

CHILDHOOD IS A STATE OF MIND WHICH ENDS THE MOMENT A
PUDDLE IS FIRST VIEWED AS AN OBSTACLE INSTEAD OF AN
OPPORTUNITY. – KATHY WILLIAMS

Busy Kids Child Care



ON *this* MONTH

AT BUSY KIDS

What's in the newsletter?

Fire Truck Visit -----4th Oct
Busy Kids Birthday -----31st Oct
Halloween -----31st Oct

AROUND THE COUNTRY

International Day of the Older Persons -----1
World Animal Day -----4
World Smile Day -----4
World Space Week -----4 - 10
World Teachers Day -----5
National Nutrition Week -----13 - 19
World Food Day -----16
Loud Shirt Day -----18
National Children's Week -----19 - 27
Great Aussie Bird Count -----21 - 27
Day for Daniel -----25
Grandparents Day -----27

Page 2

- Reminders
- Community Events

Page 3

- Healthy Recipe
- Our Learning Program

Page 4

- Fun with literacy
- Sustainability corner
- 5 minute move

Page 5

- Adventurous play
- Spot the dog

Page 6

- Health and safety
- Dress ups
- Feedback

REMINDERS

SUNSCREEN!

As it comes into the warmer weather, the children are required to wear sunscreen as part of our policy, if you require your child to wear their own sunscreen please notify the staff and pack their sunscreen each day or leave in their pockets at the centre.

Centre Closed

Busy Kids Child Care will be closed Monday the 7th of October 2019 as it is a public holiday. We will be back open Tuesday the 8th as per usual.

FRUIT!

Please don't forget to bring your share in morning fruit, don't be afraid to bring exotic fruits and veg for the children to try.

BUSY KIDS TURNS 8 !!!

Busy Kids Child Care turns 8 on the 31st Oct and we would love for you to dress up in your best Halloween costume as we celebrate!

Community Events

DAY FOR DANIEL – OCTOBER 25

Day for Daniel is a National Day of Action hosted by the Daniel Morcombe Foundation (DMF) to raise awareness of child safety, protection and harm prevention.

Held on the last Friday of October each year, it is about educating children and adults about keeping kids safe through child safety and protection initiatives. 'Wear Red and Educate' is the theme for the day. Find out more and get involved at www.danielmorcombefoundation.com.au

WORLD TEACHERS' DAY – OCTOBER 5

World Teachers' Day is an opportunity to acknowledge our teachers and say thanks for the significant contributions they make in our classrooms and communities. Find out more at <https://en.unesco.org/commemorations/worldteachersday>

RASPBERRY & LEMON YOGHURT LOAF



PREP 10 min | COOK 25 -30 min | FEEDS 8

INGREDIENTS

- 2 cups plain flour
- ½ cup brown sugar
- 2 teaspoons baking powder
- ¾ cup (180ml) vegetable oil
- 2 eggs
- 1 cup thick natural yoghurt
- 1 teaspoon vanilla essence
- 1 ½ cups of raspberries (fresh or frozen)
- 1 tablespoon finely grated lemon rind

METHOD:

Preheat oven to 180°C (350°F). In a large mixing bowl sift flour, sugar and baking powder and make a well in the centre.

Place the oil, eggs, yoghurt and vanilla in a jug and whisk to combine. Pour wet ingredients into dry and mix to combine.

Add raspberries and lemon zest and gently fold to combine.

Pour the mixture into a loaf tin lined with baking paper and bake for 25-30 minutes or until cooked when tested with a skewer.

Enjoy! x

*Recipe and Image from
'mylovelylittlelunchbox.com'*

Research indicates that children learn best in an environment which allows them to explore, discover, and play.

Our learning program is a Child Centred Curriculum designed to build on the unique needs, interests, disposition and strengths of each child... We listen for cues and watch interests develop to create an appropriate curriculum for each individual. Our experiences are meaningful and intentional for your child's early year's development, getting them ready for big school and life!

Do you know where our programs are located within our service?

Did you know the Early Years Learning Framework is embedded within the programs too!? Both day cares and preschools Australia wide use the same learning framework!

If you would like further information to see how we plan to extend on your child's interests, how we implement new experiences and document your child's learning, please don't hesitate to see any of our staff members!



LETS MAKE A SHOPPING LIST

We all have to shop for food and making a shopping list is a fantastic literacy activity for pre-schoolers.

Give your child their own notepad and pen and have them make a shopping list. The spelling doesn't have to be correct- the words don't even have to make sense. That's ok.

This is the beginning of writing and understanding the purpose of writing. Have your child bring their list with them, get their own little trolley or basket and shop with you.



Source: Bilingual Kidspot (2019, October 10). 20 Literacy Activities for Preschoolers Retrieved from <https://bilingualkidspot.com/2019/05/20/literacy-activities-for-preschoolers-kindergarten-toddler/>

THE GREAT AUSSIE BIRD COUNT

Given that it is impractical to monitor all groups of organisms on a wide scale, birds provide valuable indicators of the state of the environment. They are usually high in food chains and so particularly susceptible to environmental changes. You can help monitor bird populations by taking a part in the #AussieBirdCount.

