



PUMPKIN LONG DAY CARE CENTRE

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Newsletter – July 2018

Centre News

Look at our Grapefruit's tree! Please take some home, grapefruits are low in [calories](#) but are full of nutrients, and an excellent source of vitamins A and C. Many studies have suggested that increasing the consumption of plant foods such as grapefruit decreases the risk of [obesity](#), [diabetes](#), [heart disease](#) and overall mortality while. It is also said to promote a healthy complexion, increased energy, and lower overall weight.



Parent Reminder

Parents and families are asked to please keep unwell children home until they are well. This is particularly important if your child has had a fever, infectious disease, diarrhoea, or been vomiting within the past 24 hours. If your child is unwell while at the service, we will ask you to collect them. If your child has been unwell with an infectious disease, you will be required to provide a medical certificate (clearance letter) confirming that your child is well enough to attend childcare.

Unwell children include those with fevers. Fevers refer to temperatures above 38°C and are usually a sign of infection (eg virus). When children develop a fever at the service, educators and staff will contact parents and ask them to collect the child unless we have a written advice from a medical practitioner that the fever is not caused by an infectious disease (eg teething).

The health and safety of all children is a major concern for us.

Thank you.

Kind regards,

Pumpkin Educators

August Calendar of Events

03rd – Friday – Jeans for Genes Day.

04th – Saturday – National Aboriginal and Islander Children's Day (NAICD).

06th – Monday – New South Wales Bank Holiday.

06th – 12/08/18 – Dental Health Week Australia

09th – Thursday - International Day for World Indigenous People.

11th – 19/08/18 – National Science Week, Theme: Future Earth.

12th – 18/08/18 – Keep Australia Beautiful Week.

19th - 26/08/18 – Children's Book Week.

24th – Friday – Daffodil Day.

26th - Sunday- Raksha Bandhan – Hindu tradition, celebrates the love between brothers and sisters. Sisters will tie a rakhi thread on their brother's wrist as a form of protection against evil spirits.

21st – 25/08/18 – Eid Al Adha – Islamic tradition.



Clownfish News

Welcome to **Christian** and **Giacomo** into our clownfish room.

Happy birthday to **Xavier Mac** and **Neo**.

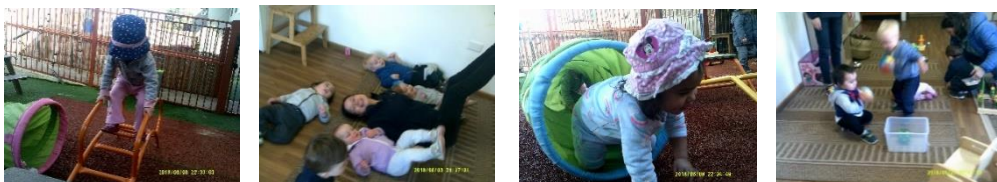
Congratulations to **Zayne** who started to walk, mum and Clownfish educators are very proud of him.

We started a series of books about feelings in the late June and we had carried it on through July, by showing and re-modelling positive behaviour to them and now they are slowly gaining and demonstrating the understanding of how to self-regulate their feelings and emotions. We are seeing more happy faces, sharing, collaborating and co-operation between the Clownfish children.



We had been physically active during this winter season. Being indoor more than being outside due to the cold weather, children had been actively participating and enjoying music and dancing. Children engaged in various of creative movements following the pattern of the dance from YouTube 'the Wiggles'. Ms Yuki introduced Yoga to the Clownfish children, teaching the children how to relax, demonstrating breathing techniques, exercising and meditation too!

Outdoor, the Clownfish children followed their interests in obstacles frames, using the equipment with increasing confidence and skills. There also loved the tricycles, tunnel and some ball games.



