

# Little Bees Childcare



## February Newsletter 2021

### Centre News and Events...

- March 3 – Hinamatsuri also called 'Dolls Day or Girls Day' is a special day in Japan that is celebrated. It is a doll festival to celebrate female children and pray for their continued health and happiness.



- March 3 – World Wildlife Day celebrates and raises awareness of the world's wild fauna and flora to ensure we don't threaten the survival of species.



- March 3 & 4 – Parramatta Police Visit will be visiting Little Bees to discuss their role as police officer, road safety and community members we can trust
- March 5 – Clean Up Australia Day
- March 8 – International Women's Day
- March 10-12 – World's Greatest Shave where children can have their hair sprayed. You can make a small donation at the front foyer in order to raise funds for families who are facing blood cancer and also help research scientists continue their search for better ways to diagnose and treat blood cancer.

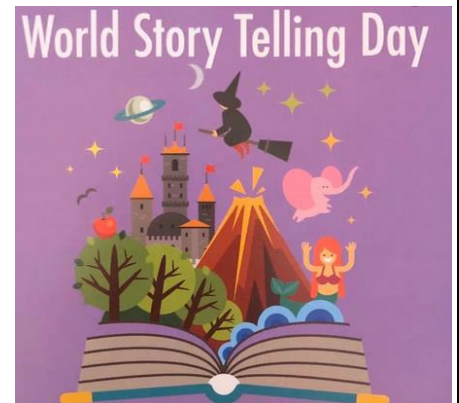


- March 15-18 - Harmony Week. Dress in orange to celebrate Harmony.

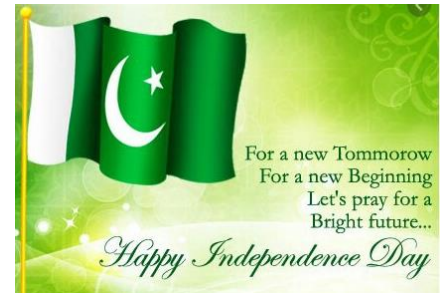
# HARMONY DAY



- March 19 - Story Telling Day where children will tell and listen to stories throughout the day.



- March 22 - Cultural Diversity Awareness where children will learn about cultural diversity through video presentations, songs and storybooks
- March 23- Pakistan Independence Day where children will learn about the country and celebrate the day they achieved independence



- March 26 – Bangladesh Independence Day to celebrate the day the country declared independence from Pakistan



BANGLADESH  
INDEPENDENCE DAY

- March 26 – Earth Hour where the service will turn off non-essential electrical lights for 1 hour during the day and use natural sunlight.



- March 29 – HOLI Festival where the children will celebrate the festival of colours. Please bring your child into the service with a white shirt as they will throw colourful powder at each other



- March 30-1<sup>st</sup> April – Easter celebration week. Children will need to make an Easter hat at home and bring it in this week to participate in the daily Easter Hat parade. The children will also participate in an Easter egg hunt.



## Happy Birthday

- Quinlan – 3
- Koby – 3
- Sylvia – 3
- Sarah – 3
- Issa – 4
- Zarvan – 4
- Abhay – 4



## Meet the team



Miss Alicia who has joined in the Beach room. She will now be in the Farm room from March. She is studying Bachelor of Education (Early Childhood) and has worked in OOSH.

## Healthy Living Information

### Little Bees Recipe Book

Dear families,

As part of our community and family involvement, we would like to ask all of our families to share a favourite family recipe with us. Once we collect enough recipes, we will be creating a family recipe book that will be available to purchase for \$10. All proceeds will be donated to Food Bank which will help provide a food hamper for families in need.

Please send through a recipe including a picture of the meal. Each room will also provide 2 recipes that the children have enjoyed making at Little Bees.

The categories we will have include;

- healthy snacks
- mains
- desserts

You can post your recipes via the app or send through to [jenny@littlebeeschildcare.com.au](mailto:jenny@littlebeeschildcare.com.au)

### **HUNGER IN AUSTRALIA**

In normal times, Foodbank provides essential food and grocery relief to 815,000 Australians experiencing food insecurity every month. But these are not normal times and the charities that have been able to remain open during COVID-19 report that demand for food relief has been up 47% on average since the pandemic was declared.

**EVERY \$1 YOU DONATE  
PROVIDES TWO MEALS  
FOR AUSTRALIANS IN  
NEED**

**DONATE NOW**

**THANK YOU** to the families who have provided us with the recipes to create our Little Bees Recipe Book.



## The Beach Room News (0-2)

Dear parents/ families, welcome to Beach room newsletter! To begin this month's newsletter, I would like to introduce our new room educator Miss Alicia and new children Pranvi and Aaryan who join us this month. Miss Alicia, Pranvi and Aaryan, welcome to Beach room.

