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Hello Educators and Families,

We hope you are doing well. This newsletter is for July and August 2016. In our newsletters we cover any important news, updates, special events or general things to consider being family day care educators and families.

EYLF- Principles:



PRINCIPLES relates to our beliefs and values. The Early Years Learning Framework provides us with principles to guide us in our work with children and focuses in assisting each individual child to make progress towards the Learning outcomes. The Five principles are the following:

1. SECURE, RESPECTFUL AND RECIPROCAL RELATIONSHIPS

Having an understanding and being aware of children's thoughts and feelings. Positively interacting with each individual child in their learning and support the development of a child's sense of wellbeing.

2. PARTNERSHIPS

Working in partnerships with families within the early childhood setting. Creating a warm and welcoming environment for all children and their families. Collaborating with childcare professionals, parents, people within the community to ensure learning experiences are meaningful for the children.

3. HIGH EXPECTATIONS AND EQUITY

Believing that all children are able to succeed, regardless of cultural diversity and abilities. Having high expectation for all children in their achievement in learning. Ensuring that all children have opportunities to achieve learning outcomes.

4. RESPECT FOR DIVERSITY

Respecting, valuing and reflecting the values and beliefs of families. Show consideration and respect of cultures, languages, histories, traditions, family lifestyle practices of all families. Promote a greater understanding of Aboriginal and Torres Strait Islanders.

5. ONGOING LEARNING AND REFLECTIVE PRACTICES

Continually improve professional knowledge and learning practices. Value the local knowledge of families and the community. Engage in ongoing learning of philosophy, ethics and practice. Gather information that supports children's developmental learning

Educator Meeting:

Educator Meeting

Our office will be holding a educator meeting on Monday 22nd August 2016 at 10am in our office. The meeting will be focusing on service improvement and discussing the new changes we are preparing for our educators. It will be great if we can see all our educators and families attend our meeting.

HOW CHILDREN LEARN BEST?



Children learn best when they are happy, feel safe and have interesting things to do and interested people to help them. Children are naturally curious, full of ideas and keen to learn about the world around them. They learn by playing, watching, listening, asking, talking, having time to think, doing and trying new things, practicing and repeating the things they do, and getting feedback. Learning should be spontaneous and feel like fun. Natural, unrehearsed everyday experiences you do with your child are much better than special educational toys, CD's or flashcards.

HAVE FUN WITH THEM!

Recipe Idea:

VEGGIE QUESADILLAS



Ingredients

- 8 (384g packet) multigrain tortillas
- 1/3 cup tomato salsa
- 1 1/3 cups grated reduced fat tasty cheese*
- 400g can no-added-salt red kidney beans, drained*
- 1 cup grated carrot
- 1 cup (30g) baby spinach leaves
- Olive oil cooking spray
- 1 avocado, peeled and chopped
- 1 tbs lemon juice

* Suitable products include those with the Heart Foundation Tick.

Method

1. Lay 4 tortillas on a clean surface. Spread with tomato salsa and sprinkle with half the grated cheese.

2. Top each one evenly with kidney beans, grated carrot and spinach leaves. Sprinkle with remaining grated cheese. Cover with the remaining 4 tortillas.
3. Heat a large non-stick frying pan and grease with cooking spray. Add one filled tortilla, cook over a medium heat for about 3 minutes or until golden underneath. Using an egg slide, carefully turn and cook other side until golden. Remove from pan.
4. Repeat step 3 with remaining filled tortillas to make 4 quesadillas. Cool then cut each into 6 wedges.
5. Mash avocado with lemon juice in a small bowl. Serve with quesadillas if desired.

Recipe can be cooked a day ahead. Keep cooked quesadillas refrigerated in a container until required.

Tip: These tasty quesadillas can also be eaten warm as an after school snack or served as a light dinner with a salad.

More recipes can be found at <https://www.healthykids.nsw.gov.au/recipes.aspx?category=kidfriendlyrecipes>

Activity Idea:

PLASTIC BOTTLE PLANTER

Materials Needed:

Plastic bottle for each child – pre-cut the bottom of a plastic bottle. With a nail make 2 or 3 holes at the base of the bottle so the water can drain when you are watering the plant.