NAIDOC Week: The Clownfish children enjoyed celebrating NAIDOC week, they learnt and participated in all the necessary cultural facts. Children participated in painting the Aboriginal flags, explaining the symbolic meaning about the flag colours (as stated by Harold Thomas) is: Black – represents the **Aboriginal** people of Australia. Yellow circle – represents the Sun, the giver of life and protector. Red – represents the red earth, the red ochre used in ceremonies and **Aboriginal** peoples' spiritual relation to the land. Children explored and was expose into many painting activities introducing to them and using the cultural colours. Children have also learnt

'Taba naba' dance and song that can mean "let's come" This dance is from the Eastern Islands in the Torres Strait and is sung in Meriam Mir language. 'Taba naba' is a popular dance about going out to the edge of the reef fishing.



Individual interest: infant age is where they explore and investigate new ideas through challenges and play experiences. We have seen and observed children choosing their own individual interest, some children are able to work and play independently and while others cooperate with and works collaboratively. Children's interest was consisting of many variety, e.g., kitchen corner, ball games, quiet reading, music and dancing.



The Clownfish children also learnt the counting this month. Ms Maya read about 'Little Mouse, I Love You', the story was about how Mummy loves her children, they were encouraged to count the squirrel and bunnies on the book, "One...two....". We extended the topic by counting one to ten and at the end everyone gave each-other a high five. Ms Pimpini have also read and shown to the children a book about numbers, they were asked to count with her and to count out aloud, well done Clownfish! We will be continuing counting topic in next month.

Until next month,

Clownfish Educators.

Jellyfish News

We welcome **Xavier, Neo, Brinda, Luca** and **Zaayan** to the Jellyfish room

Parent reminders:

- Please check your emails to keep updated on what's happening within the room and weekly program. We would love to hear about your children's weekend or any special events. Feel free to send us email and photos so the children can share it with the group.
- Please label all children's belongings including drink bottles, milk bottles, hats and jackets/jumpers.
- Please provide at least 2 spare changes of clothes, especially winter appropriate clothing.
- Please ensure your child has enough nappies/pull ups (At least four).
- Please send us your family photos to complete our Jellyfish family trees.
- Miss Stella will be away for 5 weeks from 10th of July. She will come back again on 22nd of August. If you have any enquiries or information regarding children's needs, please speak to Miss Elly, Miss Maylene, Miss Sabina, Miss Yuki or Miss Nicole.

Following on from last month the Jellyfish continued their interest in cooking. Through out earlier July the Jellyfish combined this interest with that of dramatic play in order to create their own ice-cream shop and tea party. The Jellyfish worked collaboratively as a large group to make their ice cream and set up the tea party before taking turns to "buy" their ice cream and have some tea.



Over the past month countless news and child conversations were detailing animals including dinosaurs. In order to further this growing interest as a group we listened to various stories, songs and dances which included animals. The growing knowledge of all animals and the sounds they make is fantastic! A particular favourite song being baby shark (closely followed by 5 cheeky monkeys swinging from the tree) and the dinosaur stomp video clip. While both inside and outside we counted and sorted the animals according to colour before using them in dramatic play.

Collaboratively the Jellyfish made a party for the animals, lined them up and even made a ladder for them to climb on. The Jellyfish showed great excitement and happiness when using the animal's cards as a reference to draw the animals using before showing their fellow peers and educators.





While exploring illustrations from a book, dealing with the subject matter of foods, a group of Jellyfish children began discussing various fruits and vegetables. This discussion grew with all the Jellyfish sharing what fruits and vegetables they see and which ones they like and dislike. The Jellyfish furthered this within home corner where they began cooking and offering their peers fruits and vegetables. Using images from supermarket catalogues the Jellyfish made a healthy plate before working cooperatively to make both a sometimes and always food collage. There was countless conversations detailing the sometimes and always food they have eaten and when they have done so.



After requesting the coloured ribbons to be put out there was interest and curiosity sparked about movement which led to that also of music. Collaboratively the Jellyfish sang countless songs and combined this with the simple hand and body movements and also engaged in the dinosaur stomp video once again. While outside the Jellyfish children employed the use of their fine motor skills to explore various musical instruments in order to make music and combining this with singing songs. This was enhanced through using music to dance to where the Jellyfish expressed happiness while showing their great dance moves and even requested songs to be played. For news some Jellyfish children brought in different balls and both discussed and demonstrated how they play with them. To further this the Jellyfish used the soccer net and balls where they play collaboratively to kick and throw the ball into the net. When doing so celebrated getting the ball into the net verbally and non-verbally.



