



Thank you to all families for another great term at Belford Oaks!

As you all know, we have recently undergone the assessment and rating process and received the spectacular rating of **EXCEEDING in all 7 quality areas**. The team at Belford are so very proud of this achievement. This is the best rating the centre has received in the past 10 years.

We would like to thank you for your patience throughout the last couple of months and the issues we faced with CCS. We really appreciate the time and space you gave us to rectify the issue. We are happy to say everything is back up and running again and your CCS percentages should have updated in this process.

After a long search, we have welcomed a new full-time educator to the Belford family. Naomi has joined the babies room team and is excited to get to know everyone. We have also recently also welcomed Kate, a new casual to the Belford crew.

Term 3 has seen Belford Oaks celebrate events such as Pyjama Day, National Aboriginal and Torres Strait Islander Day, National Science Week, Children's Book Week, Father's Day and Child Protection week, AFL Footy Day. As many of you will know we held our 'Body Safety Superstar's program through Body Safety Australia around Child Protection week. Thank you to those families who made the time to attend the online session on August 31st and we hope you have gained some knowledge from the session. We as educators certainly have.

Regards

Suzie & Holly
Co-directors

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

October

- Friday 6th – Educator professional development day. **Centre closed**
- Friday 6th – Annual Art show 7-10pm. Grandview Hotel, Fairfield.
- Sunday 22nd – Bunnings BBQ
- Wednesday 25th – Annual General Meeting (AGM) 7:30pm.

November

- Tuesday 7th – Melbourne Cup Public Holiday – **Centre closed**

December

- Friday 8th – Kinder Graduation
- Friday 15th – Children's Christmas party
- Friday 22nd – Last day for 2023. Closing 6pm.



As we are a SunSmart centre and the weather is getting warmer our SunSmart Policy comes into play. We need to be making sure the children are wearing appropriate clothing, hats and sunscreen at all times when the UV is 3 or above.



PURPOSE

This policy will provide:

- guidelines to ensure children, staff, volunteers and others participating in Belford Oaks programs and activities are well protected from overexposure to ultraviolet (UV) radiation from the sun
- information for parents/guardians, staff, volunteers and children attending Belford Oaks regarding sun protection
- guidance to the use of outdoor spaces including adequate shading.



POLICY STATEMENT

VALUES

Belford Oaks is committed to:

- promoting sun protection strategies for children, families, staff and visitors to minimise the harmful effects of over exposure to the sun's UV radiation
- ensuring that curriculum planning will minimise over exposure to the sun's UV radiation and also promote an awareness of sun protection and sun safe strategies
- providing information to children, staff, volunteers, parents/guardians and others at the service about the harmful effects of exposure to the sun's UV radiation.

SCOPE

This policy applies to the approved provider, persons with management or control, nominated supervisor, persons in day-to-day charge, early childhood teachers, educators, staff, students, volunteers, parents/guardians, children, and others attending the programs and activities of Belford Oaks, including during offsite excursions and activities.

This policy will apply whenever the sun's UV levels reach three or higher. Whenever this occurs a combination of sun protection measures are to be used for all outdoor activities.

In Victoria UV levels are usually three or higher from mid-August to the end of April. Please check the daily local sun protection times to be sure you are using sun protection when it is required. Active outdoor play is encouraged throughout the day all year, provided appropriate sun protection measures are used when necessary.

When dressing your children and packing their bag for a day at Belford Oaks please ensure their shoulders are covered, they have a hat and if needed they have their own sunscreen. The centre provides sunscreen but if your child requires a sensitive sunscreen, we ask that you provide this to the centre. We use the SunSmart app to determine the UV index and between what times the children need sunscreen and hats.



Belford Oaks

Hey Dee Ho

The children participated in a range of music and dance activities, working collaboratively as they engaged in 'The Jumping Dance' and 'Walk Around Together'. They further enjoyed other opportunities to contribute to the group, such as playing the instruments together. They cooperated with others and negotiated roles and relationships in this terms new feature song, 'Romp Bomp a Stomp', and they practiced dancing to 'Blame it on the Boogie! The latest song they have been learning is 'Do Ray Me', learning the Auslan sign language for it and understanding the key notes in music.

Kelly Sports

In this program the children develop their gross motor skills, team building skills and hand-eye coordination. These sport classes are aimed at developing the children's basic sport skills and understanding in basketball, cricket, footy, rugby, soccer, and tennis.

