

In this Newsletter... * POLD - Parents of Little Diggers AGM, General Meeting and Parent Information Session.

* NAIDOC Celebration 2021. * Mother's Day 2021. * Food and Cooking experiences continue.

* Contributions, Visitors and Connections. * Families. * Childrens interests... Lava, Dinosaurs, Air, the Café.

* Kerrie Kennedy, with family and friends from Good Start in Bathurst. * Reconciliation.

In May **POLD** (Parents Of Little Diggers) held their **Annual General Meeting** which was followed by a **General Meeting** and **Parent information Session**.

Congratulations to everyone who took on the new roles for 2021

President - Patricia Platts. **Treasurer** - Mandy Davis. **Secretary** - Katherine Cross.

Thank you also to the other parents who attended and who are our core members of POLD.

We spoke about Little Diggers **Philosophy**, the **National Quality Standards** and

Early Years Learning Framework and **how we embed this in our everyday practise**,

going through examples from our **Program**, as seen in our **Day Book** and **Newsletters**. As well as our community capacity building project - **Paint the Ridge REaD** and our **Improvement Plan** for later in the year - a **Tool work bench**.

The Information session and chat was about **Children's Health and Wellbeing (QA2)** went well.

We went through **Brian the Brain** which highlights the importance of **Food, Water and Sleep** for our everyday health and wellbeing to grow and learn. Dakota presented one of her favourite parts.

We spoke about the variety of food scenarios this year... with eating / learning healthy habits /trying different foods / sensory / anaphylaxis / intolerance and self-regulation with our **Special Guest Dietician Gemma Roper who can shed some light on the topic of food**. Gemma is happy to connect with anyone that would like to have a chat, just let us know and we can make it happen. **Points shared ... Keep trying, try at least 20 times before child may have a go.**

Try different ways – sensory - textures - encourage to sniff and a lick. Stay calm, keep offering. Don't give up. Be a role model. It was also brought up to connect with a **Speech Pathologist to assist with eating issues**. So from this meeting we will be doing this with **Beth Eden**, who had just completed a four day training connecting with speech along with the topic of food and wellbeing.

(QA 6.1 QA6,2 QA6,2,2 Supportive and collaborative relationships and partnerships. QA5 Relationships with children. QA2.1.3 Healthy lifestyles Healthy eating and physical activity are promoted and appropriate for each child. LO3.2 Children take increasing responsibility for their own health and physical wellbeing. LO3.21 Children show an increasing awareness of healthy lifestyles and good nutrition.)



Thank you to our Yuwaalaraay Language and Culture Group for coming in... especially Walgan Brenda... for making Widja - (Johnny Cakes) by the fire pit with us ... to celebrate NAIDOC Week. Beth our Speech pathologist was also able to be with us.



Mother's Day 2021 - This year the children worked on making a special candle holder.

Connecting with sustainability practices... Reduce, Reuse, Recycle.
(Tune : Itsy Bitsy Spider)

Reduce, reuse, recycle, words that we all know.
We have to save our planet so we can live and grow.
We might be only children, but we will try, you'll see.
And we will save the planet; it's starts with you and me!





Over the week Mums and Nans were delighted to receive their gift. They also had the **opportunity to be pampered** with a cuppa and a biscuit (Thanks Natasha), facial creams (Thanks Natalie), hand creams and a massage. We would like to thank you for spending time with us.

From this experience children get to...

- LO2.1g Participate in reciprocal relationships.
- LO1.3h Celebrate and share their contributions and achievement with others.



* Food and Cooking Experiences

QA2.1.3 Healthy lifestyles are promoted... LO3.2 Children take increasing responsibility for their own health and physical wellbeing.



Extending on ANZAC Day we **baked Anzac cookies**. Watching the warm golden syrup and butter, bubble and froth like lava, as we added the bicarb (mixed with water).



Deconstruct the ingredients children helping to prepare these for our Tacos... where they then could **construct what they wanted to eat**.



We were very excited to have three delicious **lemons from our tree in the garden**... we picked them, smelled them **juiced them** and then tasted ... Mmmm. It has taken a long time for them to turn yellow... but it was worth it.