Until next time,

Jellyfish Educators ☺

Lionfish News

During the month of, the July the Lionfish children have really enjoyed learning about Healthy Eating as we prepared for our Excursion to our local Woolworths store. We have had lots of family input relating to this topic, including books, posters and even a showing the children the proportions of food they should be eating. The children also participated in lots of art'n'craft relating to this topic. We practised our cutting skills, using food magazines to find healthy and sometimes foods to make our collage. We also made our own guide to Healthy Eating after one of the children brought in one from home to share. Our excursion on the 24th July was a great success with the children walking to our local Woolies and learning all about the different produce and how it is made, stored and where it comes from. We also sampled different fruit and vegetables and were given a sample bag to take home.



We have also continued to enjoy lots of physical activities, especially during outdoor play, as the weather has continued to be fine. We have continued using our new bouncy balls in a variety of ways , racing each other across the yard, chasing each other around the yard and just having a great time exercising! We have also been practising our pedalling and bike riding skills in the top playground area, making sure that we wear our helmets and practising our self-help skills by learning to put them on ourselves and even helping each other when we are having difficulty doing it.

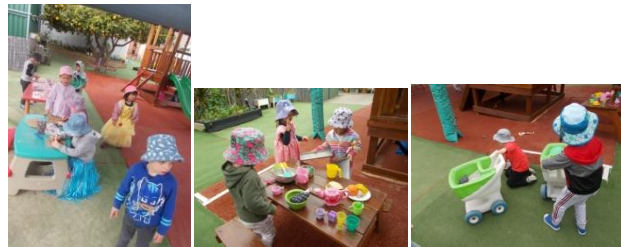


The Lionfish children have continued showing a great interest in letters and letter writing so we have been providing them with a variety of activities to extend on this interest, including personalised writing sheets, practising on the whiteboard, numeracy sheets, letter recognition, sounding out our letters as well as practising recognising rhyming words during story times. They

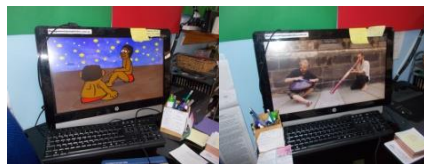
are doing a great job, practising their first names and their surnames!



The children have also continued their interest in role-play and dress-ups, asking for the rack to be put outside on most days. They have dressed up as Princesses, Superheroes, tigers, police, pirates, chefs or just used their imaginations to be different characters. They have also continued their cooking interest in both the home corner area, inside and outside and in the sandpit.



We also celebrated Naidoc week this month, following the theme : 'Because of her we can.' We looked at information on the computer and learnt about some inspirational Aboriginal women and what they have contributed to our society. We also participated in a variety of activities, including painting, art'n'craft, music , listening to Dreamtime stories and dancing which the children really enjoyed.



Just a reminder to make sure all your child's belongings are labelled as some of them have lots of jumpers and coats due to the cold weather in the morning.

Until next month,

Lionfish Educators ☺

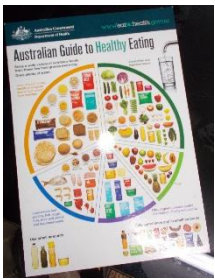
Starfish News



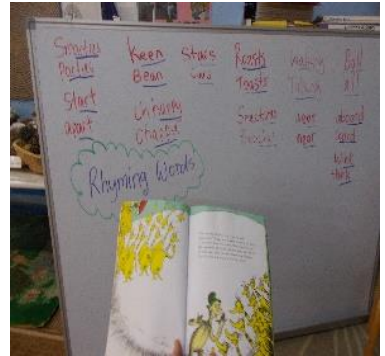
New Measurement Chart! As the children were lining up to go out for their play early in them



month, the old measurement chart fell, "Look it fell!" a child stated looking concerned, he then picked it up and tried to measure himself against it. And joining in on attempting to measure his height, another child walked over and held it up, "Look I'm



taller than that!" Miss Rebecca asked the children "Shall we create a new measurement chart"; "These are the heights of our students from last year, how about we do some measurements today to see just how tall you are?" "Yeah!" the children were excited as they helped in carrying the old chart out for us to refer to. Over a few weeks, the children worked on our new measuring chart and further explored with the measuring tape, as they measured everything around our playground!



