

# Bay Island

## Early Learning & Care

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FEBRUARY  
2024

### A Message from the office:

Welcome to the month of February and back to our centre. What a wild ride the start of this year has been for families, staff and children.

We would like to say "Thank you" for the support that was shown over the Christmas/ New Year period. Without our community support, we would not be open today.

Our Kindergarten program is now affiliated with Lady Gowrie and we Thank them for coming on board and working with us to achieve the best results for our youngest community members. We offer a holistic approach to child development, focusing on early language, literacy, and numeracy skills. Our Kindy program is delivered by a qualified early childhood teacher (ECT – Miss Kirra) and helps children develop social skills, emotional regulation, and problem-solving.

Please see page 5 for healthy lunch idea's for your child's lunch boxes.

We look forward to the rest of 2024 with some awesome events coming up, if you have any questions, please don't hesitate to ask our admin.

## Upcoming Date's to remember

### February:

2<sup>nd</sup> – World Wetland Day  
6<sup>th</sup> – Waitangi Day  
7<sup>th</sup> – Read Aloud Day  
10<sup>th</sup> – Chinese New Year  
13<sup>th</sup> – Pancake Day  
14<sup>th</sup> – Valentines Day  
28<sup>th</sup> – Summer's Day

### March:

3<sup>rd</sup> – Clean Up Australia Day  
8<sup>th</sup> – International Women's Day  
17<sup>th</sup> Saint Patricks Day  
21<sup>st</sup> – Harmony Day  
29<sup>th</sup> Good Friday (Public Holiday)  
31<sup>st</sup> Easter

### April:

8<sup>th</sup> – 18<sup>th</sup> – Nature Play Week  
22<sup>nd</sup> Earth Day  
25<sup>th</sup> – Anzac Day (Public Holiday)  
28<sup>th</sup> Pay It Forward Day



## WORLD READ ALOUD DAY – FEBRUARY 7

Join millions around the globe as we celebrate the power of reading aloud with **World Read Aloud Day**, held annually on the **first Wednesday of February**! World Read Aloud Day has evolved into a global movement of millions of readers, writers, and listeners from communities all across the world coming together to honour **the joy and power of reading and sharing stories**, and continue expanding the definition and scope of global literacy. Visit: [www.litworld.org/worldreadaloudday](http://www.litworld.org/worldreadaloudday)

## PROTEIN PANCAKES



PREP 10 min | COOK & SERVE as needed

### INGREDIENTS

2 cups milk (I use coconut or almond milk)  
 2 cups flour (I either do 2 cups spelt or 1 cup tapioca and 1 cup oat flour, but you could play around with different options)  
 4 tsp baking powder  
 4 eggs  
 6 tbsp protein powder\*  
 2 tbsp hemp or chia seeds

*\*Optional nutra organics makes a great family protein powder try vanilla in this recipe.*

### METHOD:

Simply blend all of the ingredients together and store in a jar! I cook ours in butter in a cast iron pan and they never stick. Serve with berries, banana, Greek or coconut yoghurt, pure maple syrup or raw honey, cinnamon etc! Or as one of my kids loves – peanut butter!

**SO WHAT ARE THEY GETTING?** Good fats, fibre, protein, omega 3's, calcium, iron and fresh fruit, all before they leave the house for the day!

*Recipe by Jo Kate Nutrition*

## BEST BLOGS



### BABYVINE | [babyvine.com.au](http://babyvine.com.au)

*We place an emphasis on meaningful, useful and worthwhile content that parents can not only relate to, but gain from. Babyvine.com.au offers researched articles from experts, developmental play ideas, personal stories, and amazing giveaways that all work together to share everyday parenting experiences in all their variety.*

Written by mothers of young children, the authors understand the endless roles Mums play every single day. From caregivers, chefs, chauffeurs, and educators and so much more, mums wear many hats and there's hardly a moment to breathe. Babyvine is a resource to help you answer those questions. Whether it is information you're looking for or play inspiration you can find it all right here. You can also find them on Instagram at [/thebabyvine](https://www.instagram.com/thebabyvine)

### KIDDIPEDIA | [kiddipedia.com.au](http://kiddipedia.com.au)

*Kiddipedia is Australia's leading parenting resource website, providing useful parenting tips and all sorts of parenting information such as parenting helpline numbers, parent directory and kids events.*

There are so many tools available on kiddipedia to help you be the best possible parent you can be. You can also follow along on Instagram at [/kiddipedia](https://www.instagram.com/kiddipedia).

