



### Directors Report

We would like to begin the first newsletter for 2023 by saying a big thank you to the educators and community at Belford Oaks. Term 1 has flown by without so much as a hiccup and this is all due to the excellent work our educators do and the wonderful community we have established.

We have welcomed 3 new families to the Belford Oaks community this year. We would like to say a big welcome to Nikki and Max Jordan, Krystal, Sascha and Harrison White, Vera, Wen and Ariaah Li, Heidi, Andrew and Fletcher Peck and Jessica, Scott and Isabelle Woolford

This year, the last month or so in particular has seen some changes at Belford. Kelsey has moved on the toddler room as room leader working alongside Rachel. Qin and Beth and Jana has moved to the baby's room alongside Marina, Freya and Ying.

Term 1 has seen Belford Oaks celebrate a range of events including Chinese New Year, Clean up Australia day, Cultural Diversity and Harmony weeks, rounding out the term with Easter celebrations.

Kicking off our social events for 2023, we held our annual Welcome Drinks on Friday the 24<sup>th</sup> of March. Thank you to the families who could make it and we hope you enjoyed your night. The next social event is a trivia night, planned for Friday 26<sup>th</sup> of May at North Balwyn Bowls Club from 7pm onwards.

Just a quick reminder to please ensure your fees are kept up to date, paid 2 weeks in advance. Statements are emailed out weekly on a Friday. If you have any questions or queries please don't hesitate to get in touch.

We are looking forward to a great year ahead

Regards

Suzie & Holly

Belford Oaks acknowledges the traditional owners of the land on which we learn, develop and grow. We recognise the Wurundjeri people of the Kulin Nation, paying our respects to Elders past, present and emerging.



### Upcoming Centre Events

May

Mother's Day Sunday 14<sup>th</sup> May  
Special Friends Breakfast Wednesday  
17<sup>th</sup> May – **all families invited to attend**

National Day of Healing 'National Sorry Day' – Friday 26<sup>th</sup> May  
Trivia night – Friday 26<sup>th</sup> 7pm – all families invited.

(Tickets can be purchased through <https://www.trybooking.com/CHSHO>)  
Reconciliation week begins – Saturday  
27<sup>th</sup> May

June

Reconciliation weeks ends – Saturday  
3<sup>rd</sup> June  
King's Birthday Monday 12<sup>th</sup> June –  
**Centre closed**



### *Illness and exclusion*

When in childcare there is very little that can be done to avoid minor illnesses such as cold and flu. We do our bit by keeping the rooms clean and sanitised and this is why we strongly urge you to keep your children home if they are unwell, to minimise the spread of infection. It is important when considering childcare that you recognise your children will go through periods of illness, especially when new to this kind of environment. There will need to be someone (parents, grandparents, friends etc) close by to collect your child if they fall ill when at the centre. Parents have the most important role in minimising the spread of infection by making the decision to keep their child home. We understand that due to work commitments it may be difficult to keep your child home but we are unable to care for sick children and it is not fair to spread the germs to the other children and the educators.

With your understanding and help combined with our hygiene practices and procedures we can work together to create a relatively germ free environment. The department of human services has a list of infectious diseases for which infected children must be excluded from the centre.

It is Belford Oaks' policy to minimise the spread of infection by adopting the following practices:

a child should not attend the centre if they have

- \* *Coronavirus Symptoms* - A green/yellow runny nose, an elevated temperature, persistent cough, sore throat, difficulty breathing. Children ARE to remain away from the centre until they have received a negative result.
- \* A green/ yellow runny nose is a sign of an infection. Children must remain away from the centre until this clears.
- \* A temperature (of 38 or above) - Children are to be kept away from the centre for a minimum of 24 hours after the temperature has subsided - also see above for Coronavirus symptoms.
- \* *Diarrhoea* - a child with watery stools should not return to the centre until they have been free of the diarrhoea for a minimum of 48 hours.
- \* *Vomiting* - a child vomiting should not return to the centre until the vomiting has ceased for at least 48 hours.
- \* *Conjunctivitis* - an infection of the eyes characterised by redness, watery eyes and yellow discharge which becomes crusty. This requires medical treatment and cannot return until the discharge has cleared completely.
- \* *Impetigo (school sores)* - a contagious infection characterised by crusted sores which usually appear first on the face and may spread to other parts of the body. This condition requires medical treatment, and the child must stay home until the sores have healed or treatment has been undertaken for at least 24 hours and the sores are covered.
- \* *Head lice* - a child must be excluded until their hair has been treated; other members of the family will also need to be checked.



