Little Ducks Childcare

Annerley Newsletter

May / June 2022

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From your Centre Manager

We would like to acknowledge the Turrbul/Jagera Peoples, the Traditional Custodians of the land on which we work and play each day.

Term Two is off to a flying start around Little Ducks Annerley with our service beginning the quarter celebrating Easter, ANZAC Day, Earth Day and getting ready for the upcoming Mother's Day. The children and staff have been busy investigating the cultural significance across the world of these celebrations and have delved deeper into the sustainability actions we take around the service through caring for our gardens, reducing electricity usage and showing compassion for the flora and fauna we share our environment with.

We have had some beautiful experiences centered around our Book of the Month and been able to share some lovely stories around love, connection and self-appreciation. These stories have prompted our educators to really explore the 3a Abecedarian Approach with the children, including incorporating conversational reading and open-ended questioning into story times to engage the children's literacy interest through imagination and curiosity.

We have also continued to develop our community relationships with local schools and libraries. This is helping us to bridge the gap between Kindergarten and Prep, help our children develop skills that will help them to adjust to change with confidence and resilience they've developed in a safe, play-based learning environment.

We look forward to continuing our community relationships over the coming months and further embedding the Abecedarian strategies into our programs.

Until next time,

Cate

Education Information

Last month, all educators across the company were trained in the Abecedarian Approach Australia. The Abecedarian Approach Australia theory is commonly referred to as 3a.

3a, the Abecedarian Approach Australia, is a set of evidence-based teaching and learning strategies that have been proven to maximise children's learning outcomes by enriching and enhancing educator practice.

The approach consists of only four elements, each which specifically promote intentional and meaningful adult-child interactions, and there are some great parent resources available that will help you be able to continue these high quality interactions in the home environment:

Language Priority: a commitment to make every experience an opportunity for talking, listening, and learning language
https://education.unimelb.edu.au/__data/assets/pdf_file/0010/3545335/3A-Language-Priority-Booklet.pdf

Learning Games: 200 experiences or games played between an adult and one or two children
https://education.unimelb.edu.au/__data/assets/pdf_file/0007/3545332/3A-LearningGames-Booklet.pdf

Conversational Reading: individual and pair reading that emphasises back and forth communication
https://education.unimelb.edu.au/__data/assets/pdf_file/0006/3545331/3A-Conversational-Reading-Booklet.pdf

Enriched Caregiving: intentionally adding educational content to the daily, repeated routines of care
https://education.unimelb.edu.au/__data/assets/pdf_file/0005/3545330/3A-Enriched-Care-Booklet.pdf



3*a* Family Booklets are aimed at parents, carers and families and provide an easy to understand introduction to using 3*a* strategies.

Educator Spotlight



Educator Spotlight

Erin

Erin is one of our newest staff members who has been assisting the Senior Nursery and Nursery rooms. She has a gentle and compassionate approach to all children and staff, with a positive outlook on life and an infectious smile! She has fantastic ideas and is always ready to help out her team with advice, suggestions or a friendly ear.

Recommended readings / Blogs

Janet Lansbury
Unruffled Podcast

"Unruffled is the podcast I wish I had had when my kids were toddlers. Janet Lansbury is a parenting expert and the author of two books on babies and toddlers, and her soothing, reassuring advice makes you feel as if you really can be a calm, confident parent even in the face of toddler meltdowns and defiance.

Lansbury's approach focuses on respect for the child and acceptance of her emotions and development, but allows for firm parental limits as needed (for example, when a toddler is a hitter, Lansbury explains how to respectfully set a limit on this behaviour). Unruffled offers extremely practical and specific advice for common parenting situations."

Nursery learning







Nursery was engaged in great learning experiences carrying out extended plans progressing towards individual goals this week and also engaging in special activities planned for Earth Day and Anzac Day, during which we also could capture special individual/ group spontaneous moments!

We will continue implementing our Circle of Security work to provide safe and supportive environments, interactions and routines. We will also be further delving into Enriched Caregiving as part of the 3a Abecedarian Approach which will help us to establish strong relationships and provide learning through routine moments and daily caregiving.

This may look like conversational reading, playful songs during meals or observational commentary during nappy changes.

We are excited to continue growing and learning together over the coming months.

