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March 2025

BYFORD CHILD CARE NEWSLETTER

"We worry about what a child will become tomorrow, yet we forget that he is someone today." ~ Stacia Tauscher

MARCH CENTRE EVENTS

4th CLEAN UP AUSTRALIA DAY: The centre will be participating in a clean up of the local Rainforest Walk and play area this month in honour of Clean Up Australia Day.

7th PLANT POWER DAY: Rooms have the opportunity to explore plant-based foods and recipes.

14th HOLI FESTIVAL: We will be exploring Holi, the festival of colours, with lots of colourful activities.

17th – 21st HARMONY WEEK: Harmony week is about inclusiveness, respect and a sense of belonging for everyone. We will be exploring different ways of being and doing things from many different cultures and countries.

From Djilba (the Office)…….

Hello again to all our families and welcome to our March Newsletter. We hope you all enjoyed your long weekend!

We've had a great start to the school year for our all our school aged children and we hope our new school families have had a smooth transition into this new chapter of their lives.

We will be sending home enrolment update forms over the next few weeks – please fill these in and return them to the service as soon as possible so that all the information for yourselves and your child/children can be kept up to date.

The school holiday program is currently being finalised and should be out by the end of this week. We encourage families to take a look at it and send through your feedback as well as any bookings you might need as early as possible.

As you may be aware the service has its own Facebook page and we would love to know what sorts of things you would love to see us posting about, whether it be pictures of the experiences we have on offer, parenting articles, events information etc. Please send us through your ideas via email as we would love to offer as much engaging material as possible for families.

Along this same topic, we have recently been discussing the use of devices and screens in early childhood education, and of course how this looks or should look in our service. Please have a read through the information in the Educational Leader section of the newsletter, where Amiee has offered some more details and placed a link for you to give your own thoughts and opinions on how you feel about devices and screen time with children while in our care.

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

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Messages from Amiee (Educational Leader)……..

Firstly, a big thank you to all the parents/guardians who put their hand up to be part of our Parent Working Group. I am excited to see the impact this new process has on the service's quality improvement journey. I will be providing updates from the Parent Working group through our monthly newsletter, so please keep an eye out for those.

DEVICES IN CHILD CARE SETTINGS

As a team we have recently begun reflecting on the role of technologies within Early Childhood Education and Care, particularly in terms of digital devices and screens.
The Early Years Learning Framework (Australian Government Curriculum Framework for children aged 0-5 years) and My Time Our Place Learning Framework (Australian Government Curriculum Framework for children aged 6-12 years) both include a learning outcome, Outcome 5.5 Children use digital technologies and media to access information, investigate ideas and represent their thinking, which suggests the use of digital technologies and devices as a tool for children's learning and expression.
There is also a large body of research from a wide variety of sources, including several Australian Government Departments, which also highlights the detrimental effects of devices and screen time, and supports limiting screen time for children.
These seemingly conflicting messages have created a lot of discussion and here are some of the questions we are exploring at the moment:

- Do devices and/or screens have a place in our centre?
- Should they be used as communication and documentation tools for educators only?
- Are they appropriate for the children to use while at our service as well?
- Is this a question of particular processes, rules or limits for each of the age groups we educate and care for?
- How does this fit with screentime recommendations and research around the use of devices with and by young children?
- Are there other ways in which we can meet learning outcome 5.5 without engaging with devices or screens?

We have also decided to take measure of how we are currently using these devices and how large a role they play in our service by putting some guidelines in place for the month of March which will help us to answer some of the questions above.

We would also love to hear parents' thoughts on this topic:

- Do you think children should be using devices/screens while in care?
- If you feel comfortable with children using devices or screens in care, what sort of limits or expectations would you have for their use with your child/children? E.g. time limits, acceptable purposes for use, safety limits etc.

If you would like to share your thoughts on this topic with us, you can click on the link below to bring up a short survey with the above questions.

https://forms.gle/8hjBwiQrdwZqTrJc7

Amiee- Educational Leader ☺

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From the Kambarang room (Nursery)…….