Literacy learning experiences continued- Following on from last month, literacy learning

continued this month. The children were engaged in listening to and learning about the rhyming words in a peer's book. The group recognised quite a few rhyming words, with one child adding, "Dr Zeus books always have rhyming words in them!" With some help in spotting the similarities and differences between the words, the letters within and their

sounds, Miss Rebecca also showed the children some letters that sounds the same when including 'e' and 'ie', 'ey', 'ea' and 'ee'. The children found rhyming words such as: 'Ball' + 'All', 'Aboard' + 'Roared', 'Wink' + 'Think'. The children were also given the chance to watch some phonics videos on the class computer, familiarising them with the sounds of the letters in the



alphabet.



Healthy Eating – With our excursion to a local Woolworths coming up at the end of the month, the children and families were invited to share their healthy



eating habits. We learnt about an Italian's friend habit of always eating an 'aperitivo' before her main dinner meal, we



explored the food pyramid in another friend's book and this book also got us talking about some facts such as: exercise gets our heart beating and blood flowing! Additionally (brought in by the children and families), we explored a sugar-free recipes book, an 'Australian Guide to Healthy Eating' magnet (which we extended on by creating our own healthy eating food collage using sustainable



practices and recycling the cardboard) started talking about 'big' school and lunchboxes, explored a poster and plate (which spoke about different nutrients and had a guide of how much of each food family the children should be eating every day). The children have also been working on food collages of different food families and healthy/unhealthy foods. Mid-month, we explored a book called 'Why do we eat?' Through the book, we spoke about our body being like a machine and needing food to keep going. We also spoke about the roles our teeth, tongue, saliva, stomach, intestines, liver and blood have when we are eating. And extending on this learning, we looked at food cards provided to us by the NSW health department and talked about everyday food compared to sometimes food. The cards also showed how many spoons of sugar and fat each food and drink contained to help us make better decisions. For example, we could see that having wholegrain cereals for breakfast is a better option than having sweetened cereals every day.

NAIDOC week – During NAIDOC week, the children used red, yellow and black playdoh with some natural materials that had been collected in our local community and assorted resources/tools to use, create and explore the textures and new ideas. Another experience they were engaged in included using river-rocks and banksia seed-pods for natural painting, "Wow they're Aboriginal colours", a child stated as



Miss Rebecca added "Well done, you are right and we are using them to paint some natural materials". Miss Rebecca then explained, "We are marking NAIDOC week, which started yesterday and this involves celebrating the history and culture of the Aboriginal indigenous communities as well as the Torres Strait Islander communities. The children also used the class computer research more about NAIDOC and its importance, watching videos of this years' theme,

'Because of her, we can' and of Dreamtime stories. They also enjoyed listening to traditional music as they pretended to be holding 'clap sticks' and danced to the music. They requested to listen to a story and enjoyed singing along to 'Wombat Stew' mentioning all of the Australian animals that they recognised. The children were introduced to the first female Aborigine Olympian Gold medal winner for running and hockey, the first female radio vocalist, the first female Aborigine in government as well as some very strong and resilient women who cared for the tribes back in settlement days. The children also had the opportunity to talk about any women in their lives that made them proud and inspired.