Meet the Rainbow serpent incursion – NAIDOC week 2023

In celebration of NAIDOC week this year the centre enjoyed the 'Meet the rainbow serpent' incursion with Reptile encounters. This was hosted by the very knowledgeable Bryce and introduced the children to a number of Indigenous animals and dreaming stories about their creation. The children had the opportunity to pat each of the animals and a lucky few held a python at the conclusion of the session.

National Pyjama Day – Belford Oaks celebrated Pyjama Day by of course coming dressed in their Pjs, the children, families and educators made generous donations to be made to the Pyjama Day Foundation, raising money for young children in care. We proudly raised \$140.

Children's book week – This year's theme was 'Read, Grow, Inspire'. This was an all-week event where the children came dressed as characters from their favourite literature. On the Thursday we held our annual book week parade, where the children gathered in the big yard and showed off their costumes to everyone.

Footy Day – The children and educators celebrated the end of the AFL season and Grand Final day by wearing their footy colours and enjoying some typical footy treats, such as party pies and sausage rolls.

Term 4

Kelly Sports – Fridays

Hey Dee Ho – Thursdays



Hi Families,

Welcome to the term 3 newsletter!

We'd like to begin by welcoming the newest member of the babies room team. Naomi.

It has been a busy couple of months in the baby's room. This term we have been focusing on incorporating more sensory experiences in the program for the children to explore. The group times have been a great opportunity to develop the children's language. We've been doing more cooking experiences to extend on the children's interest in mixing and pouring ingredients. Over the past month, with the warmer weather the children have been enjoying many of their meals alfresco and have even napped outdoors.

Sensory play

One of the main interests the children have is engaging in sensory play. This is evident when the children are enjoying time in the sandpit and collecting different materials to add to their play. To extend on this interest we have set up a variety of experiences for them to explore. We have made moon-sand, the children loved pouring and mixing the ingredients together then eventually getting their hands messy to investigate. We have made many batches of playdough and each time the children decided what colour they would like it to be. Recently we have added a sea animals experience to the room, incorporating sand and water, combining the children's love for imaginative play with sensory exploration. We will continue to explore different sensory experiences in term 4 as well.

Meaningful group time:

Group time is a great opportunity for the children to engage and develop their language through the reading of books and singing songs. We begin each group time by "Acknowledging Country" (We Acknowledge country every day, with hands up, hands down, we all stand on Wurundjeri ground). As we acknowledge Country the children follow along using hand motions to make their acknowledgement. Once we've acknowledged Country, next we ask the children which book they would like to read. Recently, a big favourite is "I spy under the sea" by Edward Gibbs. This book encourages the children to develop their counting skills and to guess which animal they can see. Once we finish reading, we sing a few songs before we wash hands and transition to lunch time. The children's favourite songs are Baa baa black sheep, The wheels on the bus and The barramundi song.

Father's Day & cooking experiences:

This term we have enjoyed some yummy cooking experiences extending on the children's interests in mixing and pouring ingredients. We've done two cooking experiences which the children have loved. The first cooking experience was with Jana, where the children made quiche. The children assisted in grating the vegetables and mixing it all together in the bowl. To celebrate Father's Day this year, we baked chocolate chip cookies. The children loved using electric mixer and making balls.

Over the last term or so the children have become more involved in caring for their environment. With the addition of a worm farm to the outdoor play space the children have also been collecting their fruit and veggies scraps for the compost and shown an interest in sweeping the outdoors alongside their educators.

Most recently the children have been busy creating their individual and group pieces for the art show. We look forward to seeing you all there!

We've welcomed our new full timer in the baby's room - Naomi

Thank you!

Marina, Jana, Ying & Naomi



The toddler room were busy throughout term 3 focusing on science week, ocean animals, colours, exploring different methods of creative arts, and increasing their independence and self-confidence.

Science week

August 12th- 20th of August, the children participated in science week. Throughout this week the children conducted some experiments, which involved a yeast experiment, bi carb soda, and a slime experiment. A dramatic play area was set up in the room to allow the children to continue exploring taking on the role of a scientist and conducting their own research and experiments.

Ocean enquiry

Exploring and expanding on the children's interest in living creatures, we had a focus around ocean animals. A water dramatic play area of ocean animals was created within the indoor environment, that allowed the children to explore their imagination and movement with the different animals. With Rachel the children created their own jellyfish which are displayed throughout the room. This art and craft experience was done using glue, salt, and oil paint.

The arts

Throughout this term the children have loved exploring with different types of paints, to express their ideas and thoughts onto paper. The different paints that the children were given to explore were, oil paint, water paint and poster paint.

