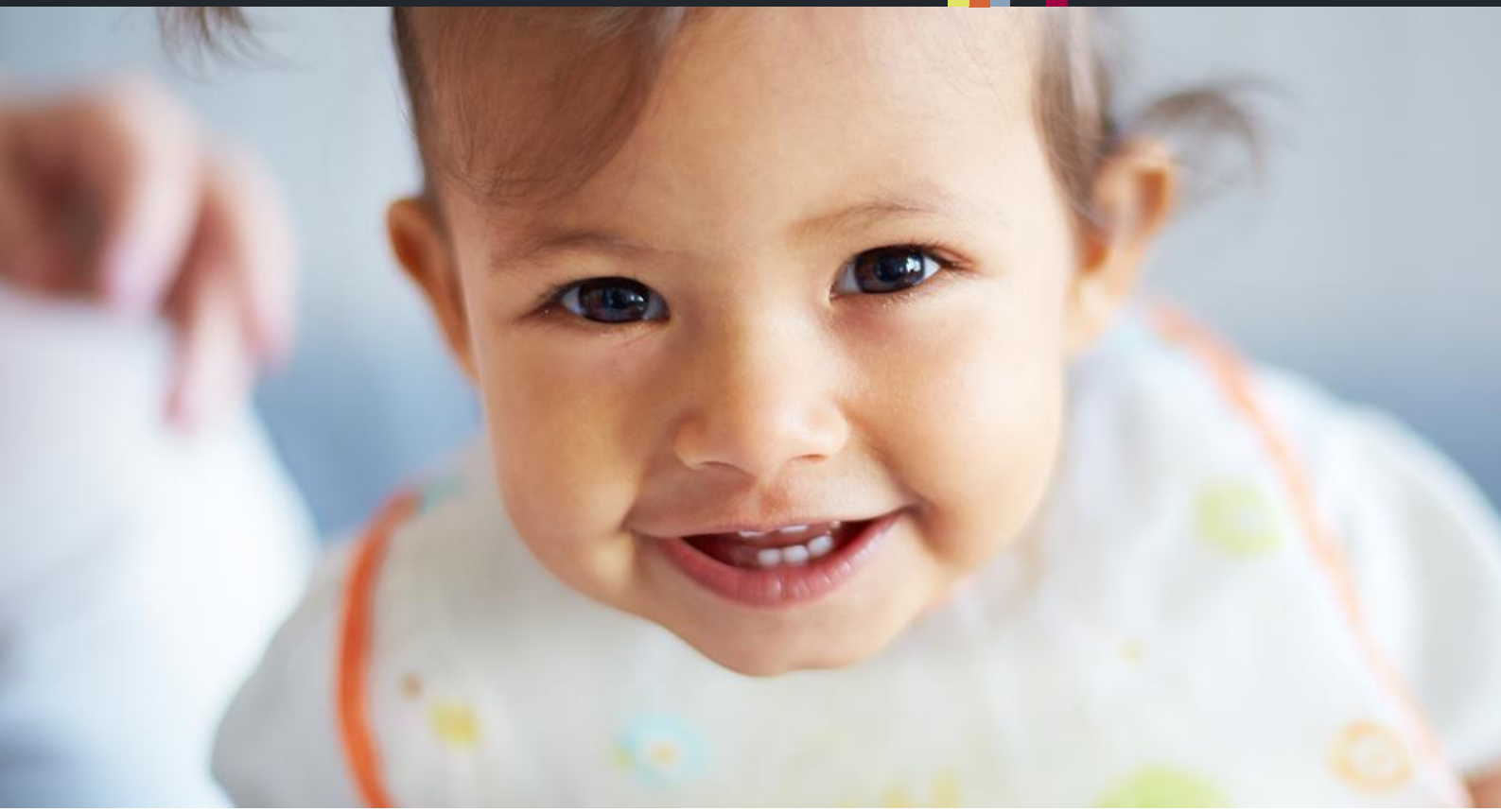
Little Ducks Childcare Bardon

Term 4
2023



ON this MONTH

AT LITTLE DUCKS BARDON

October

27 - Day for Daniel

29 - Grandparents Day

November

20 - Inclusion week starts

December

01 - Kindergarten celebration

08 - Bardon end of year celebration for families

TBA - Book fair

25&26 - Centre closure

A MESSAGE

From your Centre Manager

Hello Bardon community, and welcome to the final edition of our newsletter for 2023! My name is Larissa, and I would like to introduce myself as the new Centre Manager for Little Ducks Bardon.