Stickers to decorate

Soil

Sprouts/watercress

Water

What to do:

Give each child the pre-cut base of the bottle. Provide eyes, pom-poms, moustaches and so on children can choose what to use and how.



Fill with children the containers with soil almost to the top (one cm. before edge).



Cover with a layer of sprouts or watercress and do a thin layer of soil.



You have to keep the soil moist, watering the pots 2 up to 3 times per day (the land must be wet all the time). In a couple of days the plants will start to grow and you will have a “green hair” plant.



Hints and Tips:

Keep the pots during the on the shelves and involve children in watering them so the grass

starts growing and at the end of the week everyone can take home their own pot.

You can use Basil, Mint or other herbs so the activity can be sensory as well helping in engaging children when the plant will be fully grown.

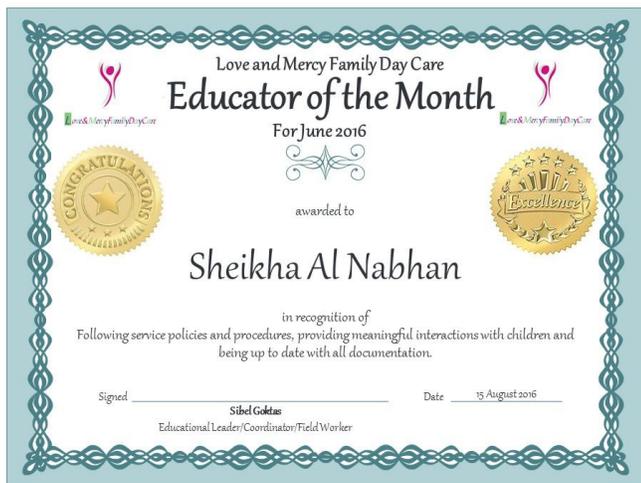
You can also consider to regrow celery and lettuce in water or observe the potatoes germinate and then plant them in a bigger bottle (juice or laundry soap bottles).

The seeds don't need sunlight just a warm environment but once the germination starts it's better consider to move them in a more sunny place or they will stop growing.

More activities can be found at <http://aussiechildcarenetwork.com.au/activities>

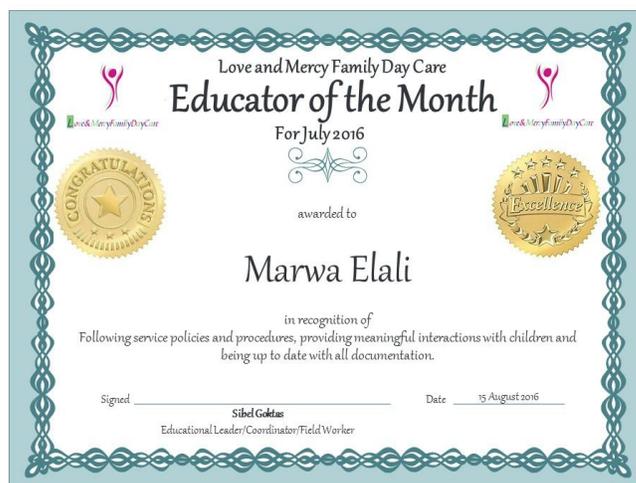
Educator of the Month - June:

We would like to congratulate Sheikha Al Nabhan for being Educator of the Month for June. She has done a great job in following service policies and procedures, providing meaningful interactions with children and being up to date with all documentation.



Educator of the Month - July:

We would like to congratulate Marwa Elali for being Educator of the Month for July. She has done a great job in following service policies and procedures, providing meaningful interactions with children and being up to date with all documentation.



Upcoming Events in July & August:

- 3-10 July – NAIDOC Week
- 6-9 July – Eid Al-Fitr (Ramadan Eid)
- 13-21 August – National Science Week
- 15 August – Cupcake Day
- 20-26 August – Book Week



Thanks for reading!

Next newsletter will be written for September and October 2016.

Regards Love and Mercy Family Day Care Coordination Unit Staff