This month, the children participated in various activities and events:

Children were encouraged to wear red coloured clothing on Valentine's Day and Lunar New Year Day as part of celebration of the events.

### **11/02/2021: Valentine's Day**

To celebration of Valentine's Day, children participated in art and craft. Children were encouraged to use their handprint to create their own Valentines love heart. Most of the children were enjoying and feeling the textures of the paint. This experience supports children to learn about the heart shapes and become aware of the concept of 'heart' relating to 'love'.

### **12/02/2021 Lunar New Year:**

On the Lunar Year Day, Little Bees Kitchen prepared a special traditional menu for children to celebrate this day. For instance: dumpling, spring rolls etc. Children enjoyed eating traditional Chinese food. The children also participated in many activities to feel the Lunar New Year atmosphere, such as: making lantern by using the red coloured paper, engage with the lantern, red envelope, Chinese knot, watch a short video about the people celebrating Lunar New Year and receiving the 'red envelope' for educators.

### **16/02/2021 Pancake Day:**

During the Pancake Day, children were having the Pancake for their morning and afternoon tea as to participated in this events. Most of the children really like it and ate lots of Pancake.

On 19th of February, children joined in Miss Camila's baby shower party and farewell to Miss Camila as Miss Camila is going for her maternity leave. Miss Camila, good luck and we are looking forwards to see you return.

Except for the celebration of various day and events, Beach room educators also developed many activities to support children's physical needs. As children between 0 to 2 years old's physical needs are very important to further support them in the further. Therefore, this month the educators planned activities such as dance, parachute, ball throwing and kicking, bubbles popping, obstacle course, baby walker, sensory play etc to exercise children's small and big muscle.



## The Farm Room News (2-3)

We would like to welcome the new children who have started this month or recently and has moved from beach room to Farm Room. We have celebrated Myra's birthday this month. We have celebrated Valentine's Day, Chinese New Year and pancake day.

### **Environmental sustainability:**

Farm room child have been looking after our outdoor garden by watering plants. Children visited Arctic room's outdoor garden and picked the tomatoes from the growing tomato tree as they were ready to be picked. We made pizza using those tomatoes. Children are learning and taking responsibility to look after the natural environment and using our growing produce.

### **Heathy eating:**

Throughout the month we have made different healthy smoothies, healthy drinks and pizza to continue our healthy eating habits. We also implemented a healthy eating puppet show to make learning about healthy eating more engaging for the children. We also have many discussions about healthy food and sometimes food.

### **Room decoration:**

We have started decorating our family tree and weather chart. Children have made cloud, rain and sun by doing craft activity.

### **Health and hygiene:**

In the month of February, the children have been practicing brushing their teeth, washing hands and toilet training. They have learnt about healthy teeth and unhealthy teeth and how to brush teeth and when. Children know the hand washing procedures and when by practicing every day in the centre.

### **Traffic rules:**

We have discussed about traffic basics rules and traffic lights to ensure the children can be safe when out and about near the roads.

### **Physical activity:**

Children have done lots of obstacles course throughout the month. They have done tunnel play, running, jumping, climbing and parachute play. They have done yoga few times and dance classes.

### **Alphabets and vocabulary**

We have started to learn to identify and recognise the alphabet in this month. We revised words for increasing their vocabulary.

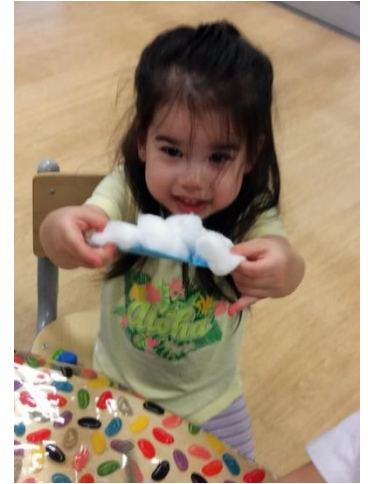
### **Friendly reminder:**

- Dears parents, please return the 'all about me' form and family photo as we would like to get to know more about your child
- Please give your children easy to wear shoes to help them develop their self-help skill
- please trim children's nails for health and safety and to avoid incidents









## The Jungle Room News (3-4)

### **Events:**

We celebrated Sri Lanka Independence Day on the 4th starting with watching a short clip about Sri Lanka. The children also did some craft, making their own Sri Lankan flags while looking at a picture of one (visual aid) for visual inspiration.

On the 11<sup>th</sup>, we had our valentine's day celebration where the children were encouraged to wear pink or red in celebration. They also enjoyed making a valentine's day card for their mum's and dad's.

