

"FAMILIES ARE LIKE BRANCHES ON A TREE. WE GROW IN DIFFERENT DIRECTIONS YET OUR ROOTS REMAIN AS ONE."

Bay Island Early Learning & Care

AUGUST
2022



ON *this* MONTH

Bay Island Early Learning and Care

- 1st – 7th Dental Health Week
- 4th National Aboriginal & Torres Islander Children's Day
- 11th Photo Day
- 12th Red Nose Day
- 12th World Elephant Day
- 13th – 21st National Science Week
- 15th – 21st Keep Australia Beautiful Week



August Birthdays:

Khaleesi, Ryder, Shayla, Hugo, Matilda,
Jaylah, Miss Lisa & Mr Lennert

A Message from the office:

Hello Families,

We would like to take this time to thank all of you for giving us patience in this time of swapping over systems just a friendly reminder that our staff are still being trained on using the portal to upload information, photos, activities, menus etc which we hope we can start using efficiently within a couple of months.

Thank you



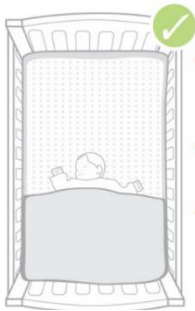
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Child Safety Tip

A safe sleeping environment means that all potential dangers have been removed and the baby is sleeping in a safe place. The ideal place for a baby to sleep is in a safe cot, on a safe mattress, with safe bedding in a safe sleeping place, both night and day.



- **Safe cot**
[should meet current Australian Standard AS2172]
- **Safe mattress**
firm, clean, flat, right size for cot
- **Safe bedding**
soft surfaces and bulky bedding increase the risk of sudden infant death

Unsafe settings for baby's sleep-time include leaving baby unattended on an adult bed or bunk bed, placing baby on a waterbed, beanbag, couch, pillow or cushion, or with a sleeping adult or child on a couch, sofa or chair.

Keep baby's cot away from hanging cords such as blinds, curtains, or electrical appliances as they could get caught around baby's neck. Keep heaters or any electrical appliances well away from the cot to avoid the risk of overheating, burns and electrocution. Never use electric blankets, hot water bottles or wheat bags for babies.

Family Information

We know there's a lot to tackle as a parent, including balancing your Family Tax Benefit (FTB). You can check if your balancing is close to the try line by tracking it in your Express Plus Centrelink mobile app.

Read more about this here:

<http://servicesaustralia.gov.au/ftbbalancing...>



Sustainability at Home

REUSE YOUR CONTAINERS AND JARS

Pretty much every jar that's ever entered our home still lives here. Most are now full of new goodies like oats, seeds, and spices. Others are tucked on a shelf waiting for our next shop when we'll fill them up again at our local grocer.

Their potential uses are endless; use the larger jars for storing grains, flours, leftovers.. you name it. Old glass juice bottles can store homemade oat milk, sauces, nuts and seeds.



Sustainability in the Service

Some ways for limiting food waste that we use are:

- Have a well thought-out meal plan to ensure you only buy what's needed
- Freeze excess produce and add it to your food whilst cooking.
- Use locally grown in season fruit and veggies
- Compost leftover/unused food and turn it into fresh, rich food for your garden

Early Years Learning Framework in Action



OUTCOME 4: CHILDREN ARE CONFIDENT AND INVOLVED LEARNERS

Children use processes such as exploration, collaboration and problem solving across all aspects of curriculum. Developing dispositions such as curiosity, persistence and creativity enables children to participate in and gain from learning. Effective learners are also able to transfer and adapt what they have learned from one context to another and to locate and use resources for learning.





