

Little Bees Childcare Centre Newsletter



Centre News...

Welcome to the October edition of Little Bees Childcare Newsletter.

Now that Spring is here we have seen some lovely sunny days! But along with the change in weather we often find that we need a bit of a change in clothes. So we would like to remind parents to make sure that their children have a variety of clothes in their bags. Think about the different types of weather that we have experienced just over the last two weeks, some days have been overcast or a bit drizzly, while others have been hot and very sunny. We spent as much time as we can outdoors with the children so we want to make sure that they are safe and comfortable... long sleeves, short sleeves, long pants, shorts, a broad brimmed hat and make sure that any shirts have sleeves that cover shoulders (this can be problematic for some of those pretty sundresses, but more problematic for young skin in the Australian sun!).

As our school leavers start making the big transition from Little Bees Childcare to big school, they will be busily getting ready to finalise their final chapter here at Little Bees. Can all families please return the bond refund letter back to the office ASAP so that a date for the graduation can be organised. If you have lost this letter, please see the office for another one. Watch this space for upcoming school leavers events.

We encourage participation from families and educators in all aspects of our centre, including the development of the curriculum. Building a partnership with families allows us to bridge the gap between home and care. The centre is open to parents at any time during opening hours.

A high level of parent participation is important in realising a child's potential. Providing the best quality care is only possible by using all resources available- including the participation and information from families and staff.

There are a range of ways that families can participate in the centre each day:

- Feedback/ suggestions in the family communication book/ suggestion box located on top of the lockers in each room.
- Sharing recent experiences at home through photos sent in via email
- Providing feedback on learning journey post via Qkeylm.
- Letting us know about special interests or skills that you have and would like to share with us (e.g. playing a musical instrument, gardening, cooking, speaking another language)

As the year comes to a close it is time to develop our calendar of events for 2017! We love fresh new ideas for events and celebrations so please send through any suggestions that you may have. There are so many ways that you can be involved, and we would love to hear your suggestions!

Special Events

Happy Diwali to our families at Little Bees Childcare!

Thank you to all our families who participated in this special event. It was great seeing our children come to the centre dressed in their beautiful costumes!



Happy Birthday to...

1 st	2 nd	3 rd	4 th	5 th
Hugo	Bruce	Mervick	Amora	Miguel
	Araf		Fifi	Martin
	Cooper		Yakshith	
			Elissa	

At Little bees we love celebrating your child's birthday as this gives them a sense of belonging and inclusion to the service. Just when celebrating birthdays please ensure the cake is a nut free cake as we do have children with nut allergies at the service.

We also have a no open flame policy so children will be provided with battery operated candle to blow out their cake. We thank you for your support in this matter.

Room News- Beach Room (0-2)

Hi there, welcome to our October newsletter. It was a wonderful and exciting month for beach room. We had three new members join to our group, lets us give a big welcome to Nicholas, Candy and Sebastian, we can't wait to make friends with them.

In this month, children have participated in a fascinating project 'Under the sea', this project/ interest has been running through the whole month, because children are interested in sea creatures and are enjoying getting actively involved in the creative craft and group activities. Through the group activities children are learning to recognize and name the sea animals, different shapes, and different colours. Each week we planned and implemented craft activities for children to participate in, we encouraged each child to use their creative minds to decorate their own sea animals craft, such as the octopus, hand print fish, shiny star fish, jellyfish, shark, whale, seahorse and more, as known who lives under the sea. We also implemented craft for sea creatures that lives in fairytales for children to participate in, such as the mermaids and the pirate boat, this stimulated children's creativity, wonder and imagination. Children got the opportunity to involve in each activity and this is the great opportunity for children to get to know about what's under the sea. Children's art/craft are displayed throughout the room both indoor and outdoor, so that each child is able to feel sense of belonging.

The beach room celebrated Diwali festival with children throughout the week. It is a great way for children to experience diversity festivals, contribute to the world and learn to respect for others. Children participated in cultural based activities throughout the week through art/ craft, dress up in the home corner and some families even came into the service wearing their most beautiful cultural outfits from home.

A friendly reminder for parents to keep their child's belongings in beach room's locker, when dropping your child to the service. Thank you.



Room News- Farm Room (2-3)

Welcome to our October newsletter, firstly we would like to give a warm welcome to the families and children that have started in the farm room this month. We are positively certain that they will enjoy their time at the centre and we also look forward to getting to know them! This month has been filled with special events and activities for the children. Throughout this month the children have had the chance to participate in some new topics that has expanded their learning in a creative way.



