



# MONTHLY NEWSLETTER

## July 2025

Follow us:  
Bowen/Collinsville Family Day Care



Welcome New Families!

Campbell/McIntosh,  
Lillie/Iredale, Cooper,  
Gunthorpe, Steele/Powell,  
Clark/Holland, Smith/Ketchell,  
Wittwer/Webb, Wilkinson,  
Ah Tong/Whitbead, Charles/Bell,  
Wegener/Cox, Heinen/Tulett,



Shaw/Boots.

Dates to note:

1<sup>st</sup> – Coming of the Light

6<sup>th</sup> – 13<sup>th</sup> – NAIDOC

18<sup>th</sup> – National Pyjama Day

29<sup>th</sup> – Crazy Hair Day

## STATE SCHOOL HOLIDAYS

### 28 JUNE – 13 JULY



*\*\*A child's CCS enrolment will cease after not being in care for 14 weeks. \*\**

Please let the Coordination Unit know if you have school aged children attending for vacation care so we can ensure that the child has a timesheet, and that the child had a CSS enrolment.

**All children MUST have a CCS enrolment in place BEFORE care is provided.**

## THINGS TO CONSIDER FOR SCHOOL AGED CHILDREN AND THE CHILD CARE SUBSIDY

*A CCS (Child Care Subsidy) enrolment ceases automatically if a child doesn't attend a session of care for 14 consecutive weeks*

*Child Care Subsidy (CCS) eligibility ceases if a child hasn't attended care for 26 consecutive weeks*

1300 30 1300

Free counselling + support for parents & carers in QLD & NT



Pregnancy & Babies

aged 0 to 3

VIEW TOPICS



Preschoolers

aged 3 to 5

VIEW TOPICS



Kids

aged 5 to 8

VIEW TOPICS



Older Kids

age 9 and up

VIEW TOPICS



Parents & Carers

all about you

VIEW TOPICS

Parentline is a service of



welcome  
TO THE TEAM

We would like to introduce Sarah to the team!

Sarah will be operating

'Kids in the Bush'

Family Day Care in Nebo!

*My image of early childhood education and care is ensuring that every child is capable of learning new things through play and curiosity. However every child is unique and as an educator, my role is to encourage all children by providing a safe, supporting and fun learning environment.*



**EARLY CHILDHOOD PARTICIPATION  
PERIOD IS THE 11-22 AUGUST.**

***\*\*Educators, please contact the coordination unit if you would like to register your family day care\*\****

**We're taking on the**

**Premier's**

**reading  
challenge**





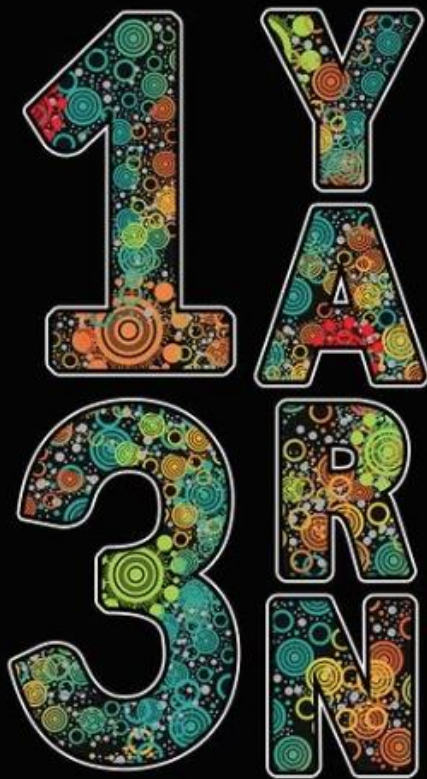
NQS – 5.2.1 CHILDREN ARE SUPPORTED TO COLLABORATE, LEARN FROM AND HELP EACH OTHER

# Teamwork





"Our Story, Our Healing"



13YARN is here to  
support mob when  
things get tough.

Lines are open 24/7  
**No Judgement No Shame**

If you're feeling worried or no good,  
call us for a yarn

**13 92 76**

# Skipping

Step  
forward.



Step  
forward  
on opposite  
foot.



Hop.



Hop.

Fundamental Movement Skills in Action  
FMS in the early years



**MAKE  
HEALTHY  
NORMAL**







1.4 CHILDREN LEARN TO INTERACT IN RELATION TO OTHERS WITH CARE, EMPHATHY AND RESPECT  
 2.4 CHILDREN BECOME SOCIALLY RESPONSIBLE AND SHOW RESPECT FOR THE ENVIRONMENT  
 4.3 CHILDREN TRANSFER AND ADAPT WHAT THEY HAVE LEARNED FROM ONE CONTACT TO ANOTHER

# World Environment Day

## World Oceans Day







# Craft Idea - DIY Shape makers

Using recycled paddle pop stick and Velcro dots



# BICYCLE SAFETY



## HELMET USE

By law, all riders and passengers on bicycles must wear an approved helmet that complies with the Australian Standard (AS/NZ2063)



The number of children aged 5-14 hospitalised in 2011-2012 due to bike-related injuries was\*

**1,905**



## SAFETY CHECKLIST

- Approved and fitted helmet
- Brakes
- Lights
- Reflectors
- Working bell
- Visibility devices (reflective tape, flags)

## SAFETY TIPS

### SELECTING A BIKE

- Ensure the bike is the right size and the right type for the child's abilities.
- Children should be able to reach the handlebars comfortably when seated.