# Belford Oaks

- \*Hand foot and mouth disease – a viral infection characterised by a rash and/or blisters mainly on the tongue, gums, mouth, hands, feet and buttocks. This is highly contagious: children must be excluded from the centre until they have fully recovered from the infection.
- \*Chicken pox – children cannot attend the centre until fully recovered or blisters have formed scabs. \*Glandular fever – exclusion is not necessary.
  - \*Hepatitis B – exclusions not necessary
  - \*Hepatitis C – exclusions not necessary
  - \*HN – exclusion is not necessary
- \*Measles – exclude for a minimum of 4 days from the appearance of the rash.
  - \*Meningitis – Exclude until recovered.
  - \*Mumps – Exclude for at least 9 days after onset of symptoms.
  - \*Ringworm – Exclude until the day after treatment has commenced.
- \*Rubella – exclude until fully recovered or at least 4 days after the onset of the rash.
- \*Streptococcal – exclude until the person has received antibiotic treatment for at least 24 hours. \*Whooping cough – Exclude for 5 days after beginning antibiotic treatment.

## Centre events & celebrations

**Chinese ribbon Dancing** – To celebrate Cultural Diversity Week, all children at Belford Oaks participated in Chinese Ribbon Dancing. The Chinese Ribbon Dance is a traditional art form that originates in ancient China. Using sharp, rhythmic movements and long colourful ribbons, dancers are usually female and perform to traditional Chinese Music. The children learnt the colours of the rainbow in Mandarin, watched the lady perform a special dance using the ribbons, and then they all had an opportunity to learn a traditional Chinese Ribbon Dance. Engaging in cultural experiences is important for children as they broaden their understanding of the world and learn to respond to diversity with respect.

**Farm Animals** – The Babies room were learning about farm animals this term and organised for the farm animals to come visit Belford Oaks. Each room had a chance to interact and play with the animals.

**Hey Dee Ho** – This term Hey Dee Ho was held on a Wednesday. During our sessions Sonja engaged the children in a variety of song and dance, featuring AUSLAN (Australian sign language), covering three main topics: colours, animals and transport. We collaborated for our choreographed dances and of course enjoyed the freedom of expression of just moving to the music. These movement activities provided children with excellent incentive to develop attentive listening and they were also lots of fun!

**Kelly Sports** – Kelly Sports was held on a Tuesday this term. The children engaged in a variety of ball skills, such as learning how to dribble a basketball and soccer ball, kick a soccer and footy ball, hit a cricket ball, and handball a footy. These games developed children's gross and fine motor skills, as well as their hand-eye coordination skills.



Welcome all to our first newsletter of 2023.

We would like to begin by saying Welcome back to the families who were with us last year and welcome to the three new families who have joined us this year. This term has been very busy in the baby's room. As educators we have continued to strengthen our relationships with the children who were with us last year and we have focused on building secure and reciprocal relationships with the children who have joined us this year. We, sadly said goodbye to Kelsey who moved to the toddler room and welcomed Jana and Ying who have become regulars in the room.

Over the last term we have focused on Farm animals, arts and crafts and celebrating cultural diversity week.

### **Farm animals:**

The children's interest in animals has continued to grow this term and a book that was a fan favourite during group times and throughout the day was Old McDonald had a farm. This book gave the children an opportunity to identify different farm animals and the noises they made. To extend the children's interest, we invited "Animals on the move" to visit the centre. The children loved seeing the animals and getting the opportunity to pat them.

### **Arts and Crafts**

This term, something we wanted to focus on was incorporating more arts and craft into the program. We added clay to the room which gave the children the opportunity to explore a different sensory medium and explore their sensory capabilities. An activity the children seemed to love has been painting. On many occasions the children would spend time outside or inside creating their masterpieces using paint. Once they had finished their piece, we display their work around the room. During cultural diversity week the children participated in two different painting experiences – handprints using the colours of flags and using acorns with paint to create their flags.

### **Cultural Diversity week**

From 11<sup>th</sup>-21<sup>st</sup> of March we celebrated Cultural Diversity Week. This was a great opportunity to celebrate the multiculturalism of the baby's room. We sent an email to our families asking for suggestions of ways we could incorporate the children's culture into the program. We had a special visit from Jules' mum Claire who came in and read to the children about kiwi birds and created kiwi birds with the children celebrating and exploring the New Zealand culture. To celebrate the Chinese culture, we had a special visitor from "Cultural Inclusion" to perform Chinese ribbon dancing. The children did a painting experience using the colour of their culture's flag and created a handprint. We ended the week, doing a cooking experience that was Sophie's great grandma's recipe of drop scones which the children enjoyed for afternoon tea that day.

