



PUMPKIN LONG DAY CARE CENTRE

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Newsletter – August 2019

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 open). 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 Events

1st – Sunday - 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.

30/08/19– Friday – Father's Day afternoon tea – Please come and joins us for an afternoon tea at 3.20 pm.

01st – Sunday – Father's Day

03rd - Tuesday – National Flag Day.

09 - 13/09/19 – Kids Teaching Kids Week.

29th - 01/10/19 – Rosh Hashanah – Jewish tradition, commemorates the creation of the world.



Clownfish News

Welcome to the eighth newsletter of the year. This month, we welcome **Darius** to our room and hope he can have fun and grow during his time in Pumpkin. Moreover, we celebrated Kingston's and Ava's birthday who turned two this month. Happy birthday children!

This month, we raised awareness about the importance of dental hygiene, science and book reading. In Pumpkin, we learnt those through different activities, experiments and themes.

Dental week

Dental health week is annual oral health promotion event that goes on from the 5th – 11th August this year. To raise the awareness of it this year, educators talked to the children on when to brush teeth, how to brush it correctly through book and song, tips for selecting food that is beneficial for health or avoiding sometime food that can deteriorate the teeth and to do regular check-up. Moreover, experiences were prepared for the

children to encourage the habits of hygienic practices, such as happy or sad teeth, and making their own version of toothbrushes from sticks.

Science week

Science week is celebration of science and technology to promote interest in science pursuit and to encourage children to explore the world we live in, which usually held in the mid of August each year. This year, we explored few concepts of physics and chemistry through simple activities. The children learnt about sink and float, heavy and light, colour experiments through skittles and oobleck experiments, and magnetic fields. Through these experiences, children investigated, explored, made discovery, and broadened their understanding of the world they live in





Book week

The book week is celebrated from the 17th – 23rd with “Reading is my secret power” as the theme this year. The book week is to promote the importance of literacy and higher standards in children’s book. In Pumpkin, we celebrated by dressing up in our pyjamas, or in our favourite characters and by bringing up their favourite books to read in school. Throughout this week, the children came with different books every morning, and was very excited to read them whenever they had the chances. The educators responded to their cues by reading, singing and using puppets to bring the stories to life as well as engaging in enjoyable

interactions by using verbal or non-verbal language. Thank you for all the parents that have been supporting the children and sending inputs to celebrate this week with us ☺

Parent reminder:

- As the weather has turned cold, please dressed the children warmly.
- Please pack several spare clothes for the children as some experiences can get them messy or wet as well as clothes that suit the unpredictable weather.
- Please remember to bring in a family photo for the family tree which will be displayed in our room to support the children’s sense of belonging.
- Family input is very important for children’s learning and development. Please share with us any information we could use and include into children’s learning plans. Example of the information are family weekend, new favourite books or songs, current interests or any exciting news will be appreciated ☺.

Until next month,

Clownfish educators



Jellyfish News



Welcoming August! This month is the end of the winter season in Australia. We are looking forward to a warmer weather ☺

Dental health week

Ealier this month, children developed an increased awareness of dental health week as Miss Stella reminded children that we will be having a dentist visit next September! Today Jellyfish educators used oral and visual representation to promote their wellness and wellbeing in relation dental health. Jellyfish children were reminded to at least brush our teeth twice a day to wash the germ away and keep our teeth healthy! The song 'This is the way we brush our teeth' was sang together while showing some brushing movement. We had some enjoyable activities to promote the learning such as becoming a tooth fairy, exploring brushing teeth movements, making teeth craft, and exploring what germs look like!