### SAFE RIDING

- Ensure tyres, steering and braking systems are operating correctly.
- Choose safe places to ride - away from slopes, stairs, bumps, vehicles and driveways.

### HELMET FIT

- Check fit of the helmet by pushing gently - it should have limited movement.

### MAINTENANCE

- Replace helmets that have been damaged, cracked or worn out.
- Maintain bike regularly.





## Educator Spotlight

### *Lil' Lamb's Family Day Care*

**Name:** Rebecca Lamb

**Location:** Ayr

**How long have you been an educator:** 15 years

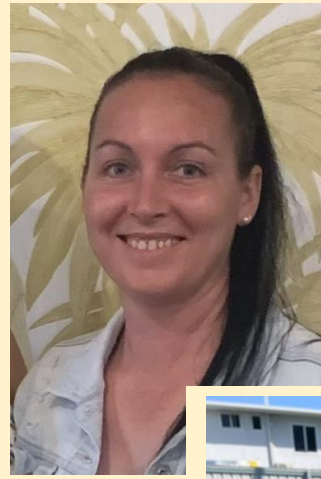
**What are your favourite things about being an educator:** One of my favourite things about being an educator is that each day is different and brings new adventures and learning experiences!

Building meaningful relationships with children and their families is highly fulfilling. Observing children grow and learn uniquely, with the knowledge that I have positively impacted their childhood, is particularly rewarding.

**How would you describe Lil Lambs's Family Day Care?:** Lil Lamb's Family daycare strives to create a warm homely, and inclusive environment where every child and family feels valued and supported. Children are encouraged to explore and learn at their own pace, with activities tailored to their individual interests and needs.

**Do you have any tips for your fellow Educators?:** Be flexible as every day is different, be kind to yourself, be silly and be creative.

**Are you happy for other educators to reach out and connect with you?:** Yes, definitely! It's great to share ideas and have support from others.



## ACTIVITIES WITH RE-CYCLED MATERIALS

Recycled lids in water and chop sticks!

(Use tongs for younger hands.)

Challenge accepted!!

Developing hand-eye coordination, Colour recognition, language, gross motor skills, special awareness etc etc etc the list goes on!





# Recipe Idea

## Easy Chicken Pot Pie

Preheat oven to 200°C

Wattie's Condensed Creamy Chicken Soup on stove top with cream in an oven proof dish. Mix in pre-cooked shredded chicken and Wattie's frozen mixed veges. Season to your liking.

Top pie filling with a layer of cheese and puff pastry sheet. Then brush the top with an egg wash.

Bake in the oven for 40 minutes until puff pastry is cooked and golden brown.

- 1 sheet puff pastry
- 1 can Condensed Creamy Chicken Soup
- ½ cup cream
- 2 cups chicken, cooked and shredded
- 2 cups Frozen Mixed Veggies
- 1 cup shredded cheddar cheese
- 1 egg for egg wash

## Do you know how much sugar your child is drinking?

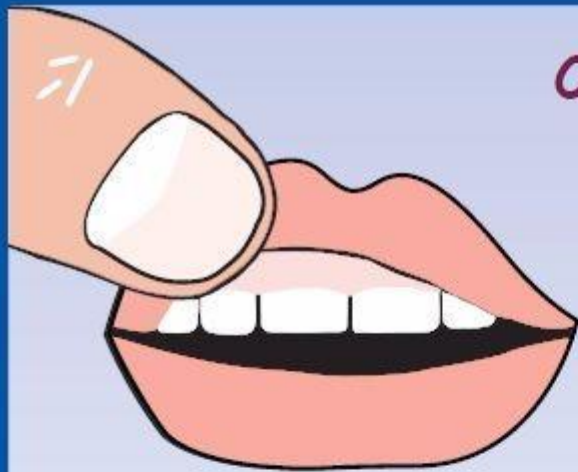


### Choose water!

- ✓ It's free
- ✓ Good for teeth
- ✓ ZERO sugar







Check your child's teeth

# LIFT the LIP

and look inside

Look for early signs of tooth decay once a month

Healthy Teeth



White lines along the gum line



Make  
A Dental  
Appointment  
NOW!



Talk to your Doctor or Nurse  
about your child's teeth

Brown or yellow spots that don't brush off



Make An  
URGENT  
Dental  
Appointment!

Keep your child's teeth healthy with 3 easy steps



Put your baby to bed without a bottle  
(stop the bottle at around 12 months of age)



Start drinking from a cup at around 6 months of age  
(boil tap water until 12 months of age)



Start brushing when your baby gets their first tooth  
(use low fluoride toothpaste from 18 months of age)

NSW HEALTH

Photo Sources: IMA & NSW Oral Health Services, Graphix Source, Calgary Health Region 2001.

Centre for Oral Health Strategy  
NEW SOUTH WALES



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.

