



Dear Families,

Signing in and out- This must be done each day when you drop off your child and pick your child up. In the near future changes will be made to childcare payments and parents will be charged for the hours of care that they use, it is vital the you ensure your child/ren are being signed in and out daily.

Belford Ball- This year the Belford Ball is on Saturday the 17<sup>th</sup> of August. The cost of the Ball will be \$95 which will be charged to your account. It will also be held at the same location as last year, the Green Acres Golf Club on Elm Grove, Kew East.

Bunnings Sausage Sizzle- On Saturday the 3rd of August we will be having a sausage sizzle at the Bunnings in Hawthorn. Please encourage everyone you know to get down and purchase a sausage to support the centre.

Immunisation records- Each time your child has an immunisation, we ask that you please bring in or email us an updated copy of your child/ren's immunisation history for our records. These records must be kept up to date at all times.

Bookings for 2020- This process will begin at the end of July. We will start by organising the 4 year old children that will be using Belford Oaks as their funded kinder and then we will continue working our way through the rooms. If you have just recently had a baby and would like them to attend Belford Oaks in 2020, please complete our waitlist form and return it to the centre as soon as possible. You can find the waitlist forms on our website [www.belfordoaks.org.au](http://www.belfordoaks.org.au)

If you have any questions or queries, please feel free to come and see me

Kind Regards,  
Barbara Brown  
Centre Director

### UPCOMING CENTRE EVENTS

JULY	FRIDAY 26TH- NATIONAL PLANT A TREE DAY WEDNESDAY- 31ST- BOC COMMITTEE MEETING 7:30PM
AUGUST	SUNDAY 4TH- NATIONAL ABORIGINAL & TORRES STRIT ISLANDER CHILDREN'S DAY 10TH- 18TH- NATIONAL SCIENCE WEEK 17TH-23RD- CHILDREN'S BOOK WEEK- READING IS MY SECRET POWER WEDNESDAY- 28TH- BOC COMMITTEE MEETING 7:30PM FRIDAY 30TH- DAFFODIL DAY
SEPTEMBER	STAFF PROFESSIONAL DEVELOPMENT- DATE TO BE CONFIRMED WEDNESDAY- 25TH- BOC COMMITTEE MEETING 7:30PM THURSDAY 27TH- FOOTY DAY FRIDAY 27TH- AFL GRAND FINAL PUBLIC HOLIDAY- CENTRE CLOSED SUNDAY 29TH- BLUE RIBBON DAY

## INFLUENZA (THE FLU)

Influenza, commonly called the flu, is an infection caused by a strain (version) of the influenza virus. It mainly affects the nose, throat and lungs, although it can involve other parts of the body. In healthy children it is much like a bad cold; however, influenza can cause more serious illness, especially in very young children and those with chronic medical conditions.

Influenza occurs mainly during the winter months. Each year infections are caused by slightly different strains of the virus. Occasionally one of these strains can cause a more widespread or severe outbreak (e.g. H1N1 swine-flu outbreak in 2009).

### Signs and symptoms of influenza

Influenza usually begins with a sudden fever and at least two of the following symptoms:

- aches and pains
- headache
- cough or noisy breathing
- sore throat and runny nose
- low energy
- nausea, vomiting and/or diarrhoea.

### When to see a doctor

If you think your child has influenza, you should see a GP who may want to do a test to confirm if your child has influenza.

Antibiotics are not helpful for influenza because antibiotics do not treat viruses. Your child will only be prescribed antibiotics if they are suspected to also have a bacterial infection.

Influenza can be more serious in children with chronic (long-lasting) medical conditions, including:

- chronic respiratory conditions (including asthma)
- chronic heart disease
- chronic neurological or metabolic conditions
- chronic kidney or liver problems
- diabetes mellitus.

It can also be more serious in children who are immunocompromised (have a weakened immune system because of medicines or illness). If your child has any of these conditions and they show signs of influenza, see your doctor.

Antiviral medications (such as Tamiflu) are sometimes given to children with chronic medical conditions or who have developed severe symptoms. These medicines are not given to otherwise fit and healthy children who have influenza, because the medicines do not usually make a difference to the duration of the illness. They also have little effect if given more than 48 hours into the illness.

### Care at home

Most children recover from influenza within seven days without any treatment. Ensure your child has plenty of bed rest, encourage them to drink lots of fluids and use paracetamol or ibuprofen for pain or discomfort. See our fact sheet [Pain relief for children](#). Do not give aspirin to your child, as this can lead to serious side effects.

If your child becomes more unwell or is showing signs of dehydration or is having difficulty breathing, you should go back to the GP urgently. Some children may need to be admitted to hospital.



## **How is influenza spread?**

Influenza is very infectious. It can spread through the air by coughing and sneezing, and by touching objects that have been in contact with saliva or mucus from an infected person. A person with influenza is contagious from the day before symptoms begin until a few days after.

Good hygiene reduces the chance of getting influenza or passing it to others. Good hygiene includes:

- regularly washing hands thoroughly
- not sharing cups or cutlery
- encouraging children to cough or sneeze into their elbow
- using tissues instead of hankies – teach your child to throw tissues into the bin as soon as they have used them and to wash their hands afterwards.

