

Follow us:

Bowen/Collinsville Family Day Care



*Welcome New Families!*

Davies/Masden, Dametto,  
Schafer, Richardson, Butler,  
Brown/Pino-Torrent,  
Donald/Fayden, Mildenhall,  
Brown/Smith, Barfield, Verner/  
Rogers, Banditt, Hapuhinna/  
Ranasinghe, Bradfield, Smallman/  
Weaver, Neale/Elizabeth, Swart, Murdoch/Ball,  
Belcher/Wedmore, Griggs/Appleby, Daniels, Devow/Gabey,  
Bradfield, Smallman, Weaver, Neale, Swart, Fowler/Miedma,  
Leahy, Gullotta, Brown-Kenyon, Woods

Dates to note:

1<sup>st</sup> – New Years Day  
22<sup>nd</sup> – QLD State Public  
Schools return  
26<sup>th</sup> – Australia Day  
Public Holiday

SCHOOL HOLIDAYS  
HERE!!



if you have school aged children that  
do not usually use care, but will use  
school holiday care, let us know so we  
can:

1. Create a booking/timesheet
2. Create a CCS Enrolment – **this must be in place PRIOR to care being provided.**

**Children who do not use childcare for  
a period of 14 weeks, will have their  
CCS Enrolment ceased by Centrelink.**

## The CCS and absenteeism from Care.

You can get up to 42 allowable absence days per child each financial year.

If you reach your allowable absence limit, you may be able to get additional absences. You may get additional absences if any of these apply:

- your child is ill
- your child's carer or their partner or another person your child lives with is ill
- your child is attending preschool
- alternative arrangements have been made for your child on a pupil-free day
- your child hasn't been immunised against an infectious disease and the absence occurs during an immunisation grace period
- your child is spending time with a person other than their usual carer as required by a court order or parenting plan
- your child's child care service is closed as a direct result of a local emergency
- your child can't attend because of a local emergency
- your child's carer chooses not to send the child due to a local emergency.

Talk to your child care service about this. You may need to give them supporting documents.

For more info : <https://www.servicesaustralia.gov.au/child-care-subsidy-if-your-child-absent-from-child->

# CHEERS TO 10 YEARS

Congratulations to Christine Andreatta on the milestone of 10 years of service as an Early Childhood Education and Care Educator with Bowen/Collinsville Family Day Care.

We are proud of all you have achieved on your ten years with us. Wishing you a very happy 10<sup>th</sup> work anniversary, and here is to more successful years ahead!



## An idea from 'Let's Count'!

A maths program initiative from the Smith Family Foundation

### Games & Play: NUMBERS PLAY

*Recycle bottle tops or jar lids and write 1 to 10 OR draw dots to represent 1 to 10 like you see on a dice.*

1. **Count** them 1 by 1.
2. Put the numbers in order. **Count** forwards and backwards.
3. Cover them and ask the child to pull out a number and together name the number.
4. Cover them and ask the child to pull out a number (E.g. 3) and have your child find "3" of something around the house.
5. Cover and ask your child to pull out a number. Make that the number of the day. If they selected a "2" look around to see how many 2's you can spot around you, in the street, in the shops and on signs.







EYLF – 4.1 Children develop a growth mindset and learning dispositions such as curiosity, cooperation, confidence, creativity, commitment, enthusiasm, persistence, imagination and reflexivity.

IT'S BEGINNING TO LOOK A LOT LIKE  
*Christmas*

What a great job our educators did in creating the build-up and excitement that is the magic of Christmas! A lot of unintentional learning, craft, celebrations, and FUN!



Website:  
[www.bowencollinsvillefamilydaycare.com.au](http://www.bowencollinsvillefamilydaycare.com.au)



Contact:  
07 4786 1399



Email:  
[fdcbowen@tpg.com.au](mailto:fdcbowen@tpg.com.au)







# Choose healthy snacks

Healthy snacks help meet kids' nutrition needs. Choose snacks based on:

- vegetables • fruit • milk • cheese • yoghurt • wholegrain breads, crackers and cereals

## TIPS TO PLAN HEALTHY SNACKS



Include a vegetable and fruit snack each day



Keep a range of healthy snacks in the fridge and pantry



Get your kids to help prepare snacks



Cut up vegetables and fruits so they are easier to eat



Show kids you enjoy eating healthy snacks



## WHAT IS A HEALTHY SNACK?

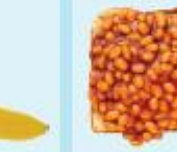
Include fresh foods & wholegrain varieties as snacks



\*wholegrain rice crackers



\*vegetable pancake



\*homemade popcorn, no added salt or butter



\*hummus



\*reduced fat cheese

This resource has been developed by Western Sydney Local Health District published June 2021.



High fat and sugar snacks • no more than 1 a day • only a small serve



CWSLHD/SHPN 210218



HEALTHYEATING  
ACTIVE LIVING



*Including families in Early Education settings creates strong connections and meaningful learning experiences for children. It also helps Educators to build a sense of community by inviting families to participate in decision making, planning of quality outcomes and activities and focuses on the child's development and learning.*

We would like feedback from families on how you provide input to your educator about your children's learning, development, or educational programming? Is it verbal, is this via your childcare app such as story park or Kinderloop? Is your child encouraged to talk about their home or weekend in the care environment? Please mail us as [fdcbowen@tpg.com.au](mailto:fdcbowen@tpg.com.au)

## Sustainable Craft Idea – Birdhouses



### Materials:

Empty cartons, washed and dried  
Acrylic paint  
Paint brush  
Water  
Paper towel  
Nail or screwdriver  
string or yarn  
Scissors  
Utility knife  
Bird seed

### Directions:

With the help from an adult, cut the sides out of a carton.