Planets and space:

During the planets and space week, children had been educated about the planets and space at group time. Miss Jessica had read a book about the planets and space where the children had the chance to ask questions and learn about what's in space. Once the children at the idea of what there is in space, the educators set out craft activities for the children to participate in. The children had the opportunity to make the sun, the earth, the planets, and the moon. They used paper plates, paint, and Paper Mache to create their art work. This topic allowed the children to use their fine motor and sensory skills, creativity thinking skills and encouraged them to use their social skills as well as learning about space.

Hygiene:

The children were encouraged to keep a good and clean hygiene in a fun way this week. Children were developing their learning and understanding about personal hygiene and good hygiene practices through the planned learning experiences. They began to understand the concept and procedures of brushing their teeth and shared their knowledge with their peers and educators. This also helps extend their fine motor skills through gripping onto toothbrush and focus on cleaning specific areas. The children also participated in activities with glitter and cream, they were required to wash their hands. This helped the children see the germs and taught them how to wash their hands thoroughly. They all enjoyed this experience!



Henny penny:

Henny Penny was an exciting week! The children were so intrigued and excited to meet the little baby chicks. They focused on exploring the life cycle of a chicken. The Henny Penny Hatching program had been set up, it provided the opportunity for our children to watch eggs hatching in a designed incubator, and then to observe the hatched chicks. Our children were so excited when they saw the chicks. They observed the appearance of chicks carefully. And some of them were willing to pat the chicks gently and take good care of them. They children also did art and craft activities where they made chicks hatching out of the egg, they also made chicks out of playdough.



Room News- Jungle Room (3-4)

Welcome back to Jungle rooms newsletter. We would like to make a warm welcome to our new children and their families who have joined our room Tiffany, Yuetong, Ridaan, Ganishkha, Anastasia and Axel. Some of our new friends have are transitioning from the farm room while others are their first time at Little Bees. We hope you have had a wonderful time getting to know your new peers and we look forward to many adventures with you.

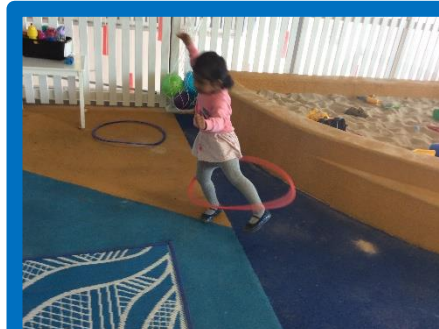
What an exciting month we have had this month with the celebration of Diwali and Halloween, whilst also extending on the children's interest in dinosaurs and emergency services. Dinosaurs have been the hot topic of the month as the children took interest in the dinosaur placed in block corner the children would use their dramatic play skills to create scenarios in which the dinosaurs would get hurt or the dinosaurs were chasing them through the outdoor play area. We extended on this interest by setting up the sensory tray swap like and place the dinosaurs throughout the tray the children used the children this activity to wash, feed and discuss about the different dinosaurs. We also encouraged the children to participate in making them on dinosaurs and own fossils through art and craft activities. To make the fossils the children used black clay and pressed small dinosaurs into the clay, once the clay had dry we painted them brown. We have also look at many story books related to dinosaurs with the children favorite ones being "The Big Book of Dinosaurs" and "The Big Book of Dinosaurs from Australia". The children enjoyed these books as they look at the different names of the dinosaurs, what the dinosaurs eat and where some of the dinosaurs were found, but the children mostly enjoyed laughing with Miss Bec and Miss Sampreet as they attempted to pronounce the dinosaur names.

The children other interest being in emergency services this interest was noticed when the children were playing in block corner with the Lego blocks. The children were very interested in building fire trucks and police helicopters and making the sounds they make when in emergency. Miss Sampreet set up an art and craft experience where the children painted cardboard boxes one red and black like a fire truck and one white and blue like a police car. Once dry the children used these vehicles in home corner as they dressed up like police officers and fire fighters and used their painted cardboard boxes as their cars. In group time with Miss Bec we had group discussions about what the police officer, fireman and paramedic (ambulance drivers) do and what they look like, it was great listening to the children come up with their different answers covering this subject. Miss Bec also role model what we should do when we are in a fire which is "Get down low and go, go, go". The children repeated this actions every day. We also talked about which number we should call if we need the police, fire or ambulance.

