



PUMPKIN LONG DAY CARE CENTRE

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Newsletter – August 2018

Centre News

The weather has been quite pleasant during the day, Spring is here now. There is some confusion about how to balance sun protection with getting enough vitamin D. But, there is one thing all experts agree on – sun protection is needed when ultraviolet (UV) levels are 3 or above.

Although Vitamin D is essential for bone and muscle development, most people will get enough vitamin D from their normal activities.

Here are few important messages from Cancer Council NSW:

- Use a combination of sun protection measures (broad brimmed hat, covering clothing, sunscreen, sunglasses and shade) when the UV level is 3 and above.
- Being physically active while outdoors will assist with increasing vitamin D levels.

We are playing outside now in the morning (when the centre is opened and warm). Please bring in your child with a hat (bucket or legionnaire, no cap and beanie), also please apply the sunscreen from home, because it needs 15 minutes for the sunscreen to be absorbed.



September Calendar of Even

1st – Friday - Wattle Day – Wattle Day is a day of celebration in [New South Wales](#), [Australia](#) of the first day of [spring](#) with the use of [acacias](#), known by the common name "wattle" in Australia.

31/08/18– Friday – Father's Day afternoon tea – Please come and joins us for an afternoon tea at 3.20 pm.

02nd – Sunday – Father's Day.

02nd – Sunday – Krishna Janmashtami – Hindu Tradition, celebrates the birth of Khrisna. This is a two-day festival. On the first day, participants fast. This is broken at midnight by eating sweet dairy products.

03rd – Monday – National Flag Day.

03rd - 07/09/18 – Kids Teaching Kids Week.

12th - 18/09/18 – National Recycling Week.

09th - 11/09/18 – Rosh Hashanah – Jewish tradition, commemorates the creation of the world.

18th – 19/09/18 – Yom Kippur – Jewish tradition.

19th - Friday –Dussehra (Dasara) – Indian Festival “remover of bad fate”.

19th - Friday – Vijaya Dashami – Hindu tradition, this marks the triumph of good over evil.



Clownfish News

A big welcome to **Amelia**, **Alicia** and **Olivier** into our Clownfish room!

We started this month with the discussion of healthy eating and dental hygiene. We talked about “healthy pyramid” that shows the food that we need to eat less (treats food), the ones we should eat moderately and the one that should be in our daily intakes. The children picked some vegetables and fruits from our garden to taste such as lettuce, kumquat, lettuce and grape. Throughout this experience, the children can exercise their sensory capabilities and explore new taste from around them. This discussion lead to our next activities about dental hygiene. The children learned few tips to keep their teeth clean and healthy by brushing their teeth using toothpaste twice a day.



Science Week started from the 11th to 19th of August where the children did experiment each day during the week. The clownfish children and educators worked collaboratively on few experiments such as oil and water separation, sink and float and bubble play. The children were responsive and curious as they participated toward the activities with enthusiasm, energy and concentration





Book Week kicked off from 18th to 24 August where the children shared their love for readings and maybe dressed up as their favourite characters. Clownfish children shared their favourite books (animals and sensory book) as well as their favourite costumes from the folk tales. Then, we extend the story into our play such as their pretend tea party, birthday party and music party. The children followed and extended their interest into the play where they started to respond verbally and non-verbally to their peers to express what they see, feel and touch.

Despite the unpredictable weather this month, the children were able to play outside whenever the sun was out. The children were excited to see outdoor views such as the buses, the blue sky, the birds that stopped by and their favourite toys. The children loved to ride the transportation vehicles, climb the obstacles courses or just sit on the boats. Finger crossed for better weather once spring is here!