Paint carton with acrylic paints and leave to let dry.

Poke a hole into the top on each side of the carton with a nail or screwdriver.

Thread a piece of yarn or string through the carton and knot at the top to hang.

Fill with bird seed and place outside.

Wait for the birds to come!





StartingBlocks.gov.au

# PREPARING FOR CHILD CARE



## WHAT OPTIONS ARE AVAILABLE?

A variety of options are available including: family day care, long day care, outside school hours care, occasional care and preschool services.

## WHEN SHOULD MY CHILD START?

There is no one answer to this. It will depend on the individual needs of your family and child. What matters more than the age they start or the amount of time spent there is the quality of education and care given.



## HOW WILL I KNOW IF THE EARLY EDUCATION AND CARE SERVICE IS GOOD QUALITY?

A quality service will keep your child safe, happy and protected while responding to their emotions and interests in a strong learning environment. Services are also given national quality ratings.

## WHAT HAPPENS WHEN MY CHILD STARTS?

You will be provided with an enrolment form that will request information like:

- Family contact details
- Your child's immunisation history/illness or allergies
- Sleeping/eating routines.



## WHAT WILL HELP MY CHILD SETTLE IN?

- Start with shorter days then gradually increase their time at the service
- Spend time settling your child into a favourite activity before you leave
- Tell the service what comforts your child.

To find quality approved early education and care in Australia visit  
[www.startingblocks.gov.au/findchildcare](http://www.startingblocks.gov.au/findchildcare)



Website:  
[www.bowencollinsvillefamilydaycare.com.au](http://www.bowencollinsvillefamilydaycare.com.au)



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- Learning outcome 1 – Children have a strong sense of identity
- Learning outcome 2 – Children are connected and contribute to their world
- Learning outcome 3 – Children have a strong sense of wellbeing
- Learning outcome 4 – Children are confident and involved learning
- Learning outcome 5 – Children are effective communicators

# DRESS UP'S!

Play provides opportunities for children to learn as they discover, create, improvise, and imagine. Creative play allows children to immerse themselves in their imaginary worlds, they become whatever they want to be. Also known as role play, and pretend play, the benefits of creative play range from learning to think in abstractions to social and emotional learning.







## Recipe Idea - Homemade Fruit Roll Ups

### INGREDIENTS

5 cups berries  
1/4 cup honey  
2 tbsp lemon juice

### INSTRUCTIONS

- Preheat oven to 170 degrees (or the lowest temperature).
- Line a large (17×12 inch) rimmed baking pan with parchment paper.
  - Rinse berries and remove any stems.
  - In a blender or food processor, add the berries.
  - Add honey and lemon juice, blend until smooth.
- (For a smooth finish, pour puree through a fine mesh strainer to remove seeds.)
- Pour pureed fruit onto baking sheet and spread evenly over the entire pan.
- Place pan in oven and bake for 5-6 hours, rotating the pan halfway through the drying process. Remove from oven when the puree has set and is no longer sticky.
  - Allow the pan to cool completely.
- Cut the paper-lined fruit leather into long strips and roll.
- Store fruit roll-ups in an airtight container for up to 2 weeks.



# DON'T GO IF YOU DON'T KNOW

EVERY DRIVER. EVERY CHILD. EVERY TIME.



## SUPERVISE

When moving vehicles, know where kids are. Keep them close, in sight, or in the car. Never leave children unattended in cars.



## SEPARATE

Use fences and self-closing gates to keep garages and driveways separate from play areas. Always keep car doors locked.



## SEE

Every driver should walk around their car before driving. Keep children in mind when using your reversing mirrors, sensors and cameras.

## ... FASTFACTS ...

6

**kids**  
aged 1-4 years died  
in driveway and  
carpark run-overs  
in the last 12 months



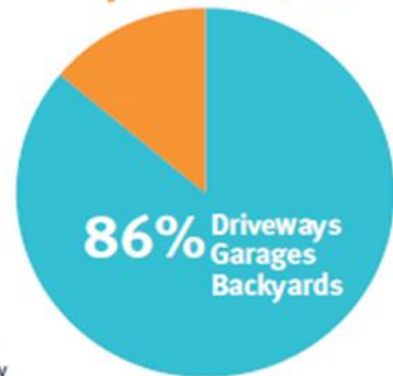
Driveway and carpark run-overs cause as many preventable deaths in this age group as pool drownings. One to two year olds are most at risk.

Low speed  
run-over  
deaths



Many more  
children are  
injured every  
year.

14% Carparks,  
Public spaces



Source: Queensland Child Death Register.



**Always know where  
children are before  
a vehicle is used**

- Every driver should be checking for children all the time
- Never leave children unattended near cars
- Hold onto children when you are near cars
- Always walk around the car and check there are no children around before you start it
- If there is not another adult to help supervise, put children in the car with you



**Have a safe and  
secure play area  
for children**

- Never use a driveway as a play area
- Have a safe place to play separate from the driveway
- Consider gates and fences to separate safe areas
- Doorways to driveways and garages should be kept closed
- Install a baby gate on internal doors to the garage



**Teach children  
to look, listen  
and stay clear**

- Adults need to be responsible for keeping kids safe around cars, but we can teach them about safety
- Look for reversing lights on cars
- Listen for car engines
- Stay away from cars that are moving
- Don't play near cars or on driveways

### Acknowledgement of Country

Wadda Mooli

We acknowledge the traditional custodians of the land upon which we work, live and play, and recognise their continuing connection to land, water and community.

We pay our respects to Elder's past, present and emerging.