## FOCUS: The ART of creating

The process of creating and making art is natural to children, as they engage all their senses to explore the world around them. The arts enable children to use their whole bodies for learning and create endless opportunities for imagining and creating.

Children as young as 20 months can assign imaginative meaning to their playful mark making, art is a way to make their ideas, thoughts and imaginations visible.

Encouraging and engaging with children in art is essential in early development, with process art the preferred method for children to explore imaginative creation without direction, no right or wrong, and fun, pure, play. Allowing time as well is really important and the benefits are huge with creative exploration having many positive impacts on the development of your child.

### Some benefits of art for children include

- Relaxation: kids learn to focus and can explore feelings at their own pace, without interference
- Communication: art encourages language, as they discuss what they are seeing, feeling, wondering, evaluating
- Imagination: as they imagine and explore ideas, they will focus and concentrate, question and empathise
- Skill: children learn to predict, plan, problem solve as well as all the fine motor skills such as cutting, drawing, painting, printing.
- Children feel a sense of emotional satisfaction when they are involved in making art, whether they are modelling with clay, drawing with crayons, or making a collage from recycled scraps. This satisfaction comes from the control children have over the materials they use and the autonomy they have in the decisions they make.

When creating an artwork, children make decisions and continue to self-evaluate as they go. They decide what they will create, how they will create, mood, colour, form, who or what. As children grow and develop, their art-making activities move beyond exploring with their senses and begin to involve the use of symbols. Drawings move from scribbles to symbols, and all have meaning. Children begin to represent real objects, events, and feelings in their artwork. Drawing, in particular, becomes an activity that allows them to symbolise what they know and feel. It also helps children to make sense of the world, and visually step out what they are experiencing or feeling.



### Encouragement is key

- Have a genuine interest in what they are doing, and listen to their meanings.
- Provide quality materials that spark joy (rather than cheaper paint colours that always end up icky brown)
- Give them plenty of time, and let them return to works in process, let them decide when an artwork is complete
- Having a permanent space for children to create is also important and can also keep the creative projects in one designated area
- Most importantly, share their delight in discovery, what they have created. This encourages feelings of self-worth and opens up communication channels. Art can be the place where you are able to chat openly together, and as they grow, continue to develop that link together

Allowing art making at home is the first step to developing the whole child through art experiences. Child friendly materials are easily accessible these days, and there are so many how-to inspirations for adults on the internet. Approach with open ended play, provide materials and invitations to play, as well as parental involvement without interference. Let it be a joyful experience!

## PRE-WRITING LINES

**Pre-writing lines are lines and shapes that toddlers and pre-schoolers learn in a developmental sequence that help them to form letters later on for handwriting. Lines down, across, cross shapes, circles, squares, and diagonal lines are all considered pre-writing lines.** Pre-writing lines are typically copied and traced on paper, however here are some fun, non-conventional ways to practice them. Try a paintbrush in sand, a finger in shaving cream, peeling stickers and tracing the pre-writing lines. Go to [growinghandsonkids.com](http://growinghandsonkids.com) for a huge list of ideas!





## HEALTH & SAFETY: Button batteries

**Button batteries are powerful, coin-sized batteries that are used in many toys and household products (e.g., keys, remote controls, calculators, musical greeting cards, watches and kitchen scales). Button batteries are especially hazardous if swallowed, and can cause lasting damage to the oesophagus and airway. Serious injury or death can result from ingesting a button battery.**

**If you think a child has swallowed a button battery, call an ambulance (000 in Australia) or go to your nearest hospital emergency department immediately.**

### Main cause of button battery injuries

Babies and toddlers tend to put things in their mouths, and button batteries are appealing to young children as they are small and reflective. Often, parents don't realise an item contains a button battery as the batteries are usually already installed. Children tend to have easy access to items that use button batteries (toys, pens, calculators, musical greeting cards). The covers on these items can sometimes be easily removed, making them a potentially deadly hazard for young children. If a button battery is swallowed, it can burn through the oesophagus (swallowing tube) in just two hours, causing internal burns, severe bleeding or death.

