

Always believe something WONDERFUL is about to happen. – ANON

Bay Island Early Learning & Care

MARCH
2021

ON *this* MONTH

At Bay Island Early Learning & Care

7th – Clean Up Australia Day

8th – International Women's Day

17th – Saint Patrick's Day

21st – Harmony Day

27th – Open Day & Earth Hour



UNO WORKOUT

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

Shuffle a pack of Uno cards. Decide what activity each colour indicates. Each person takes a turn in turning over a card from the top of pack. Everyone in the group must complete the activity the number of times on the card.

For instance:

Yellow: jumping jacks

Green: squats

Blue: low jumps like a frog

Red: 10 second Planks

Action cards: 10 of your choice of activity

(Hop on one foot, spin around in a circle, run from the front door to the back door)

A Message from the office:

Hello Families,

Our service aims to promote and protect the health, hygiene, and wellbeing of all our children. Just a reminder that due to the colder weather that some children have runny noses and are coughing. If you can, please keep them home. Our Educators are implementing extra hygiene procedures to maintain high standards of cleanliness throughout the centre.

We would like to remind families to keep their fees up to date. Any enquiries, please call Tracee for more information.

Thank you

Keep in touch on Facebook



Bay Island Early Learning and Care

Child Safety Tip



Parents can help by engaging with their family and discussing personal safety. Actions speak louder than words, so remember that all adults are role models to all children. Keep this in mind and be a positive influence to the younger people around you.

If you are an older brother or sister, help your younger family members with learning about the importance of making good decisions and about putting your safety first. Walk with them to school, help them when crossing the road, assist them with being bus safe, alert them to dangers, and be positive with your own actions and decision making!

<https://www.safety4kids.com.au/safety-zone>

Community Links



Bay Islands Community Services Inc
55 Jackson Road, Russell Island
Serving the Community for 25 years

The Markets on Jackson Group
presents

The Markets on Jackson Road

SATURDAY 6TH MARCH 2021 START 8.30am TO 11.30am

THEN 1ST Saturday of each month



Sustainability at Home

Say no to straws and plastic bags!

Australians use around 10 million plastic bags every day, contributing to an estimated 8 million tonnes of plastic dumped into the ocean every year. Plastic straws are also to blame and are one of the most common items found on beach shores all over the world. All of this plastic fills our landfill, harms our wildlife, and can take lifetimes to break down. Remember to say 'no bag please' in supermarkets and other shops, and 'no straws please' in bars and restaurants.

Sustainability in the Service

In Our kitchen

Jaymie our amazing Chef has been busy working hard making our kitchen more environmentally friendly by replacing soft and hard plastics with reusable items

- * Instead of baking paper we now use reusable silicone baking mats.
- * Instead of Cling wrap we now use reusable silicone stretch lids to cover our meals/ foods
- * Replacing plastic food storage containers to glass jars.

We are excited to see what else Jaymie will create in the kitchen for our children to eat. Keep an eye out for recipes in upcoming newsletters.

Early Years Learning Framework in Action

National Quality Standards - Quality Area 4 – Staffing arrangements

The aim of Quality Area 4 under the National Quality Standard is to ensure the provision of qualified and experienced educators, coordinators and nominated supervisors who are able to develop warm, respectful relationships with children, create safe and predictable environments and encourage children's active engagement in the learning program.



March Birthdays:

Indigo, Tyson, Scarlett,
Jacob, Zoe, Quinn, Manny &
Henry

A gentle reminder, parents utilising our **courtesy buses** it is stated in our Bus policy that:

1. Children must wear **shoes** while boarding and disembarking the buses.
2. **Food** – while children are traveling on our courtesy buses no food is to be brought or consumed. We ask that children are fed prior to boarding due to it being a choking hazard.

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.

HEALTH & SAFETY: The 'tricky people' lesson you need to teach your kids

For generations, kids have been taught stranger danger: the principle that all strangers can potentially be dangerous. But a certified child safety educator says stranger danger doesn't work. In fact, it actually works against a parent. Safely Ever After founder Pattie Fitzgerald says 90% of sexual abuse or harm comes from someone the child knows, not a stranger. "Stranger danger doesn't teach kids about that. Stranger danger is looking in the wrong direction here."

Strangers can be confusing to kids Speaking to News Regional Media, Pattie says kids also have a different perception of what a stranger is. "If someone wants to offend against a child, they will often make themselves friendly or introduce themselves and then that child doesn't think they are strangers. Kids also see their parents talking to strangers all the time. With learning stranger danger, when there is no danger perceived, kids don't see that stranger as a threat which is why we need tricky people and why tricky people makes more sense."