I have had the pleasure of joining the Little Ducks Bardon team early in August, and since then we have been sharing a beautiful journey of learning and growing together.

At Little Ducks Bardon we aim to deliver the best quality of care to the children, families and stakeholders in our community, alongside great support from our highly experienced management team.

I appreciate how welcoming the community has been to me at the Bardon service and would like to extend an invitation to all families wanting to learn more about us to reach out and be in touch for a guided tour of our facilities.

Community Events



NATIONAL RECYCLING WEEK – 13-19 NOVEMBER

The theme for this year's National Recycling week is "What goes around, comes around", covering topics such as giving resources a second life, reducing the need for newly produced resources, and increasing the composting of organic waste materials.

END OF YEAR CELEBRATIONS

01/12 - Kindergarten celebration – The children are planning this event and details will be shared on our social media and Storypark soon!

08/12 - Bardon end of year celebration for families – picnic style! This is our annual community event, with Santa visit and lots of fun activities available for little ones. Finger food and water provided. Families are welcomed to bring own non-alcoholic drinks, picnic rugs and beach chairs.

Kids in the kitchen



VEGGIE PACKED CHICKEN BOLOGNESE

PREP 5 mins | COOK 30 mins | SERVES 6

INGREDIENTS

1 **onion**
2 **carrots**
2 **zucchinis**
1 stick **celery**
3 **garlic cloves minced**
80 g **bacon pieces**
500g **chicken mince**
400ml **passata**
200ml **chicken stock**
60ml milk
2 tbs **tomato puree**
1 tbs **white wine vinegar**
1 tsp **sugar**
2 **bay leaves**
1 tbs **oregano**
salt and pepper
400g spaghetti
parmesan to serve

METHOD

1. **Finely** chop onion, **grate** carrots and zucchini.

2. **Fry** the onion, carrot, zucchini, celery, bacon, and garlic in 1 tablespoon of olive oil for 3-4 minutes until softened.

3. Turn the heat up to high and add the chicken mince. **Fry** until the chicken mince has changed colour. This will take roughly 3-4 minutes.

4. Add in the passata, stock, tomato puree, milk, white wine vinegar, bay leaves, oregano, sugar, salt and pepper. Simmer for 25-30 minutes.

5. **Cook** pasta to instructions

6. **Add** grated parmesan and a sprinkling of chopped parsley.

Tip: Add a can of chopped tomatoes for extra veggies.

Enjoy x

Recipe and image from mylovelylittlelunchbox.com

Podcast Reviews

APPS TO INSPIRE THE SCIENTIFIC MIND.





MY AURORA FORECAST & ALERTS | JRUSTONAPPS B.V

The northern lights, or aurora borealis are beautiful dancing waves of light that have captivated people for millennia. *Seeing the lights in Australia isn't very common, but you can use this app to view the lights via live webcams from around the world.*

PLAY AND LEARN SCIENCE | PBS LEARNING

The Play and Learn Science app contains a suite of educational kids games from PBS Kids designed to encourage early science learning! Kids can play a range of games that help them learn core scientific concepts, all while building and developing problem-solving skills.

FOCUS: Why Kids Like to Test the Boundaries

As a baby, your child followed your lead. Then you navigated the "Terrific Twos" and came out the other side. So, it's all calm sailing from here, right? Our little people are constantly growing and developing, and at some point, they start to realize they are independent people who exist as separate entities from their parents. This is when kids like to test boundaries. *"Time to take a bath!"* No way, I hate baths today. *"Try some broccoli."* Nope, that's going straight on the floor. As infuriating as this limit testing can be, it's a sign of normal development.