If your child has influenza, keep them home from child care, kindergarten or school until they are well again.

## **Influenza vaccine (the flu-shot)**

The influenza vaccine is the most effective way to reduce the chance of your child becoming sick with influenza. The vaccine can be given to any child over six months of age. It is voluntary, but encouraged for everyone.

If your child has a chronic medical condition, it is strongly recommended that they have an annual influenza vaccination. All household members should also be vaccinated to reduce the chances of your child being exposed to influenza.

Because the influenza virus mutates (changes) slightly from year to year, your child will need a new and updated influenza vaccine at the beginning of each influenza season. Two doses are often required in the first year of vaccination for children aged under nine.

Side effects of the vaccine include pain and redness at the site of injection. Less commonly, children may develop a fever or aches and pains, which last one to two days. The vaccine cannot cause influenza as it contains inactivated (killed) influenza virus.

While the current influenza vaccines are made using small traces of egg proteins, extensive research shows influenza vaccines are safe for children with egg allergy or egg anaphylaxis. All children will be observed for 15 minutes following the vaccination.

## **Key points to remember**

- Vaccination is the best way to prevent influenza.
- Influenza is very infectious so good hygiene is important.
- Influenza is caused by a virus so antibiotics cannot be used to treat it.
- Contact your GP urgently if your child has influenza and becomes more unwell, or shows signs of dehydration or breathing difficulties.

Just like that and it's the end of term 2!

The children have been awfully busy over the last term extending on their interests and abilities through play, investigation and discovery. We have continued on with our engagement in the creative arts, exploring clay and a variety of materials (paint, pencils, crayons etc) in order to make mark, create and express meaning. The children have the opportunity to engage in these rich and meaningful, open ended experiences each and every day, as they are permanent fixtures within the indoor/outdoor program. Through the creative arts we aim to encourage self-expression, imagination and creativity each playing a vital role in children's development and learning.

"Reconciliation week" was a big week for us in the baby's room. Running from Monday May 27th to Monday June 3rd, we had a whole week to celebrate and learn about the Indigenous Australian and Torres Strait Islander cultures, background and heritage. We began the week with a walk to the nearby "Canoe tree monument", marking the location of a large gum tree from which a canoe was carved. Continuing our celebration of Reconciliation week, we extended on our love for the creative arts and incorporated our investigation into the Indigenous Australian culture into painting. The theme of reconciliation week being "Grounded in truth, walk together in courage" the children used their footprints to create paths travelled across Australia. You can see the children's artwork displayed on the wall in the baby's room.

In preparation for the future we have continued encouraging and fostering the children's developing independence and emerging autonomy. We provide for choice in all aspects of the program and encourage the children to be responsible for their own decisions and actions. Their independence is continually fostered by actively engaging the children in routine and transition times. When waking from sleep the children are responsible for their comforters/sleep toys and returning them to their bags along with their other belongings. The children have also been enjoying removing their sheets from the beds and putting them in the dirty washing basket. It is also a novelty for many of the children to assist in folding the washing when it our washing week.

The room has had a bit of a makeover/rearrange and the children have responded extremely positively to it. Incorporating a new shelf and rug, the room is inviting and encourages engagement in a variety of rich and meaningful inquiry based environments. We view the child as protagonist in their play and learning and therefore provide a stimulating learning environment; one that promotes happiness and a desire to learn. Over the last couple of weeks or so you should have received your child's "summative assessment" via email from either Maddi or Suzie. We would really appreciate your input into these documents (if you haven't already done so) and any feedback you feel comfortable giving as this is our first time writing such pieces of documentation as a centre and strive to complete them to the best of our abilities.

We have really hit winter now and the days are becoming colder and colder. Although it is cold outside the children are still really keen and eager to explore the outdoor environment as much as before. Please ensure your children come with enough clothing for the busy day ahead of them and enough to keep them warm through the winter months.

As always if you ever have any questions or queries regarding the program or your children's growth and development please contact us via email, phone or we would be more than happy to set up a time for a meeting.

Suzie, Maddi & Beth

Dear Families,

It has been a busy couple of months in the Toddler room with all of the children growing and learning. We have had some children turn 3, some children begin toilet training and some children transitioning to no sleep throughout the day.

**Clay-** Over May and June we have been exploring clay and developing our fine motor manipulation of the clay. Through this we have practiced rolling it between our hands, using our fingers to pinch the clay to mould it into something. Each of the children have had the opportunity to take part in this project with Holly and each of them have made a pinch pot which is on display on the shelf in the toddler room. From this we will continue to explore clay and incorporate a variety of materials to create other objects.

**Rainbows-** Throughout this year we have been learning the rainbow song both to sing and to learn in sign language. As an extension of this Rachel investigate with children and showed them how to make a rainbow using water, shaving cream and food colouring. The children were able to assist in adding the food colouring to the shaving cream and watch as it dripped through the cream into the water to create a rainbow. Through this the children are developing and extending on their colour recognition, their interest in the rainbow song and exploring cause and effect.

