

*Welcome
New
Families!*

Chapman/Carsley, Minimulu/Oni, Mancin/Touceda, Harwood/Mackie-McCann, Newman/Croon, Scotcher/Blaskett, Petrie/Prangley, Aiello, Watts/Coroller, Jackson/Plath, Olson/Takacs, Robertson, MacDonald/Pezzelato, Kadziela, Paige, Rosenthal/Monaghan, Williams-O'Rourke, Martin/Capper, Carnevale/Atta, Redman/Cox, Wipaki/Murr, Thomas/Sutton, Kenny/Strybos, Crothwaile/Shortjoe.



Dates to note:

Waitangi Day
Friday 6th

Healthy Lunch box week
Monday 9th – 15th

Valentine's Day
Wednesday 14th

Chinese New Year
Tuesday 17th – Tuesday 24th



**CENTRELINK
UPDATE**

3 Day Guarantee

From 5 January 2026, all Child Care Subsidy eligible families can get at least 72 hours of subsidised child care per fortnight.

Families can get 100 hours of subsidised child care each fortnight for each child if they:

- are caring for an Aboriginal and/or Torres Strait Islander child
- have more than 48 hours each fortnight of recognised participation
- have an exemption or experience exceptional circumstances, or
- receive Additional Child Care Subsidy child wellbeing, temporary financial hardship or grandparent payments.

Families who want to get more than 72 hours may need to report their recognised participation to Services Australia.

Families are not guaranteed a place with a provider. Families will still need to secure a place with their chosen child care service.

Families must still pay a gap fee, except in certain circumstances.



Providers and services
Find out more on the Department of Education website.



Families
To find out more and lodge a claim, visit the Services Australia website.

Follow us:

Bowen/Collinsville Family Day Care



Do you have any questions?

Would you like to provide any feedback?

Please contact the Bowen/Collinsville Coordination Unit!

Email:

fdcbowen@tpg.com.au

Phone: 07 47 86 1399

Or

0484 134 587

Office Hours: 8am to 4pm.

Welcome!

We would like to welcome Natalie to the Bowen/Collinsville Family Day Care Team! Located in the Burdekin, Nat comes with a wealth of experience in Early Childhood Education and Care.

Welcome Nat!



My program and daily routines will follow the 'Belonging, Being and Becoming – Early Years Learning Framework along with my own strong family values and beliefs, I believe that every child has the right to learn and develop at their own pace and I aim to be there every step of the way, catering to each individual's needs, strengths and abilities. We all have the right to be accepted for who we are.

FREE

Professional development for Educators!

ACECQA has eLearning modules available free of charge. These modules focus on the NQF.

These modules will support your understanding of your role within the children's education and care sector.

For more information visit: <https://www.acecqa.gov.au/national-quality-framework/nqf-elearning-modules>



PRACTICAL LIFE SKILLS

Montessori values practical life skills and the fundamental role this has in fostering, independence, confidence and responsibility in you children.



Foods for good moods

Swapping sometimes foods for everyday foods will give your child lasting energy to play and learn and help improve their:



Mood



Attention span



Behaviour

Sometimes



Every day



Check your school or service policy when packing foods like eggs, nuts and other high-allergen foods. Some foods may cause a choking risk to younger children and may need to be modified.



Healthy Eating
Active Living



Illawarra Shoalhaven Local Health District, 2023.



What's in the TUFF TRAY?

We think our Educator's do a
fabulous job in setting up experiences in their tuff trays!





7 out of 10 dog attacks occur in the home.



Approximately half of the bite injuries were to the head, face and neck.

0-4
age group is the most at risk.

Most children are bitten by their own dog or one known to them.



We Are Family

As parents it is our responsibility to teach our children how to safely interact with dogs, including behaviours and activities that should be avoided.



2 Ingredient Dough

Variety ideas for these savoury scrolls are endless:

- ham and cheese
- chutney, ham and cheese
- bacon and cheese
- ham, capsicum, pineapple and cheese
- ham, pineapple and cheese
- chicken and sweet chilli
- pizza sauce, salami and cheese
- salami and cheese
- Vegemite and cheese
- spinach and fetta
- sun-dried tomatoes, basil and cheese

What you need -

- 1 cup self raising flour
- 1 cup Greek yoghurt

What to do -

- Preheat oven to 180C, fan forced.
- Line 2 baking trays with baking paper, a silicone mat, or use a silicone baking tray.
- In a large bowl mix flour and yoghurt to make dough ball.
- Knead for several minutes, add more flour if mixture is too wet.
- Sprinkle extra flour on bench, roll out dough to a 40 x 25cm rectangle.
- Add desired toppings.
- Roll up dough, starting from long side.
- Cut into 2cm scrolls and place flat on baking tray.
- Bake scrolls for 20 minutes or until golden and cooked through.
- Rest on tray for 5 minutes before transferring to a wire rack to cool completely, or serve warm.

Educator spotlight

Narelle Waters

Narelle's Family Day Care



Name: Narelle Waters

Location: Tully

How long have you been an educator: 2009-2026.
(between that time had a year off due to self-care)

What is your favourite things about being an educator: Building strong, trusting relationships with children and their families is also very special to me. Being part of a child's early years means celebrating their achievements, supporting them through challenges, and helping them feel safe, valued, and supported. Knowing that I am helping to lay the foundations for lifelong learning makes this role both meaningful and fulfilling

How would you describe Narelle's Family Day Care: The learning environment supports children's development across all areas, including social, emotional, physical, and cognitive skills. Experiences are thoughtfully planned based on the children's interests, strengths, and individual needs, allowing them to explore, create, and build confidence through meaningful hands-on activities. Having an open communication and collaboration with parents to ensure children receive consistent care and support

Do you have any tips for your fellow Educators?

Look after yourself, being an educator is rewarding but demanding. Take time for self-care so you can continue to give your best to the children in your care

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



Celebrating all things

Australian



Kids always losing the lids off colouring in pens? Always throwing out dried out pens?

Turn dried out pens into water colours!



1. Test out each marker to see if the ink is dry.
2. Set aside the markers that no longer work.
3. Sort each dried-out marker by colour.
4. Add the coloured marker facedown into a reusable container.
5. Add water to each container.
6. Let the marker soak. (this doesn't take very long, but the longer you wait, the stronger the colour)
7. Use the new watercolours for mixing in a sensory water bin or paint on a canvas.



Connecting2U

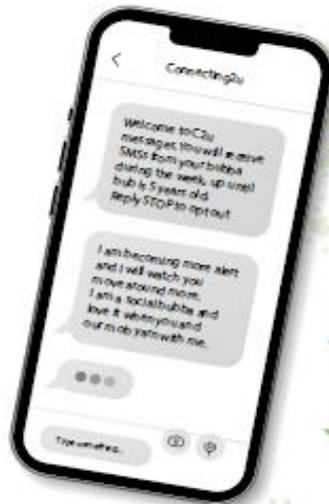
Do you have a child aged 0-5 years?

Sign up to find out more about your child's growth, helping their brain develop, looking after yourself and more!

They are for mums and dads, so why not sign up together!



Scan the QR code or visit our web page to register today!



Sign up to get free weekly parenting support txt msgs, like the ones below:

(C2U) I like it when you hold me close, make eye contact and soothe me. Your kindness and gentleness when I cry makes me feel safe and I can calm more quickly.

(C2U) My 0-4 week health checks are due. Don't forget to bring my Red Book!

(C2U) I love connecting with you during tummy time. Start with short efforts a few times a day. I will soon get stronger.

childrens.health.qld.gov.au/connecting2u

Get in touch by emailing: Connecting2u@health.qld.gov.au



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.