We typically first see our kids test boundaries when they are around 3. This is because they are moving into a developmental stage where they are less dependent on you. Your child will start to do things like talk, feed themselves, use a potty, and even begin to dress themselves with limited input from you. However, with this growing independence and desire to assert themselves can come defiance. They are also learning how their behaviours influence others around them and will start to test the boundaries so they can make their own decisions. This all culminates in the testing to see what they can and cannot get away with. Limit testing occurs right up into the teen years, just in a different context. Our teenagers go through another developmental phase associated with independence. We might continue to see these testing behaviours as they gain personal responsibility and crave increased opportunities to express their needs and preferences.

What's Going on in Their Brains?

Defiance and limit testing are not only driven by regular developmental changes. They are also a way children can gauge their sense of security in the world as they start to navigate it without you by their side. In general, the human mind thrives off predictability; we like to know the rules and what to expect to decide how to react and respond. It also makes us feel safe when we can reliably predict or understand the rules and expectations. It's no different for our children, except they haven't learned the rules yet. So, consistency and predictability are vital for our little people as it helps them feel safe in an unknown and massive world. And rules and consistent limits reduce limit testing behaviours in the long run. Some of the most challenging behaviours we see, like defiance or dysregulation, arise when our children feel overwhelmed. When we give them clear limits, kids know where they stand, and they feel calmer and more settled because they know what to expect from themselves and you. Or from situations and how they should respond. But knowing what to expect doesn't always mean compliance. Our kids need to receive the same messages many (many) times before they learn the rules. This is why limit testing can persist if we aren't consistent.

Tips for When Your Kids Test Boundaries

Aside from being consistent, below are some tips to get your kids to respect and listen to your boundaries.

Communicate the Limits - Ensure your child clearly understands the limits you have put in place. This could include getting them to repeat the rules or limit you have set. It also might consist of writing up or drawing steps they must follow. Remember that repetition is the key.

Prepare for Transitions - Transitions are hard for kids. They don't want to stop what they are doing or don't understand things like the concept of time (i.e., being late), so they struggle to move between tasks. Ensure you give them warnings, including telling them before the event/situation occurs (where practical) that a transition will be coming. Then provide them a warning and cue that the time is nearly up.

Offer Options If Possible - You can keep the boundary but still offer them the opportunity to be independent or make choices. It can trigger defiance when kids feel like they have no choice or control over their world.

Help Them Regulate Kids love and need rules, but they don't always like them. This might bring up some strong feelings, so ensure that you stay firm but still help them manage any big emotions. You could remove triggers, help them take calm breaths, cuddle them, or help them get some excess energy out with star jumps or running on the spot.

Let Them Be the Boss . . . Sometimes Rules are great, but too many can be overwhelming for kids, and they can become defiant when they get no opportunities to be autonomous. This can lead your kids to try to test the boundaries. Try letting them be in charge sometimes. But this means managing your fears or challenges of letting go. Ensure you set both of you up for success by still putting some parameters in place.

Find the Positives Reframe the conversation and language to focus on the positives or change your attention to the behaviour.

Pick Your Battles Decide which are the non-negotiables and focus on those instead.

This is just part of a larger article read more via the QR code.

Braley, Pam. (2014). The Vestibular System. Retrieved from theinspiredtreehouse.com

BOARD GAMES FOR NUMERACY

You might not expect much from a preschool board game. Players roll dice, or spin a spinner, and move their game tokens around a board. But when young children play number-based board games, something exciting can happen.
If a game requires that players move their game tokens along an ascending sequence of numbered spaces — and speak these numbers out loud — it can help kids develop a crucial understanding of the number line and much more. Why not have a game night at home, begin with simple games like Trouble, Snakes and Ladders and Monopoly.

Fun with NUMERACY

HEALTH & SAFETY: The Vestibular System

The vestibular system has to do with balance and movement and is centered in the inner ear. Each of us has vestibular organs located deep inside our ears. When we move our heads, the fluid in these organs moves and shifts, constantly providing us with information about the position of our heads and bodies in space (spatial awareness). This sense allows us to maintain our balance and to experience gravitational security: confidence that we can maintain a position without falling. The vestibular system allows us to move smoothly and efficiently. It also works right alongside all of our other sensory systems, helping us use our eyes effectively and process sounds in our environment. Overall, vestibular processing helps us feel confident moving and interacting with our surroundings.