### What to do if you suspect a battery has been swallowed

If you suspect a child has swallowed a button battery, call an ambulance (000 in Australia) or go to your nearest hospital emergency department immediately. Button battery injuries can be catastrophic if not treated immediately. If you think a button battery has been swallowed, do not wait for symptoms to appear before calling an ambulance.

A child who has swallowed a button battery without anyone being aware may develop the following signs and symptoms:

1. noisy breathing or chest pain
2. problems swallowing or drooling
3. vomiting blood or passing dark and yucky poo

If your child has any of the above, go to your nearest hospital emergency department immediately.

### Ways to prevent button battery injuries

Children should never be allowed to play with button batteries. To prevent button batteries from being swallowed:

- keep household items you suspect may contain button batteries out of reach
- don't allow children to play with car keys, remote controls or other household products containing button batteries
- check toys in your home that contain button batteries and ensure they either have screw-on battery covers so that batteries can't fall out or be easily removed or discard them if they don't have this safety feature
- avoid buying toys that require button batteries as a power source
- keep spare batteries locked away and out of reach.

### Disposing of batteries

Rather than throwing batteries into the rubbish bin, take used batteries to your local recycling collection point – this will prevent children having access to batteries and accidentally finding them once they have been discarded. You can recycle batteries at the following places:

- Your local council (council websites often list additional disposal points)
- Planet Ark
- Aldi supermarkets
- Battery World

### Key points to remember

- Button batteries are found in many different household items and toys.
- Button batteries can cause serious injuries or death if swallowed.
- Any child who is thought to have swallowed a button battery should be immediately taken to the nearest emergency department.



### TAKE 3 FOR THE SEA

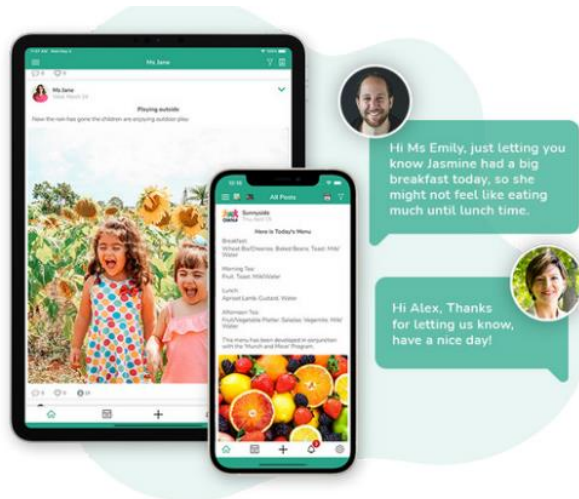
*Plastic pollution is devastating oceans, killing wildlife, changing our climate and threatening the health of our planet. It is a global problem and it can be easy to think that we, as individuals, can't do anything to solve it. But you can and it's simple!*

*Take 3 pieces of rubbish with you when you leave the beach, waterway or...anywhere, and you have made a difference.*



We have been using OWNA since the end of last year, if you haven't already downloaded our online platform. Please do so to keep up to date with your child/ren's daily activities, observations, morning & afternoon tea, messages from educators & admin etc. Go to your App store and search OWNA and download, if you need help setting up your app, please let us know and we can help

OWNA lets you get closer than ever before, with daily updates, private messaging and instant notifications directly from your phone.



## Healthy Lunch Box Ideas

- Sandwiches
- Wraps
- Pesto salad
- Fritters
- Suchi
- Sao's/ salada's
- Quiche
- Vegetable slice
- Boiled eggs
- Potato salad



Please note: when entering, place your child's lunch box in the fridge. We can not heat food due to hygiene practices.