**Self portraits-** Marina has undertaken a project with the children to create self portraits. Each of the children sat with Marina and drew their interpretation of what their face looks like. These are displayed on the wall in the toddler room. Later in the year Marina will revisit this with the children to see their progress in drawing their portraits. Through this the children are transferring what they are seeing onto paper, exploring their ideas, developing their shape recognition and developing their language and communication skills.

**Self help skills:** Over the past couple of months we have begun and continued working on developing the children's self help skills and building their confidence in being able to do things for themselves.

**Dressing & Undressing-** We have been encouraging and supporting the children to take off their own shoes before sleep, putting them on after sleep, removing their jackets and beanies after outdoor play and placing them in their lockers and assisting them in changing their clothes if they are dirty.

**Meal times-** We have been supporting the children to begin serving themselves at meal times. And continue to encourage the children to scrape their plates after they have finished eating.

**Taking responsibility for their belongings-** We are supporting the children in looking after their belongings- things like jackets, shoes, comforters. We are encouraging the children to place them in their lockers rather than leaving them on the floor.

**Outdoor play in colder months-** As we are in winter and it is getting extremely cold we ask that you please dress your child appropriately for the weather conditions- a warm winter jacket, beanie etc. We would also appreciate if you could put multiple changes of clothes and additional warmer clothes in your child's bag so that if they need more layers or need to be changed as they are dirty we are able to do so.

**Coach Ollie-** This term Coach Ollie has been on a Thursday and a Friday. This term's focus has been on ball handling skills where the children have been able to explore how to use a soccer ball, basketball and tennis ball. Through this the children are developing hand/ eye coordination, foot/eye coordination, balance, control and most of all they are having fun while they do it!

Thank you,  
Holly, Rachel and Marina  
Toddler Room Educators

Dear Families,

I hope you are all managing the winter chills and enjoying the winter sunshine!! We have had a lovely time in the mud patch. The rainwater has been making the dirt patch very muddy for the children to engage with. They have been exploring the texture of the dirt and water mixed together as well as exploring the mud kitchen which children use the cooking utensils alongside the mud, which they pretend is food. The children are also really enjoying digging in the mud patch with their peers and engaging in meaningful conversations about depth and volume.

We dug over the garden bed and we planted some basil, parsley and lavender. The children have been using their initiative to collect the worm wee from the worm far and water it all over the garden bed to make the plants grow and flourish. We have been discussing the cycle of plant life and how we can impact on this. The children enjoy being outside and interacting with the environment and we are looking forward to 'noticing' how the garden changes.

We have continued to work on our Tiger project by discussing their habitats, drawing and painting tigers as well as recently starting our group art show piece which will be available for parents to see and have a go at bidding for it at the Belford Oaks Annual Ball in August. The Sumatran Tiger fundraising project has come to an end and the money that has been raised will be counted and delivered as a check to the Melbourne zoo late September when the children will be visiting the zoo on an excursion. Thank you for all your help and hard work we really appreciate and so will the tigers! It was amazing to see the children so passionate involved in this group project.

We have also started a new experience this year. We have introduced Terry the Tiger our room mascot. Terry is very excited to meet all the families and children and cant wait to come into your homes and be part of the family. This experience also is a great opportunity for children to share their time with Terry by discussing and talking to the large group; it supports their literacy and language skills as well as their self-confidence.

The children on Wednesday 12<sup>th</sup> June were very lucky to have had Lisa from Mad Science visits Belford Oaks. The children got involved in some very insightful science activities that explored, magnets, movement and force, electricity, life cycles, liquid and absorption as well as chemistry. The children were able to explore these topics by engaging in them round the room as well as sitting down and listening to the presenter talk about chemistry and the relationship between acid and water.

All the children really enjoyed going on an excursion to the local park across the road from Kinder. They were able to explore the different playgrounds with their peers and educators as well as exploring the natural environment around them.

We have had a fun Term and we would like to thank all families for your continued support and feedback. We look forward to sharing the winter and spring with you in Term 3.

Connie, Anna and Sebile.

### **MOROCCAN MEATBALL IN TOMATO SAUCE WITH COUSCOUS**

Prep time 35 mins | cooking time 2 ½ hours

#### Ingredients

- 1.5 kg minced beef
- 1 ½ tsp Moroccan spices
- 3 grated Carrots-
- 2 grated Zucchini
- 1 large box of cous cous
- Broccoli, Cauliflower, beans for steaming

\* Feel free to add fresh herbs

\* Can substitute carrot and zucchini with different vegetables

#### Sauce

- 1 x 810g can crushed tomatoes
- 1 x 420g can crushed tomatoes
- 1 L water

#### Method

- Pre heat oven to 200 degrees
- Grate Carrots and zucchini and add to mince
- Add Moroccan spices
- Roll meat mixture into balls and place in baking tray.
- Pour over the crushed tomatoes and water
- Bake in oven for 2 ½ hours
- Cook cous cous according to packet instructions.
- Steam Broccoli, Cauliflower and beans.
- Serve and enjoy