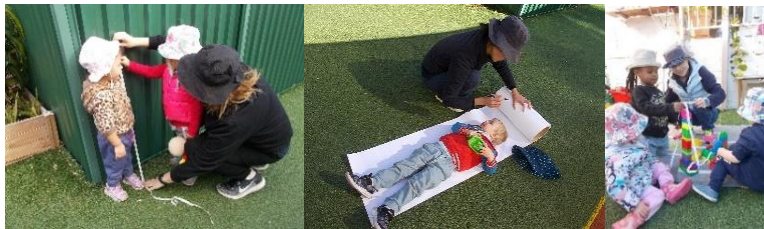


Until next month,

Clownfish educators ☺

Jellyfish News

Welcome to our August newsletter! Big welcome to **Erin, Xavier, Brinda, Zayyan, and Neo**. It has been really nice to see them settling well throughout the routine as well as building a secure attachment with peers and educators in the room. We are still focusing on their capacity to understand and self-regulate in terms of toilet training where we found some of the children have improved in their toileting. Partnership with families is essential in achieving this outcome. Over the few weeks of August, the Jellyfish children also have been celebrating various events, enjoying numerous interest projects, visual art works and physical explorations.



Measurement learning - The measurement interest occurred when one of the children brought in a tape measure. It actually led to an experience where the children got measured by their height. Throughout the experience, The Jellyfish children were incorporating measurement concept in their play experience, as the children were seen noticing their height differences and starting to compare each other's height as well as measuring some outdoor and indoor equipment sizes and shapes. The Jellyfish children develop the concept of measurement, problem solving, and comparison.



National Science Week kicked off from 11th August to 19th August where the children were experimenting science activities for each day during the week. The Jellyfish children and educators were collaboratively working on creating tornados in a bottle, exploring a rainbow walking water experiment, the skittles rainbow experiment, and mixing colours using paint. The

Jellyfish children were completely mesmerized along the processes as it allowed them to make connections, extend what they already know, and explore new ideas about the world around them.



Book Week (18th August - 24 August 2018) this year has a theme called 'Find your Treasure' where there would be plenty opportunities for fun reading, learning, and creating. This year's theme made us think immediately of a treasure hunt! The Jellyfish children were instructed to decorate a treasure box and explore a treasure hunt. The letter-sound interest also occurred throughout the book week, the interest started when some children have been continuously recognising what letter their peers's name started with. The children began to understand key literacy and numeracy concepts and processes throughout the letter-sound exploration. We then extended it by setting up various literacy activities that incorporate words and sounds.



Gardening – towards the end of August, the children were so interested looking after their garden, they initiated to grab the watering jug and asked the educator to fill it in with water. We initiated to collect milk containers from families (thank you for donating it to us), once all containers have been collected we decided use it as a watering tool, we made little holes on the lid for the water to come out. The children were enjoying it as they were seen so enthusiastic exploring our recycled

watering tool. It is great to see them engaged with sustainable practices where it will broaden their understanding further about the world they are live in.

Parent reminder:

- Don't forget to check on your email to keep updated on what's happening within the room and weekly program. We would love to hear about your children's weekend experience, feel free to send us email and photos. Let the children share it in the group!
- Please label all children's belongings and provide at least 2 spare changes of clothes, especially winter appropriate clothing.
- Please send us your family photos to complete our Jellyfish family trees.

Until next months,

Jellyfish educators 😊

Lionfish News

During the month of August, the Lionfish children have been very busy. Continuing on from our interest in healthy eating and as August is Dental Health month, we have been talking about how to keep our teeth healthy through good nutrition and cleaning. We have looked at books and on the internet to learn about Dental Health and hygiene and also used our creativity and imaginations in a variety of art and craft experiences. We also made our own toothbrush timers after Lilly brought in one she had made at home to show us.



We have also celebrated Science Week, participating in a variety of experiments and activities. We used textas and absorbent paper in a chromatography experiment and learnt about static electricity using balloons and static snakes and butterflies. We also continued testing this whilst playing on the slide and giving Miss Rebecca electric shocks. We also used celery to learn about absorption, watching the leaves change colour and we learnt about magnetism using magnets and a variety of metal and non-metal objects.

