



Little Bees Childcare

Centre Newsletter

Centre News/ Events...

Hello and Welcome to the June Edition of the Little Bees Newsletter. Winter is finally here, and it is going to be a very cold winter. A few tips to get through winter:

1. Adjust winter clothes for children's needs: Dress babies and young children in one more layer of clothing than an adult would wear in the same conditions.
2. Keep exposure to the cold at a minimum. Babies and young children do not have the same tolerance for cold that adults do. It is important to limit time outside.
3. Don't forget winter accessories: Remember warm boots, gloves or mittens and a hat which make a big difference in keeping young children and babies comfortable.
4. Prevent colds and flu by getting children to use soap and water and wash hands frequently which will reduce the spread of germs.
5. Encourage children when sneezing or coughing to do so into the bend of their elbows which also helps prevent the spread of germs.
6. Remember how important immunisation is for all children, keep vaccinations current including the flu shot for children 6 months and older.
7. You may be interested in using **Ethical Nutrients Inner Health for Kids**

Ethical Nutrients Inner Health for Kids is a high potency probiotic powder designed to help maintain the intestinal microbiological balance of the body, promoting and assisting general health and wellbeing.

What is a probiotic?

The word probiotic actually means 'for life'. The World Health Organisation define a probiotic as 'live micro-organism which, when administered in adequate amounts counter a health benefit on the host'. Probiotics are friendly bacteria that live in your digestive system.

The human digestive system contains over 400 different species of micro-organisms. On average, an adult human carries approximately two to four kilograms of bacterial gut flora. This represents an enormous number of bacteria. The reason we need so many bacteria inside us is because we require them for many beneficial actions within the body. They help keep our digestive system healthy, help us digest food, make certain nutrients that we are unable to make ourselves and help maintain a healthy immune system.

Therapeutic applications:

May promote the growth and increase the number of healthy flora within the digestive system.

If a child has been taking a course of antibiotics, Inner Health for Kids may assist in maintaining the levels of normal healthy flora or friendly bacteria that may have been disrupted.

Supports a normal healthy gastrointestinal system.

Helps improve general wellbeing.



Families please remember to sign children in and out as you enter and leave the premises. This is a legal requirement and if children are not signed in your child will be marked as absent which will then affect the amount of allowable absences in a year. This could also affect your Centrelink rebate and benefit.

The New Child Care Subsidy

From the 2 July 2018, The new Child Care Subsidy will replace the two current child care payments. This transition cannot happen automatically. To transition, you will need to complete an online Child Care Subsidy assessment using your Centrelink online account through [MyGov](#).

You will be asked to provide some new information and confirm your current details, including:

[Combined family income](#)

[Activity level of parents](#)

[Type of child care service](#)

Throughout April 2018, Centrelink will be writing to all families currently receiving Child Care Benefit and Child Care Rebate with instructions on completing their online assessment through [MyGov](#).

If families do not complete their assessment before 2 July 2018, they may not receive any child care fee assistance.

Please go into the helpful websites on the Little Bees App where a link has been added for further reading.

Please remember to **SIGN IN & SIGN OUT** on the QK kiosk as the time your child spends at the service needs to be recorded otherwise your CCS benefit will be affected.

Parramatta Community Event – Plant a Tree Day:

Sunday, 29 July 2018 10:00am to 1:00pm

Aims of the project: We are aiming to increase biodiversity and improve habitat by planting over 10,000 trees, shrubs and groundcovers along the creek line. This is your chance to take part in an important conservation project, learn about native flora and fauna and meet your local community. All are welcome!

Organisation: City of Parramatta Council

Site Address: Edison Parade WINSTON HILLS NSW 2153

Nearest Cross Street: Euclid Street

Directions: Edison Parade can be accessed either from Oakes Road or Euclid Street.

The reserve is best accessed by car with parking on the surrounding streets. Please carpool where possible as we are expecting a large crowd.

Buses (route 606) run along Barnetts Rd which is a short walk from the site.

BIKE PARKING:

Bike Valet Parking will be available on the day thanks to Advantageous.

BIKE BUSES:

* A 'Bike Bus' will leave from Toongabbie train station at 9.30am led by HerCycling Connection BUG, and the ride will use a shared cycleway along Pendle and Toongabbie Creek and will arrive to site by 10am. Return ride leaving at 1pm. Maximum 10 riders.

Another bike bus will be led by Cycle by the River from the Parramatta Ferry Wharf at 9am. The ride will use a shared Cycleway along Parramatta River through Parramatta Park to Westmead Children hospital (corner Hawkesbury Rd and Darcy Rd) for a 9.30am pick up point. Ride continues along North- West Tway, and Toongabbie creek arriving approx 10am. Return Lead ride departs 1pm. 10 riders max. Bookings essential.