Learning to spot 'tricky people' Tricky people is Pattie's philosophy; one she has been teaching to families all over the world for 15 years. "The main principle of tricky people is a tricky person can be someone you know or don't know but it is someone who breaks a safety rule or asks you to do something that makes you feel uncomfortable." But before we rush out and teach kids about tricky people, Pattie says it is important to teach kids safety rules first. "My whole philosophy it is a process. The first thing parents need to do is teach kids what is okay and not okay and anyone who breaks those rules is a tricky person. I call them thumbs up/thumbs down. Someone doing something thumbs down - breaking a safety rule - they're a tricky person."

Pattie recommends these 10 rules for kids:

1. I am the boss of my body!
2. I know my name, address and phone number and my parents' names too (don't forget: kids need to know their parents' mobile phone numbers)
3. Safe grownups don't ask kids for help (they go to other grown ups if they need assistance)
4. I never go anywhere or take anything from someone I don't know
5. I must "check first" with my safe-smarts grown-up for permission before I go anywhere, change my plans, or get

into a car even if it's with someone I know. If I can't check first, then the answer is NO!

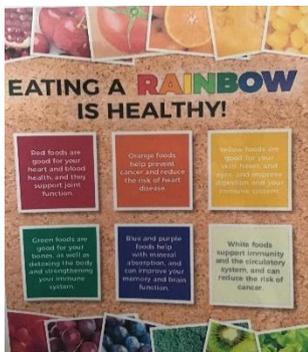
6. Everybody's bathing suit areas are private.
7. I don't have to be polite if someone makes me feel scared or uncomfortable. It's okay to say no even to a grown-up if I have to
8. I don't keep secrets especially if they make me feel scared or uneasy (no adult should tell a child to keep a secret)
9. If I ever get lost in a public place, I can freeze and yell or go to a mum with kids and ask for help
10. I will always pay attention to my special inner voice, especially if I get an 'uh-oh' feeling.

Teach your kids to be boss of their bodies Pattie also has a list of [tips for parents on her website here](#) but says the most important things parents can teach their kids is that they are the boss of their bodies, there are no secrets and to always check first. "Teach kids at an early age that they the boss of their private parts. Do this using anatomically correct words, not cutesy names. Predators have said if a child says 'that's my penis' it is harder to coerce them. "Also make sure your child knows there are to be no secrets from mum and dad and to check first if someone asks something of them. And teach kids what to do not what to do. Show them how to respond in a situation." Pattie recommends doing this through role-play. "Show them what asking first or checking first looks like. Practice makes perfect. You have to remind them every time you go somewhere."

While role playing is good, Pattie says if we're really going to keep our kids safe from tricky people, it is up to us to pay attention. "Don't let your kids run around unsupervised. And notice who is paying attention to your kids. Safe adults, especially ones who work with your kids, don't look for extra alone time for your kids. My mother asking to take my daughter to the movies, that makes sense. A maths teacher asking to make my daughter to the movies doesn't make sense." Pattie has an extensive list of [red flags for parents here](#). For parents looking for guidance on how to get the safety dialogue started with their kids, Pattie has written two books. You'll find these on her [website here](#).

Kidspot (2019). *The 'tricky people' lesson you need to teach your kids* retrieved from <https://www.kidspot.com.au/health/family-health/safety/the-tricky-people-lesson-you-need-to-teach-your-kids/news-story/36dd4010c5f49a893948561e493f02fc>

Ocean Turtles - What a wonderful second month of the year it has been, during this month we have followed the children's interests of farms, we have explored farm animals and their noises through sensory activity, storytelling and through music and movement. We are currently beginning to go into colours and are exploring a new colour each week. We are looking forward to more sensory activities and being creative. We will explore dying rice the colour red learning one colour a week, sensory activities like this build nerve connections in the brain's pathways, which lead to the child's ability to complete more complex learning tasks. Sensory play supports language development, cognitive growth, fine and gross motor skills, problem solving skills, and social interaction. We have also been visiting the centre's chickens and learning through play, nature and having fun in our safe environment.



Ocean Joey's- This month in the ocean room we welcome back Miss Kirra as the Joey's group leader. Miss Kirra is very excited to be back in the Ocean Room and working with the Joey's building positive relationships and working in collaboration with families to help program and support each child individually setting and reaching goals.

This month we have focused on celebrating culture. We have acknowledged and celebrated Waitangi Day and Chinese New year doing art activities and learning about each culture. We have also explored fruit experiences that have significance to these special days and cultures while investigating each fruit. We discussed cultural significance, texture, shape, size, taste and colour and this has led us onto our next theme which is rainbow encouraging healthy eating and nutrition through encouraging the children to eat their way through a rainbow whether that be fruits or other food.

Learning colour recognition and taking the chance having the courage and confidence to explore and try new things.



If there is a food or fruit with a significant colour from your culture/family we would love to inbed it into our program creating a sense of belonging and family involvement into our program.

Bush Room - Hello again from us in the Bush Room.



