



# PUMPKIN LONG DAY CARE CENTRE

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## Newsletter – August 2016

### 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

**1<sup>st</sup> – Thursday - 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.

**03<sup>rd</sup> – Saturday** – National Flag Day.

**02<sup>nd</sup> – Friday** – **Father's Day afternoon tea** – Please come and joins us for an afternoon tea at 3.20 pm.

**04<sup>th</sup> – Sunday** – Father's Day.

**05<sup>th</sup> – 09/09/16** – Kids Teaching Kids Week.

**26<sup>th</sup> – Monday**– Family & Community Day (ACT).



# Clownfish News

Hello August!!! What an awesome month we had! We would like to welcome Arudra, Leya, and Christian to Clownfish room! 😊

## GARDENING....



The clownfish children have been working and showing their awareness of their surroundings. This month, gardening is one of the most favorite things that the children have been exploring. The interest started when we spotted Penelope and Lily were curiously looking around at all plants in our garden, we then kept extending their interest day by day. Started from a garden tour sensing, touching, and smelling our herb, flower, vegetable garden, a worm farm side seeing, exploring a garden art and the most important thing was taking a good care of them like watering and monitoring it every day as plants need water and light for their growth.



We also had a chance to grow our very own mini cress garden indoor for a week, we realized that the cress actually can be considered as a herb family, we then decided to do a cooking experience afterwards, as the cooking/picnic/baby role play still going on at the same time, we combined those experience together, we did an outdoor sandwich making, we allowed the children to actually add the cress herb inside their sandwich during the picnic experience.



Lily's mom happily supported the children interest in gardening by giving them a tomato, cucumber, and lettuce seeds. Miss Stella then showed them different sizes of the seeds, then demonstrated how to plant them and reminded the children to water it every day too. This interest then linked to Zac's input about his gardening time with his families, he planted cucumber and parsley. We then decided to do a cucumber experience; we let the children taste

and explore it during outdoor play, as cucumber is so refreshing when we eat it during such a hot day.

We are very excited to encourage the children to nurture the world they live in. sustainable living is achievable by instilling a love and respect of nature and the outdoor in children.

### Let's wash our hands...



The children were really obsessed with the routine of washing hands, then Miss Stella decided to take a further discussion about this hygiene practices. On the 23<sup>rd</sup> of August, Miss Stella showed the children our new bubble hand soap and demonstrated steps of washing hands such as pulling up sleeves, applying the soap on hand, then rubbing our hands, rinsing them with water, and drying them. The children were proudly following the demonstration, and kept practicing this day to day, we're also supporting the interest by singing "if you're healthy and you know it, wash your hands!". On 24<sup>th</sup> of August, we did a hand painting experience to get the children's awareness of this hygiene practices.



### Introduction to Clownfish "CREATIVE CORNER" ...



This corner displays children's creation, creativity, voice, and expression of their own learning and development. We believe it's important to show how the children effectively engage in activities/experiences that they create from the beginning. Lastly we would like to thank you and appreciate all parents and families' willingness to support us as educator in implementing our daily

programs in the interests of children. We're looking forward to work with you for another awesome month ahead!!

Until next month,  
Clownfish educator 😊  
Cheers!

# Jellyfish News

A Big Welcome to Harry, Celine, Noah, Brooklyn, Frankie and Connor!

Belated Happy Birthday to Skye, Elodie and Gino☺

Ruby has moved to the Lionfish room.

## SEPTEMBER BIRTHDAY CELEBRANTS:



*Ben- 9<sup>th</sup> Chase- 6<sup>th</sup> Russell- 10<sup>th</sup> Archer- 26<sup>th</sup>*

We are now saying goodbye to winter!☺



The children enjoyed lots of outdoor play this month and lots of fun filled activities.

On the 29th July, we did some threading experience using some strings and coloured pasta for our pasta curtain, and the children had lots of fun. On the 01<sup>st</sup> August, we

decided to do another threading experience. Everyone tried doing it, and most of them loved it, but not all of them got the required patience to finish one string full of spoons. But anyway, they were creative enough to think of other activities with the spoons, they used them to build a tower.



As the children showed interest in building, we provided them with the connecting cubes. They were able to make lots of cubes and made them into tall towers.

The children were observed using numbers and colours in their everyday play. They were heard counting before jumping or counting the letters inside the letter box or identifying the colours around them.

Archer's interest in aeroplanes which started in July, has led us to lots of fun activities. We extended our hands sideways and together we pretended to fly like aeroplanes. While doing that, Ben and Aliyah U. spotted some bird's feathers on the ground and showed them to Ms Criselda.

After a little bit of discussion on feathers, we blew them out in the air and the children chased them around. They also got interested in paper aeroplanes which they enjoyed flying.



On the 04<sup>th</sup>, the children were seen playing with magnetic shape blocks and Mr. Potato head. For our group time, we learned about body parts and colours through songs. To extend the children's interest in building,



shapes, colours and connecting body parts, we incorporated their interests in one activity. We cut out coloured papers to make various shapes to make human collage.

On the 05<sup>th</sup>, the children showed interest in binoculars and were observed taking turns with it as we don't have enough for everyone. Ms Criselda asked them if they wanted to make their own binoculars and they responded a big "Yes" with excitement on their faces. We collected some toilet rolls, stuck them together, and after a little bit of trial looking through them, the children decided to decorate their binoculars with paint.



Everyone was busy painting their binoculars with their chosen colours.



This month, we observed lots of sharing, as well as creative and cooperative play.

## **Book Week**

'My Favourite Book' was one of our news topics for this month to celebrate book week (22-26 August 2016). We would like to thank parents/families for their participation by allowing their child to bring in their child's favourite book to share with the group.