We celebrated Chinese New Year's on the 12th, encouraging the children to come in dressed in red clothing. Throughout the day the children enjoyed listening to some traditional Chinese music, watching a short video on Chinese New Year celebrations, and making some Chinese lanterns.

### **Children's Interests:**

Over the month the children have become more and more interested in Dinosaurs. This has led to more dinosaur related experiences. The children are continuing to explore the alphabet, working on phonic sounds and awareness. The children are also showing more interest in physical activities, often wanting to go out and ride the bikes or explore the climbing equipment.

### **Environmental:**

The children have continued feeding the fish every Monday, Wednesday and Friday, all wanting to have their turn putting the food into the tank. The children are learning to care for living creatures. We have also started collecting the Woolworths discovery garden to start growing the herbs and spices in our outdoor environment.

### **Yarning Circle:**

The children have been participating in our Acknowledgement of Country group times and demonstrate great recognition skills of the poem we read as a group. This teaches the children about respect towards the Traditional Owners and Custodians of this Land; the Aboriginal and Torres Strait Islander; Darug People. The children have been taking turns leading the group time with the Tapping Sticks.

### **Social:**

We have been working on social skills over the month with lots of group experiences. Through this the children learn about sharing, taking turns and teamwork.

### **Health:**

The children have been doing lots of cooking experiences throughout the month, getting them to try different foods such as spinach. Educators have also been role modelling healthy eating, enjoying the food with the children, and encouraging those reluctant to try. Lots of the cooking experiences the children have been doing will be included in the cooking book that we are making.







## The Arctic Room News (4-5)

Welcome to our February Newsletter for 2021. Here is what we have been learning throughout the month of February:

### **School Readiness:**

The Arctic room children have participated in many activities that help them prepare for big School. These activities include: Writing their names and numbers in their writing booklets, learning about Australian money, exploring the number/word flash cards, learning to count with natural resources, practicing their cutting skills and cognitive skills, and finally exploring our new School readiness resources- such as puzzles, counters and wooden shapes.

### **Crunch and Sip:**

Our Crunch and Sip program encourages the children to have a healthy snack in between meals and encourages them to drink lots of water throughout the day. During crunch and sip the children are offered a healthy snack such as an apple, pear and banana or vegetables. After eating the fruit, the children are reminded to swish and swallow with water. This program also prepares the children for big School and helps them to become more independent when it comes to healthy eating.

### **Group Time/Yarning Circle:**

Every morning the children gather around the mat for group time. During group time the children practice the days of the week and weather. The children also sing the Alphabet Phonic Song and practice saying the sounds of the Alphabet.

After group time the children participate in our Yarning Circle. During Yarning Circle, the children thank the Darug People by saying the Little Bees Acknowledgement of Country. Once the children finish thanking the Darug people they choose a story to read.

### **Show and Tell:**

To develop on the children's Language skills, Vocabulary Skills, Verbal Communication Skills and Social Interaction Skills- Every Monday, Thursday and Friday the children are encouraged to bring in something educational for show and tell. Our show and tell task has been very successful and all the children love speaking about their educational items, such as books, pencils, pencil cases, rubbers and water bottles.

### **February Events:**

On the 4th of February, the children celebrated Sri-Lanka Independence Day. To celebrate this event the children made delicious milk rice and watched a documentary about Sri Lanka and how the people of Sri Lanka celebrate this event.

During the month of February Arctic room children have celebrated many events. On the 11th of February, the children celebrated Valentine's Day, to celebrate this event the children made LOVELY!! unicorns out of colourful paper and pencils/crayons, Valentine's Day cards for their mummy's and Daddy's, and the children also participated in a fun Valentine's Day science experiment.

On the 12th February the children celebrated Chinese New Year (The Year Of The Ox). To celebrate Chinese New Year the children made yummy rice paper rolls and watched a small documentary on how the people of China celebrate their New Year.

On the 16th of February the children celebrated Pancake Day. The children decorated/ate delicious pancakes and participated in a pancake craft experience to celebrate this special day. The children also watched a video about the runaway pancake- this story is a fun children's story written by Mairi Mackinnon and Silvia Provantini.

### **Family Input/Events:**

If any families have an event or special celebrations, they would love the children to learn/celebrate please do not hesitate to let the Arctic Educators know. Arctic Educators are encouraging a lot of family input when it comes to their child's learning and development. You can post your ideas on the app or speak to the educators of Arctic room through one-on-one conversations.

For this month Zarvan's mum has told us about a special event that they celebrate in Bangladesh. This event is called International Mother Language Day. This event is celebrated internationally as an homage to struggle and war that Bangladesh went through to establish Bengali as their mother tongue. To celebrate this event the children had the opportunity to greet each other in their home languages. The children also watched two documentaries on how different cultures speak/greet each other and how the people of Bangladesh celebrate this special event. We also made mango lassi in celebration of this event.