No matter where your backyard happens to be — a suburban backyard, a local park, a patch of forest, down by the beach, or the main street of town you can participate. By taking part in the Aussie Backyard Bird Count, you will be helping BirdLife Australia find out about the common species and populations that live where people live. www.aussiebirdcount.org.au



Get counting from October the 21st to the 27th. You can either use the online form or Download the app to take part.



I'll time you

Short simple activities to get some active minutes in the day.

Say to a child "I'll time you" and it evokes a crazy competitive drive to beat that time over and over and over again! Why not join in?

It could be a run around the house. 10 jumps or skipping to a location. It doesn't matter. Choose a movement activity and time one another completing the activity. See if you can beat one another! Of course, the real time doesn't matter, have fun with it.





Adventurous Play / Risky play

Risky play is thrilling and exciting play where children test their boundaries and flirt with uncertainty. Risky play provides opportunities for challenge, testing limits, exploring boundaries, and learning about injury risk.

Risky play is important because:

- It provides children with the opportunity to assess risk and manage sticky situations
- It gives kids a sense of accomplishment and fun.
- Swinging, climbing, rolling, hanging and sliding are not only fun for children but are also essential for their motor skills, balance, coordination, and body awareness.
- Developing less fear.

What are the benefits of risky play?

Children need and should take risks in order to explore limits, have new experiences, and develop their capacities. A strong motivation to respond to challenges involving a risk of injury helps them learn how to walk, climb stairs, and ride bicycles. As they grow and develop they will have to make choices about what is safe to attempt and what is not.

Develops self-confidence and well-being. It becomes a source of pleasure for the child as they foster new learning experiences. Importantly, it aids them to when interacting with children of different age ranges.

National Quality Framework | Quality Area 3:
Physical Environment Element 3.2 The service environment is inclusive, promotes competence and supports exploration and play-based learning.

SPOT THE DOG IS COMING!!

Broken Hill City Council is bringing Spot the Dog to Broken Hill.

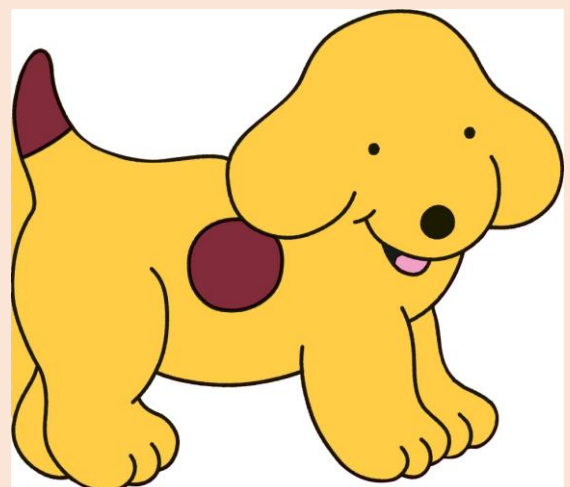
Spot is one of the most loved dogs in the world, and he's coming to Australia!

Spot and his friends are off on a new adventure to visit Spot's Dad on the farm and meet the farm animals. But when they arrive, all the animals are lost! Can Spot and his friends find them all? They might need a little help from their new friends in the audience...

Eric Hill's beloved puppy comes to life on stage in a show that's fun for the whole family, with puppetry, songs, and puzzles for children aged 18 months to 7 and their adults.

Presented by arrangement with Salspot Limited, part of Penguin Random House.

Admission is \$20 per child and \$ 5 per accompanying adult. These can be purchased online by heading to <https://www.brokenhill.nsw.gov.au/Facilities/Civic-Centre/Buy-Tickets> or at the Box Office located at the Broken Hill Visitor Information Service, on the corner of Blende and Bromide Streets.



HEALTH & SAFETY: Eat a rainbow

Fruit and vegetables fall into five different colour categories: red, purple/blue, orange, green and white/brown. Each colour carries its own set of unique disease fighting chemicals called phytochemicals. It is these phytochemicals that give fruits and vegetables their vibrant colour and of course some of their healthy properties.

What's in a colour?

Red - Red fruits and vegetables are coloured by a natural plant pigment called lycopene. Lycopene is a powerful antioxidant that can help reduce the risk of cancer and keep our heart healthy.

PURPLE /BLUE - The plant pigment anthocyanin is what gives blue/purple fruits and vegetables their distinctive colour. Anthocyanin also has antioxidant properties that protect cells from damage and can help reduce the risk of cancer, stroke and heart disease.

ORANGE/YELLOW - Carotenoids give this group their vibrant colour. A well-known carotenoid called Betacarotene is found in sweet potatoes, pumpkins and carrots. It is converted to vitamin A, which helps maintain healthy mucous membranes and healthy eyes. Another carotenoid called lutein is stored in the eye and has been found to prevent cataracts and age-related macular degeneration, which can lead to blindness.

GREEN - Green vegetables contain a range of phytochemicals including carotenoids, indoles and saponins, all of which have anti-cancer properties. Leafy greens such as spinach and broccoli are also excellent sources of folate.

Broken Heel Dress Up's

(EYLF outcome: 2.1 Children develop a sense of belonging to groups and communities and an understanding of the reciprocal rights and responsibilities necessary for active community participation)



Feedback 
is always welcome

BUSY KIDS CHILD CARE

Email: admin@busykidschildcare.com.au

Phone number: 8088 7033