



Follow us:  
Bowen/Collinsville Family Day Care



Welcome New Families  
**Roberts/  
Wendelborn,  
Halley, Pearce/  
Bell,  
Geiszler/Capper,  
Girgenti, Tull,  
Davy**

Dates to note:

24<sup>th</sup> – Christmas Eve

25<sup>th</sup> Christmas Day

## QLD STATE SCHOOL HOLIDAYS 15 Dec – 27 Jan



Children must have a CCS enrolment  
before entering the care environment.

Please let the Coordination unit know if you will be having school aged children in care so that booking can be made and CCS enrolments put in place.

*REMEMBER: CCS enrolments will cease after  
14 weeks of non attendance!*

### DELIVERY OF CHILDREN TO, AND COLLECTION FROM, EDUCATION AND CARE SERVICE PREMISES

The daily sign in and out of a child in care must be conducted by a parent/guardian or authorised nominee. Attendance records are not only a legally required document to record children's attendance but also used as a record of the children on the premises should an emergency evacuation be called.

**Educators, please ensure that  
parents are signing their child  
in and out of care!**



## Office closure

The Coordination Unit will be closed from the 24<sup>th</sup> December 2025 and will have reduced staffing and operational hours up until the 5<sup>th</sup> January 2026.



# Welcome

**We would like to welcome  
Jessica to the Bowen  
Collinsville Family Day  
Care Team!**

Based in Proserpine, Jess will be operating 'Little Ducks' Family Day Care.

*'For me, all family members play a big part in a child's learning journey. I value parental input and aim to collaborate closely with you to support your children in the best way possible.'*

*I'm excited to be given the opportunity to create a caring, safe, and joyful space where your child can grow, learn, and thrive. I look forward to having you join me on our journey.'*





# MELBOURNE CUP 2025



# SUMMER EYE HEALTH



As the summer sun shines – will you be protecting your eyes?  
Bright sunshine is not only dazzling, it may also cause long term damage to your eyes.

## DID YOU KNOW?



UV



Children's eyes are more susceptible to ultraviolet (UV) rays due to the larger pupils and clearer lenses in their eyes.

Exposure to UV light has been linked to certain eye conditions, including cataract and macular degeneration.



## Sunglasses



If you're spending more time outdoors in the sun, make sure you and your children have good quality sunglasses with UV protection. Look out for the British Standard (BS EN ISO 12312-1:2013), CE or UKCA mark.



## Hats on +

Hats aren't just a fashion accessory, they are also a great way to protect your eyes from the glare of the sun! Add an extra layer of protection this summer by wearing a hat with a wide brim or a sun visor to keep your eyes comfortable.

## Wear swimming goggles

Watertight goggles are a great way to protect your eyes while swimming. They can help shield your eyes from infection-causing microbes often found in pools. If you wear contact lenses, we recommend you take them out before swimming.



## Outdoor activities

Did you know that DIY activity in the home and garden is the cause of more than 20,000 eye injuries in the UK each year? If you're planning on making home improvements this summer, make sure your eyes are protected from flying objects and chemicals by wearing good quality safety goggles, with the CE or UKCA mark.



## Sand in your eyes...

Rubbing your eyes with small particles of sand can scratch your cornea, causing irritation and possible abrasion or infection. While your eyes will naturally attempt to remove the particles by blinking and watering heavily, we recommend you use sterile saline to help flush out the sand. If the irritation continues, contact your local optometrist.

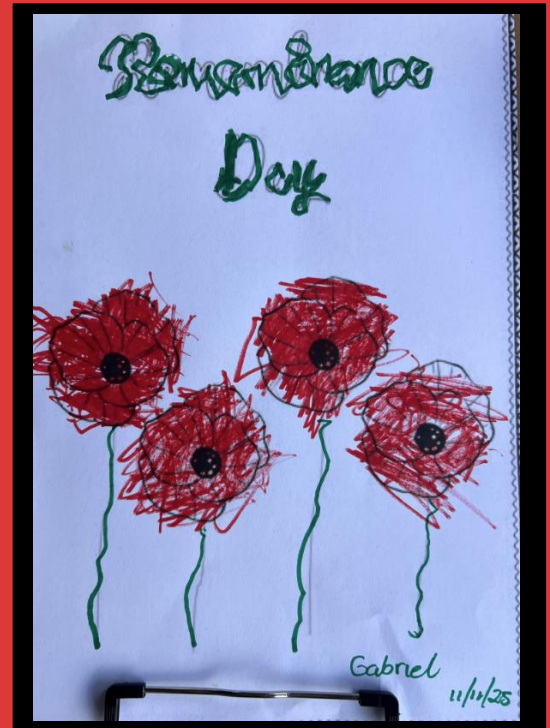
If you have any concerns about your vision, please contact your local optometrist.

[lookafteryoureyes.org](http://lookafteryoureyes.org)

## Get outside +

Scientific studies have shown that children who spend more time outdoors are less likely to be short-sighted. Encourage your child to play outdoors while making sure their eyes are properly protected by following our top tips.