The educators at Belford Oaks believe children prosper in a safe, nurturing, healthy, communicative, respectful, inclusive and fun environment. Providing learning spaces with potential for holistic development (physical, cognitive, emotional, social and spiritual), our main goal at Belford Oaks is to assist children to develop and grow into responsible, confident, creative, empathetic active citizens of their world. We strive to contribute to this daily, through recognition and celebration of the children's achievements, encouragement and constant support"

- Belford Oaks philosophy



Term 1 in the toddler room we welcomed Kelsey into the room as the room leader. So far, we have been ensuring the children have a sense of being and belonging in the room. This has been incorporated through Cultural Diversity week activities and experiences and the collaborative group handprint piece in the room, representing unity and belonging. Our group time sessions have been focused on emotions. Through reading books and participating in group discussions the children are becoming more confident in their ability to identify the range of emotions they may be feeling and explore into why they are feeling that way.

Kelly Sports on a Tuesday morning has been a big highlight for most of the children, as they absolutely love getting involved with coach Josh and learning new sports skills. Our Wednesday mornings we have been fortunate to have Sonja from Hey Dee Ho come in and run the children through singing and dancing sessions.

11<sup>th</sup>- 21<sup>st</sup> of March was Cultural Diversity week the children loved learning about the different countries and cultures from within the room. We were very lucky to have Quin teach the children how to count 1-10 in Mandarin and to have Rachel guide us through a traditional Russian cooking experience.

This year we have been joined by another special member, Buckley. Having Buckley has given the children an extra responsibility, in making sure he is being fed, cleaned, and looked after.

The children have been loving exploring and experimenting with different means of arts and crafts. Throughout the term we have been introducing a variety of materials and means for the children to explore their creativity by creating unique art pieces. These pieces have been displayed around the room, for the children to admire and acknowledge their own efforts and their fellow peers' creations. As Easter approached, this gave the children to chance to use painting and pasting as a way of creating and expressing their ideas of Easter. Using a mixture of materials, the children created their own wooden rabbit and bunny pieces.

Towards the end of the term, we had a special visit from some farm animals. The children absolutely loved this visit as it gave them to opportunity to get close and personal to some of their favourite farm animals.

Our **term 2 goals** and intentions are going to be focused on the introduction of the alphabet, to help the children in recognising and identifying letters. Based off the children's interest we will introduce and focus on insects and the life cycle of other living creatures. Term 2 we will plan to go on some excursion that will allow us to explore our local community and our surroundings.

We believe children are independent in their decision making and strive to encourage their autonomy by providing for choice in all aspects of the program. We believe children are expressive communicators, collaborative learners, creative, capable and inquisitive. For this reason, we have created a learning environment that caters to and builds on these wonderful qualities  
- Belford Oaks philosophy

**Identity** - This term we have welcomed the new group of 3-year-old Kinders and their families into the Kindergarten room. We had a strong focus on Outcome 1 of the Victorian Early Years Learning and Developmental Framework - Children have a strong sense of Identity. We encouraged children and families to fill in an "All About Me" form which the children then shared with their peers during our morning meetings and group times. We also asked families to bring in a family photo which we displayed on our family tree wall, aimed at supporting the children to create and develop a sense of belonging to their new environment. This then led into an inquiry about exploring identity and cultural diversity. Children explored their physical appearances and learnt to identify similarities and differences amongst themselves. Each child created a self-portrait and painted a flag that represented their cultural heritage.

**Cultural Diversity Week/Harmony Week** - During Cultural Diversity Week and Harmony Week families were invited to share their traditions and cultures. Wenying (Lucas' mum) came in one morning and read a story to the children called "Round is a Mooncake". This story is about a little girl's neighbourhood becoming a discovery ground of things round, square, and rectangular. At Belford Oaks we celebrated this special day by coming together and wearing the colour orange. The designated colour representing Harmony Day is **orange**, a colour symbolic of peace and diversity in society.

**Weather Unit** - The children have engaged in a weather inquiry unit where they have learnt to identify the different Western and Kulin seasons that occur throughout the year. They have also explored what types of weather are present in each season, sharing their observations of the weather daily. Through this inquiry, the children have investigated how and why the leaves change colour and they learnt about the water cycle and how it rains, snows and hails. The children engaged in a variety of lessons such as weather bingo, matching and sorting activities, crafting experiences, science experiments, music, dance and reading.

**Wellbeing Wednesday** - Each term we will choose a day of the week to focus on Outcome 3 of the Victorian Early Years Learning and Development Framework "Children have a strong sense of wellbeing". The topics we will cover are aimed at supporting children's social and emotional wellbeing as well as their physical and overall health.

This term we did **Wellbeing Wednesday**. Our focus was learning about our **emotions**. Learning to name and identify how we are feeling, understanding facial expressions and how to respond to our own feelings and those of others.





At group time we began by looking at the different **Zones of Regulation**. There are 4 zones, each one represented by a different colour.