### **Battery Bin:**

As part of our sustainability practices the children are being encouraged to bring in used batteries from home for our battery bin. When our battery bin is full we will be sending them off to a place where they will be recycled.

### **Special Reminders:**

- Please label all your child's belongings.
- Please do not allow your child to bring in their home toys, as they may get lost or misplaced. If your child does bring in their home toys, they will be told to put it into their bags until home time.
- Please provide your children with hats. The children need to wear round brimmed hats when playing outside.
- If you haven't already please provided us with a family photo for our family tree.
- Please cut your child's nails to prevent any scratching incidents.





## Did you know

There are many ways of saying phrases to children instead of saying "STOP and DON'T" and other commands.

If you get into the habit of telling your child **what you want them to do**, the communication will be more effectively received by the child as the message you are presenting will transfer to their brain. The more extra information you give to the children, the better as they need to gain an awareness and understanding of why they cannot do things a certain way.

Here are some examples of changing "commands" given to the children so that the children will be more engaging in wanting to follow your "non-commands".

### Command

'Time to get up!'  
'Hop down, please.'  
'Put that away.'  
'Don't forget your shoes.'

### Reworded Phrase

Shall we get up now?  
When you hop down, we can go and get ready for our trip.'  
'Shall we put these away so no one trips over them?'  
We'll all need shoes today because it's so cold. Where are yours?'

See full article/blog for more information

<http://sacraparental.com/2015/07/30/gentle-parenting-tips-26-things-to-say-to-kids-instead-of-stop-dont-and-other-commands/>

## GENTLE PARENTING

### POSITIVE PHRASES

Stop running

Slow down please

No hitting

Be gentle when you touch

You can't have that

Give that to me, please

Stop yelling

Quiet voice, please

No throwing

Keep it in your hands or place it on the ground

Stop crying

I can see that you are very upset and I'm here for you if you need me

# Sustainability at Home and at the Service

## RECYCLING BATTERIES AT LITTLE BEES

### The Problem

Sending batteries to landfill is a huge waste of valuable resources. If recycled, 95% of the components of a battery can be turned into new batteries or used in other industries.

Most batteries contain hazardous materials and can pollute the environment when disposed of in landfills or when thrown out elsewhere. Materials like lead, cadmium and mercury can poison people and animals and contaminate soils and water, and they stay in the environment for a long time.

What can you do?

By recycling batteries, you can be part of the solution to a growing waste problem. Remember to buy rechargeable and recyclable batteries whenever you can.

### Sites:

[https://www.cleanup.org.au/batteries?gclid=EAlaIQobChMI3cHPv5rj7QIV2X4rCh3\\_YA2YEAAYASAAEgJUs\\_D\\_BwE](https://www.cleanup.org.au/batteries?gclid=EAlaIQobChMI3cHPv5rj7QIV2X4rCh3_YA2YEAAYASAAEgJUs_D_BwE)

<https://batteryrecycling.org.au/recycle-batteries/why/find-a-recycler/>



## Child Safety Tip

## Community Links



Our local Parramatta Police Officers will be visiting Little Bees on 3<sup>rd</sup> & 4<sup>th</sup> March to discuss road safety and emergency safety with the children.

## Early Years Learning Framework (EYLF)

## Early Years Learning Framework in Action

There are 5 learning outcomes in the Early Years Learning Framework:

- Outcome 1: Children have a strong sense of identity
  - Outcome 2: Children are connected with and contribute to their world
  - Outcome 3: Children have a strong sense of wellbeing
  - Outcome 4: Children are confident and involved learners
  - Outcome 5: Children are effective communicators
- The Early Years Learning Framework describes childhood as a time of belonging, being and becoming.

- Belonging is the basis for living a fulfilling life. Children feel they belong because of the relationships they have with their family, community, culture, and place.
- Being is about living here and now. Childhood is a special time in life and children need time to just 'be'—time to play, try new things and have fun.
- Becoming is about the learning and development that young children experience. Children start to form their sense of identity from an early age, which shapes the type of adult they will become.





# 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 distribute the below policies to our families. They will also be displayed in the Centre foyer where all families are encouraged to read and provide feedback on the forms.

- Delivery and collection of children
- Enrolment and Orientation
- Evacuation and Lockdown

If you would like a copy of all or any of the policies, you will find them in the Policy Folder in the foyer or ask a staff member

## 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 this month. Your feedback is valuable to us and is an essential element for us to continue to build on the centre's quality improvement plan. Thank you.

**Policy Name:** \_\_\_\_\_

**What I like about the Policy:** \_\_\_\_\_

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**What I would like to see changed about the Policy:** \_\_\_\_\_

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