Suitable for Children: Yes

Accessible for disabled: Yes

Notes about the day for Volunteers:

Please wear sturdy closed-in shoes, long pants, covered shoulders, a hat, sunnies, sun cream and insect repellent. If you have gardening gloves, please bring them along. Although we will have some gloves for participants on the day.

There is no drinking water tap on site. Don't forget to bring enough drinking water for the duration of the event, along with a picnic rug and any snacks you think might want during the day.

RSVPs are required for catering purposes. Registered Volunteers will receive a free BBQ lunch. Please note any dietary requirements (e.g. vegetarian/vegan) with your registration

The following will be provided: Gloves, Tools and equipment for planting, Watering cans / buckets, BBQ

Activities that will take place on the day:

- Planting Activity
- Educational Activities
- Free BBQ Lunch

Categories

- Wildlife corridors
- Native animal habitat
- Rivers, wetlands & waterways

Volunteer RSVP

RSVP to: Bushcare Officer

Phone: 02 9806 8280

OR go to the website

<https://treeday.planetark.org/site/10017977>

and Register online ☺



Please remember to not bring any products containing peanuts into the service as we are a **NUT-FREE** service and have children at the service who are anaphylactic to peanuts.



Please remember to not bring any products containing eggs into the service as we have a child at the service who is severely allergic to eggs.

Happy Birthday to...

1ST

2ND

3RD

4TH

5TH

Neevreeti

Konark

Arin



Important Dates in **July** for your Diary

10th July

Teddy Bears Picnic – Bring your favourite teddy bear to school

23rd - 27th July

Pyjama Week – Come to school dressed in your pyjamas



Room News- Beach Room (0-2)

Welcome to the June newsletter from the beach! We would like to welcome our new children and their families who started with us throughout the month of June Shaeleigh, Aadya, Yugan, Akshaya, Kuhan and Amelia. We hope you have felt welcome and we look forward to getting to know you.

This month we continued to extend the children's interest in animals as we took a look at wild animals around the world and within Australia. The children have participated in role play experience where they were encouraged to move like different animals, this allows the children to explore their bodies and their gross motor abilities. The children have also helped making their own jungle through art work which the educators have displayed in the room, the children were encouraged to explore a variety of painting mediums and materials as they painted using their hands, paint brushes, cotton buds, sponges and feathers. This helps develop fine motor skills as they grasp and learn how to use the different mediums.

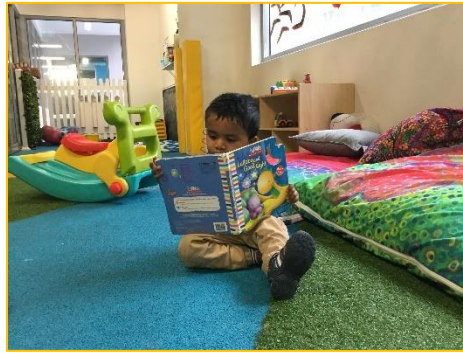
The children have also participated in a practice fire drill with the rest of the centre educators helped the children who aren't confident walkers into the emergency cot and those who can walk held onto the side of the cot as they walked out to the emergency door. The children then wait patiently as the educator did the roll and head count just like in a really fire emergency.

We would like to wish Miss Bec all the best as she is starting on a new adventure closer to her home. Miss Bec's last day will be the 28th June 2018. Miss Tayla from Artic room will be coming in and taking over Miss Bec's role.

Last but not least just a couple of reminders:

- Please label all your child's belonging as we have had times where other children have taken the wrong items home
- Please place your child's belonging in the locker, if your child hasn't been unassigned a locker yet approach one of the staff to assist you
- Make sure your child's nails are kept short to avoid scratching
- Please take home all belonging at the end of each week

Beach Room Snapshots- Beach Room (0-2)



Room News - Farm Room (2-3)

Greeting parents,

how are you all? We have already reached the second half of the year and saying hello to July. Can you imagine how fast that went? Children in farm room have had some wonderful times and been very busy with engaging in this month's big project about 'Farms'. Children have showed great interest and are very enthusiastic participating in the variety of activities based on the 'Farm' theme. We are pleased and glad to see all children have enjoyed this project and have developed knowledge of this particular project.

Art and Craft

Each day we have planned and implemented creative craft for children to participate with. Encourage children to use their hands and express creativity in each different craft task. Children enjoy messy painting, instead of using paint brush, we encourage children use their fingers to paint the sheep and cows craft. They use their hands sense the textures of the paint and it does goes slippery sometimes. We made pigs, sheep, cows, horse, ducks in the pond, big red barn and the educator has pasted all the craft onto the indoor glass windows for display.