Thank you to Nova for bringing in some **kumquats**. Again this lead to conversation about size, colour and taste. Carrots are also orange and taste quite different. **Learning different ways of preparing foods... grating the carrot**



to add to the rest of the ingredients, **mixing and stirring** bringing it together, **to bake a carrot cake**.



Children have been **involved in play in home corner** with tea and food. As well as **noticing our displays about healthy choices** from the Department of Health and Munch and Move. **Thank you to Bob the Builder** (aka Peter) for bringing in some **delicious mandarins** to share with our children and families.



Extending on Brain the Brain and Munch and Move concepts ... We have been **reading stories about different foods** and how... **You can eat a rainbow.**



This led to us **creating a collage - a Rainbow plate of foods.** **Thank you to Kim and Frankie Ella** for the **Pyramid of Healthy Choices** **sorting and matching game.** This really connected with our learning experiences.



We then **created our own rainbow platter with fruit and vegies**, using our self-help and fine motor skills to cut and arrange... taking in the smells, textures and tastes.



Also learning about using different equipment and utilises to prepare food.

We made an **Apple Delight** - apple puree with a cookie. **Pizza** - spreading the tomato paste and **sprinkling** the cheese.

*** Contributions, Visitors and Connections ...**

Thank you to Kayla from Belle Catering for the delightful treats the children received for afternoon tea. This connects with our learning about health and wellbeing... and that it is okay to have treats... "sometimes". (QA2)



Thank you to Nevaeh Cummings for talking about her visit to the dentist and brushing teeth, which lead us to singing the song "You brush your teeth".



Willow and Harlow contributed to our program by bringing in their parachute and ballsSensory play with motion developing coordination and concepts such as ... up, down, around, under and over.

Aunty Robyn has come to visit... joining in with singing and dancing ... Going on a Dragon Hunt with the children and seeing what we can see through our telescopes / binoculars, developing our awareness of what is around us.

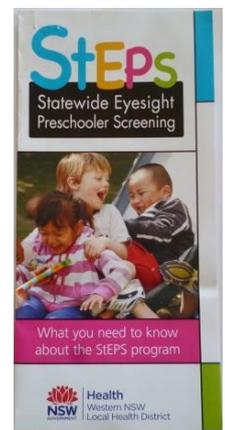


Deb from the LR Westpac Bank donated cardboard boxes supporting our sustainability practises (QA3.2.2 & 3.2.3). The children have used them to challenging their physical skills... jumping over them

Amanda Caley from the Lightning Ridge Central School came with her Child Studies Students to spend time with us, connecting with their learning about gross motor and fine motor experiences.(QA7.2)

. QA 6.2 Collaborative partnerships enhance children's inclusion, learning and wellbeing.

We are fortunate to have services connected with us to be able to achieve this goal for our children and families.



Emily Wheeler is a facilitator with Marathon Health, working in collaboration with the Speech and Occupational Therapists of Marathon Health to support children's development and learning.

Michelle Gibbons conducts the StEPs - State wide Eyesight Preschool Screening Program for 4yr olds, getting ready for school.

*** Families – Our Philosophy and the EYLF Principles and Practices... highlight our valued connect with and the importance of... Family.**



**STRONGER FAMILIES
STRONGER COMMUNITIES**

 National Families Week

- 1 Take the time to play and have fun with your family.
- 2 Build connections with older relatives and community elders.
- 3 Appreciate your family and community – everyone matters!
- 4 Encourage each other and offer support.
- 5 Participate in local events and get to know your community.
- 6 Celebrate achievements, large and small.
- 7 Be generous with your time in your family and in your community.
- 8 Reduce your stress – remember you need time out too!
- 9 Do something with your family that helps others.
- 10 Take time out from technology and enjoy family time together.



Reading to children, even before they can understand, teaches them to associate books with love and affection.



The Paint The Ridge REAd Dhinawan says to - Talk, Read, Sing and Rhyme with your child all the time... Strengthening our Relationships, Literacy and Learning... this then leads to children share this love with others.



We enjoy having family stay and play, whenever they can. Children enjoy sharing their special place...
 ...Little Diggers ... engaging in play with family and having family meet their friends.





While making a new batch of play dough with **Miss Megan** the children noticed it **looked like Lava...** and it did.

*** The interest in lava continued** and we extended on this...



Children worked together, creating a **volcano** in the sandpit with **Miss Natalie**.



