

MAY
2024



Hi to all our existing and new Families & Educators to our Kids May Newsletter! Hope everyone has enjoyed the lovely autumn sunshine weather we have had this week, let's hope it continues for us all! We are continuing organising our Conference training for July and have some exciting speakers attending, we will send out details soon on the daytime slots for each speaker.

UPCOMING PROFESSIONAL DEVELOPMENT

Using the Approved Learning Frameworks V2.0 in Family Day Care

Date & Time

May 28, 2024 07:00 PM

To Register:

https://us02web.zoom.us/webinar/register/WN_tH1RKmrjSdagrgYbZALivw#/registration

FAMILY DAY CARE AUSTRALIA TRAINING

Self-paced online modules, webcasts, webinar's on a variety of topics stem in early childhood, outdoor learning, your home your business, Supporting children's self – regulation, music, maths, documenting & assessing children's learning and more...

WHATS ON THIS MONTH!

1. Welcome
2. Professional Development
3. Acknowledgement of Country
4. Kids Vision & Mission statement
5. Educator of the month
6. Community events
7. Kids in the kitchen
8. Best Blogs
9. Fun with Literacy – Letter pillow jump
- 10.
- 11.
12. Sustainability corner – Creating a Bee friendly garden
13. May Calendar of events
14. Play with purpose – Numeracy
15. Educators Birthdays in May
16. 5-minute moves – Core strength – Pass the ball

Acknowledgement of Country

In the spirit of reconciliation KIDS FDC acknowledges the traditional custodians of Country throughout Australia and their connections to land, waters and community.

We pay our respect to their elders past and present and extend that respect to all Aboriginal and Torres strait Islanders.



OUR VISION:

To be the most trusted FDC Service in Australia

OUR MISSION STATEMENT:

To provide a high-quality inclusive service that utilizes a collaborative approach to deliver a nurturing environment to all children, families and educators.



Congratulations

To Educator
DANIELLE KENNEDY



NATIONAL FAMILIES WEEK – MAY 13-19

Each year, over a hundred thousand people and hundreds of organisations celebrate National Families Week – Australia’s annual celebration of families. The aim of National Families Week is to celebrate the vital role that families play in Australian society.

The theme of the National Families Week 2024 is **Celebrating Family Diversity & Connections**. Celebrating family diversity involves recognising and embracing the unique circumstances, backgrounds, and dynamics that make each family special. [Learn more here](#)

NATIONAL SORRY DAY – MAY 26

National Sorry Day is an Australia-wide observance held on May 26 each year. This day gives people the chance to come together and share the steps towards healing for the Stolen Generations, their families and communities. The first National Sorry Day was held on 26 May 1998 – one year after the tabling of the report *Bringing them Home*. [Find out more here.](#)

STRAWBERRIES & CREAM SMOOTHIE



PREP 2 min | COOK & SERVE as needed

INGREDIENTS

- 100g yoghurt, such as Greek, natural, soya
- 80g strawberries
- 50ml semi-skimmed milk
- 30g protein powder, vanilla, strawberry or unflavoured
- 30g almond butter
- 20g strawberry jam

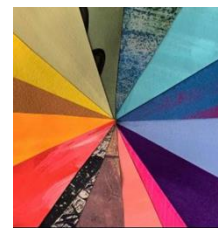
METHOD:

Mega simple; just combine everything in a liquidiser and blend until smooth. Good on the go when kids aren’t interested in breakfast.

TIPS: Feel free to use any type of yoghurt or milk you prefer. Adjust the amount of ice to make the smoothie thicker or thinner. Try **Nutra Organics Protein for a family friendly protein.**

*Recipe and image by **The Body Coach***

BEST BLOGS



THE LITTLE ARTISTS ROOM

www.thelittleartistsroom.com

The Little Artists Room is blog full of fantastic art activities for kids. Every child is an artist. Young children are bursting with ideas and as parents and caregivers it is essential for us to empower them to be creative.

The aim in the Little Artists’ Room is to help children see the magic in art. All projects are designed to foster imagination, encourage exploration and awaken creativity.

ART BAR BLOG | www.artbarblog.com

What children really need during these formative years is space and time to explore their original ideas. They need to take creative risks daily so that they grow up feeling comfortable with mistakes, finding multiple solutions to a problem, and never losing touch with the creative child inside of them.

On the Art Bar Blog you will find a huge library of creative activities you can do at home. Most activities only require things you already have lying around. Help your child express their creative side, its easy with this blog by your side.

LETTER PILLOW JUMP

If your kiddos need to burn off some energy, this letter activity from *Toddler Approved* will be perfect. Use a stack of paper plates and write one giant letter on each one. Then use packing tape to secure each plate to a pillow and spread them around the room. Have the kids start on one side of the room and try to jump to the other without touching the floor. As they jump to each new pillow, have them say the letter or letter sound. Find more quick early literacy activities here.





Numeracy

"Being numerate is the capacity, confidence and disposition to use mathematics in daily life. All children bring new mathematical understandings through engaging with problem solving. It is essential that the mathematical ideas with which children interact are relevant and meaningful in the context of their current lives. Educators require a rich mathematical vocabulary to accurately describe and explain children's mathematical ideas and support numeracy development."

Belonging, Being and Becoming, The Early Years Learning Framework for Australia, V2.0.

Experiences in early childhood settings build on the range of experiences with language, literacy and numeracy that children have within their families and communities. Encouraging children's positive attitudes and competencies in literacy and numeracy are essential for children's successful learning. The foundations for these competencies are built in early childhood.

Numeracy education within an Early Years setting looks like: Conversations with peers and educators, sociodramatic play, dancing, creative arts, water play, gardening, puzzles, building, using technology, playdough and science experiments just to name a few ways your child is developing their numeracy skills.

If you would like more information on our Numeracy program, please speak to your child's educator or the service's educational leader.

National Quality Framework | Quality Area 1: Educational Program and Practice 1.1 The educational program enhances each child's learning and development.

1.2 Educators facilitate and extend each child's learning and development.

Australian Government Department of Education (2022). Belonging, Being and Becoming Framework. Retrieved from <https://www.acecqa.gov.au/sites/default/files/2023-01/EYLF-2022-V2.0.pdf>



Xiaochan
(Anna) Li
7th May



Elena
Yang
18th May



Michelle
Carmody
23rd May



31st May
Amanda
Mahoney



31st May
Winnie Feng

5 Minute MOVES

Core Strength: Pass the ball

Short simple activities to get some active minutes in the day.

All you need for these activities is a ball or another object.

1) To start you and your child/ren need to find a clear space and get into plank position. A carpeted or grass area would work well to protect forearms. All you need to do is stay in the plank position, lift one arm (while still hovering) and roll the ball to one another without collapsing. See how long you can pass the ball for before falling down. Try again, can you beat your number of passes? Challenge yourselves by making the distance between both of you greater.

2) This time you need to be in a bridge position. (Lying on your back, knees bent, lifting your bottom off the floor). Make sure you are close together. While in this position pass the ball under your bridges to one another and again challenge yourselves, how many times can you pass the ball without collapsing.

Make it harder by passing the ball under one bridge, over the other, making a figure 8 with the ball.