A Healthy Vestibular System
When our vestibular sense is fully functioning, we are secure and organized enough in our bodies to be able to attend and respond to all of the other senses we encounter daily. A child with a well-developed vestibular sense feels confident and safe during movement activities, even if his feet are off the ground. He is able to start and stop movement activities calmly and with control. He is comfortable with climbing, swinging, somersaulting, and jumping – knowing that his body will adapt and that he will be able to maintain his balance and keep himself from falling or getting hurt.

Problems With Vestibular Processing
A healthy vestibular system is central to the integration of the other sensory systems. When a child's vestibular system is not functioning correctly, he may be under responsive or overly sensitive to movement. He may either need to move constantly to feel satisfied or he may be fearful of movement because it makes him feel insecure and unbalanced. He may move in an uncoordinated, clumsy manner, bumping into things, falling, and never fully walking or sitting in an upright manner. This is the child that slouches at his desk or is constantly being directed to "stand up straight" or "quit leaning on the wall!" He may appear weak or "floppy."

As a result, he might have difficulty coordinating and planning motor tasks such as jumping jacks, skipping, catching a ball with two hands, or reaching across the centre of his body (crossing midline), or even coordinating movements of the mouth, resulting in difficulty with speech production. Vision is closely related to the vestibular system When we feel balanced and centred, our eyes can move smoothly and steadily and are able to focus, track, and discriminate between objects in our environment. Difficulty with tasks that require the eyes to move left to right (e.g., reading) or up and down repeatedly (e.g., copying information from the board) may be signs of a disrupted vestibular system. If your child exhibits any symptoms of vestibular processing difficulties, seek advice from your physician and/or an occupational therapist who can guide your child in a safe, secure manner to develop and adapt this important sensory function.

Activities to Promote the Development of a Healthy Vestibular System Most children develop a strong vestibular sense simply through engaging in everyday play activities that allow for exploration and movement. There are many activities that can help promote the development of a healthy vestibular system. Here are some of our favourites:

- Any and all things playground related!
- Swings are great for encouraging all sorts of movement (front to back, side to side, circular) Let kids go at their own speed: fast and high, or slow and low. It's all great vestibular experience! Not at the park? Try a blanket or sheet held by two adults for a makeshift swing!
- Slides are also beneficial for providing fast movement.
- Hanging upside down from playground equipment.
- Rocking! Fast, slow, or to the rhythm of your favourite song! Or try these fun **Row, Row, Row Your Boat Activities.**
- Spinning! Office-style swivel chairs are perfect. Or try a sit and spin toy, log rolling across floors or down hills, somersaults, or cartwheels. Other ways to spin: tire swings, scooter boards, and merry go rounds.
- Jumping! On a trampoline, up/down off curbs or other surfaces, jumping jacks, jump rope, hopscotch. Bouncing on a large inflatable ball (exercise ball).

Braley, Pam. (2014). The Vestibular System. Retrieved from https://theinspiredtreehouse.com

To read in full and for additional advice on the Vestibular System follow the QR code link.

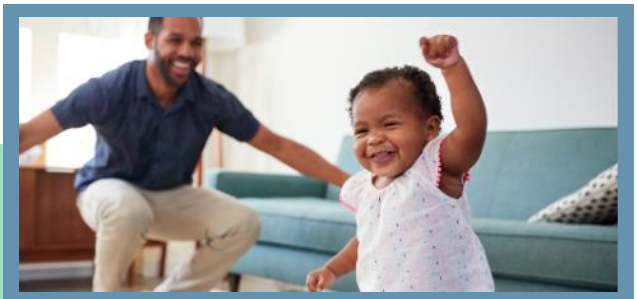
Sustainability CORNER

BE SMART WITH E-WASTE

E-waste is a broad term used for any kind of electronic or electrical product that has a plug or battery that has come to its 'end of life'. It includes everything from TVs, computers and mobile phones to batteries and kitchen appliances.