This month in the Kambarang room we started alphabet learning plans. These plans were designed by Hailey to expose the children to age-appropriate literacy concepts as part of scaffolding their language skills. So far, we have done apple painting, made our own bowling set and had fun bowling, and some cooking experiences. The children have really been enjoying all the activities we have done so far.
We recently had a big environment change and introduced lots of different toys. We even tried putting the meals area outside and while this worked well, the few hot days we have had recently have brought us back in for mealtimes, however, we will be trying this again once it cools down a bit.
The children have been enjoying the farm animal area and it's really helping support their language and cognitive skills through identifying animal noises.
We've also been engaging in lots of sustainably sourced experiences using recycled materials e.g. homemade watering cans, cardboard box ball drop.
As always there was lots of sensory play supporting the children to confidently explore the world around them and develop their fine motor skills.
We would also like to say a big welcome to the new children and families that have joined us recently. We look forward to sharing in your precious little one's learning journey with you.

Adventure Ted is ready to adventure with you!!!!
Our room mascot Adventure Ted likes to spend time with our families to see what awesome adventures you get up to when you aren't attending the service.
Adventure Ted is a great way to build connections between home and the centre for your child and it helps us to incorporate families' perspectives into the curriculum.
How it works: We encourage families to take Adventure Ted home with them and a take a few photos of Ted taking part in any family activities. These can be everyday routines or activities that your child enjoys at home, or it can be places and events out in the community that you are attending.
We will provide a little book for you to jot a few notes in about what you did and enjoyed while Adventure Ted was with you, and you can either add the pictures in to the book yourself or send them to us via email.
We like to give all our families a turn with Adventure Ted and educators will speak to you first before sending Ted with you for a visit.

Kambarang Room Team- Zoe, Mandy, Sam, Hailey & Sammy

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From the Birak room (Toddlers)……

Hello to all our families!!
We were super excited to return to Graceford Aged Care facility to visit with all the grandmas and grandpas we met on our visits last year. The residents were equally as happy to see the children again and we had a great time playing games with them, reading stories and doing artwork. These visits are super beneficial for both our children and the residents of the facility as they build relationships and learn from each other. The joy these visits bring is honestly priceless and we can't wait to share more photos of these special moments throughout the year.

The children have been really enjoying sensory experiences within the room. Our children are very much hands-on learners and love to get in there, get creative, get messy and have lots of fun while they learn! Sensory experiences are fantastic for encouraging children's curiosity and building their confidence in exploring the world around them.

We've also enjoyed lots of role play and recently Sammy made us a bus which the children have thoroughly enjoyed playing in. They've gone on many drives to all different places while singing songs and laughing. Although we must say we aren't too sure about the validity of their driver's licenses given some of the driving behaviours we've witnessed (steering with your feet may certainly be an interesting skill but we aren't too sure that it meets driver safety requirements 😂😂😂).

We've also enjoyed lots of music and movement experiences. Sleeping bunnies is always one of our children's favorite's, they love pretending to sleep then jumping up excitedly to bounce around like little bunnies.

Kelly, Tess, Rhiannon, Rai, Sammy and Singye

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From the Bunuru room (Kindy)…….

February in the Bunuru room has been full of fun and learning!!
Our new children who have been transitioning into the Bunuru room have settled in really well and are slowly becoming familiar with our room and the new level of expectations that go along with being a big “Kindy kid”. We have also had some brand-new children join the service in our room and we would like to extend a warm welcome to these children and their families.

We have started to learn AUSLAN (Australian sign language) in the Bunuru room with stemmed from children’s interest and family input into our curriculum. The children have been picking this up quite quickly and we are all super impressed with their developing skills. This is a fantastic second language for children to learn as it transcends all spoken languages and becomes an incredibly useful and universal way of supporting communication.