**REMEMBRANCE DAY**  
*lest we forget...*

EYLF – L.O 2 – CHILDREN ARE CONNECTED TO AND CONTRIBUTE TO THEIR WORLD

**GARDEN HOSE WATER CAN GET SCALDING HOT IN THE SUMMER. LET IT RUN BEFORE SPRAYING**





A public safety message from the International Association of Fire Fighters

-Educator spotlight-

# Amy Foti

## Little Explorers

FAMILY DAY CARE



*Location:* Ayr

*How long have you been an educator:* Just over 16 years, 6 of them being in Family Day Care.

*What is your favourite things about being an educator:* Watching how curious and capable the kids are when they're given the freedom to explore their interests. Working in a family daycare setting allows me to really get to know each child - their personality, routines and passions, and to extend their learning through meaningful play based experiences. I love creating an environment where children feel safe, secure and supported, and excited to learn at their own pace. Seeing their confidence grow is one of the things that makes my job so rewarding.

*How would you describe Little Explorers Family Day Care:* Little Explorers FDC is a warm, welcoming and nurturing space that feels like a home away from home. A calm and supportive atmosphere has been created for children to feel safe, respected and confident to explore. Our environment is designed to encourage independence, curiosity, and creativity through open ended play experiences. Each child's interests are followed and extended on by providing meaningful resources and opportunities for hands on discovery, both indoors and outdoors.

*Do you have any tips for your fellow Educators?*

- look after yourself - value the small moments -be flexible with your program -have fun!

*Are you happy for other educators to reach out and connect with you?*

Most definitely! I'm always up for sharing ideas and environment set ups.





# Learning and playing with DIRT



## Drawing and writing

Draw letters or numbers in the dirt or sand with a stick.

Can you write your name? What numbers can you write? What other words can you make? Add early mathematical concepts with simple addition, subtraction, patterns and shapes. Can you add shapes together to make a picture?



## Mud Cafe

Gather some recycled containers and its time for pretend cooking with mud or sand. Add some texture of different natural objects to enrich the sensory experience.

What delicious food can you make? Can you find other natural ingredients to add flavour to your creation? What does it feel like with water? How does it feel different with the other natural objects?

## Create art

In the sand at the beach or your backyard sandpit, make sand people using a variety of objects. Use seaweed for hair, shells or pebbles for facial features, sticks or driftwood for limbs.

Maybe you could create a family and add a pet? Build a house or castle for them to live in. How many eyes do you need? What are the body parts called? What else could you add to your creation? What happens if water washes over it?



## Create a waterway

Create a dam in mud or sand and see if it will hold water in. Add rivers and waterways to the dam and include tunnels to connect them together. Use different objects to create the tunnels, such as pipes and rocks.

What happens if you use different sized pipes? How can you hold the water in? How can you stop it leaking? What other resources can you use to create your waterways and dam?

Mud play will give the children opportunities to develop their social skills as these activities support children to play with their friends or family. Through this hands-on sensory experience there is also some great connections to STEM - science, technology, engineering and maths through problem solving and inquiry-based play.



# feeling Hot, Hot, Hot!

Thank you to our Educators for making keeping cool FUN! **QA2.1.1**



# Lets go on a sustainable scavenger hunt!

Free paint samples from your local hardware store. Now to get outside and match the colours!



## Mango Ice Cream Cake

½ cup macadamias, coarsely chopped

⅓ cup shredded coconut

1L tub frozen mango sorbet

600ml tub thickened cream

395g can sweetened condensed milk

Preheat oven to 160°C fan- forced (180°C conventional). Line an oven tray with baking paper. Combine chopped macadamias and coconut on prepared tray. Bake for 7-8 minutes, until lightly toasted. Cool on tray.

Grease a large 14.5 x 23 x 9cm deep loaf pan. Line base and sides with baking paper, extending paper 5cm above pan edges.

Put sorbet in a large bowl and stand at room temperature for 10 minutes to soften slightly (don't allow to fully melt). Stir until smooth. Pour into prepared pan. Smooth over top. Freeze for 30 minutes to firm.

Beat cream, condensed milk and vanilla with whisk attachment in large bowl of an electric mixer until thickened. Fold in cooled macadamia and coconut mixture. Pour over sorbet in pan. Smooth top. Cover with plastic wrap and freeze overnight.

Invert cake onto serving plate (you may need to hold a warm cloth over pan for a minute or so). Serve topped with whipped cream, sliced mango and Raffaello balls.



# watch out for your kids safety with poisons



**alcohol**  
- grog can be  
poison to kids

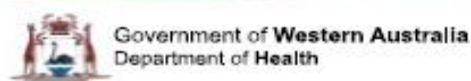



**medicines**  
- put them in a  
high cupboard



**chemicals**  
- never put fuel &  
other poisons in old  
drink containers

If your kids get hold of something poisonous & swallow it, ring the Poisons Information Centre on 13 11 26.



  
**Acknowledgement to Country**  
*Wadda Mooli*  
 We acknowledge the traditional custodians of the land upon which we work and live, the Juru people of the Birri Gubba nation, and recognise their continuing connection to land, water and community.  
 We pay our respects to Elder's past, present and emerging.