E-products is perhaps a better way to refer to them because they are certainly not waste. In fact, they often contain valuable materials like plastic and precious metals including gold, silver, platinum, nickel, zinc, aluminium and copper. These materials can easily be recovered and recycled into something new, which prevents electronics being made from new or 'virgin' materials. Recycling your old electronics keeps these materials in use in the circular economy and out of landfills. If you need to dispose of any E-products contact your local council or Planet Ark to locate your closest recycling drop off location. https://recyclingnearyou.com.au/education/ewaste

Play with purpose



MUSIC AND DANCE

If you've ever witnessed pre-schoolers grooving to music, you can't help but smile. They obviously love the feeling of moving to the tunes we play for them. But music and dance are much more than just fun activities for children. In fact, it's very beneficial for pre-schoolers to participate in these "performing arts". Here's why:

Music and dance engages the brain: Children learn new things, like sounds, words and patterns through music. And with dance, they can explore and control their body movements. These activities are great for development and stimulate connections in the growing brain.

It helps cultivate communication skills: Bringing together kids with songs, rhymes and actions lets them discover how to interact and connect with others. They develop listening and social skills that will give them self-confidence and better prepare them for school.

Music and Dance allows kids to express themselves Happy, nervous, tired? Engaging in creative activities lets kids release their emotions and express their feelings. It's a fantastic opportunity for children who aren't yet able put their thoughts into words.

It helps foster physical skills: Young musicians and dancers learn skills like balance, control and coordination. Singing and movement is also good aerobic exercise- linked to stress reduction, physical fitness and overall good health.

Music and dance contribute to creativity and imagination: With children spending more time in front of screens rather than physically playing, music and dance encourages them to be curious and imaginative. This creative outlet can also give them opportunities to learn about other cultures through the arts.

Source: https://www.nvrc.ca/notices-events-blog/active-living-blog/5-benefits-music-and-dancing-preschoolers

National Quality Framework | Quality Area 1: Element 1.1 – *Program.* The educational program enhances each child's learning and development.

AN UPDATE FROM Your Educational Leader

Hello Bardon community, my name is Fiona and I proudly wear the hat of Educational Leader for the Bardon service.

Over the past term we were able to witness some beautiful continuity of learning as our educators unpacked each room's term curriculum plans and implemented and educational program tailored to each child's individual needs. Our Educators use their carefully curated intentional teaching strategies across the service to ensure the success of each child in our care.

We had the pleasure of welcoming experienced educators to our team. Miss Gabby has joined us as the ECT for our Kindergarten program, Miss J joined us as the lead educator for Junior Kindy, Miss Dani is now our educator in kindy and Miss Poppy is now officially our Junior float educator. We appreciate everyone's efforts in building relationships with our new staff and we are very excited for what our journey will look like moving forward.

Miss Gabby is also our educational environments officer, and we have a lot of exciting changes to our environments due to her amazing input and effort. If you haven't visited the centre yet, now it's the time to book your tour! Our team is very excited to share everything they have been working on with the children and families.

As we prepare to farewell our beloved kindergartens to school, we also open our arms to welcome new families and their cultures into our service. We encourage all families and community members to contribute to our 2024 calendar of events by sharing their cultural celebrations and special dates with us. It is important to us that our calendar of events authentically reflect the service as a whole, so that the children's learning is reflective of their family and the broader community. We can't wait to hear from you! You can email your feedback to bardon@littleducks.com.au

5 Minute MOVES

CRAWL CHASE

When was the last time you got on your hands and knees and crawled like a baby? Give it a go, it is quite tiring and is a great brain workout too.

This activity is simple and requires no equipment just a little space. It is tag on all fours, take turns being 'in' everyone gets into crawling position and crawls away trying to avoid being tipped! *Have fun.*

Feedback is always welcome

Little Ducks Bardon

Email: bardon@littleducks.com.au Phone: 07 3366 6907