Senior Nursery learning

Hi Families, this month the children have all been very busy getting creative and learning lots new things. We celebrated Harmony week by painting our cardboard hands orange and displaying this on our carpet walls for you all to come and revisit. The children are still showing lots of interest in sensory based experiences, so this month we focused on planning and implementing activities that focus on sensory skills such as playing with Jelly, creating sensory bottles, providing children with soft cushions and toys to assist the children with relaxing and calming environments, creating a sensory wall for children to explore different textures, Water play and sand pit play. We read the book 'The very hungry caterpillar', the children loved this book so much we decided to paint our own butterflies using a variety of different colours. We have also been focusing on learning how to care for our physical health and well-being through encouraging the children to wash their hands after nappy changes and after being outside, we also ask if you can wash your child's hands before entering the service too please, we also are spending lots of time outdoors learning how to balance and climb on obstacles and doing lots of ball play learning how to catch the ball and roll the ball, all things to help develop the children's Gross motor development. We also celebrated Easter with many exciting experiences planned, Easter egg hunt, Easter egg scoop and Easter egg painting, the children engaged in all experiences and had lots of fun participating in the fine motor experiences. Next month we will be celebrating Mothers day, the children will make a beautiful gift for the mummies so keep an eye out for this .





Toddler learning





Look at how much our Toddlers are growing and learning!

The last few months have been really exciting for us with lots of sensory exploration, volcanoes and dinosaurs, gross motor challenges and dancing, dancing, dancing!

Our children have really enjoyed getting out and about in the sunshine, so we have incorporated more indoor/outdoor time throughout the day and started taking more activities into the beautiful weather where children can feel relaxed and comfortable as they paint, build and create in the sunshine.

We've spent a lot of focus on developing a stronger, more consistent routine after we reflected in Term One that our Toddlers need a little extra time to prepare for change, and a little extra time learning how to interact with our resources.

We are really looking forward to establishing some healthy habits in Term Two and teaching the children about how to respectfully interact with each other in a more cooperative manner!

Junior Kindy learning

Wow, this year is flying by but what a great time we have been having in Junior Kindy. Over the past few months we have been spending a lot of time providing a safe, secure and inviting environment for the children and it is great to see how well most of our children have settled into the new room. We understand that there are still a few children who find separation from parents challenging – but to see them later in the day – they are so happy and engaged in their environment. If you have any concerns please do not hesitate to come and see one of the Junior Kindy educators.

You may have noticed that we have made some changes to the layout of the room, this has been done to suit the needs and interests of the children – and they are loving it. As the children's interests change, we will continue to adapt the environment to suit these.

Recently we have had some important centre events that we have celebrated in the service, including the chicken hatching program, Easter, Earth Day and Anzac Day. The children have embraced these and they have provided endless learning opportunities for the children.

Our focus over the coming months will be helping children to understand feelings and emotions and learning ways in which they can self regulate. We have set up our feeling wall and will soon be setting up our calm down area – whereby children can go and have some quiet time if they are feeling overwhelmed or stressed. We are also incorporating our four step calm down process which includes breathing, count to 10, talk about how we feel and then resume to play. We also have incorporated a poster whereby children can see ways in which they can self regulate eg ask for a hug, talk to someone, read a book, etc. The poster is on the wall for anyone who would like to see this process. We have also incorporated books about emotions/feelings, songs and group discussions to this project.





Kindergarten learning

We had plenty of great moments and learning opportunities this March. We celebrated international women's day by reading several interactive stories. We learned about our own culture and world map by engaging in a variety of hands-on activities. We also had our first international breakfast so that we all had chances to taste different foods around the world!

In April, we celebrated Easter with our children in kindy by planning art and craft activities and we all enjoyed our Easter egg hunt. We also made Easter bonnets to celebrate Easter week with tradition, decorating cardboard strips with paint, colour pencil, stickers and various collage materials. The children showed their creativity and imaginary skills to decorate Easter eggs and bonnets. The children also showed enthusiasm with their decorating, being proactive and asking for more materials such as glitter and stencils.

Recycling and earth protection are the important topics that we have in March and April. It extended to ocean safety and sustainable energy in April. To continuing support children's learning experiences, we added more activities such as rubbish sorting games, puzzles and carboard car making.