Putting these painting skills to use, the children spent a lot of time and effort creating their individual pieces and contributing to the group piece for the art show. For the individual pieces, the children used a combination of paints and glitter to create the outline of their first name. For the group piece, the children were introduced to a new method of arts and craft, papier mache. Using newspaper, glue, and a balloon, the base of the bowl was created. Once the papier mache base was created, the children were given the freedom to pick what colour paint they wished to use to decorate the bowl.

For Father's Day the children created air dry clay handprints for special gifts to give to important figures in their lives.

Wellbeing & mindfulness

Throughout this term we had a big focus on promoting and discussing our wellbeing. Feel good Fridays was introduced as a way to discuss and implement a focus on the importance of looking after our physical and mental wellbeing. Throughout these Friday group times, the children partook in yoga, stretching, guided meditation, and bringing in special items from home to share with their peers.

This will be carried through into term 4, to provide the children with a safe environment, where they can freely express and explore their wellbeing.

Two dress-up occasions throughout this term were book week and footy day. The children were invited to come dressed up in their favourite book characters and their favourite football teams.

Term 4 will be focused around getting the children prepared for the move into the kindergarten room, whilst increasing and growing the self-help skills and confidence of the children who are staying in the toddler room next year

Thank you

Kelsey, Rachel, Qin & Beth



Literacy

In Term 2 we started our Jolly Phonics program and have continued to educate the children about letter sound relationships. These are key skills children need in order to read. Furthermore, the children have engaged in a variety of activities where they have practiced their verbal and non-verbal communication skills- through drawings, writing and paintings.

Numeracy

We have continued to support the children's numeracy learning through a variety of games such as, number bingo, number puzzles, counting games, creating number lines, and matching games.

Mindful Monday

We have started a new initiative in the Kinder room since last year. Embedding Outcome 3 of the VEYLDF- Children have a strong sense of wellbeing. Every term we select a day where we practice wellbeing. This ranges from engaging in mindfulness activities, such as yoga and breathing exercises, to educating the children about hygiene practices and developing healthy habits.

Dinosaur Inquiry Unit

Some of the children have a huge interest in dinosaurs. We therefore used a variety of books, games, posters, and toys to explore and educate the children about a range of dinosaurs including, the T-Rex, Triceratops, Brachiosaurus, Spinosaurus, Stegosaurus, and more! The children further learnt about dinosaur habitats, diets, and fossils!

Space Inquiry Unit

In August we began learning about and exploring space. This topic was an extension from our dinosaur unit, as the children were curious as to what asteroids were, as this was the cause of the dinosaur extinction. We therefore planned an inquiry unit where the children led their learning through sharing their questions and expressing what they wanted to learn more about. Our learning journey covered the planets and the solar system, the sun, the moon, stars and shooting stars, asteroids, and comets. We further explored the role of astronauts and Rocketships, learning how we travel to space and who gets to travel to space.

Sustainability

We have continued to educate the children about the importance of caring for their planet. The children have engaged in a variety of experiences such as watering the garden, planting native plants/herbs in our new Bush Tucker Garden, and cooking the broccoli we planted in May. We have also started to create a 'Bush Tucker' sign using mosaic tiles, as part of the Woolworths Junior Landcare Grant we received.

NAIDOC Week

2-9 July

National NAIDOC Week celebrations are held across Australia in the first week of July each year, to celebrate and recognise the history, culture, and achievements of Aboriginal and Torres Strait Islander Peoples. NAIDOC Week is an opportunity for all Australians to learn about First Nations cultures and histories and participate in celebrations of the oldest, continuous living cultures on earth. This year's theme was **For Our Elders**.

The children watched a video of a group of First Nation's people reflecting on the theme, they shared about the important roles of the elders in the community, how they would guide everyone in different areas of life. <https://www.naidoc.org.au/awards/current-theme> The children further shared how they treat their elders, expressing the importance of using manners when speaking to them such as saying 'please' and 'thank you'. During the week the children further learnt about Bunjil, the creator of the land, seas and sky.



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Reading "Bunjil's Flight to the Stars", a story about Bunjil the Eagle told by an Elder of the Wurundjeri people with the aim to learn more about Bunjil the Eagle. The children then worked collaboratively to

create Bunjil sticking loose parts onto his body.

Book Week

To celebrate Book Week this year, the children dressed up in their favourite book characters all week long. They made their own bookmarks and learnt about what makes a book cover. They further engaged in a variety of fun games and experiences relating to their favourite books/literacy.

