to aid in the mental wellbeing of children.

Recommended readings / Blogs

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







Yura Families,
What a fantastic few months it has been within the Nursery. Our room has been focusing and continuing with our practices based around the circle of security. The circle of security is a way of creating a secure connection with children and thinking about their emotion and behaviour, to look beyond an immediate need. It enables early childhood professionals to reflect about how to meet a child's genuine desire for connection.
We have put in place strategies to cater for the children's needs throughout their routines such as having one up and one down educators, this means there is always an educator with the children engaging in meaningful interactions and allows the children and educator/s to build those trusted relationship between each other. Another strategy that we are implementing the abecedarian approach, this approach defines teaching and learning strategies to improve interactions between children and educators. It promotes language as a priority and enrich caregiving through day to day routine practices and engaging in meaningful conversations. We are beginning to observe the children making progress with connections as they begin to branch out and explore their environments independently while still looking back to ensure their educators are still close by.
Our children's individual goals within the room are based around the sense of security. When a child has developed that trusted relationship with an educator, they are then able to participate and learn through play with this occurring on a deeper level.

Senior Nursery learning

Hello families!

We have had quite a busy start to the year with many unforeseen obstacles but we are thriving and have had a great time establishing relationships and bonds with the beautiful children in the Senior Nursery room.

Our main focus over the last couple of months has been building bonds between children and educators and amongst peers. We engage in a strategy called the circle of security which provides children with feelings of safety and security as they navigate the room and begin to explore and engage in deeper learning. We have some wonderful connections happening in the room and this is opening up more opportunities to create exciting learning provocations for children, as they feel more confident in leaving carers to engage in their environments.

After playing with and getting to know the children, we have noted that a big interest at the moment is in animals, their noises and in practicing their names. In an effort to further learning in this area, we have created a jungle vibe outside and we have been adding to this as necessary to allow children time to explore and learn. We have gone on safari's with recycled materials as binoculars, searching for animals that we have hidden around the yard, we have used animals and plants as a muse for our creative experiences and we have indulged our senses as we listen to rainforest/ jungle sounds and look through books that have all kinds of jungle fun inside them. This project has given children the opportunity to develop skills across all areas of development as they engage physically, socially and cognitively.

We are excited to continue building relationships, environments and learning provocations for your little ones, let us know your child's current interests so we can incorporate them into our day!







Toddler learning







Yura families and welcome to another Toddler catch up!

Moving up to the Toddler room can be such a big change for children as we begin to see their personalities shine more and thriving as they respond to their new environments. You may have noticed that we've been encouraging the children's sense of agency since transitioning as we guide their independence and self-help skills through our room routines, fine motor development and redirections. We are providing the children with opportunities to be independent through flexible room routines with when meals are provided and questioning the children about our routine to encourage and prompt their thoughts about what's happening next? One of the many great skills to have to assist a child in mastering independence is fine motor development. The children have been participating in fine motor experiences such as threading, drawing, cutting with scissors and transferring items from one place to another using materials and resources such as tongs and tweezers. The ability to use independence through self-help skills requires good fine motor development and as the children progress with their fine motor development, as do their independence. We are seeing the children respond quite well with this with many progressing toward their term goal and look forward to seeing more growth through their learning!

Thank you for joining us for this catch up and stay tuned for our next update!

Junior Kindy learning

Hi families,

Wow our year has certainly started with a boom in the Junior Kindy room! We have so enjoyed getting to know all the children in our room this year and spending one on one time with them during our caregiving routines learning all about their personalities! This has enabled us as educators to create lasting relationships and aid in their sense of security here at the service. Over the past month we have been focusing on building relationships with our educators and peers as we first show care, then connect and then explore content and learning. This is part of our abecedarian approach. The children are encouraged to tribute their own ideas and planning to the curriculum through our daily group times. Some examples of planning they have chosen are bugs, gardens, superheroes and exploring what kindness means in their world.

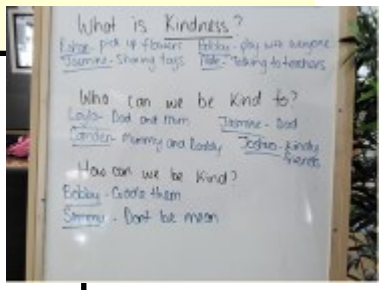
Fostering a sense of belonging and autonomy for children can create an environment where learning can thrive. When learning feels open and collaborative, children feel safe to share ideas. They are confident in applying their knowledge or skills and are supported when they take a risk or even experience failure. When children feel like someone knows them and believes in them, there is a greater motivation to succeed!