OCEAN ROOM



Last month children and educators in ocean room spent time getting to know their environment and routines. Routine gives infants and toddlers a sense of security and stability. Routines help infants and toddlers feel safe and secure in their environment. Young children gain an understanding of everyday events and procedures and learn what is expected of them as routines make their environment more predictable. This Month children will be working towards learning our acknowledgement to country by learning the movements and sitting in a group setting. We will also have more opportunities to explore sensory items with new resources coming into their indoor and outdoor environments. As the weather starts to warm up, we look forward to having more outdoor activities planned this gives infants and toddlers lots of time and opportunity to develop their gross motor skills, to freely crawl, toddle, walk, climb, run, and move their bodies through space in new and different ways.



See you later Alligator!!

In a while Crocodile!!

BUSH ROOM



This month in the bush room we have focused on gentle hands and using our voices to communicate- for example: facing our children and making eye contact, getting on their level, you can show you're listening by turning to look a child and getting close to them.

We also support this through small group opportunities and using an Abecedarian approach while having small groups, providing and role modelling the language and actions for the children. This age group and being social can be challenging as children go from parallel play (playing beside) to social play where the children start engaging and initiating play, children start showing an interest in others and groups this is where our communication and frustration can be a challenge.



We have also started working on our developmental milestones a checklist was sent home, please contact Miss Kirra if you have any concerns about your child's development. We are incorporating community engagement into our program and following children's interest in trucks. We have contacted JBS and he has kindly made room in his busy schedule to bring the truck and backhoe for the children to view and learn how it is operated. We look forward to having JBS Earthmoving in (THANKS JBS) and look forward to more community engagement activities in the future.



Talk Soon Bush Room



Rainforest-Koala

Another great and busy month in the Rainforest-Koala room, we had so much fun, engaged in a lots of learning and experiences.

This month the children gained more confidence with their self help development skills such as toileting, put on their sock and shoes, looking after their belonging and being responsive to their body cues which is all part of their self identity.



The children have enjoyed at Teddy Bear morning tea with their mum, grandma, brothers or sister joined at undercover areas and enjoyed yummy food to shared. We also had an activities to shared with their parents created little bears using scissors and gluing together.

On 3rd-10th of July the children celebrated NAIDOC week, the children explored the culture, heritage, background and traditions such as: Tracking/ followed an Aboriginal symbol activity used the small stones or gum nuts seeds.

This is a great opportunity to introduce children to Aboriginal culture and story telling.

Rainforest children also has been busy with practiced fine motor skills at painting activity used a straws.

Children use air from their own breath to paint abstract pictures, and they will observed how the paint splatter around the paper.

This learning through play activity promote children self confidence, sharing and taking turns skills

Until next month and take care!

Rainforest-Koala team

Dirtgirl program

July been a busy month for the Dirtgirl program as we started the Energy wise unit and Wednesday Walkabouts.

We went to Pat's Park and explored mechanical and kinetic power on the tyre swing and egg ride.

We improved our fine motor skills and explored wind power by making whirlygigs, fans and windmills. Then we looked at solar power using sol ar light, a small system that works automatically and made a water wheel.

The children were fascinated by the effects of different forces and how turbines are used to generate electricity, understanding the effort required to make energy they realised that it's a wise thing to save it whenever we can by turning off lights, playing outside and using less water so we conserve resources

In the Let's Get Moving Program we explored the stability skills of pulling, pushing, swaying and twisting. The children's gross motor skills, strength and balance are developing well, and the children love singing songs together and working as a team to learn the skills of cooperation, kindness and sharing. They are developing their muscles, listening skills and hand-eye coordination. It's a delight to see the children grow, develop new skills, and apply those skills to their play.



Cove Rangers



Well winter is heading into its last month, and I know I for one am looking forward to the warmer weather coming in. Thank you for the donations of spare clothing that has come in. Some days lately are unpredictable with the weather changing from either really cold to warm or vice versa. With plans made around the African Show that was coming, even though they cancelled, Kindergarten steamed forward with introducing the African culture to the children. WOW!! We have been busy as a variety of interests have emerged. The children have enjoyed drumming, jungle animals, music and movement that provides opportunities to express body movements through the arts.