Father's Day

To celebrate Father's Day this year, the children made special tie-dyed tea towels for their dads. They chose which colours they wanted to use, and then which design they wanted to create. They were supported when folding and wrapping their tea towel with rubber bands, to create their chosen design. The children also enjoyed writing and decorating Father's Day cards.

Child Protection Week 5-12 September

To celebrate Child Protection Week, we educated the children about their rights as children and discussed the importance of being the boss of our own bodies. The children further explored who 'Safe Adults' are, learning that these people are adults they trust and can go to when they need help/feel unsafe. The children voiced that their 'safe adults' are their parents, teachers, grandparents, and uncles and aunts. We created a class poster to display the children's thoughts and ideas about when and where they feel safe, and whom they feel safe with.

Science Incursion

During science week, we booked an incursion through a company called "Inquisitive Kids". They provide interactive science workshops that trigger curiosity and allow young children to explore science in simple and delighting ways.

Melbourne Museum

As a follow up experience for our dinosaur topic, we organised an excursion to Melbourne Museum. The children participated in the Tiny Tours program, where they explored dinosaur fossils, and other interesting sea creatures, such as whales and sharks. The children loved the 'Dinosaur Walk' where they saw many dinosaur skeletons/fossils. They were also amazed by the Triceratops Horridus, which is the world's most complete Triceratops Horridus fossil, standing a terrifying 2.5 metres tall.

Body Safety Australia

To celebrate Child Protection Week, we organised a Body Safety program for the children to engage in. This program is designed to empower and educate children to understand and communicate their right to bodily autonomy. Using age-appropriate songs, activities, stories, games and group conversations, the children explored the following learning objectives:

- Identify and clearly communicate emotions in themselves and others.
- Learn their body's 'early warning signs' that tells them something doesn't feel safe.
- Understand that humans have different fear responses: fight, flight and freeze.
 - Assertively communicate their right to bodily autonomy
 - Identify their Safe Adults using our award-winning felt finger puppets.
- Know that their body belongs to them, and nobody has the right to touch it without permission.
- Accurately name public, private, and personal body parts using words that health care professionals would use.
- Understand that sometimes adults make decisions about a child's body for health, hygiene, and safety reasons.
 - Understand the difference between a surprise and a secret.
 - Adults and older children's behaviour can sometimes be 'tricky'



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What's Next?

In Term 4 we will be implementing a School Readiness program, preparing the children heading off to school with extra support and guidance with this big transition. We will have a lunch box program, where children and families can practice packing healthy lunch boxes as they would need to in school. We'll begin 'Show and Tell', and the children heading to school will get a chance to take a soft toy (Luna the Lion) home for the week and then share what they got up to with Luna. We will also be playing more cooperation-based games to develop team building and resilience skills. Further, we will be providing the children with more concentrated focus in literacy and numeracy-based activities.

Our program will further focus on:

- Thoughtful Tuesday/Thursday (Wellbeing Program)*
- Healthy eating/developing healthy habits*
- Exploring the Human Body*
- Endangered Animals*

Thank you!

Nikita, Kimberley and Sebile

Welcome to spring.

Well the weather is starting to get a bit better outside. We have started on our 2023 spring-summer menu, which will, take us through to Easter.

Lunch boxes will be commencing in the kinder room at the end of the month.

The dates for lunch boxes are:

Monday 30th Oct

Wednesday 8th Nov

Tuesday 14th Nov

Thursday 23rd Nov

Friday 1st Dec

Below are some tips for packing your children's lunch boxes. A reminder that we are a nut free centre and endeavour for the children to eat as healthy as possible while a Belford Oaks.

Thank you
Monique

FOR A HEALTHY LUNCHBOX **PICK & MIX** SOMETHING FROM EACH GROUP 1-6!





PICK & MIX 1-6!