Natural environments and explorations



On the 7th, we had one child showing her visit to a farm, experienced mandarin picking and meeting some farm animals. Jellyfish children then involved in the art activities making and painting their very own mandarin trees. As soon as we finished, children were encouraged to revisit the finished tree and describe it in front of the group. We decided to value children's contribution by displaying the tree on our wall. Using a pretend orange, Miss Stella encouraged children to participate in collaborative play that promote children's ability to recognise verbal instruction and movement such as "put the orange on your head and pass it to your friend(name)". **"What's in there, Miss Stella?"** – asked one child with curiosity, Miss Stella offered children to look closely and started to open the lid. Miss Stella verbally said, "It's a worm farm" and explained children why we had them in the first place. Other children showed wonder and interest of what Miss Stella and Aydin observed. They showed wonder and interest and developed growing appreciating with other living things while taking a closer look of how worm moved and ate their foods. upon Jellyfish interest in exploring nature, in the afternoon we had a fun time having a nature walk. They showed growing interest and wonder as soon as they captured a tree expressing, "A tree!!" with enthusiasm. Jellyfish children had opportunities to use their sensory capabilities to collect barks, leaves, and small acacia 'berries' from the native tree that we had around our neighbourhood. Afterwards, children were given opportunities to touch the wiggly worms, they happily expressed, "Aaa.. its ticklish!" sharing enjoyment sensing the worms. Jellyfish children were seen exploring a wet sand on the 28th August in the playground, this spontaneous experience prompted children to visit the wet sand area too. They were seen experimenting textures.

National science week



National Science Week is Australia's annual celebration of science and technology, it aims to encourage an interest in science pursuits among general public, and encourage younger people to become fascinated by the world we live in. To introduce them about moon and space science, Miss Sinni used technology and media that provide knowledge to enhance children's learning, Jellyfish learned about Moonlight from the video of 'How does the moon shine?' Jellyfish then learned that the moon shines because its surface reflects light from the sun, we also learned about the phases of the moon, and that the moon rotates arounds the earth. Miss Sinni intentionally scaffolded children's understanding by making a moon phases out from Oreo Cookie. Jellyfish began to recognise the patterns of the moon and the connections between them, it has four phases: new moon, first quarter, full moon and last quarter. Furthermore, Jellyfish learned about what's inside the space: moon, star, planets, sun, and astronaut through a book called 'look inside space'. They also had an opportunity to use their creative arts to paint a full moon! – furthering children's enthusiasm in participating in scientific learning, again they were introduced to a new concept called 'night and day time' where children were encouraged to make prediction and hypothesis. Extending their science learning, Miss Stella told them that at night we could see a moon and stars, whereas at day time (we turned on the light and put a morning music with birds's sounds) children saw a sun and clouds at the sky! At the end of the group experience, children were given opportunities to look closely to the image and explore the concept of high and low, they developed an ability to mirror, repeat and practice using the figures. Lastly, Jellyfish children were so excited when Miss Stella gave opportunities to set up the spaceship with chairs in our room. We turned off the light and scrolled down the blind promoting the space atmosphere in the room



Dinosaurs exploration



On the 19th, One of the children shared her experience visiting dinosaur museum, throughout the week Jellyfish children and educators explored various activities related to dinosaurs. We read a book called 'a dinosaur called tiny', Jellyfish learned about how the dinosaurs' egg hatched and cracked, and where the dinosaur came from. Miss Sinni and Miss Rozina decided to set up a 'Dino Museum'. to extend Jellyfish's interest towards dinosaurs, on the 20th, Miss Sinni decided to make a dino mini jungle using the recycled baby pure jars. To decorate our mini jungle, Miss Sinni then took Jellyfish children to collect the dried leaves, twigs, banksia leaves, and acacia berries outside our centre. They were so excited and actively gathered all the natural resources from the street. Jellyfish children have been revisiting their dinosaurs jar that they created yesterday (4.1). Observing their enthusiasm, Miss Stella decided to use our garden to be the dinosaur's habitat. children were seen engaged in sustained exploration lining up all the dinosaurs in the garden, they were seen collaboratively sharing and negotiating the tools.

Book week highlights

We would like to say a big thank you to all children and families who supported the event at our service. The book week was full of laughter and happiness as children and educators were collaboratively exploring games, stories, and also dressing up with pyjamas and book characters.