Connecting with the science of lava (running but firm) we also had **mercury dough**.



Children have also been noticing colours.... While blending orange and green play dough the children discovered that it which turned brown.



A group of children also made a **rainbow of play dough** with Miss Natalie.



Dinosaurs have been of interest... so we set up a dinosaur land, added books about dinosaurs and children share their own special dinosaur toys. We talked about what dinosaurs eat meat and plants, extending our vocabulary and language...

carnivores and herbivores... So we had meat (dino snacks) along with our fruit and veggies for morning tea.



Valentine found dinosaur eggs, so he, **Frank** and **Zoe** created a nest for them. This lead to the children noticing big and little (baby) dinosaurs. **Miss Natalie** showed them sections of "Land before time"- little foot hatching. We conducted a **survey on dinosaurs** -The feedback from the children showed that **T-Rex was the most popular** followed by Triceratops, Long neck and then Stegosaurus. We had an **egg hatching experience...** again it was expected to be a TRex and both to be a dinosaur...



After three days the children discovered what was inside... **Jett** identified the dinosaur as a **Stegosaurus** (sharing his knowledge) and **Liam** told us the other egg had a **Chicken** in it.

* LO4 Children are confident and involved learners...



Thanks Dylan for contributing to our program by bringing in balloons to add to our play.

We spoke about air... The air we breathe in and out and the air we use to fill the balloon. We can feel it when we let out our breath and the balloon flies around as it is letting out its air.

Wind is air and you can't see it, but Frank shared with us that he knows when it is windy outside... because the leaves on the trees are moving.

Balloons also float... Frank initiated a game of not letting the balloon touch the floor... Dylan let us know this game is called "Keepie Uppie". Lydia let us know she knows this game too.





Thank you to Amber and Robyn for joining the Sparkles on their adventure with Miss Natalie... Going to the Café. The children followed Charlies lead chanting... "We're going on an adventure". At the Café they enjoyed a hot chocolate and a gingerbread man.

Thank you also to Natasha (from the Opal Café) and Charlie for the yummy cupcakes, for all the children who didn't go to the Café. They enjoyed the special treat.

LO2.1 Children develop a sense of belonging to groups and communities.



*Kerrie Kennedy, with family and friends from Good Start in Bathurst, came to connect with country and services in this area.

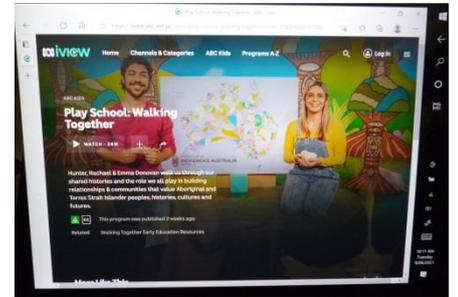


We shared a bag and bookmark from the PTRR Dhinawan and they presented us with gifts too. Thank you. ☺

We have now made a connection and **Together there's no limit.**



As part of our conversations about **Reconciliation** and the theme - **More than a word... Reconciliation takes action...** Reflecting on some of our actions ... For a few years now we have been doing our **"Getting in Touch"** Saying. We have connections with others e.g. our friends from **Bathurst Good Start Centre**. Our local **Language and Culture Group** visits us each week, sharing their knowledge with us language and culture... Teaching us the words and actions to, "We are one - I am Australian". We have been watching and singing "Playschool: Walking Together" connecting with our project of making our foot prints for our display... In Australia we have a long-line of aboriginal ancestors and we haven't always walked together. **We are taking action, making a change...** to have our prints walking together, side by side.



(above) **Alicia** teaching us the words and actions to **"We are one- I am Australian"**.
 (above middle) **Nevaeh Ciprian** shared some stories, one of which was a dream time story called **Dunbi Owl**.

The words to **Walking Together...**
 Walking on country, walking along, Walking on country, to our walking song.
 Nice and relaxing, walking along, Walking and relaxing to our walking song.
 Walking together, walking along, Walking together, to our walking song.



This also connects with our (EYLF) **Early Years Learning Framework...**

Principles - Secure, respectful and reciprocal relationships, Partnerships, High expectations and equity, Respect for diversity, Ongoing learning and respectful practice. and...

Practice - Valuing the cultural and social contexts of children and their families. QA6.2, QA6.2.2, QA 6.2.3