



BYFORD CHILD CARE NEWSLETTER

"Education is the passport to the future, for tomorrow belongs to those who prepare for it today." - Malcolm X

FEBRUARY

CENTRE EVENTS

FEEL GOOD

FEBRUARY: Focusing on engaging in acts of kindness around our community.

6th WAITANGI DAY:

Exploring New Zealand and Māori history and culture.

10th WATER PLAY

DAY: Bring your swimming gear and enjoy a day of splashy splashy fun.

17th-21st REAL BREAD

WEEK: We will be attempting all different ways to make our own yummy healthy homemade bread.

27th NATIONAL PET

DAY: Bring in some pictures of your pet to share with your educators and classmates.

Welcome to the first issue of our new newsletter!

From Djilba (the Office).....

Hello to all our families and welcome to our new newsletter.

Firstly, we would like to say a big warm welcome to the new owner of our wonderful Byford Child Care centre, Teresa. Teresa will not be located on site and all enquiries will come through the office as usual with Jodi and Shannon at the helm of the service. We look forward to continuing to provide high quality care and education for the children and families of the Byford community with Teresa's support.

We would also like to thank all our families for their patience and support throughout the changeover of the business, particularly regarding the complications we experienced with the Child Care Subsidy. We are happy to report that this has now been resolved for the vast majority of our families and hopefully this will continue to process smoothly as we go forward.

From all of us here at Byford Child Care we would like to say a fond farewell to all our families and children who are leaving us for the next exciting step in their education, school. We are grateful to all of you for trusting us with the care and education of your precious children. We wish you all a smooth transition into your new classrooms. We would love to see some pictures of your child's first day at big school.

We also want to welcome the new families that have started with us. We work hard to ensure that our centre feels like a second home for our children and families, and we hope you come to love it as much as we do.

Please remember we are always here to help with any of your queries. You can contact us via email at admin@byfordchildcare.au, phone (08) 9526 2526 or come see us in the front office at the centre.

Jodi (Centre Director) & Shannon (Assistant Director)

Byford Child Care Centre
27 Clifton Street, Byford
(08) 9526 2526
admin@byfordchildcare.au



Introducing our Educational Leader.....

Amiee, our educational leader, plays a pivotal role in shaping the quality and effectiveness of the service we provide. Her responsibilities are multifaceted, but four key areas stand out as essential to her role:

- **Curriculum development and implementation:** Amiee supports the development and delivery of the educational programs in all our rooms through research on current best practice guidelines, providing guidance to educators through meetings, training and mentoring on the floor.
- **Professional development and support:** Amiee works with educators to create individual, team and centre wide professional development programs. She also sources and delivers training to educators to support the development of professional knowledge and practice.
- **Quality improvement and compliance:** Amiee conducts quality and compliance reviews on an ongoing basis on a wide variety of aspects of our service delivery. These reviews are used to identify our strengths and areas for improvement which she uses to help guide the whole centre in developing and implementing quality improvement plans.
- **Family support and resources:** Amiee also uses her knowledge to support families in accessing resources to assist them with challenges they may be experiencing. This includes every day parenting challenges, transitions to school, concerns regarding children's development and/or behaviour and accessing community resources and/or funding associated with any challenges or concerns they may have.



As part of her role Amiee often seeks feedback from families on different areas we are reflecting on and looking to make changes or improvements with, and she will often send out surveys to families via email in order to gather your ideas, beliefs and views on different topics.

Make sure you keep an eye out in your emails for important feedback requests from Amiee and read Amiee's section in our new newsletter for updates on all the amazing initiatives we have going on within our service as we continue to improve our delivery of high-quality education and care for children and families.

If you want to know more about Amiee's role, her current goals for our centre or assistance with any challenges or concerns you can contact her via the centre email address admin@byfordchildcare.au, by phone (08) 9526 2526, or if you'd like to visit her in person at the service, her office is located within the curriculum room accessed through the Bunuru (Kindy) room.



Messages from Amiee (Educational Leader).....

We need your help!!!! Volunteers for a Parent Working Group.....

Over the past few months, I have been reviewing our current practices against the case studies provided by the Australian Children's Education and Care Quality Authority for Exceeding Quality rated services. This rating is something all services strive toward as part of their service delivery. Consistent parent input is a huge focus throughout many of the case studies.

Currently we are seeking willing parents and guardians who have children enrolled in the service to take part in a parent working group. Your children could be enrolled in any room within the service from nursery to schoolies and attend any number of days per week, there are no specific eligibility requirements other than you have a child who attends our service in some capacity. In fact, we would love the group to have representative parents/guardians from all our rooms.