As we ended this month the children participate in the celebrations of Diwali and Halloween. The children were encouraged to come dressed up in traditional clothing for Diwali which is the festival of lights and dressed up in Halloween costumes such as Princess, superheroes, pirates and fire fighters. This was great experience for all the children as they participate in community festivals. The children made lanterns and rangoli art for Diwali and for Halloween we participated in cooking experience making monster moose and pumpkin cupcakes. Whilst also exploring our sensory tray and participating in various science experiences.

Extending on the children interest in singing in front of their peers, we are planning to start encouraging the children to participate in Show and Tell. Children are welcome to bring in toys, books, photos, etc. on their certain day to talk about with their peers. Please remember to place your child's name on anything they bring into school and we will have a show and tell basket which the items can be placed in. Your child's day are as follows:

Monday	Tuesday	Wednesday	Thursday	Friday
Amora	Aarnavi	Anwitha	Arin	Aaradhya
Bhuvi	Alice	Ayaan	Isharika	Aashritha
Laxmitha	Axel	En Qi	Jia Chen	Alicia
Samridh	Jiya	Krishna	Matthew. W	Anushka
Sanil	Mervick	Matthew. L	Mina	Krystal
Sukhpreet	Ruan	Parth	Shubhra	Pooja
Vivaan. K	Victoria		Viha	Vivaan. S



Room News- Arctic Room (4-5)

October has been a busy month for the Arctic room as the educators are preparing the children that are graduating this year for primary school. Educators are also focusing on the children that are not graduating by preparing them to follow the routine for Arctic room which are; school readiness, group time, basic learning; ABC, letters, numbers, social skills and using their independence skills. Children have also been showing a lot of independence throughout the day by using their self-help skills during eating time, dressing themselves and using the rest room.

This month we've been focusing on our project "Under the sea". The children enjoyed learning about this topic as they learnt and saw what lives under the sea. We did many activities based on our topic such as making jellyfishes crabs and fishes for craft, water play outside, reading under the sea stories, watching video clips about sea creatures and singing new songs about sea creatures.



Little bees this month ordered The Henny Penny hatching, for the children to learn about life cycle and living things. The children enjoyed seeing how the chicks hatch from the eggs and turn into beautiful yellow or black chicks. The Arctic room enjoyed having little visits from the chickens this month as they learnt how to take care of them, feed them and were able to hold them, touch them and watch the chicks walk around and make chipping noises.



As we draw closer to the end of the year, most children in the Arctic room will be transitioning to big school. A part of this transition process, teachers in the Arctic Room have planned a whole month of the school readiness curriculum so that children can extend on their self-help skills, confidence and sense of familiarity before they move to their school context.



Extra Information...

Physical activity is vital for a child's development and lays the foundation for a healthy lifestyle. There are five simple ways for your family to lead a healthy lifestyle and get back on track:

- 1. Get active each day.** Regular physical activity is important for healthy growth, development and well-being of children and you should encourage at least one hour of physical activity every day. It is important that parents are good role models and have a positive attitude to being active.
- 2. Choose water as a drink.** Water is the best way to quench your thirst – and it doesn't come with the added sugar found in fruit juices, soft drinks and other sweetened drinks. Reduced fat milk for children is nutritious and a great source of calcium for children aged over two.
- 3. Eat more fruit and vegetables.** Eating fruit and vegetables every day helps children to grow and develop. It also boosts their vitality. You should aim to eat two serves of fruit and five serves of vegetables on a daily basis.
- 4. Switch off the screen and get active.** Children should spend no more than one hour on 'small screen' entertainment, which includes watching the TV, surfing online or playing computer games. It is a good idea to plan a range of active indoor and outdoor games or activities for your children.
- 5. Eat fewer snacks and select healthier alternatives.** Healthy snacks help children and young people meet their daily nutritional needs. Snacks based on fruit and vegetables, reduced fat dairy products and whole grains are the healthiest options. It is a good idea to avoid snacks that are high in sugar and saturated fats, such as chips, cakes and chocolates, as these can cause children to put on excess weight.



The Summer warmer months see the busiest time of year for children being around water and it is crucial you keep constant supervision around swimming pools and whilst being at the beach. Laurie Lawrence created the KIDS ALIVE, DO THE FIVE water program which you should implement at home to keep your children safe at all times.

- 1. Fence the pool.**
- 2. Shut the gate.**
- 3. Teach your kids to swim – it's great.**
- 4. Supervise – watch your mate and**
- 5. Learn how to resuscitate**



Meals at Little Bees Childcare...