Until next month,

Jellyfish and Sunfish Educator

## Lionfish News



This month we continued our interest in construction, the Lionfish children used different variety of resources to build their constructions. They worked independently and in small groups as well, using their imaginations to make castles, blasters, cakes with candles, dinosaurs, rocket ships, towers and houses. On the 8<sup>th</sup>, to extend this interest, the educators provided recycled boxes, paper towel rolls and masking tape for the children to use their imaginations and create whatever they wanted. They made trains, boats, rocket ships, blasters and cars.



The children also continued their drawing/writing interest, participating in a variety of activities using different implements to draw with and different media to draw on. They used their imaginations and creativity as they drew members of their family, shapes, super heroes and dinosaurs. They also practised writing letters, numbers and tracing around shapes and dinosaurs. As they continue to practise they are becoming very skilful!



We also continued our interest in cooking especially in the sandpit. To extend on this interest, we made our own playdough on the 5<sup>th</sup>, using their mathematical skills children helping to measure, add and mix the ingredients together.



We also continued talking about Healthy eating, Nutrition and Exercise, learning about the five food groups and which foods belong to each group. We also made our own Healthy Food and Sometimes Food collages on the 9<sup>th</sup> and 10<sup>th</sup>, using food magazines and we also practices our cutting skills☺.



Some of the children also became interested in Super Heroes, bringing their favourite ones in from home to show their friends. On the 10<sup>th</sup> after Heloise brought in a photo of her favourite dress, we talked about what we like to dress up as. We even made our own Super Heroes using paddle pop sticks and coloured shapes. William also brought in his Spiderman book from home to share with his friends and we talked about how Super Heroes help people.



We also celebrated and explored the meaning of Aboriginal and Torres Strait Islander Children's Day on the 5<sup>th</sup>. We watched a video about the Aboriginal culture and talked to the children about it.



We also participated in Science Week by trying out different experiments. On the 15<sup>th</sup>, we experimented mixing coloured paint to see what colours we could make. Miss Catherine also organised an experiment to test pressure, an experiment on absorption and also an experiment to make a whirlpool. On the 16<sup>th</sup>, we experimented with painting using different brushes and natural resources to apply the paint. On the 17<sup>th</sup>, Miss Rebecca organised an experiment to test the density of different liquids. On the 19<sup>th</sup>, Miss Catherine organised some fun games for the children to challenge themselves.



The children also showed and built on their friendship and caring, with the group welcoming Aaysha, Jose, Felipe, Ruby and Edelyn to the Lionfish Room. It is great to see everyone growing in their confidence and developing wonderful friendships 😊.



Until next month  
Lionfish Educators 😊



# Starfish August Newsletter



A big welcome to Alexander, Ethan and Safirah! And a big welcome back to Stacia!

The children continued sharing about their teeth brushing routine and learning more about dental hygiene at the start of the month. As an extension of this learning, the children learnt about milk teeth, healthy/unhealthy foods, different types of teeth, dogs' dental hygiene, exercise (and then engaged in ball games, gymnastics,



exercise and games mid-month) and various types of sports, resting and sleeping aids for recovering and healing muscles, showering/bathing and keeping our skin clean. On the 12<sup>th</sup>, the children had a real life example of what



they had been learning: a baby without teeth yet! Ms Corina came for a visit with her new baby Hazel. After Ms Alessandra explained to Ms Corina what the children have been learning about, Ms Corina showed

Hazel's little mouth, tongue and gums to the children.



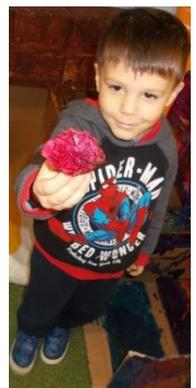
Scissor Cutting was requested by Marco one day and the children engaged in it on different days, for making their healthy and unhealthy food collage from food magazines and to create free pictures.



Playdoh is often requested and combining it with the healthy and unhealthy discussions, the children created all kinds of different foods with their playdoh one morning. As they showed their food, the conversation became about sour and sweet. The next day, Ms Rebecca and the children talked about smell and taste.



The nature interest has continued to be strong throughout the month with the children bringing in flowers to share,



asking for nature corner play, planting flowers and seeds and spending time playing and looking after the gardens and worms. They also enjoyed finding seeds, leaves and snails in the playground.

The role-play interest was still observed this month both inside and outside, so Ms Rebecca brought in different props and the children have been enjoying role-playing with them. And they have also been enjoying role-playing spontaneously with their own ideas. They even had a party outside just by using different equipment from the playground as party items!



We celebrated Conor's and Leo's birthdays by making a delicious cake and of course, eating it! We also celebrated London's and Stacia's birthdays at Pumpkin this month. And happy birthday to Eve!

As the weather warmed up, the children started engaging in sandpit play again – one of their favourites!



Towards the end of the month, the children started bringing in their favourite stories and even made their own individual books and a group

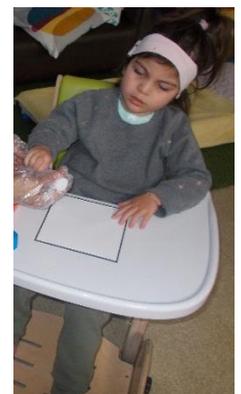


one!



During science week, the children engaged in a variety of experiments, including a colour experimentation and paint application and making density towers.

To celebrate Father's day, the children came up with ideas for a present and worked on their gifts towards the end of the month. They also made Daffodil flowers for Daffodil day!



Until next month, Starfish Educators