As we joined the school for their NAIDOC week celebrations, some intentional teaching opportunities have been created to explore the similarities of both cultures including patterns, weaving, net patterns, drumming and of course using a range of resources around us in the environment. Our Get Grubby program has worked in perfectly to reflect on clean power sources and alternate uses of no power eg. Hammering nails instead of power tools, using the rainwater, light sources from the sun and fire and of course catching our food to eat.

Over the next month we will be exploring more about our indigenous culture including greetings from Quandamooka, other patterns including spiral and patterns in nature as we continue with our Walk-About-Wednesday. We have a few days to visit Macleay Island State School over August with Book Week being a big one. I will be away in that week (22nd to the 25th of August) for celebrations of my half century birthday and the wonderful Miss Dee will be stepping in with Miss Abbey and Miss Gabby.

We will begin more formal presentations to the class as we share our favourite book to the group. Keep an eye out for the big colourful book bag and please send it back to class the following day so we can get through all our friends.

I have started our mid-year catch ups and thank those who I have had a chance to have a catch up with. I look forward to more soon and a party day will be happening in the class for all our wonderful families to come and see our awesome environment and the work the children have been working towards before graduation comes around really quick.



Stay warm, take care
Sending you light and love
The Kindergarten Team.





CURLEW COVE



We have had a great month of July. This month we have explored a range of activities and experiences that have been based on the children's interests.

To provide a leisure based afternoon for the children educators have formed positive relationship with the children and the children have communicated their ideas and interests that become a part of our wonderful program.

This month's interests include beading, making play-dough, drawing, painting and playing games with one another in the yard.

These activities offer an opportunity for the children to gain knowledge as they play allowing them to build on their social skills, team work, communication as well as strengthen their fine motor skills, gross motor skills and hand eye coordination.

This month we look forward to exploring book week, science week dental health week as well as continuing to explore the children's interest as they learn and play within the environment.



Floor is lava

Short simple activities to get some active minutes in the day.

This simple game can be played by anyone, just about anywhere. It's a great way to infuse a dash of humour into your day. You can set up your room and play by throwing a bunch of pillows or blankets on the floor, and let your players jump from one to another. Or you can walk into a room and yell "floor is lava" and Everyone has 5 seconds to get both feet off the ground in any way possible. It's sure to be an afternoon of fun and giggles!



Our Schoolies love playing this. Give it a go a home.



SEVEN DAY PLASTIC PLEDGE

About one million tonnes of Australia's yearly plastic consumption are single use products, a concerning trend that harms the environment. Plastic in nature can take hundreds of years to decompose and the waste threatens to pollute waterways, parks and bushland.

What can you do?

1. Make a pledge: Choose what plastic item you're giving up for the week and commit!
2. Lead by example: Swap out your single-use plastic item with eco-friendly alternatives.
3. Spread the word! Share how you're ditching plastic and tell your friends about it.

Breaking the habit can be hard, here are some easy alternative suggestions for the most common uses of single use plastic:

- ✗ Coffee cups and lids > Reusable keep cups or ask for no lid
- ✗ Takeaway packaging > BYO containers
- ✗ Single-use cutlery > BYO reusable cutlery
- ✗ Plastic water bottles > BYO refillable water bottles
- ✗ Pre-packaged fruit and veg > Buy loose or BYO mesh/canvas bags

Once your 7 days is done, reflect on your challenge. How much do you rely on convenience? Was the change hard? What can you do next?