As the months are getting hotter, Little Bees Childcare aim to make meals at the service more enjoyable and fresh. At the centre we work on seasonal menus so that children can enjoy light refreshing meals in summer and warm and hearty meals in Winter. We have begun our summer menu and children are enjoying the variety of foods on offer. We have attached the menu to this newsletter so that families are able to see what children are having at the service. If you have any suggestions that you would like to bring forward to the menu, please do not hesitate to speak to one of our friendly educators. Please see the kitchen door or the sign above locker areas for the current week's menu.



LITTLE BEES CHILDCARE SUMMER MENU 2016

Week 1		Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 7.00am - 8.00am		Daily Selection of Breakfast Cereals served with milk				
Morning Tea 9.30 am	Regular	Fresh Seasonal Fruit Selection	Fresh Seasonal Fruit Selection	Fresh Seasonal Fruit Selection	Fresh Seasonal Fruit Selection	Fresh Seasonal Fruit Selection
		Muesli with yoghurt and fresh fruit	Banana Bread	English muffins with melted cheese	Wholemeal toast fingers with mashed avocado	Cheese and vegemite scrolls with vegetable sticks
	Babies Puree	Fruit salad	Apple w/custard	Mango custard	Banana w/yoghurt	Berry and apple
Lunch 12.00pm	Main Meal	Tuna Mornay Bake with spiral pasta	Chicken Meatballs and basmati rice	Spanish Omelette	Cauliflower Fritter and Basmati Rice	Beef Stir fry noodles
	Vegetarian Meal	Cauliflower with spiral pasta Bake	vegetarian sausages with Basmati rice			Vegetable stir fry noodles
	Sides	Baked vegetables and garlic bread	Garden Salad	Tomato and Green Bean Salad	Garden Salad	Spring rolls
	Babies Puree	Pasta and vegetables	Spinach, potato and pumpkin	Potato and Pumpkin	Broccoli with Mixed Vegetables	Vegetables with Noodles
Afternoon Tea 2.30pm	All afternoon teas are served with either fruit smoothie, milo, or milk					
	Regular	Wholemeal Sandwich Platter	Fresh Fruit, Water Crackers with Cheese and Cherry Tomatoes	Banana and maple pikelets with ice cream	Scones w/ Jam and cream	Variety of freshly baked muffins and fresh fruit
	Babies Puree	Mashed banana w/honey and yoghurt	Pear and peach	Yoghurt w/ fruit	Fruit puree w/custard	Cinnamon Apples
Late Snack 4.30pm	Regular	Dried & fresh fruit with wholemeal Roti	Assorted vegetable sticks with crackers and cheese	Dried & fresh fruit with wholemeal Roti	Assorted vegetable sticks with crackers and cheese	Dried & fresh fruit with wholemeal Roti

Week 2		Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 7.00am - 8.00am		Daily Selection of Breakfast Cereals served with milk				
Morning Tea 9.30 am	Regular	Fresh Seasonal Fruit Selection	Fresh Seasonal Fruit Selection	Fresh Seasonal Fruit Selection	Fresh Seasonal Fruit Selection	Fresh Seasonal Fruit Selection
		Cheese, chicken, ham croissants	Rice and corn thins with cheese and cherry tomatoes	Pizza Pinwheels and vegetable sticks	Pitta bread with salad sticks and dips	Turkish toast with vegetable sticks and dip
	Babies Puree	Fruit salad	Berries w/yoghurt	Mashed Banana	apple and pear w/ custard	Mashed banana w/yoghurt
Lunch 12.00pm	Main Meal	Beef nachos	Teriyaki chicken & vegetable hokkien noodles	Crumbed Fish Fingers	Spinach and ricotta canelloni	Butter chicken with Basmati rice
	Vegetarian Meal	Vegetarian nachos	vegetable hokkien noodles	Vegetable and cheese nuggets		chickpea and Pumpkin and rice
	Sides	Garden Salad	spring rolls	Baked potato fries	Garden Salad	Mixed Vegetables
	Babies Puree	Beans and vegetables	Mixed vegetables	Potato and pumpkin	Pasta with Spinach and Pumpkin	Chickpea and Pumpkin with Rice
Afternoon Tea 2.30pm	All afternoon teas are served with either fruit smoothie, milo, or milk					
	Regular	Apple & sultana slice and fresh fruit	Dried & fresh fruit with wholemeal Roti	milo cookies and fresh fruit	Carrot cake and fresh fruit	Cinnamon french toast and fresh fruit
	Babies	Apple Puree	Peach and apple	Chocolate Custard	Honey Yoghurt	Fruit Puree
Late Snack 4.30pm	Regular	Assorted vegetable sticks with crackers and cheese	ice cream cones with ice cream and fresh fruit	Assorted vegetable sticks with crackers and cheese	Dried & fresh fruit with wholemeal Roti	Assorted vegetable sticks with crackers and cheese