Until next months,

Jellyfish educators

Lionfish Newsletter

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 have made our own toothbrushes, practised brushing our teeth using models of teeth made using recycled milk containers and continued talking about healthy foods as some children have been bringing lunchboxes in in preparation for school next year.



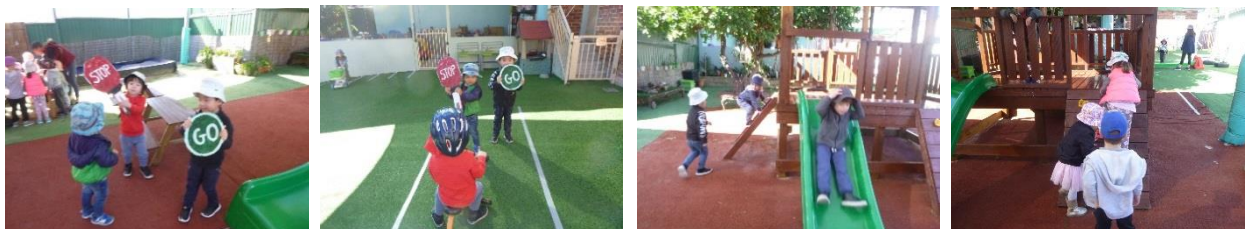
We have also celebrated Science Week, participating in a variety of experiments and activities. We made crystals, rock candies, did an absorption experiment using carnations, made puffy paints, participated in a rain cloud experiment as well as a fireworks experiment and made our own rainbow using pipettes. The children had a great time, discovering, learning and exploring throughout the week.



We also celebrated Book Week, encouraging the children to bring in their favourite books to share or dress up as their favourite book character or in pyjamas. 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. Our interest in books and literature extended for 2 weeks with the children continuing to bring in books for news.



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 obstacle courses, as well as continuing their interest in riding the bikes and cars and practising their ball skills playing a variety of 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.



Until next month,

Lionfish Educators 😊

Starfish Newsletter

Parent Notices:

- A new news roster has been e-mailed. Please check to see if there have been any changes.
- Please label all items including your child's news items.
- Please ensure your child has a sun hat each day.
- We ask no more toys to be brought to Pumpkin. We have had some gone missing. If your child does bring toys they are to stay in their bag.
- Miss Nicole will be away from Tuesday 27th of August till Tuesday the 24th of September. If you have any questions or concerns please see Miss Rebecca or Miss Elly.

RSPCA Incursion... Please be aware of the up coming RSPCA incursion on Tuesday November the 5th at 10:15am. As a cost for the incursion the RSPCA is asking for either a gold coin donation from each child, or a collection of items for the shelter animals such as toys, food, or old towels for bedding. Please give these to a Lionfish or Starfish Educator. If your child does not attend on Tuesday, you are still very welcome to come to the incursion (However you will need to stay with your child). Please let the educators know if you are coming. An e-mail regarding the incursion has been sent too.



Lunchboxes... This month there has been some students wishing to bring a lunchbox in. If you choose to bring a lunch box please remember no nuts and eggs, also ensure you are packing healthy food. Please also be aware lunchboxes will need to stay in the child's locker and won't be able to be placed within the fridge (just like school).



Cars and Bikes... During outside play the Starfish have continued to request to have the cars and bikes brought out. The Starfish have been observed engaging with their gross motor skills when pushing and pedalling them around. This has



been further through the use of the road signs and traffic lights which we have made previously. While inside the Starfish have collaborated to use train tracks to make their own car track. Once complete taking turns as they race their cars on the track.



Dramatic Play... Throughout August the Starfish have been busy expressing their creativity and imagination through the means of dramatic play. The Starfish have collaborated with each other and their educators as they role played being



babies, mummy and daddy while inside and in the cubby house outside. In the sandpit and the home corner we have had numerous chefs and birthday cakes. The climbing frame has been used as a train, truck and car for the Starfish to go to countless differing locations. While outside the Starfish have also asked for the fairies to be brought out. Using the fairies and the fairy garden the Starfish



have created fairy land.

