



PARENT NEWSLETTER
AUGUST/SEPTEMBER 2020

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FROM THE MANAGER...

As I sit at my computer today 2nd September 'Early Childhood Educator Day', can I say, day after day and year after year, Early Childhood Educators bring a special type of care and commitment to our under-fives' lives. They sprinkle fun into every day, and help our children learn, grow, and thrive by providing enriching experiences and genuine connections.

Educators also support parents through thick and thin, and this year, they have met the great challenges of COVID-19 and continued to provide safe and essential childcare when we have needed it most.

With all this in mind, I am glad of the opportunity to say thank you to our Educators for everything they do and the amazing support they have and keep showing to children and families. I would love to hear some of the special ways that you show gratitude to your Educator.

I hope you are all doing Ok and surviving the ups and downs of the Covid world we are living in, it can become quite easy for us to become complacent, as we go about our day to day life in an area with very few, if any cases. As they announced today Australia is in a recession and things are going to get challenging financially for many. Please know we will be keeping you updated on what is available to support you through these difficult times. Please do not hesitate to contact us, we are more than happy to assist you in any way we can.

Our enquiries for care have started to increase and our care vacancies are very few, can I ask if you know anyone with a minimum Cert III Early Childhood qualification who would like to join our team please get them to give me a call.

Stay safe and enjoy the beautiful weather

With gratitude

Sharon

StEPS

Statewide Eyesight Preschooler Screening



The StEPS Program is an initiative of NSW health and offers all 4 Year old children free vision screening. NSW Health advises all children have their vision screened before they start school. They recommend that all 4 year old children take part in StEPS.

StEPS Screening is offered at preschools and daycare centres across the North Coast. Children who do not attend preschool can access the service by contacting the StEPS Office on (02) 66202036 or NNSWSteps@health.nsw.gov.au

COVID 19 UPDATE

Mask wearing is becoming more and more commonplace within our communities, and it is important to reflect on how children respond to the use of face masks. The following information was sourced from an article at raisingchildrennetwork.com.au...

“The way children react to and feel about seeing people wearing facemasks can depend on age. Children of all ages might have questions about why people are wearing facemasks and whether they have to wear one too. And for both adults and children, face masks can be both confronting and overwhelming – a visible reminder of how coronavirus is impacting our daily lives and communities.

The good news is that most children will adapt to seeing you and other people wearing face masks, especially with the right support and reassurance.

Talking with children about face masks can help them cope and explore their feelings.”

Click through to the [article](#) for some strategies for talking to children about face masks.



BE COVIDSAFE

COVID-19: IDENTIFYING THE SYMPTOMS

SYMPTOMS	COVID-19	COLD	FLU
	Symptoms range from mild to severe	Gradual onset of symptoms	Abrupt onset of symptoms
Fever 	Common	Rare	Common
Cough 	Common	Common	Common
Sore Throat 	Sometimes	Common	Sometimes
Shortness of Breath 	Sometimes	No	No
Fatigue 	Sometimes	Sometimes	Common
Aches & Pains 	Sometimes	No	Common
Headaches 	Sometimes	Common	Common
Runny or Stuffy Nose 	Sometimes	Common	Sometimes
Diarrhea 	Rare	No	Sometimes, especially for children
Sneezing 	No	Common	No

Adapted from material produced by WHO, Centers for Disease Control and Prevention.

It is very difficult to distinguish between the symptoms of COVID-19, influenza and a cold. If you have any infectious or respiratory symptoms (such as a sore throat, headache, fever, shortness of breath, muscle aches, cough or runny nose) don't go to work. You need to self-isolate and to be assessed by a medical professional. You may need testing for COVID-19. You must not return to work until cleared by a medical professional. You need to ensure that the people you care for are protected and safe.

TOGETHER WE CAN HELP STOP THE SPREAD AND STAY HEALTHY
For more information about Coronavirus (COVID-19) visit health.gov.au

Colour Changing Milk Experiment

What you will need:

- Milk
- Food colouring
- Dish soap
- Cotton buds

Steps:

1. Pour Milk in a shallow dish
2. Add approx. 5-6 drops of food colouring
3. Prepare liquid dish soap in a small bowl with a little water and mix with cotton bud
4. Place the soap soaked cotton bud into the centre of the dish.



Learning Opportunities:

- Language development
- Promote scientific thinking strategies
- Cause & effect
- Concentrationand more!



Head to the [dirtgirlworld website](http://dirtgirlworld.com) for more information...



Family Day out @ Rocky Creek Dam

Rocky Creek Dam has 4 walks available to visitors ranging from 1.2km (20min) to 6km (2hrs). The Dam has a platypus viewing platform, elevated boardwalk and pontoon bridge. There are picnic and BBQ facilities, wooden picnic tables, children's play equipment and toilet facilities available.



Ballina Byron Family Day Care has been providing our local communities with quality childcare, for over 27 years.

Ballina Byron Family Day Care is looking for Qualified Educators to join our team.

If this is you, please contact us to request a Prospective Educator Information Kit.

Contact our office on **02 6686 7799** to apply, send an email to admin@fdcballinabyron.com.au or visit our website for more information.

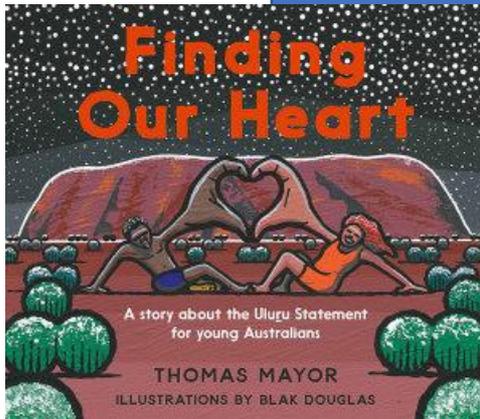
www.fdcballinabyron.com.au

SALMON FRITTATAS

Ingredients

- 1 portion Salmon, skin off
- 2 tbs olive oil
- 6 eggs
- 1 med purple sweet potato (peeled, cubed)
- 4 mushrooms (diced)
- 1 cup baby spinach (shredded)
- Salt & Pepper to taste

For the method click the image to take you to the kidspot website..



Finding Our Heart by Thomas Mayor

A book about the Uluru statement for young Australians.

“When we all came together at Uluru, we invited all Australian people to accept our voice and culture as a gift”

Can you help us find the heart of the nation?

A book about understanding Australia’s past, so we can have a shared future.

Help your child develop their skills

Skills such as taking a first step, smiling for the first time, and waving “bye-bye” are called developmental milestones.

From birth to 5 years, your child should reach milestones in how he or she plays, learns, speaks, acts and moves.

For ideas about simple everyday things you can do with your child at each age, download the free *Love, talk, sing, read, play* app at

www.lovetalksingreadplay.com.au

Keep track of your child's development

Answer the Learn the Signs. Act Early. questions in the *My Personal Health Record* (the *Blue Book*) to see if your child's development is in on track.

Take your child to the child and family health nurse or your general practitioner for regular health and development checks.



Don't wait. Act early

If your child is not meeting the milestones for their age, share your concerns.

Talk to your child and family health nurse or general practitioner.

Act early while skills are developing. Help your child reach their full potential.

Find out more

My Personal Health Record (the *Blue Book*) contains more information on the milestones and useful websites.



MILESTONES MATTER



Track your child's development. Act early if you have a concern.

Find your local child and family health service at: www.health.nsw.gov.au/child-family-health-services

Contact details