During February we celebrated “Real Bread Week”. This is a great event that focuses on teaching children about where food comes from and how we can make our own food. We made several loaves of bread using Amiee’s bread machine, including magic bread which turned from red and blue to purple during the cooking process. This activity helped to support the children with early maths skills of counting and measuring, as well as basic science through cooking processes. We ate the different breads at afternoon tea across the week and the children thought they were delicious asking for seconds and thirds!!!

As usual the art and craft experiences as well as the construction and transport play areas have been extremely popular this month.

A reminder to all families to please put sunscreen on your child before arriving to the centre (if you happen to forget, please apply some to your child upon arrival using the sunscreen available at the centre). In addition, if your child has their own sunscreen can you please double check the current supply you have provided to the room.

Narelle, Fran, Paige and Nandraj

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From the Djeran room (Schoolies)…….

We've had a fantastic start to the school year in the Djeran room. We've had some new children join us on the school bus runs and in the room. Everyone has really settled in very well to these new routines and it's great to see our new children confidently creating friendships in the room.

We've had lots of craft happening, with the children utilising resources from in the room to create some amazing pieces of work. The children have made pipe cleaner flowers, paper flowers, valentine's cards, sand timers, bracelets and many more incredibly artistic items.

As always, the children have spent a lot of time engaging in outdoor play experiences extending from their own interests. These experiences are great for promoting our children's growth in fine and gross motor skills, as well as STEM based learning through lots of trial and error, problem-solving and collaboration.

We will also be starting a new initiative in the Djeran room beginning in March called "Star of the week". Throughout the week educators and children within the schoolies room can nominate children who have demonstrated excellent behaviour or actions within the service. This could be doing a good deed for another, setting a good example within the environment, persisting with something in the face of difficulty and/or achieving an individual goal.
The nominations for the week will close late on Fridays. Educators in the room will then read through the nominations and someone will be chosen as the Star of the week, which will be displayed on the Monday following the close of nominations.

If you have any feedback that you would like to share with us about the room or the curriculum please feel free to chat with one of the Djeran team in the room or send an email through to admin@byfordchildcare.au

Sue, Steph & Chloe

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From Makuru (Kitchen)…….

Hello Families,
A new season means a new menu. Our Autumn menu starts on the Tuesday the 4th of March (Monday being a public holiday). In this month's kitchen section, we've included a recipe for one of the children's favourite meals. This one was popular in all rooms with hardly any leftovers coming back to the kitchen. You will also find a copy of the menus for the month of March.
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:

4th - 7th March

10th - 14th March

17th - 21st March

24th - 28th March

Recipe of the Month:

Minced beef and black bean noodles *Serves 4*

Ingredients
- 1 1/4 cup of bean sprout
- 300g of broccoli florets, frozen
- 1 medium brown onion, peeled
- 1 medium lebanese cucumber, unpeeled
- 500g of mixed stir-fry vegetables
- 100 g of rice noodles, dry
- 500g of Beef, mince, raw (lean)
- 1 tbs of Asian style black bean sauce
- 1 tbs of Asian style hoisin sauce
- 1/4 cup of liquid chicken stock
- 1.5 tbs of vegetable oil

Method
1. Combine black bean sauce, hoisin sauce and stock in a jug. Place noodles in a heatproof bowl. Cover with warm water. Stand for 3 minutes. Drain. Separate noodles.
2. Heat a wok over high heat until hot. Add half of oil and mince. Cook, stirring, for 2 to 3 minutes or until browned. Transfer to a plate and cover to keep warm.
3. Add remaining oil, broccoli, stir-fry vegetables and onion to wok. Stir-fry for 3 to 4 minutes or until vegetables are tender. Add noodles, sauce mixture and mince. Cook, tossing, for 2 minutes or until heated through. Add additional water if too dry.
4. Spoon into serving bowls. Top with bean sprouts and cucumber.

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HAPPY BIRTHDAY!

JAYLEN

RYLEE

MARLIE

ANJA

LOUIS

MINA

FALICIA

SADIE

JENNA

HEATHER

JODI

FRAN

FIONA

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!