Father's Day Gifts... In August the Starfish have been busy making their Father's Day gifts and cards. We will not say too much as we don't want to give away the surprise. While making their gifts the Starfish have expressed their love for their fathers and the need to hide the gifts so they don't see them.



Play-doh... Due to the weather we have been indoors for some days. While indoor the Starfish have requested to engage with the play-doh. The Starfish have been observed using their fine motor skill and sensory dispositions to



manipulate the play-doh as they create, invent and construct. During August the Starfish also worked with their educators to make play-doh and even added various colours of glitter too.



Dental Health Week... On 5th of August till 11th of August it was Dental Health Week. During this time the Starfish have engaged within various learning experiences, which deal with this. The Starfish were introduced through reading the book *Dr Rabbits meets Brushalotamus*. This provided the basis for how we keep our teeth clean and how and how frequently we need to brush our teeth. The Starfish watched a video detailing how the brush teeth and pretended they were brushing as they watched. Together we also read *Peppa Pig and Tooth Fairy*. The Starfish created their own toothbrushes using paddle pop sticks.



As well as practised how to brush their teeth through using a toothbrush as a paintbrush and white paint as toothpaste. Miss Rebecca made teeth using donated recycled materials where the children were once again encouraged to practise brushing.



Science Week... On the 10th of August till the 18th of August it was national science week. The Starfish collaborated with each other and their educators to conduct various science experiments. The Starfish investigated large salt crystals before making their own rock candies which will be available to take home. The Starfish used liquids found at home to explore liquid density when creating rainbows in a jar. The Starfish were excited to see white carnation flowers change colour after being placed in water with food colouring. Together the Starfish made puffy paint and used it to express their imagination and creativity. Once again using common household items the Starfish explored how colours react in substances through the fireworks in a jar and rain clouds experiments. Using food colouring and pipettes



the Starfish created our own rainbow to explore the concept of colour absorption. Examples of these experiments are on show in the Starfish room, please feel free to come have a look.

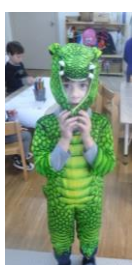
Book Week! To finish off our month of August, the Starfish children were excited to commence their 'Book Week' celebrations, encouraged to bring in their favourite story books as well as dressing up as their favourite book characters. We had a fisherman, a Kai lo ren, Power Rangers, Transformers, Elsa and Anna's, Fire Fighters, Spider Men, Cat Boy, Snow



White, Skye, an Alligator, Pirates, a Batman, a giant Cat, Arora, Sophia (the Ballerina) as well as Miss Rebecca and Miss Catherine dressing up in Harry Potter costumes and creating fun games of 'Quidditch' as seen in the movie 'Harry Potter', using ping pong balls to represent the



'Golden Snitch', tyres used as the goals and pool noodles to depict their flying broomsticks. The children then engaged in creative arts and crafts activities to



create their very own Super Hero masks, quite proud to show them off and



seen role-playing being their



favourite characters during outdoor and indoor playtime. We also had our class join with Lionfish with Miss Nicole, Miss Rebecca, Miss Tracy and Miss Catherine dressing up in colourful Pyjamas. Miss Rebecca dressed up as a Giraffe and read the story 'Giraffe's Can't Dance' and Miss Nicole dressed up as a Unicorn and read the story 'Thelma the Unicorn', with the children then proving to themselves and to their teachers that 'Giraffe's can indeed dance', boogying alongside their teachers to music chosen by them based on favourite songs. The children even had a chance at being budding photographers and were observed taking pictures of their peers and their teachers during play time. What a fun filled month we've had thus far!

Until Next Month,

Starfish Educators 😊😊