We also spent times to learn and explore our body. We focus surrounded healthy eating by introducing the concept of "Sometimes foods" and "Everyday foods". The children were able to extend their learning from these lessons through an interactive activity in which food cut-outs would be separated into columns of foods which are fuel for our brain and food which is not.

To encourage home and kindy connection, we introduced Millie which is kindy soft toy pet to go on go on adventures with kindy children over the weekend. Children take turns to take Millie home for adventures and bring back to share their stories with their peers. This is beneficial for kindy children to take responsibility by taking care of animals and becoming more confidence with their verbal language as they share the adventures with pictures in a special folder.

With ongoing curiosity and interest, the kindy children will continue to explore our community heroes such as police officer, fireman, roadworks and dentist. The teachers have set up a learning station where children can explore different types of jobs. Exploring and discovering garden is another learning which children are going to learn life cycles of plants and insects.

Lastly, we would like to show our appreciation to all the kindy families who contribute towards their children's interest and putting efforts to extend their learning through "Show and Tell" with colorful posters, resources related to learning which they make together and sharing stories.









Reconciliation Action Plan

I would like to thank the Jagara people for sharing their land with us to play and learn on.
I will be introducing experiences to embed aspects of our Indigenous and Torres Strait Islands cultures into our outdoor program.
These will be Ridgie Didge Mondays and Floral Fridays, these will run on alternating fortnight's.
Our first experience will be making rain sticks- a musical instrument on Monday 9/5 which I am very excited to show the children!

Di—RAP Coordinator

Physical skills development

Chalk Obstacle Course

You will need chalk and a safe cement space (driveway, path).

Make a **start point** and work your way around your driveway (or wherever you are making the obstacle course) by drawing different activities. Include many different tasks such as *dancing, jumping, hopping, turning around, jumping on 1 foot, clapping, going backwards,* etc. You could even include rocks or other objects and create a task around it. It's a good idea to squeeze in some "break" activities such as *make a wish, give high five to the sky, say your name, empty your pockets, etc.* It makes the obstacle course more fun.

Source: playtivities.com/sidewalk-obstacle-course/

Health & Safety

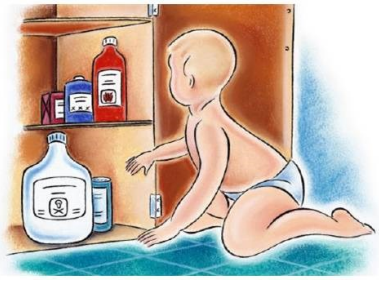
Poisoning

In 2014/15, four Australian children aged 0-14 years died due to poisoning.

MOST ACCIDENTAL POISONINGS OCCUR IN CHILDREN UNDER FIVE YEARS OF AGE, WITH TODDLERS AT THE GREATEST RISK.

Why children are at risk Most accidental poisonings occur in children under greatest risk. As young children begin to develop skills, like walking and climbing, potentially poisonous products become easier for them to reach. Young children love to explore the world around them and part of this is often putting anything they can get into their mouths. At these ages they are curious, however can't always judge the hazards and are unable to read or understand warnings. They also like to imitate what others do, which can include behaviours like taking medications. Common causes – how and when The majority of hospitalisations due to poisoning in children are from pharmaceuticals. This can include prescription medications, over the counter medications and herbal or traditional products. One of the most common products involved in childhood poisoning is paracetamol, a common painkiller found in most households. Other common causes can include cleaning products, gardening products and plants. Child poisoning can occur at any time, however extra care should be taken during times where these products may be more accessible. For example, medicine may be more accessible when someone is sick or when grandparents who take medicine regularly are visiting, and cleaning products may be more accessible while they are being used.

THE MAJORITY OF CHILD HOSPITALISATIONS DUE TO POISONING ARE FROM PHARMACEUTICALS.

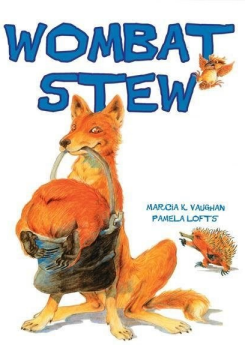


Book of the month!

This month we wanted to choose a great classic Australian book that our Little Ducks love, so we put it out to our teams for a vote.