Raihanah (Rai)

Rai has recently completed her Certificate 3 of Early Childhood Education and Care!!!

We are super proud of the determination and effort Rai has shown throughout her studies!

Chloe

Chloe has now received the official copy of her Diploma of Early Childhood Education and Care!!!

Congratulations again on your fantastic achievement Chloe!!!

Returning From Maternity Leave…

We are super excited to announce the return of two of our amazing educators from their maternity leave. Both Jenna and Lauren will be returning in March, and we can't wait to have them back on board!

Welcome back Jenna!!!

Welcome back Lauren!!!

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Feature Article

Protective Behaviours: Keeping our kids safe.

Teaching children Protective Behaviours and Body Safety in age and developmentally appropriate ways doesn't take away a child's innocence, it helps to protect it.

To prevent abuse, reduce violence and promote safety and wellbeing, protective behaviours education focuses on developing life skills of empowerment, self-awareness, emotional intelligence, problem solving, help seeking, persistence and assertiveness.

Age-appropriate education starts with teaching children the correct names for, and functions of, their body parts and how to care for, respect and protect their bodies. Children need to know and be able to name external parts of the body including the names for external sexual parts such as the penis, vulva, breast, testicles and bottom.

In teaching about body parts (including the names for genitals) use the correct terminology from the outset. This helps set the tone for discussion to follow when children are older about reproductive body parts and functions, and allows children to develop comfort to use these words and to be able to confidently talk about their body. It is also helpful to describe the reproductive body parts as ‘private’ parts rather than ‘rude’ parts. Using anatomical language, such as penis and vulva, also improves a child's confidence to be able to report inappropriate touching, for example, and prevents confusion that can arise from the use of nicknames.

Important safety messages:

* Encourage children to know they can decide who touches them.
* Teach children they have a right to say "no" to unwanted touch.
* Teach about privacy and help them identify the private parts of the body.
* Talk about the difference between 'safe' and 'unsafe' secrets or use the word 'surprise' instead of 'safe secrets'.
* Encourage them to tell someone if they are confused or upset or if they have concerns or questions.
* Reinforce using the buddy system on outings.
* Try to always know where your children are and have them check in with you.
* Maintain an environment in which children feel safe talking about their feelings and problems.

Language of safety:

The language of safety includes verbal and non-verbal messages that create a safe environment. Teachers and parents should model positive language that is free from bias, is respectful and promotes confidence.

Teach, practise and encourage children to use the statements below:

"STOP - I don't like that"

"I don't feel safe when you do that"

"No, I don't want to"

"When you do that, I don't feel safe"

Protective behaviours are an extremely important life skill for children to learn and starting young helps them to become confident about exercising their right to bodily autonomy, privacy and safety, helping them to protect themselves against unwanted/inappropriate interactions.

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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.

COMMUNITY EVENTS IN MARCH

* **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
  - **Lego Club** 3:30pm Wednesdays every week & 9:30am Saturday 15th
* **PROTECTIVE BEHAVIOURS COURSE (ONLINE):** Learning how to teach your child to identify and respond to unsafe situations. 10:00am – 12:00pm Thursday 6th March. **Registration available through the SJ Shire website events page.**
* **BYFORD CO.LAB – INTERNATIONAL WOMEN'S DAY SHOWCASE**: Business Expo, Markets, Food trucks & more. Serpentine Jarrahdale Recreation Centre - Mead Street Byford 9:00am Friday 7th March.
* **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 for all of March
* **SJ COMPOSTING WORKSHOP**: Byford Central Hall / Bill Hicks Pavilion 10:00am Saturday 15th
* **HARMONY FESTIVAL:** Cultural Performances, music, demonstrations, market stalls & food trucks. Kalimna Oval, Byford 12:00pm – 4:00pm Saturday 22nd
* **FREE COMMUNITY BBQ:** Whitby Adventure Playground 4:00pm Friday 28th
* **BYFORD FOOD TRUCK FORTNIGHTS:** Bill Hicks Reserve 4:30pm 13th & 27th