Week 3		Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 7.00am - 8.00am		Daily Selection of Breakfast Cereals served with milk				
Morning Tea 9.30 am	Regular	Fresh Seasonal Fruit Selection	Fresh Seasonal Fruit Selection	Fresh Seasonal Fruit Selection	Fresh Seasonal Fruit Selection	Fresh Seasonal Fruit Selection
		Crumpets with butter and jam	Raisin toast	Banana, apple and oats cookies	Pizza fingers and vegetable sticks	Variety of freshly baked muffins
	Babies Puree	Apples, Peach and Mango	Berry Yoghurt	Apricot Custard	Fruit Salad	Peaches and Custard
Lunch 12.00pm	Main Meal	Macaroni and cheese pasta bake	Mini chicken burgers	Beef and salad flat bread pockets	Fish fillets with Basmati rice	Chicken nuggets
	Vegetarian Meal		Mini chickpea burgers	Falafel pocket	Chickpea and vegetable fritters	Vegetable and cheese nuggets
	Sides	Garden salad	Baked sweet potato fries	Garden salad	Garden Salad	Home baked potato fries
	Babies Puree	Carrot and Sweet Potato	Chickpea and Sweet Potato	Potato and pumpkin	Rice and Broccoli	Chickpeas, rice and vegetables
Afternoon Tea 2.30pm	All afternoon teas are served with either fruit smoothie, milo, fruit punch or milk					
	Regular	Wholemeal sandwich platter	Fruit salad w/ ice cream	Jelly w/ custard and fresh fruit	Honey yoghurt with fresh fruit	Saos with cheese and vegetable sticks
	Babies	Mashed Banana	Fruit salad	Pear and apples	Honey Yoghurt	Fruit salad
Late Snack 4.30pm	Regular	Dried & fresh fruit with wholemeal Roti	Assorted vegetable sticks with crackers and cheese	Dried & fresh fruit with wholemeal Roti	Assorted vegetable sticks with crackers and cheese	Dried & fresh fruit with wholemeal Roti

Week 4		Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 7.00am - 8.00am		Daily Selection of Breakfast Cereals served with milk				
Morning Tea 9.30 am	Regular	Fresh Seasonal Fruit Selection	Fresh Seasonal Fruit Selection	Fresh Seasonal Fruit Selection	Fresh Seasonal Fruit Selection	Fresh Seasonal Fruit Selection
		Banana bread	Maple and banana pancakes	Muesli with yoghurt	Sultana and apple cake	Focaccia cheese sticks and cherry tomatoes
	Babies Puree	Banana w/Yoghurt	Peaches and custard	Mixed Fruit	Cinnamon Apples	Mashed Avocado
Lunch 12.00pm	Main Meal	Spaghetti Bolognaise	Egg with Vegetables Fried Rice	Mexican chicken burritos	Tuna in red sauce	Honey soy chicken
	Vegetarian Meal	Vegetarian spaghetti	Vegetarian fried rice	Mexican bean burritos	Chickpeas and Mixed Vegetables in red sauce	Vegetarian sausages
	Sides	Garden Salad	Spring Rolls	Gucamole and salad	Basmati Rice	baked fries and salad
	Babies Puree	Mixed Vegetables	Potato and pumpkin	Chickpeas rice and vegetables	Rice and Vegetables	Sweet Potato and Carrot
Afternoon Tea 2.30pm	All afternoon teas are served with either fruit smoothie, milo, fruit punch or milk					
	Regular	Pita bread with vegetable sticks and ricotta dip	cheesy bread sticks and vegetable sticks	Pavlova	Mini pizzas	Trifle
	Babies Puree	Pears	Banana w/ yoghurt	Mango Custard	Honey Yoghurt	Apples w/custard
Late Snack 4.30pm	Regular	Assorted vegetable sticks with crackers and cheese	Dried & fresh fruit with wholemeal Roti	Assorted vegetable sticks with crackers and cheese	Dried & fresh fruit with wholemeal Roti	Assorted vegetable sticks with crackers and cheese