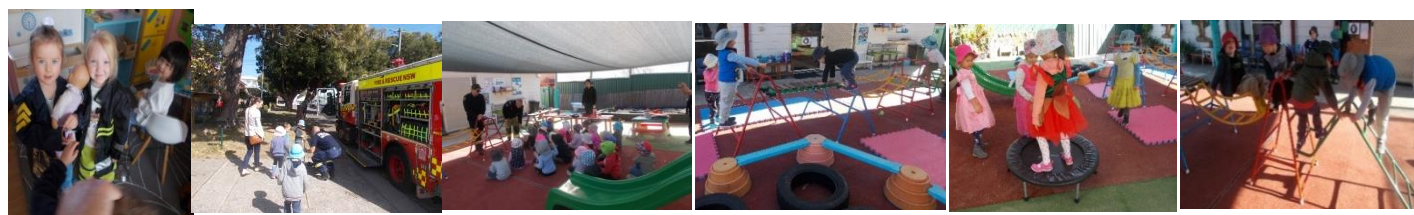


We also celebrated Book Week, encouraging the children to bring in their favourite books to share or dress up as their favourite book character. The children were very eager to share their books with their friends and read them together. We also provided dress ups outside so everyone could continue to dress up if they wanted to.



Towards the end of the month, we talked about Fire Fighters in preparation for our visit from the local Fire Fighters. The children were very excited when they arrived on August 23rd and very eager to ask questions and to learn about Fire Safety, including smoke alarms, what to do if you go on fire and what to do if you're trapped in a fire. We then saw the Fire Truck and learnt about the equipment the Fire Fighters use in their work.

We have also continued to enjoy lots of physical activities, during outdoor play. During outdoor play, the Lionfish children have enjoyed practising their climbing and physical skills inventing their own Ninja Warrior courses after watching the TV show. Each day leading up to the finals, they have developed new courses to challenge themselves and their friends. They have also continued to practise their bike riding skills as well as using the bouncy balls to exercise and invent new games.



With all the other exciting activities happening, we have still been continuing to practise our name writing and number writing as well as doing some number and letter recognition. We've even been practising some counting and simple addition and subtraction.



We have also continued our interest in using our imaginations to explore the sandpit using a variety of resources and equipment. The children have worked independently and in small groups, making cakes, sandcastles, volcanoes, searching for treasure and just exploring the sand.



Miss Nicole will be away from the 11th of September and she will be back on the 30th of October.

Until next month,
Lionfish staff

Starfish August Newsletter



Dental Awareness – At the end of last month, after all our healthy learning experiences and our excursion to a local



Woolworths, we moved on to a new health topic – dental hygiene due to dental awareness week happening this month and our upcoming dentist visit. The children were invited to share about their dental visits, oral hygiene routine and anything dental-related. For example,



one child shared a picture of a mouth that she had coloured in and that inspired the children in engaging in their own mouth colouring in activity! Another child shared a pamphlet explaining, “That’s a toothbrush! They are brushing”. We also read a story brought in by a child about brushing teeth called ‘Give us a smile, Cinderella’, explored photos of a child’s dentist visit earlier in the year in the Japan, used egg cartons brought in by families to create clean and dirty teeth, read stories about what to expect at a dentist visit and about wobbly teeth and tooth fairies and explored friends’ electric toothbrushes! We are looking forward to our dentist visit coming up in October!



Ninja Warrior Obstacle! One morning this month, a child approached Miss Tracey and was discussing his like for ‘Ninja Warrior’ and together they decided to create our very own ninja warrior obstacle course! More children decided to join in and following their interests, enthusiastically helped in picking and getting out the larger beams, frames and safety



mats. The children worked collaboratively and negotiated on where they wanted their obstacle to be. It was wonderful to see the children challenging their abilities and skills on the equipment, jumping, balancing, hopping, climbing and even sliding! As the days went on, the interest continued and the children were interested in making their ‘Ninja Warrior’ course harder as they put it together themselves with trampolines, tyres, balancing frames and challenged their abilities to cross the course safely and quickly.