## 5 Minute MOVES

### TWISTER

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

Check your games cupboard for this oldie! Physical games such as Twister help to strengthen core muscles, improve balance and strength, as well as improve their hand-eye coordination. It also encourages focusing with their brains while undergoing physical exertion – further strengthening the bond between their body and brain.

Set it up and play a few rounds together. If you don't have twister you can use chalk and draw a similar gameboard on a driveway or deck and use think [link](#) as your spinner!

## Bay Island Early Learning & Care Kindergarten Program

**FREE** Kindergarten Approved Program



**Lady Gowrie QLD**  
Educating and caring for children since 1940

Our approved kindergarten program is Tuesday, Wednesday & Thursday from 9.15am - 2.15pm (excluding school holiday)

Call our admin team to book a tour of our centre and ensure your child gets the developmental skills to start school.



## Being Environmentally Responsible

*Sustainability is more than gardening, worm farms or composting. As educators, we have to think beyond these green activities. Sustainability has shifted away from being just about environmental education to thinking about it as education for sustainability (Davis, 2010). Although both education threads are separate, they are certainly not isolated. Education for sustainability is about linking the 'about' with the 'doing'. - Yvonne Paujik Curriculum Lead Teacher Campus Kindergarten University of Queensland*

### **Within our Service children:**

- **Connect with the natural world** Children use their senses to explore their surroundings through free play and guided discovery.
- **Learn to care for the environment through** Play and directed activities. This may be sorting items into their correct bins, caring for 'injured' wildlife, planting gardens, observing wildlife.
- **Observe sustainable practise** through modelling from our educators and daily practise.

Being environmentally responsible is neither a subject nor an 'add on', it is a way of thinking, a way of practice. Education for sustainability is interdisciplinary and involves different members of the community with different expertise and knowledge collaborating together to tackle issues that affect sustainability.

We hope children think of sustainability as being broader than the environment, to thinking about how people and change can influence every living thing. Encourage and support your child and the next generation at home by being environmentally responsible in every possible way.

**National Quality Framework | Quality Area 3:**  
*Physical Environment Element 3.2.3 Environmentally responsible*

## 5 WAYS TO PRACTICE GRATITUDE WITH YOUR KIDS

*This article is written by Maryam Abdullah, Ph.D. She is the Parenting Program Director of the Greater Good Science Centre. She is a developmental psychologist with expertise in parent-child relationships and children's development of prosocial behaviours.*

Gratitude can be a difficult concept for adults to grasp let alone little ones. Maryam says gratitude is really about recognising goodness outside of ourselves. Goodness can be big things, like happiness, love, family, and health. It can also be small things, like hugs, green lights, and ice cream. It's up to *you* to decide the goodness you want to recognise. Once you understand how gratitude aligns with your own values, you can start talking about it with your kids.

Practicing gratitude doesn't always have to be a formal act of recognition. It can be as simple or easy as thanking your child for a hug or kiss.

Kids aren't always great at describing their feelings. Maryam recommends sparking conversations based on four parts that make up the gratitude experience. What we NOTICE in our lives for which we can be grateful. How we THINK about why we have been given those things. How we FEEL about the things we have been given. What we DO to express appreciation in turn. Asking Notice-Think-Feel-Do questions is a simple way to scaffold your child's understanding or perception of something that's good in their life.

Try a Gratitude Journal: Recognising goodness in writing can be a ritual in the morning when they wake up or in the evening as a reflection about how the day went. Photo Essays: If writing isn't the right activity for your child, they could take pictures of things that they're grateful for and build up a library of photos of the good things and gifts in their lives.

Each time you demonstrate and talk about gratitude with your kids, you're helping them build valuable skills for their emotional toolbox.

Bradley, Cailyn. (2020). *5 Ways to Practice Gratitude with Your Kids*. Retrieved from [www.kiwico.com/blog/2020/11/19/5-ways-to-practice-gratitude-with-your-kids/](http://www.kiwico.com/blog/2020/11/19/5-ways-to-practice-gratitude-with-your-kids/)





Name: \_\_\_\_\_

Age: \_\_\_\_\_

*Please return to our Bay Island Early Learning & Care staff by the 27<sup>th</sup> of March to go into the running for a basket full of Easter goodies.*