Source: www.people4ocean.com/blogs/blog/keep-australia-beautiful-week-take-the-7-day-plastic-pledge



NATIONAL ABORIGINAL & TORRES STRAIT ISLANDER CHILDREN'S DAY – AUGUST 4

Children's Day is a time for Aboriginal and Torres Strait Islander families to celebrate the strengths and culture of their children. The 2022 theme for Children's Day is 'My Dreaming,

My Future'. Aboriginal and Torres Strait Islander children are born into stories of their family, culture, and Country. They carry with them the song lines of their ancestors and culture, passed down by generations. Their Dreaming is part of our history, while their futures are their own to shape. [Find out more here](#)

INTERNATIONAL DAY OF THE WORLD'S INDIGENOUS PEOPLE – AUGUST 9

'The Role of Indigenous Women in the Preservation and Transmission of Traditional Knowledge'. Is the theme for 2022. Indigenous women are the backbone of indigenous peoples' communities and play a crucial role in the preservation and transmission of traditional ancestral knowledge. [Find out more here.](#)

PUMPKIN MAC AND CHEESE



PREP 25 min | COOK 25 min | SERVES 6-8

INGREDIENTS

500 grams **orecchiette pasta** (or any small shaped pasta)

PUMPKIN CHEESE SAUCE:

4 tbs **butter**, 4 tbs **plain flour**, 2 cups **milk**

1 can (400 grams) **pumpkin puree** (or homemade puree)

1 tsp **granulated garlic**, 1 tsp **dry mustard**, 1/4 tsp **cayenne white pepper**, to season, grating of fresh **nutmeg**

125 grams **mozzarella**, *grated*, 100 grams **parmesan**, *grated*

PANKO CRUMBS:

1 1/4 cups **panko style breadcrumbs**

100 grams **mozzarella**, *grated*

METHOD:

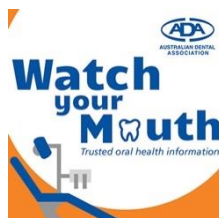
Preheat oven to 200 C. **To cook the pasta:** Bring a large pot of water to the boil. Add salt and pasta and cook according to packet instructions. Drain and set aside.

To make the pumpkin cheese sauce: Place the butter into a large saucepan over medium heat and melt. Add flour and whisk to create a smooth paste. Slowly add milk, whisking continuously. Continue to whisk until slightly thickened, approx. 3 minutes or until the mixture coats the back of a spoon. Reduce the heat to low and whisk in the pumpkin puree, garlic, mustard, cayenne and pepper. Add the cheeses and stir until melted. Take off the heat. Add cooked pasta to the pumpkin mac and cheese sauce and mix thoroughly to combine. Pour the pasta mixture into a large baking dish (approx. 45cm x 45cm).

To make the panko topping: Sprinkle the panko breadcrumbs and mozzarella cheese evenly over the pasta. Bake for 20-25 minutes or until the cheese is melted and breadcrumbs are golden.

Podcast Reviews

Family health podcasts, the stuff you want to know.



WATCH YOUR MOUTH | ADA

ADA's oral health education podcast, *Watch Your Mouth*, includes easy to understand oral health information that can be listened to on-the-go. The first series focuses on infant and young child oral health, hosted by Jimmy Rees, aka Jimmy Giggle from Giggle and Hoot.

RCH KIDS HEALTH INFO | RCH

Based on the hugely popular RCH Kids Health Info fact sheets, the *Kids Health Info* podcast explores common topics and concerns with experts in children's health. Hosts Margie Danchin, Lexi Frydenberg, and Anthea Rhodes are all paediatricians and mums, so they know first-hand what keeps parents up at night. Every episode features guest experts in a range of child and adolescent health specialties, and lots of practical tips and advice.

HAPPY FAMILIES | DR JUSTIN COULSON

The *Happy families* podcast with Dr. Justin Coulson is designed for the time poor parent who just wants answers now. Every day Justin and his wife Kylie provide practical tips and a common-sense approach to parenting that Mums and Dads all over the world are connecting with. Justin and Kylie have 6 daughters and they regularly share their experiences of managing a busy household filled with lots of challenges and plenty of happiness. For real and practicable advice from people who understand and appreciate the challenges of a time poor parent, listen to Justin and Kylie and help make your family happier.