Cooking experience

Cooking experience is one of the children's favourite activity they all looking forward to. Miss Lily guilds the children hand by hand making banana butterfly, piglet cupcake and popcorn sheep. The best part of it, is we can eat them! Yum yum! This is a great way of developing children's creativity, imagination skills and gain interest in making yummy food. Mummy and Daddy can get a very good helper at home.

Group time

Children just love participate in group time, learning new songs and read books relate to farm. Extending children's literacy skills, participation skills, sense of identity and sense of belonging. The most favourite song they would all loved to sing along with is 'Old MacDonald had a farm', 'The farm animals', 'Farm animal sound' songs etc.

Cognitive development

We also provide the opportunity for children participate in problem solving and thinking skills activities such as Farm animal puzzles, find home for the farm animals, where's farm bubs mummy? and animal habitations of where it belongs to zoo or farm. Children shows curiosity, and asking many questions like, "where is cubs mummy?", "Is this one goes in farm?", "What animal name is this?" etc. Children displayed wonder and develop sense of belonging while learning through play.

The following upcoming events in July, we will be conducting NAIDOC celebrating the culture and history of Aboriginal and Torres Strait Islander peoples. We also have Pyjamas week coming up, children can dress in their pyjamas for the whole week and we are going to have some movie time with popcorns and juice.

Farm Room Snapshots – Farm Room (2-3)



Room News- Jungle Room (3-4)

This month the Jungle room children have been engaging in dramatic play/ imaginative play, as they explore the role of Doctors. Through this imaginative play, children express and build upon their understanding of what Doctors do. This type of play allows children to use their language skills to interact with their peers and educators, exploring social groups and building upon concepts, such as: turn taking, integrating peer play ideas, negotiating play ideas and using their creativity to set scenarios.

Colour mixing / painting:

The Jungle room children have been painting using various techniques (butterfly printing, cotton bud painting, free hand painting, paintbrush painting) through painting, children experiment with cause and effect as they mix the paint colours.

Children in the Jungle room enjoy exploring with the texture of the paints, as they use their concentration to engage for longer periods.

Educators guiding these experiences focus more on the process of painting, rather than the picture outcome.

Literacy (letter game):

Using our letter cards, we used this game to link the letters to the animals. We investigated these animals on the tablet, looking at the sounds and physical attributes of the animals; broadening our understanding of where these animals come from and where they live. Through this investigation, children are able to identify differences and similarities, building upon their understanding of the world in which they live in.

Classroom rules/ role playing (problem solving):

Educators revisited the classroom rules with the children, reminding them of the rules throughout the day and actively guiding and supporting the children when conflict arises.

Educators participate in this problem solving as they act to mediate and talk to the children.

Reminders for Jungle room:

- If you would like to book in a meeting to talk about your child's development, please write your name down on the list located outside the Jungle room. In this meeting, you will be able to ask any questions regarding their development.
- A friendly reminder to label clothing items and belongings; as most children have similar items, this will reduce the amount of lost property.
- Please ensure spare clothes are provided in accordance to the change in weather.

Jungle Room Snapshots- Jungle Room (3-4)



Room News- Arctic Room (4-5)

This month has been busy for the Arctic room. They have been interested in road safety, several cooking experiments, letter crafts depending on the letter of the week. Show and tell has been popular which has helped in developing the children self-confidence and speaking skills. We always put up the letter of the week on the wall at the entrance to let you know which letter we will be focusing on this week. We also do school readiness in the afternoon which relates to the letter of the week.

Road safety is an important part of children's everyday lives. They come across road safety signs such as a pedestrian crossing, stop signs and traffic signs which the children have learned this month. They have been involved in activities regarding road safety such as painting a zebra crossing, painting traffic lights, doing cooking activities such as making traffic lights out of green apple, banana and red apple to represent a traffic light.

We also had an excursion to the library with a few children. They got an opportunity to listen to story by the librarian and sang songs with the librarian. They also got to choose some books to read on the mat and bring them back to the library to bring back to the centre. We will have another excursion to the library next month so other children will have a chance too.

We have been busy in doing half yearly reports this month and it was lovely to see the parents at the parent teacher interviews. This a good opportunity to meet you all and speak to you about your child's progress.

Reminders

- Please make sure all sheets and blankets are labelled.
- Please make sure your child's water bottle is labelled and placed in the white Arctic room trolley when you drop your child.
- It is cold outside, and it is hard to have water in this weather. Please educate and encourage your child to drink water at home and at the centre. We remind the children everyday here too.
- Please keep extra pair of clothing in your child's bag.
- We have show and tell according to the letter of the week. The letter is displayed on the wall outside the door every week. Please encourage your children to bring in something for show and tell starting from the letter.

Arctic Room Snapshots- Arctic Room (4-5)