Eyesight screening – Before the vision screener came in to test the children's eyes, Ms Alessandra started a conversation about it so they would know what to expect. We talked about the reasons for having their vision tested such as that some will be starting 'big' school soon, that they may not realise they can't see well and the only way to check if they have a vision problem is by testing one eye at a time. The children really enjoyed having their vision tested when the day came this month!



Book Week – We marked book week mid-month, as the children were invited to dress up as their favourite character and share their favourite books. They shared stories and symbols and re-enacted well-known and new stories! We got to re-read many favourite stories as well as get to know new ones and even had children reading stories to the class all on their own!



Firefighter Incursion! - Ms Alessandra reminded the children in the morning that the day had finally arrived and talked through some rules with the children to



make sure everyone had a fun and safe incursion. And indeed we did, the firefighters praised the children at the end, saying they were very well behaved and had many interesting questions to ask! First,



the children listened to the firefighters talk about fire safety, such as when they demonstrated how to get down low and go, go, go and said that we should never go back to get anything during a fire as we can replace things and being safe is a priority! They also spoke about how fast they would come in an emergency and were impressed that the children knew what number to call in case of an emergency as the group shouted, "000! The

children asked many questions and then got to try the hose and explored the firetruck and things inside it before the firefighters received an emergency call and had to go but not before giving everyone a big high five!

Grapefruit Testing and Printing and Juice making! - The children

have been helping pick grapefruits this month from our tree to take home and share with family members.

Miss Tracey suggested that they could have a try of

some as she cut up quarters for the children to taste. The children enjoyed exploring



the fruit's taste and discussed what they were tasting, "It tastes salty!"

"There are different taste buds on your tongue, right now the taste buds that are reacting are your sour tastes buds", added Ms Rebecca. With the left over grapefruits we decided to then create a 'printing craft', as suggested by a child enthusiastically. They



showed much interest in mixing the coloured paints to the pots and then applying them to the assorted sized grapefruits and we repeated the experience the next day. We have also been extending the grapefruit interest by making our own juices and trying out new taste combinations!



Science Week – We marked science week after a child shared that

he was an "Archaeologist for a day" as he spent time at the science museum digging for bones. Miss Rebecca decided to have a

quick discussion about what type of science



experiments the children may be interested in. Reflecting on their knowledge of science, experimentation and relaying their ideas, they participated in a class discussion and with some



inspiration from the children, we decided to have a look online, to see if there were some colour experiments that we could try. Learning the word 'absorption' and its meaning, the children then had a



look at an experiment called 'Walking Water', where they explored how 'secondary' colours are created, using same absorption techniques. "Wow it's making new colours", the children verbalised in shock as they watched the coloured water travel up the paper

towel and then down to the other side, mixing the primary colours. “Would you like to do a quick experiment this afternoon?” Miss Rebecca asked and the children excitedly responded by saying yes and watched a demonstration as to how to do the ‘Chromatography’ experiment, we learned how to separate mixtures of substances into their components, in our case coloured texters. We used trial and error to see which texters worked well and which ones didn’t and made the discovery that white-board markers wouldn’t separate as well as the children’s texters! The children also explored static play with two balloons and manipulated and played with ‘Static’ Butterfly and Snake created by them. Each had a turn at using the balloons and creating ‘friction’ as they rubbed them on their heads, “Look your hair is sticking up!” the children verbalized to another! The children also explored with magnets and engaged in a celery absorption experiment (as suggested by a child).



Father’s Day – The children created lovely gifts for their dads using recycled materials from the service and some brought in by families and educators. These creative experiences turned into shape learning experiences as the children requested specific shapes for their gift making and got talking about the amount of sizes in shapes and compared them to see if they were the same size.

Until next month, Starfish educators