What does being part of the parent working group entail, you ask?

Well, the primary function of the working group would be to provide the service with feedback regarding our policies and procedures as well as input into our quality improvement plans from the perspective of parents who utilize our service.

In practical terms, the expectations of involvement in the group might entail reading through and providing feedback on a couple of policies per month, responding to the occasional survey and providing input into our quality improvement plans both in the initial stage and at a quarterly review, all of which can be done outside of the centre at a time that is convenient for you. I predict that it would equate to an investment of no more than an hour of your time on a monthly basis to help us ensure that your child, as well as all the children attending our service, receive the best quality care and start to their education.

If you are interested in helping us out with this extremely important role or would like more information, please send through your interest via email to admin@byfordchildcare.au. I am hoping to finalise the members by the end of February, and you will receive an email directly from me to confirm your participation.

Amiee- Educational Leader ☺

COMMUNITY EVENTS IN FEBRUARY

- * **EVENTS @ SJ LIBRARY** (858 South Western Hwy, Byford):
 - **Storytime** 10:00-11:00am Wednesday 5th, 12th, 19th & 26th
 - **Rhyme time** 10:00am Thursday 6th, 13th, 20th & 27th
 - **Ditch The Plastics! Make Your Own Beeswax Wraps and Lip Balm:** 4:00pm Wednesday 5th
 - **Seed Saving Workshop:** 4:00pm Tuesday 11th
 - **Buy Nothing New - Live Better with Less:** 10:30am Saturday 15th
 - **Byford Business Networking Meeting:** 7:30am Tuesday 18th
- * **FREE COMMUNITY BBQ:** Mundijong Skate Park 4:00pm Wednesday 12th
- * **SJ YOUTH SPACE DROP-IN PROGRAM (12-17YR OLDS):** Building next to Byford Skate Park- 38 Mead Street Byford Monday – Thursday 3:10 – 5:30pm from Wednesday 5th Feb
- * **BYFORD CLASSIC CAR CLUB MEET:** Byford Districts Country Club 6:30pm Tuesday 11th



From the Kamarang room (Nursery).....

Over the last month we have been very busy in the Kamarang room. Water play is always a hit in our room. We have been supporting the children's fine motor and hand-eye coordination using pouring items and funnels and bubbles in water as well as paint brushes for wall painting. The tuff trays, paddling pools, upside down stepping stones and buckets with water have also been a great for building the children's confidence in exploring their environment and also for creating social interactions through sharing their joy and excitement with each other.

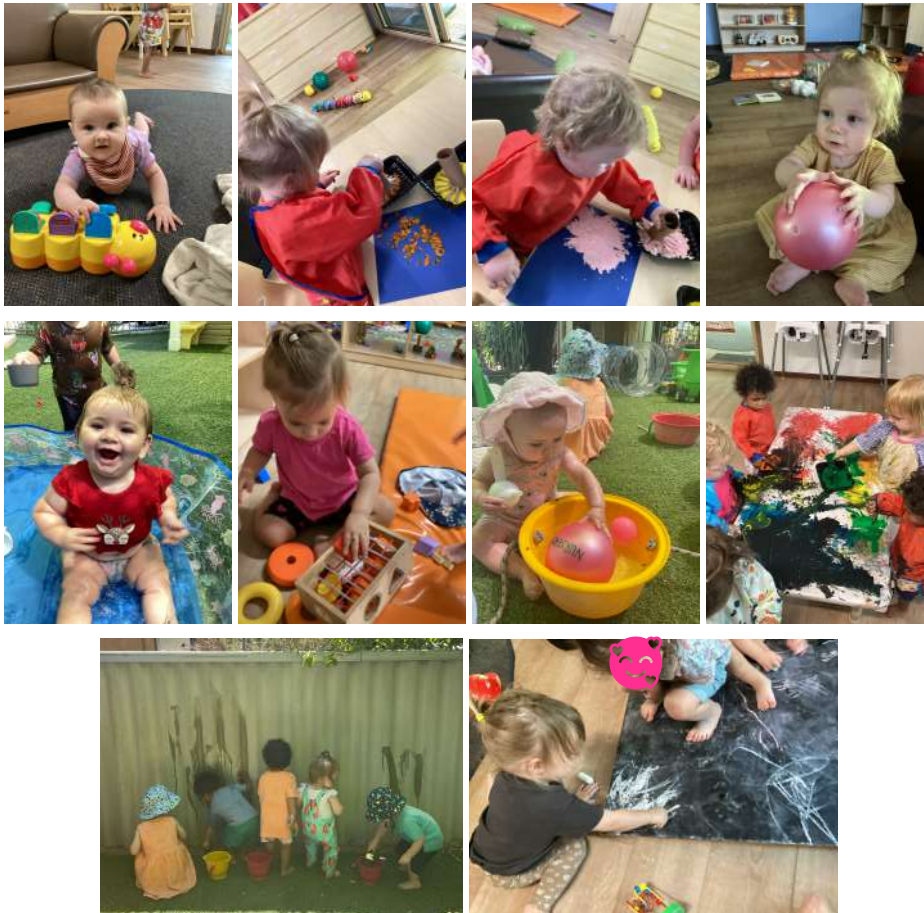
The children have also really enjoyed dancing to music and movement songs like shake your sillies out and baby shark. Such a huge progression occurs in regard to children's gross motor skills within this age group and music and movement activities really help to support this.