Kindergarten learning



"The child begins to perceive the world not only through his or her eyes but also through his or her speech"
Lev S. Vygotsky

Hi Families, Over the last few months Kindergarten have been focussing on providing children with the opportunity to contribute to their own learning on a daily basis. So what is the importance of children contributing to their own learning? When children are given the opportunity to contribute to their own learning it intuitively enhances their learning and development. Giving children a voice promotes self-esteem and self-worth. It allows children to voice through choice, opinion, feelings and emotions while feeling important and valued in the environment. This voice is encouraged through educators:



- Actively listening to ideas and suggestions
- Providing a safe space for children to ask questions
- Acknowledging individual and different perspectives
- Most importantly supporting children's interests, idea's and agency throughout the program.



This has led to the children documenting their learning, sharing their knowledge and their ideas through the use of a floor book. The children are able to recreate the images and ideas present in their minds from the discussions they have participated in and discuss as a group about their culture, their interests, their likes and dislikes and share information. Floor books are used to encourage child's participation while deepening their understanding through creating a sense of creativity, interest and wonder for the world around them. These books provide collaborative learning, different methods to represent thinking, ideas, reflections, observations and plans. All of these things aid in the preparation of children for school readiness as they find their own voices in larger settings and increase their fine motor development to be able to grasp a pencil.

Where to Next?



Kindness, The Sun, Hand Washing, Recycling - all spontaneous interest-based learning led by the children on a daily basis. The Kindergarten children will continue to express their learning through voice and floor books as they demonstrate curiosity and wonder.

Stay Tuned for our next learning update…

Reconciliation Action Plan

Over the past few months we have begun implementing the action 'cultural competence for staff'. This action is about providing educators with a range of opportunities to build and extend their knowledge and understanding of Aboriginal and Torres Strait Islander cultures. We have done this through educating the staff about the meanings behind the flags and the symbolism they represent. We have also begun creating hand prints with the children, educators and community as hands have long become a symbol of community support for reconciliation, rights and respect . Attending professional development opportunities also helps increase our knowledge and aids in better understanding of indigenous perspectives.

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

Give one of these sports a try if you would like to improve your child's core strength and stability. The best sport for your child will be the sport that they enjoy doing – because if they enjoy it, they will practice it, which is what allows them to improve their core strength and stability.



HEALTH AND SAFETY Never leave kids in cars

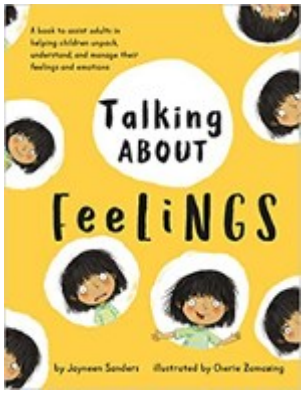
The never leave kids in cars campaign prompts parents to take their kids wit h them whenever they get out of the car, just as they do with
heir everyday valuables, to avoid potentially tragic consequences.
WHAT ARE THE RISKS?
On a typical Australian summer day, the temperature inside a parked car can 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
When a child is missing, in addition to checking backyard pools and any other bodies of water, be sure to check inside the car and the boot of any nearby vehicles.

Book of the month!

Talking About Feelings – Jayneen Sanders

This book encourages children to understand and manage their changing feelings and emotions, and to talk confidently about how they are feeling. Providing children with the skills and the words to express their feelings is key to helping them move forward in a positive manner.

Talking About Feelings is the perfect book for parents, caregivers and educators to help children unpack challenging emotions in an interactive and engaging way.



Centre Events

March

Tuesday 1st – Pancake Day

Join us as we celebrate Shove Tuesday with making pancakes! Pancakes are associated with Shrove Tuesday because they are a way to use up rich foods like eggs, milk and sugar ahead of the 40-day fasting season.

Thursday 3rd - World Wildlife Day

Join us as the children learn about the many beautiful and varied forms of wild fauna and flora and to raise awareness of the multitude of benefits that their conservation provides to people.

Friday 4th – Schools Clean Up Day

Hundreds of thousands of children take part in this national event to help clean up our local parks, streets, beaches and bushland, and conserve our beautiful environment.

Tuesday 8th – International Woman's Day

IWD is a day to recognise how far we've come towards gender equality, and also how far we have left to go

Thursday 17th - Close the gap

National Close the Gap Day (NCTGD) is a national day of action to pledge support for achieving Indigenous health equality by 2030.

Friday 18th - Holi festival

An ancient Hindu festival, which later became popular among non-Hindu communities as well, Holi heralds the arrival of spring after winter. It signifies the victory of good over evil and is celebrated as a day of spreading happiness and love.

Monday 21st – National Playgroup Week

National Playgroup Week recognises the importance of bringing people together through social connection

Monday 21st - Harmony day

Harmony Day celebrates Australia's cultural diversity. Join us as we celebrate inclusiveness, respect and a sense of belonging for all Australians, from the traditional custodians of the land to those who have come from many countries around the world.

Tuesday 22nd – World Water Day

World Water Day focuses on the importance of freshwater. World Water Day celebrates water and raises awareness of the 2.2 billion people living without access to safe water

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