This month we had a very exciting month to celebrate. First we celebrated "Loud Shirt Day" by wearing the brightest clothes to bring awareness to those children with hearing loss. We educated the children to listen, learn and speak to their full potential.



And another celebration was Chinese New Year We learnt new culture and how the Chinese culture celebrate the New Year.

We did lots of activities related to the celebrations like hand prints to create bright colours for Loud Shirt Day and scissors skills for making lanterns and play dough activity for Chinese New Year.

This activity helped children to develop their fine motor skills, concentration and eye-hand coordination.

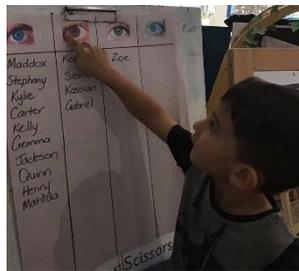


We are all looking forward to the next upcoming celebrations.

Rainforest – The Kindergarten children are all settled in and ready to discover, investigate, explore and learn about the world around us. We have been engaging in small group activities led by the children’s interests to support the children developing confidence, friendship and trust in our new environment. Our highlights include the confidence displayed as the children role played the Story of the Three Little Pigs using props and character voices to say



familiar lines and investigating the sensory trough with funnels, spoons and tweezers as the children explored pouring, filling and the properties of beans, legumes and lentils.



The Rainforest Rangers have begun our Walk-about-Wednesday programme beginning with a tour of the Cove playground. We are learning to make choices and taking calculated risks as we learn through these wonderful outdoor learning spaces that surround us. The children are learning about the life cycles of plants,

forms of energy and the impact humans can have on the environment. We look forward to visiting our permaculture block, gardening projects with Mr Louis, taking bus trips to the wetlands and stopping to smell the flowers along the way.

We are continuing with our learning about eating rainbows and trying new foods in a safe and supportive environment. If any families have fruit trees, we are always looking for opportunities for the children to taste foods that are locally grown. We are collecting photos of the fruit on the tree, the fruit or vegetable and then the children investigating the flesh, seed, taste, smell and colour. The children may tell you about the motorbike that we are using to test our energy. The further the motorbike goes the more rest, water and colours of food we have eaten.

Please send in any food brochures for cutting.....

Till next month - take care.

Light and love

The Rainforest



Curlew Cove – Welcome to the start of March & Autumn. I would like to introduce myself, my name is Miss Emmy-Lu and I will be the Group Leader at the Cove for after school care. In February the Cove children and I were working at building secure relationships with one another and becoming familiar with myself and other educators. Building positive relationships between educators and children:

- help children feel secure, freeing them to explore, play and learn
- offer opportunities for children to learn how to interact with others, respect others’ rights, be appropriately assertive and caring.

We have also been working on using effective routines in the afternoons to help make predictable transitions to the Cove. We have introduced a “Sign in Tree” where children sign themselves in and a routine of putting their bags away, afternoon tea, play experiences and going home etc. Routines help children feel organised, reduce stress, and find time for enjoyable activities. Good routines are well planned, regular, and predictable.

I look forward to starting the month with some new areas in the Cove that the children would like to change and activities like making play dough with our schoolies and giving it to our younger friends at the centre, baking, crafts and starting to play more outdoor sports as the weather will start to cool.

At our centre we are phasing out paw paw ointment and are now moving towards a locally sourced natural, organic and eco-friendly product called Nudie Balm.

These products are hand made by Jaymie at Earth Alchemy



App reviews

WHILE I'M AWAY

A mixed bag of apps to help parents and keep pre-schoolers entertained and learning.

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).



COUNTING ANTS LITE

PLAYTEND APPS LLP | AGE 1 - 6 | FREE

This is a great app for early learning and emergent counters perhaps the best way to help your emergent students practice counting to ten.



LOOPIMAL

YATATOY | AGE 3 + | \$5.99

Loopimal is a seriously fun music app for kids to explore sequences, loops, and music as they try to animate a bunch of cute animals.



We would love to say a **BIG THANK YOU** to the community of SMBI for the generous donations to our centre:

- food items
- gift bags
- building resources (boxes, container etc)
- plants

From all of us, we appreciate it lots.

Thank You



THIS MONTH'S POLICIES THAT ARE CURRENTLY BEING REVIEWED

Our Centre encourages parent feedback when we are reviewing our policies each month. This month we will review the below policies with our families. They will also be at the Centre for viewing, on our website and facebook page where all families are encouraged to read and provide feedback on the forms.

- 🚦 Emergency and Evacuation Policy
- 🚦 Fee Policy
- 🚦 Sun and Water Safety Policy

Parent Feedback on Policies reviewed this Month

Please complete the section below if you have any comments, suggestions or feedback on the policies we are reviewing each month. Your feedback is valuable to us and is part of continuing improvement plan within our centre. Thank you.

Policy Name:

What I like about the Policy:

What I would like to see changed about the Policy:
