

THE ART OF TEACHING IS THE ART
OF ASSISTING DISCOVERY.
— MARK VAN DOREN.



JUNE
2022



News from the Early Education FDC

Welcome to June, 2022 Newsletter

I would like to welcome all the families joined our services we have been very busy in process of registering new Educators and enrolling lots of new families in our Scheme, its great to see the impact of word of mouth on attracting new families to our scheme. I really appreciate our educators. They are providing quality care to the children. FDC staff and educators discuss ideas about programming. We will keep you updated on our progress and planning.

We do fire drill regularly after each drill, we all fill out a personal reflection on how we feel that it went and discuss strategies to improve. It is really great to see how much we improve with each drill. The children have been amazing each time and are really grasping the concept.

We always focus on children health and safety. We visit educators regularly to make sure that they are providing care to children according to NQF.

Due to new enrolments and picking up extra days majority of our educators have long waiting list of children.

JUNE SPECIAL EVENTS: 5TH JUNE WORLD ENVIRONMENT DAY

AROUND THE COUNTRY Mabo Day -----	3
World Environment Day-----	5
World Oceans Day -----	8
Global Wind Day -----	15
National Refugee Week -----	19-25



EARLY EDUCATION FAMILY DAY CARE SCHEME AIMS AND OBJECTIVES

Ensure the service facilitates the play-based learning environment and develops learning programs responsive to children's ideas, strengths and abilities

Implement inclusive practice and lead an environment, which honours diversity

Ensure that children are safe and adequately supervised all the time

Ensure the protection and rights of children attending the service

Provide appropriate equipment and ensure to maintain the aesthetics of the environment

We believe children have the right

To play, to accept challenges, to be given choices, opportunities and cared for in a comfortable and safe environment

Health & Safety: Eating well on the move



Veggie Quesadillas

Ingredients

- 8 (384g packet) multigrain tortillas
- $\frac{1}{3}$ cup tomato salsa
- $1\frac{1}{3}$ cups grated reduced fat tasty cheese
- 400g can no-added-salt red kidney beans, drained
- 1 cup grated carrot
- 1 cup (30g) baby spinach leaves
- Olive oil cooking spray
- 1 avocado, peeled and chopped

1 tbs lemon juice

Method

1. Lay 4 tortillas on a clean surface. Spread with tomato salsa and sprinkle with half the grated cheese.
2. Top each one evenly with kidney beans, grated carrot and spinach leaves. Sprinkle with remaining grated cheese. Cover with the remaining 4 tortillas.
3. Heat a large non-stick frying pan and grease with cooking spray. Add one filled tortilla, cook over a medium heat for about 3 minutes or until golden underneath. Using an egg slide, carefully turn and cook other side until golden. Remove from pan.
4. Repeat step 3 with remaining filled tortillas to make 4 quesadillas. Cool then cut each into 6 wedges.
5. Mash avocado with lemon juice in a small bowl. Serve with quesadillas if desired.

Tip: These tasty quesadillas can also be eaten warm as an after school snack or served as a light dinner with a salad.

<http://www.healthykids.nsw.gov.au/recipes/veggie-quesadillas.aspx>

Forget about relying on foods that lack nutrients, like those found at takeaways and highway service stations. There are plenty of alternatives!

On the road: Pack a portable picnic so you can all enjoy a bite en route or during rest breaks. Stash healthy snacks such as sandwiches, cheese, yoghurt and fruit in a small-insulated bag, along with ice cold drinks.

Your on-road kit: Vacuum flask packed with ice, Drink bottles that seal securely, insulated lunch boxes, Zip-lock bags for portioning out snacks, Hand wipes, Swiss army knife or penknife for cutting food

Hitting the Highway the Healthy Way:

Car Foods - apples, grapes or small tubs of fruit salad; mixed unsalted nuts, high-fibre snack bars, cubes of reduced-fat cheese and crackers, air popped popcorn

Picnic Fare - Homemade pasta salad, bean or lentil salads, salad sandwiches or wraps, veggie sticks and dips

Water Wise!

Water is a precious resource and as parents and careers we should help children understand this concept.

Here are a few ideas...there are of course many other ways too!

- Install a water tank, even if just a small one.
- Help your children find ways to collect water when it rains and then use in different ways.
- Provide child size watering cans



Focus Article: Raising an entrepreneurial child

Rachel Goodchild introduces strategies for raising children with a get-up-and-go mentality

Once, long ago, career paths were simple. You did what your parents did, or you went to school, got a trade or a qualification, and you stuck with it until your working days ended. Futurists say the current generations of children will have at least seven careers in their lifetimes. The ability to adapt, grow and find jobs to meet will be important attributes for all of our children as adults. Plus many will use their skills to start their own business, to ignite a spark, and create an income out of a passion. While it might be incredible to think about your two or five year old being employed as an adult, it is important to help your child be all they can be, and find ways to support him or her. Many of the skills and qualities beneficial for success in an adult are easiest learned as a child.

Entrepreneurs and business starters tend to possess

an income out of a passion. While it might be incredible to think about your two or five year old being employed as an adult, it is important to help your child be all they can be, and find ways to support him or her. Many of the skills and qualities beneficial for success in an adult are easiest learned as a child.

Entrepreneurs and business starters tend to possess three chief character traits. You can find ways to proactively develop these traits in your children.

Self-confidence

Business owners need to be robust, and trust themselves. Owning a business is difficult, especially in the first two years, and it's very common to receive setbacks and difficulties. Successful business owners know who they are and what skills they have, do not take things personally, and are not swayed by negativity.

Developing self-confidence is not about constantly telling your child they are perfect and fantastic. It's about balancing loving compliments with fair and balanced age-appropriate feedback. Be the person your child trusts to give a fair response when they ask you how they did. Point out their strengths, and if asked, also illuminate one or two areas they could improve on while offering help to do so.

Reward effort, and acknowledge achievement.

Resilience

The ability to bounce back and deal with obstacles is incredibly important. Linked closely to self-confidence, this attribute helps children to cope with change and the unexpected.

Ironically, the majority of children develop resilience through unexpected change in their life including family change, moving, circumstances and health. Some children thrive in the midst of great adversity. None of us wants to create these circumstances on purpose, but we can help develop resilience by allowing our children to take small risks, and not jumping in to rescue them unless they've got no other option than to use our help.

Health & Safety: Separation Anxiety



Does your little one cry or cling to you or both as you're leaving the room or heading out the door? Your toddler may be experiencing separation anxiety. At this age, your child doesn't have a strong sense of time, so he doesn't know when you'll return. Learn how to identify signs of toddler separation anxiety in order to soothe away the tears.

Why Do Toddlers Experience Separation Anxiety?

Children go through feelings of separation anxiety for different reasons, but on a basic level, they believe their survival is dependent on having a primary caregiver close by. Toddlers are also still too young to understand the concept of time. Leaving them in a room for a few minutes or at day care for a few hours feels like the same amount of time for them. So instead of sneaking off, which a toddler can interpret as leaving forever, be sure to say adieu, but keep the parting simple and short. Try to convey that the time apart is temporary and is not a cause for alarm.

What Are the Signs of Separation Anxiety?

Anxiety is "typically most prevalent between 8 and 18 months or so." Erin Boyd-Soissons, Ph.D. Indications of separation anxiety are usually present while a caregiver is departing or has left. Children may cling, throw a tantrum, or resist other caregivers in an

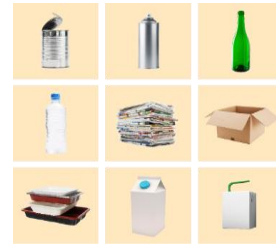
attempt to convince the parent not to leave, whether for work or to run an errand. A child can also show signs of fear and restlessness when a parent is in another room, when he's left alone at bedtime, or is being dropped off at day care. The outbursts usually subside once the caregiver is out of view. "This anxiety serves to keep the child close to the caregiver, who is their source of love and safety," Dr. Boyd-Soisson says.

How Can You Ease Separation Anxiety?

Although it may be difficult to hear a child cry, remember that separation anxiety does have a positive aspect: It indicates that a healthy attachment has bonded a caregiver and child. Try talking a child through the process of leaving; tell him that you love him and let him know you will return. If it helps, offer him a favorite stuffed animal as a soother in your absence. Keeping a regular routine can help children develop a feeling of control over daily situations. Say "See you later, alligator" or share a secret handshake as a clear and consistent indicator when saying goodbye.

Source: www.parents.com/toddlers-preschoolers/starting-preschool/separation-anxiety/dealing-with-separation-anxiety/

SUSTAINABILITY CORNER



Bins and recycling

No matter where you live your local council provides you with a disposal service that follows similar guidelines. Most councils' supply their residents with a general waste bin and a recycling bin as well as either a green waste bin or an option for green waste disposal. However, inside our homes most of us only have one bin. It is time to change this.

It is pretty important we all get into the habit of recycling our paper, plastic, and glass materials. If you sat down and really thought about how much you throw away that is recyclable, you would probably be astounded. By having an extra bin inside just for recycling you can pre-sort recyclables and throw out less.

Home recycling is something that adults should teach their children, because recycling at home is a simple step in the right direction of changing our environment for the better.

Go one step further and start a compost bin as well. Creating a compost bin is easy go to eartheasy.com/grow_compost.html for how to.

LET US GET READY FOR SCHOOL

Early education FDC strive to be the best early childhood education and care service. We encourage parents to work collaboratively with us for children's development and learning

We plan and implement a special pre-schooler program for the children age 3-5 years to prepare them for schooling.

PLAY WITH PURPOSE

Much of your child's day at our service revolves around playing fun games with educators and peers. While you may think these games your child is playing are just a way for them to enjoy their time away from home with their friends, many of those games are actually teaching them very important skills.

For most of us, our life consists of schedules and structure and running from one commitment to another. Between work and extracurricular activities, there often isn't a lot of time left for play or free time. Play becomes even more important for toddlers in a pre-school setting because they may not have a lot of time for play otherwise.

Toddlers are constantly asked to follow rules and adhere to schedules, so being able to play games with friends at pre-school allows them the opportunity to express themselves differently. Whether they are making up the game or expressing themselves and their emotions through games like role-playing, dress-up, or puppets, games help children learn how to solve problems and get creative. Playing games also helps toddlers develop social skills as well as their language and counting skills without feeling like work.

You may think a rousing game of *duck, duck, goose* or *musical chairs* is just a way for kids to burn off some energy, and you're not wrong. However, these games are also teaching kids some pretty great life skills.

These games can teach kids strategic skills, how to win and lose gracefully, how to practice self-control, and the importance of patience and taking turns. Games like *Simon Says* help children learn how to be leaders, while games like *hide-and-seek* teach children about problem-solving and critical thinking. Even though these games are a lot of fun for the children to participate in, they're also requiring your children to practice different skills and techniques as they play that they may not learn otherwise.

Playing games also helps your child with their memory, speech, and language abilities, as well as recognising words and letters.

Playing games like hide-and-seek, hopscotch, red light, green light and more at home can help your child build on these essential skills.

Catana, Kelli. (2022). *Those silly day care games kids play are secretly getting them ready for school.* Retrieved from www.newfolks.com/activities/day-care-games/