**Blue** – sad, bored, tired, or sick.

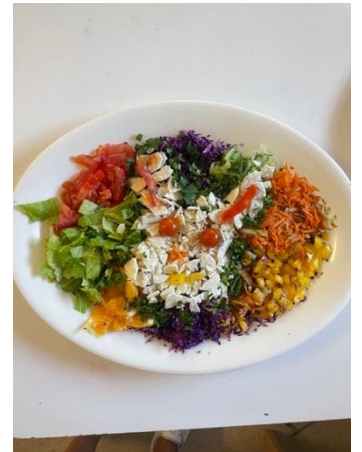
**Green** – happy, focused, calm, or proud.

**Yellow** – worried, frustrated, silly or excited.

**Red** – overjoyed/elated, panicked, angry, terrified.

**Chinese New Year** – This year is the year of the **Rabbit**. We learnt that people born during the year of the rabbit are seen as having tender and loving characteristics. They are often sensitive and have very mild temperaments. They may also come across as timid.

It is customary to host a big feast called the **'Reunion Dinner'** during Chinese Lunar New Year. All kinds of food are made for the family to enjoy. One of the dishes is called **Yee Sang** (prosperity mixed salad). It is a fun and tasty salad symbolizing abundance, prosperity, and vigour. The children assisted Ying to create this salad, preparing the ingredients and selecting fresh ingredients from our garden.



**Australia Day** – To commemorate Australia Day, we read **'I'm Australian too'** by Mem Fox. This book is a beautiful celebration of multiculturalism and an exploration of the cultural diversity that is modern Australia. It supports children's understanding of how Australia came to be. We also explored Australian animals and landscapes, broadening the children's understanding of the country they live in.



**Easter** – To celebrate Easter this year, the children made their own Egg Cups. They were provided with a choice to make either a chic, rabbit or decorate their egg cup any way they liked. The children enjoyed painting their egg cups, and decorating them with glitter, eyes, ears, and a tail. They then chose an easter egg to place in their cup.

### Excursions

**Clean Up Australia Day** – At Belford Oaks Community Children's Centre, we are committed to educating children about sustainability and sustainable practices. We encourage children to be responsible for their environment. To reinforce these practices, we participated in Clean up Australia Day. We walked to a local park (Eglinton Reserve) to collect rubbish and dispose of it correctly. Whilst collecting the rubbish, we simultaneously educated the children about which items could be recycled and which items should be put into the landfill bins.



Autumn is a time of abundance when it comes to fresh produce. I love the flavours of autumn: apples, lemons, pumpkins, pears, and leeks. You can create meals that are the perfect combination of vibrant fresh flavours and warming comfort. Because there is such an abundance, it's easy to cook with seasonal produce in autumn and create a wide variety of meals. Cooking in season means that you save money, can shop locally, and the food is usually fresher and tastier. Nothing beats a crisp, fresh apple in April!

What an exciting time to be in the food industry, lots of new things happening, in regulations and training.

All educators now have to complete a food handler's certificate annually, and an allergen certificate so all educators have a better understanding of what I do as a cook in the kitchen and what their responsibilities as food servers are.

We are in the process of having our menu assessed by the healthy eating advisory board. This review evaluates the centres menu according to the Healthy Eating Advisory Service, menu planning guidelines for long day care.

The Menu planning guidelines require that a centre's menu (which includes morning tea, lunch, second course, afternoon tea and late snack).

Provides children aged 1-5 years old with half of their daily nutrition requirements. This is measured by the number of serves of each food group provided in the daily menu.

The provision of breakfast (optional) and a late snack are in addition to this.

Additional requirements are included for infants under the age of one year. Meeting the requirements of a menu assessment can support our centre to work towards meeting the requirements of the Healthy Eating and Oral Health Benchmarks. It is also a great way for our service to strengthen its practice in Quality Area 2 of the National Quality Frameworks.

Now that summer has come to an end the winter menu has started. This sees menu items such as risotto, apricot chicken and pumpkin and chicken noodle soup accompanied by fresh baked bread back on the menu.







### Oat & weetbix slice

#### Ingredients

- 3 Weetbix crushed
- $\frac{3}{4}$  cup flour, wholemeal, self-raising
- $\frac{3}{4}$  cup oats, rolled
- 1 cup coconut, desiccated
- 100 g butter melted
- $\frac{3}{4}$  cup sugar, brown
- $\frac{1}{2}$  cup milk, any

#### Method

1. Grease and line a slice tray with baking paper.
2. Mix crushed Weet-Bix, flour, oats, coconut and brown sugar in a bowl and combine with milk and 100g melted butter.
3. Press into slice tray and bake at 180C (170C fan forced) for 20 minutes.