We have also been supporting the children's language and communication skills through mat sessions using props. Our children's favourites at the moment are "5 little ducks," "5 current buns," and "5 speckled frogs".

We are always engaging in sensory experiences as these are really beneficial for supporting a wide variety of skills such as problem-solving, creativity, fine-motor and emotional regulation.

We have also had a few new friends start with us settling into nursery environment. We would like to extend a warm welcome to our new children and their families.

Zoe, Mandy, Sam and Hailey



IMPORTANT REMINDERS

Please remember to label your children's clothes, hats, shoes, water bottles and other belongings in order to help educators identify children's items.

All children need to wear sun safe clothing which covers their shoulders this includes tops and dresses. NO singlets, tank tops or spaghetti straps.

We encourage lots of messy and water play all year round. Parents are reminded to send their children in clothes which are suitable for busy messy play and plenty of changes of clothes.

HAPPY BIRTHDAY!

MIYA

ALFIE

HUDSON

AVA

OLIVIA

EZEKIEL

ARKIYAH

ASHER

MIA

FINN

MANDY



From the Birak room (Toddlers).....

January has been an exciting month in the Birak room.

We have been very busy being creative with lots of art and craft. The children really enjoy painting, and we often find large groups of them engaging in these activities when we put them out. We challenged their fine motor skills by providing them with small cue tips to paint with. Due to their small size the cue tips require more of a pincer grip which really helps to develop their hand muscles in preparation for learning to write when they get older.

We celebrated National Splash Your Friends Day on the 10th with lots of water play, keeping cool and having fun while engaging outdoors. This was a fantastic social experience for the children as they shared so much excitement and joy while playing together.

They also really enjoy imaginative play and this month we had our own icecream store in the Birak room. The children got creative in making different icecream combinations and engaging in roleplay pretending to sell, buy and eat their creations. It was great to see them practicing real world skills through their play.

We are super excited to continue with our fortnightly Friday visits to Baptistcare Graceford Aged Care to spend time with all the lovely residents we made friends with last year. Our first visit for this year is scheduled for Friday the 7th of February and we can't wait to share with you our updates from these visits.

Kelly, Tess, Rhiannon and Rai



From the Bunuru room (Kindy).....

January in the Bunuru room has been full of hustle and bustle.

While the weather has been quite hot through the later parts of the month we've still managed to get outside for some outdoor play. The children have been really enjoying sand and water play both for keeping cool but also for engaging in imaginative play. We've had lots of MasterChef's in the mud kitchen cooking up a storm, muddy offroad parks built for cars and dangerous crocodile infested swamps that had everyone running and squealing with laughter. We've also done lots of balancing and climbing working on our gross motor and coordination skills.

Our children love role play and this month we've had lots of fun pretending to do all sorts of grown-up jobs. We had lots of very busy office workers answering phones and typing away on their computers. We've had mums, dads, babies and pets acting out all the things that happen in daily family life. We've also had our share of friendly and scary animals getting around our room.

The children have been really engaged with our large collection of marble run construction resources. They have created everything from small simple runs to large multidirectional marble superhighways. It's been fantastic to see them using their problem-solving skills to engineer some amazing contraptions.

We also worked hard on preparing for our graduation events for our children going to school-based Kindy and Pre-primary this year. The children did a great job at both events, and we hope our families really enjoyed the performance and certificate ceremony.