SOMETHING FROM EACH GROUP

PICK & MIX

FOR A HEALTHY LUNCHBOX

1	2	3	4	5	6
FRUIT FRESH FRUIT <ul style="list-style-type: none"> • Apple • Banana • Mandarin • Orange quarters • Passionfruit halves (with spoon) • Watermelon, honeydew, rockmelon chunks • Pineapple chunks • Grapes • Plums • Nectarines, peaches, Apricots • Strawberries • Cherries • Kiwifruit halves (with spoon) • Pear MIXED FRUIT <ul style="list-style-type: none"> • Fruit salad • Fruit kebabs DRIED FRUIT <ul style="list-style-type: none"> • Dried fruit, nut, popcorn mixes* TINNED FRUIT/SNACK PACKS/CUPS <ul style="list-style-type: none"> • In natural juice (not syrup) 	VEGETABLES FRESH CRUNCHY VEGIES <ul style="list-style-type: none"> • Corn cobs • Carrot sticks • Capsicum sticks • Green beans • Cucumber sticks • Celery sticks • Snow peas • Tomatoes (e.g. cherry and Roma tomatoes) • Mushroom pieces Can serve with either: <ul style="list-style-type: none"> • Hummus • Tomato salsa • Tatziki • Beetroot dip • Natural yoghurt SALADS <ul style="list-style-type: none"> • Coleslaw and potato salad (reduced fat dressing) • Mexican bean, tomato, lettuce and cheese salad • Pesto pasta salad* BAKED ITEMS <ul style="list-style-type: none"> • Grilled or roasted vegetables • Wholemeal vegetable muffins or scones • Vegetable slice (with grated zucchini and carrot) • Popcorn SOUP (In small thermos) <ul style="list-style-type: none"> • Pumpkin soup • Potato and leek soup • Chicken and corn soup 	MILK, YOGHURT AND CHEESE <ul style="list-style-type: none"> • Milk • Calcium-enriched soy and other plant-based milks • Yoghurt (frozen overnight) • Custard Tip: <ul style="list-style-type: none"> • Freeze the night before to keep cool during the day <ul style="list-style-type: none"> • Cheese cubes, sticks or slices • Cottage or ricotta cheese • Cream cheese • Tatziki dip Can serve with either: <ul style="list-style-type: none"> • Fruit • Wholegrain cereal, low in sugar • Vegetable sticks • Rice and corn cakes • Wholegrain wheat crackers 	MEAT OR MEAT ALTERNATIVE <ul style="list-style-type: none"> • Tinned tuna or salmon in springwater • Lean roast or grilled meats (e.g. beef, chicken, kangaroo) • Falafel balls • Lean meat or chicken patties • Tinned tuna or salmon patties • Lentil patties • Lean deli meats (e.g. ham, silveride, chicken) • Boiled eggs • Baked beans (canned) • Tofu cubes • Hummus dip • Lean meat or chicken kebab sticks • Peanut butter* Can serve with: <ul style="list-style-type: none"> • Wholegrain sandwich, roll, pita or wrap bread with salad • Rice and corn cakes • Wholegrain wheat crackers • Side salad • Vegetable fritata • Skinless chicken drumsticks • Savoury muffins or scones (e.g. lean ham, cheese and shallots) • Homemade pizzas with lean roast or deli meats and vegetables Can serve with: <ul style="list-style-type: none"> • Side salad • Steamed or roasted vegetables 	GRAIN AND CEREAL FOOD MAINS <ul style="list-style-type: none"> • Wraps • Sandwiches • Rolls • Toasted sandwiches Tip: Use breads such as wholemeal, multigrain, rye, sourdough, pita, flat, corn, mountain, lavash, white fibre-enriched, soy and linseed, herb, naan, bagels, foccacias, fruit bread and English muffins. <ul style="list-style-type: none"> • Pasta dishes • Rice, quinoa or couscous dishes • Noodle dishes • Sushi SAVORY BAKED ITEMS <ul style="list-style-type: none"> • Homemade pizzas • Wholemeal savoury muffins or scones (e.g. ham, cheese and corn muffins) • Vegetable based muffins • Pasta or noodle bake SWEET BAKED ITEMS <ul style="list-style-type: none"> • Fruit loaf • Wholemeal fruit based muffins SNACKS <ul style="list-style-type: none"> • High fibre, low sugar cereal (e.g. muesli) • English muffins • Crackers • Crispbreads • Rice cakes • Corn thins • Wholemeal scones • Pikelets • Hot cross buns (no icing) 	WATER <ul style="list-style-type: none"> • Take a water bottle (for refilling throughout the day) Tip: <ul style="list-style-type: none"> • Freeze overnight to keep foods cool in lunchboxes <p>Sweet and savoury snack foods (e.g. muesli/fruit/nut bars, biscuits, crisps, cakes, muffins, slices) should be limited in lunchboxes. They can lead to excess energy intake if consumed in large amounts.</p> <p>Sugar sweetened drinks and confectionery should not be provided in lunchboxes. They can lead to excess energy intake and tooth decay.</p>



*Check your school's policy regarding the use of nuts and products containing nuts.

For more information about healthy eating and for many tasty recipes, visit the the Healthy Eating Advisory Service: <http://heas.health.vic.gov.au/>