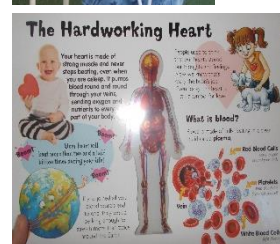
The Cardiovascular System-Computer research and readings - A child was



seen inspecting his wrists and stated "I can see blue lines running down my arm!" as he was asked "Do you know what they are called?" Responding, he shook his head and was then informed that these are called veins and that they help move



blood and oxygen around our bodies. The children later explored a book depicting the veins, muscles, bones and other parts of our bodies, to better their understandings of why we have them. The class were also involved in a researching experience where they were able to learn more about arteries, veins and the heart. The next day, the



children first listened to the 'Human Body' book, being introduced to blood. The children were amazed to hear that their blood vessels, if stretched out could wrap around our earth twice! Miss Rebecca explained that the blood then travels from our body to our heart, which never stops beating and constantly pumps the blood through the heart valves (kind of like a door as explained to the children, which

opens and then shuts again) and then back out in the other direction to start the process again.

Miss Rebecca explained "Did you know that you can feel your heart beating, if you place your two fingers over your wrist like this and press down hard enough, you will feel the beats" as the children were encouraged to try it for themselves. Responding to what they could feel, the children were overheard calling out, "I can feel my heart!" The children were then shown some videos that they enjoyed watching, as the cartoons were observed to be travelling through the veins and making their way to the heart. The children were able to compare busy roads and traffic to that of the veins within their bodies, seeing the similarities in the blood, oxygen and nutrients travel through the veins on one side, just like we see cars, trucks and other vehicles doing on the roads.



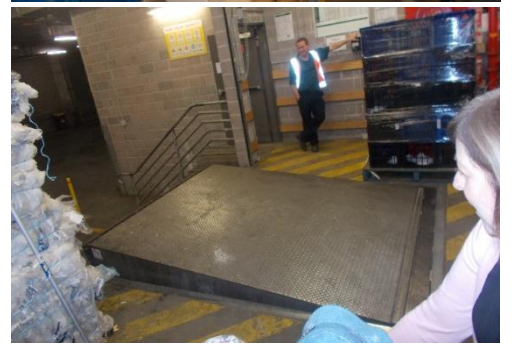
Excursion to a local Woolworths! – On the 24th, we went on another excursion! During the walk there, the children explored the community and pointed out many things such as a tree with no leaves, house numbers, the fire station,



birds singing, a hairdresser and a chicken shop! And we had to cross many streets and the children reflected on our safety talks and were able to wait for the green man and the educators' instructions before safely crossing. At the supermarket,



we met Maggy who showed us around and explained everything to us. First, we walked through the deli



section, having a look at all kinds of cold meats and chesses! Then on to the bakery, where the children quickly spotted cakes and donuts and talked about sometimes food.



We met Mona, the bakery manager

who showed us the big bread ovens and the machine that cuts bread loaf into slices. She also explained all about making donuts and showed different types of bread to the children. Moving on to the back of the shop, the children learnt about the yellow clearway lines on the ground, got to see boxes getting compressed in a machine to be recycled, saw the loading dock and forklift. Next, we got to try fruit such as strawberries, apples, oranges and pears but only after they were thoroughly washed. Yummy! In the fruit and vegie section, Maggy showed the children familiar and other, not so familiar fruits and vegies. The children used their senses to explore the starfruit, broccoli, passionfruit, cherry tomatoes, sweet potato, a custard apple and zucchini (and compared its texture to a cucumber). Maggy asked the children if



they knew what different coloured fruit and vegies were good for (that rainbow of fruit and vegies we have been talking about!). We discovered that green ones help us to stay healthy and not sick, red ones are good for our heart, orange/yellow are good for our eyes, brown/white are good for our tummies and purple/blue are good for our brains! We then moved upstairs and had more delicious fruit and vegetables there! We have brought the excursion learning to Pumpkin. For example, during lunch one day, Ms Tracey reminded the children about what Maggy (from Woolworths) told us: cherry tomatoes are also called snacking tomatoes because they are good to snack on and snack the children did as they had salad with pizza for lunch! The children have also been talking about of the importance of eating a rainbow of coloured fruit and vegies such as the different coloured vegies they had for lunch one day: tomatoes, capsicum, zucchini and corn in their pizza and the salad containing cucumber, lettuce and tomato.

Until next month, Starfish educators