We want to wish all our children a fun and engaging start to their school journey. For those of you who are leaving our service we want to wish you all a heartfelt farewell and we hope that you and your child will look back on your time with us with fondness, as we will remember them!

Narelle, Fran, Paige, Nandraj and Amiee



From the Djeran room (Schoolies).....

We've had an action-packed January in the Djeran room this school holidays.

The children have enjoyed getting out and about in our community. We got active at a variety of parks, playgrounds and indoor play centres including Walter Padbury park, Fremantle Esplanade skatepark, Harmony Fields playground, Koolanga Waabiny playground, Bob Gordon play space, Inflatable World, Collier Park Mini Golf, Braithwaite park and our very own colour run at the Byford Primary Oval. We took a walk in history visiting the Shipwreck museum and Nostalgia Box to learn about two very different eras of the past. We learned about technology and flight at Scitech and, the Jandakot Airport and Viewing Platform.

We've also enjoyed lots of fun in service days engaging in water play, arts and crafts, cooking, construction projects, group games and a visit from the birds of prey!

We would love to hear families feedback on our adventures this school holiday program. If you would like to provide any suggestions or feedback, please email us at admin@byfordchildcare.au.

We wish all our Djeran children a smooth start to a new school year ☺

Sue, Steph & Chloe





From Makuru (Kitchen).....

Our wonderful and very important Makuru team consists of Kristi who designs all our nutritious menus and completes all our ordering, and Fiona who handles the day-to-day meal prep and cooking. Both these amazing ladies are an integral part of our team here at Byford Child Care and work hard to ensure your children receive delicious and nutritious meals while they are in our care.



KRISTI ZUGARO



FIONA CHAPMAN

Nutritional Guidelines

All education and care services are required to follow nutritional guidelines set by the Australian Government.

A long day care service menu that includes morning tea, lunch and afternoon tea should provide children aged 1–5 years with half of their daily nutrition requirements.

Within our menu we are required to offer:

- 1 child's serve of lean meat, poultry, fish or protein alternatives daily.
- 1 child's serve of fruit daily.
- 1–1½ children's serves of vegetables and legumes/beans daily.
- 2 children's serves of milk, yoghurt, cheese and/or calcium fortified alternatives daily.
- 2 children's serves of grain foods daily.
- Across the fortnight a minimum of 4 red meat meals, 2 pork or poultry meals, 1 fish meal and 1 vegetarian meal should be offered.

Hello Families,

Welcome to another year at Byford Child Care. We hope you all had a wonderful Christmas and New Years. We are excited to be able to share information about the kitchen and our menu through the new centre newsletter and hope you find the information helpful.

We will be using the Makuru section of the newsletter to share with you our upcoming menus, recipes from some of the children's favourite meals and helpful nutritional information for families.

Below you will find a copy of the centre's menu for February.

If you have any suggestions or feedback you would like to provide regarding our centre menus you are more than welcome to send an email through via admin@byfordchildcare.au.

Kristi & Fiona

This month's menu:

3 rd - 7 th Feb					10 th - 14 th Feb				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Summer 24/25 WEEK 2 Morning Tea CEREAL FRUIT PLATTER WITH CHEESE FRUIT PLATTER WITH CHEESE CHEESE MUFFINS FRUIT AND VEG PLATTER WITH RICE CRACKERS					Summer 24/25 WEEK Morning Tea FRUIT PLATTER AND CHEESE CEREAL CHEESE TOAST FRUIT PLATTER AND CHEESE FRUIT BREAD, STRAWBERRY & APPLE				
Lunch CHEESY BROCCOLI SOUP PASTA SAUCE BAKED SPROUT CHICKEN AND RICE MASH POTATO TUNA SANDWICH					Lunch SAVORY MINCE & RICE SWEET CHICKEN AND VEGETABLE PASTA ZUCCHINI AND VEGETABLE RICE PIE TUNA BREAD RICE BAWANNA MEATLOAF PANSA SALAD				
Afternoon Tea FRUIT WITH VANILLA DIP HEALTHY CHICKEN MONKEY MUFFINS FRUIT BREAD CUSTARD FRUIT SALAD MIXED SANDWICHES					Afternoon Tea MIXED SANDWICHES AND POPCORN YOGHURT AND TANGY FRUIT FRUIT SALAD POWER PACKED FRUIT AND VEGGIE MUFFIN CUSTARD				
Vacation Care FRUIT SALAD FRUIT SALAD MEAT & SALAD WRAPS KIWIFRUIT & APPLE CUSTARD & TANGY FRUIT PIZZA MUFFINS MELON & BANANA					Schoolies Afternoon Tea FRUIT SALAD FRUIT SALAD BANANA & ORANGE MELON & BANANA APPLE & BANANA				
CORN THINGS OFFERED AS A LATE SNACK WATER AVAILABLE AND ENCOURAGED THROUGHOUT THE DAY CHILDREN WITH ALLERGIES/FOOD INTOLERANCES WILL BE PROVIDED A MEAL TO SUIT THEIR INDIVIDUAL NEEDS					CORN THINGS OFFERED AS A LATE SNACK WATER AVAILABLE AND ENCOURAGED THROUGHOUT THE DAY CHILDREN WITH ALLERGIES/FOOD INTOLERANCES WILL BE PROVIDED A MEAL TO SUIT THEIR INDIVIDUAL NEEDS				
17 th - 21 st Feb					24 th - 28 th Feb				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Summer 24/25 WEEK 3 Morning Tea FRUIT PLATTER AND CHEESE CHEESE MUFFINS FRUIT PLATTER WITH CHEESE FRUIT PLATTER WITH MELON & BANANA CEREAL					Summer 24/25 WEEK 4 Morning Tea CHEESE MUFFINS FRUIT PLATTER WITH CHEESE APPLE MUFFIN TOAST CANNELONI CEREAL FRUIT PLATTER WITH CHEESE				
Lunch SHEET & SOUR CHICKEN & RICE COCONUT CRUSTED BAKED CHICKEN WITH PASTA CORN PASTA NORTH AFRICAN BEEF, BARLEY AND BEANS STEW SPAGHETTI BOLOGNAISE GARDIE BREAD CHEESE & TOMATO POTATO BAKE					Lunch TUNA & POTATO BAKE CHEESE CON CARNE WITH BREAD MINCE-BEEF AND BLACK-BEAN NOODLES VEGETARIAN LANSANE GARDIE BREAD CHICKEN AND VEGETABLE RAGOUT				
Afternoon Tea CHICKENS WITH HAM & CHEESE SPIRALS FRUIT SALAD APPLE, ZUCCHINI AND CARROT DIP CUSTARD YOGHURT WITH FROZEN BERRY SWIRL					Afternoon Tea SALAD PLATTER WITH BREAD, CHEESE & CHICKENS ZEBRA SANDWICHES FRUIT SALAD IN CONES MANDARIN BITE SALAD WITH MELON SWIRL YOGHURT PIZZA MUFFINS				
Schoolies Afternoon Tea PIZZA SANDWICHES FRUIT SALAD MELON WITH SWIRL YOGHURT APPLE, MELON FRUIT SALAD FRUIT SALAD FRUIT SALAD FRUIT SALAD					Schoolies Afternoon Tea BANANA BREAD VEG PLATTER WITH CHEESE, CRACKERS & DIP BANANA, ORANGE MELON, KIWI FRUIT ORANGE, APPLE FROZEN YOGHURT & TANGY FRUIT				
CORN THINGS OFFERED AS A LATE SNACK WATER AVAILABLE AND ENCOURAGED THROUGHOUT THE DAY CHILDREN WITH ALLERGIES/FOOD INTOLERANCES WILL BE PROVIDED A MEAL TO SUIT THEIR INDIVIDUAL NEEDS					CORN THINGS OFFERED AS A LATE SNACK WATER AVAILABLE AND ENCOURAGED THROUGHOUT THE DAY CHILDREN WITH ALLERGIES/FOOD INTOLERANCES WILL BE PROVIDED A MEAL TO SUIT THEIR INDIVIDUAL NEEDS				

The other 50% of children's nutritional daily requirements is usually met through family meals outside of care (e.g. breakfast and dinner).

For our Before and After School program any breakfast offered should be grain based with wholemeal/wholegrain options, low sugar and contain healthy dairy/dairy alternative options. Afternoon tea offered should contain vegetable, fruit and dairy/dairy alternative options.

For all our rooms the above requirements can be met through whole foods or as ingredients within meals.



Celebrating Our Amazing Team!!!!

Welcome to our staff acknowledgement and awards section. We have such a fantastic group of educators who are always doing things that make us proud and grateful to have them as part of our Byford Child Care team. We want to celebrate them as they deserve!



PAIGE

Paige is incredibly hardworking and creative, and this really showed in our recent Kindy room graduation events. Paige did a lot of work behind the scenes to ensure that these events ran smoothly and were beautifully presented for all our children and families.