The winner was … Wombat Stew.

One day, on the banks of a billabong, a very clever dingo caught a wombat... and decided to make...
Wombat stew,
Wombat stew,
Gooey, brewy,
Yummy, chewy,
Wombat stew!



One day, on the banks of a billabong, a very clever dingo caught a wombat and decided to make a gooey, brewy, yummy, chewy wombat stew! In this classic Australian picture book, a dingo catches a wombat and wants to cook him in a stew. But the other bush animals have a plan to save their friend. They trick the dingo into using mud, feathers, flies, bugs and gumnuts in his stew, and the result is something the dingo will never forget!

About the Author

Marcia Vaughan was born in the USA but lived in New Zealand's Cook Islands for a year before coming to Australia, where she worked as a school librarian. It was here that she began writing and being published. She wrote more than 85 well reviewed books, including fun activity and recipe books, and many in reader series such as Jellybean Readers, Celebrate Reading, Voyager and Literacy Links.

Centre Events

May

Sunday 8th – Mother's Day



Sunday 15th – 21st –

National Families Week

Wednesday 25th – National Simultaneous Storytime

Thursday 26th – National Sorry Day

Friday 27th – 3rd June – Reconciliation Week



Friday 27th – Australia's Biggest Morning Tea

Monday 30th – National Reconciliation Day

June

Thursday 2nd – Mabo Day

Sunday 5th – World Environment Day



Wednesday 8th – World Ocean Day

Tuesday 21st – International Day of Yoga

Policy review

May

Incident, Injury, Trauma and Illness
Handwashing
Immunisation
Infectious disease



June

Emergency Lockdown
Emergency and Evacuation

Ways that you can provide feedback are:

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

Sustainability



How to Compost with Kids

Children will get more from the experience if they have their own compost container. A garbage can or plastic bin that is at least 3 feet (1 m.) tall and 3 feet (1 m.) wide is large enough to make compost. Drill 20 to 30 large holes in the lid and in the bottom and sides of the container to allow air in and let excess water drain through. A good compost recipe includes three types of ingredients: Dead plant material from the garden, including dry leaves, twigs, and sticks. Household waste, including vegetable scraps, shredded newspaper, tea bags, coffee grounds, eggshells, etc. Don't use meat, fat, or dairy products or pet waste. A layer of soil adds earthworms and microorganisms that are necessary to break down the other materials. Add water now and then, and stir the container weekly with a shovel or large stick. Compost can be heavy, so little ones may need help with this.

Read more at Gardening Know How: Composting Ideas For Children: How To Compost With Kids

https://www.gardeningknowhow.com/special/children/composting-ideas-for-kids.htm

Healthy Habits

Building a healthy and balanced diet



Eating a variety of foods keeps our meals interesting and flavorful. It's also the key to a healthy and balanced diet because each food has a unique mix of nutrients—both mac-ronutrients (carbohydrate, protein, and fat) and micronutrients (vitamins and minerals). The Kid's Healthy Eating Plate provides a blueprint to help us make the best eating choices.

Along with filling half of our plate with colourful vegeta-bles and fruits (and choosing them as snacks), split the other half between whole grains and healthy protein.

Recipe

BANANA BLUEBERRY CINNAMON CRUNCH COOKIES



1 cup (160 grams) **mashed bananas** (approx. 3 bananas)

2 cups (240 grams) **almond meal** (ground almonds)

1/3 cup (80 ml) **pure maple syrup**

1 teaspoon **vanilla bean paste** (or extract)

pinch of **salt**

3/4 cup (75 grams) **blueberries** (fresh or frozen)

1 teaspoon **cinnamon**

METHOD:

Preheat oven to 180 degrees Celsius. Line a cookie tray with baking paper and set aside.

Place the mashed bananas, almond meal, maple syrup, vanilla, cinnamon and salt into a large bowl and mix thor-oughly to combine.

Gently fold through the blueberries.

Take heaped tablespoons of the mixture and shape into cookies. Arrange cookies on prepared tray and flatten slight-ly.

In a small bowl, place the cinnamon and sugar and mix to combine.

Sprinkle the top of each cookie with a little cinnamon sugar.

Bake for 14-16 minutes or until golden. Allow the cookies to cool completely on the tray. Enjoy x