Thank you so much Paige for all the effort you put into these events!!!!



CHLOE

Chloe has recently passed her Diploma of Early Childhood Education & Care. Congratulations Chloe!!!

You are an amazing and inspiring educator, and we always knew you would

ace your qualification.

Years of Service...

We would like to acknowledge the incredible team members below for their ongoing commitment to our centre. The longevity of our team is integral to the quality care and education we provide for our families and children. We couldn't do what we do without these remarkable people.

This month's service anniversaries are:



NARELLE JOHNSON
QUALIFIED EDUCATOR

NARELLE- 4 years!!



KRISTI ZUGARO
CENTRE CHEF

KRISTI- 21 years!!



FIONA CHAPMAN
QUALIFIED EDUCATOR/CENTRE CHEF

FIONA- 1 year!!



Feature Article

Top tips for a great start to school!

Going to school for the first time is a big event for you and your child! There are lots of things you can do to support your child with their transition into school.

1) Talk about feelings

Talk positively about going to school, making new friends and doing exciting new things like learning new songs, painting and playing outside.

Encourage your child to talk about how they're feeling before, on, and after the first few days.

Try a practice run – visit the school so your child knows where they're going and what to expect.

When you arrive at school, stay for a short time with your child.

When it's time to go, tell them that you're going and when you will be back. Always be back when you said you would.

2) Enough sleep

Your child needs a good night's sleep for their brain to be ready to learn (about 10 to 12 hours).

Set up a nice, relaxing bedtime routine – a drink, bath, brush teeth, cuddle, story, kiss and 'goodnight'.

Set a regular time for bed.

3) Enjoy books together

Read lots and lots of books!

Show your child how to open the book – point to the title, the letters, words and pictures so they know what they mean.

Read nursery rhymes and favourite stories again and again.

Get your child involved by asking questions – 'What do you think will happen next?'

4) Making friends and pretend play

At school, children learn to make friends, share and take turns.

Find ways for your child to meet children outside your family.

Have other children over to play, particularly those who will be in your child's class.

Pretend play, such as tea parties, going to the shops and superheroes, are a big part of school – let your child use their imagination, a shoe box can be a toy car or a doll's bed!

5) Playgrounds and parks

Having fun at the park provides lots of chances to enjoy the swings, slide and other equipment.

Physical activity like this:

- makes your child's muscles stronger and prepared for outdoor play at school – always supervise children when they're playing.
- uses a part of the brain that helps kids concentrate, so physical activity is great before a sit-down activity like reading a book.

6) Speaking and listening

Commenting, negotiating, asking for things and greeting people are all important skills at school. This includes following instructions, and being aware of what other people are saying.

If your child finds this tricky, try:

- waiting – give them time to answer or do the task
- repeating what was said or breaking it down into smaller parts
- using fewer or simpler words, and explaining what new words mean
- giving clues like, 'You cut with the...'
- giving choices like, 'Do we use a cup for drinking or eating?'
- Sharing thoughts and ideas

7) Getting dressed

It's easier at school if your child can dress and undress themselves. Help your child to choose clothes they can manage on their own.

Practise dressing. Help them start off, then let them complete the rest, gradually letting them do more until they can do it all by themselves. Practise with dress-up and dolls.

8) Healthy eating

Healthy lunches and snacks help with concentration and learning. Try a practice picnic – check your child can open containers and manage their food.

Involve your child in choosing and packing their own lunch.

Include lots of vegetables, fresh fruit, cheese, yoghurt, lean meat, wholemeal bread, and water.

Start the day with a healthy breakfast!

9) Going to the toilet

To help your child manage going to the toilet at school, give them lots of practise to undo, pull down and do up their clothes, wipe, flush the toilet and wash their hands, all by themselves.

When your child starts school, it's a big step for you too!

Try to relax and enjoy this time with your child. If you feel calm and show you are happy about your child starting school, they'll feel happier too.

Wishing you all a smooth and enjoyable start to your school journey!



Family Business/Community Directory

If you would like your business or community group/organisation to be featured in our newsletter, please send the details through to us at admin@byfordchildcare.au.

Jayjays Lawns and Home Maintenance

Mowing, Edging, Whipper Snipping/Brush Cutting, Fertilizing, Gardening, Weeding, Mulching, Retic, Hedging, Small Tree removal, Rentals/Vacate/House Cleans Inside & Outside, Window Cleaning, Pressure Cleaning, Paving, Gutter Cleaning, + More - IF YOU DON'T HAVE THE TIME I DO!!

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