



PARENT NEWSLETTER
JANUARY- FEBRUARY 2021

Location: 17 Brunswick Street Ballina NSW 2478
Telephone: 02 6686 7799
email: admin@fdcballinabyron.com.au
Fax: 02 6686 4093
Web Site: www.fdcballinabyron.com.au
ABN 85 676 459 681



FROM THE MANAGER...

Can I firstly say Happy New Year to you and your family. I hope 2021 is a great year for you all. I don't know about you, but I can't believe it's already the end of January.

As we all move into 2021, can I reassure you that we are here to support you with quality Education and Care for your children. We are only a phone call away 0266867799 if you need support in any way. Whether it is a Childcare subsidy concern or a question concerning the care you are receiving please do not hesitate to get in contact, we are here to support your whole family.

In November 2020, our service was Assessed and Rated under the National Quality Standards (see certificate below) and we are immensely proud to receive a Meeting Rating. Five Educators as well as our Coordination unit were visited over a four-day period to ensure we are compliant in all Five areas: 1. Educational Program and Practice, 2. Children's Health and Safety, 3. Physical Environment, 4. Staff Arrangements, 5. Relationships with Children 6. Collaborative Partnerships with Families and Communities and 7. Governance and Leadership. We received an Exceeding rating in area seven as well as many exceeding themes in all other areas, which was a true testament to the quality education and care BBFDC provides to children in our services. We would like to take the opportunity to thank all families that took the time to supply feedback on our self-assessment tool which was included as supporting documentation for our visit. As we all know being assessed gives an opportunity to reflect on one's practices and implement quality improvements to support positive outcomes for all children and this will be our focus in the coming months.

We have limited vacancies across our services, if you or someone you know is looking for care please email enrol@fdcballinabyron.com.au for further details.

If you or a friend is looking for a rewarding career in Education and Care, please make contact by email to sharonforan@fdcballinabyron.com.au or call our office for an information package.

Happy reading,

Sharon



Vegetable Patties Recipe

Ingredients

- 4 medium potatoes grated
- 2 carrots grated
- 1 zucchini grated
- 1 egg
- ½ cup cheese
- ½ cup plain flour

Method

1. Squeeze excess moisture out of potatoes.
2. Place all ingredients in a large bowl and combine well.
3. Grease a non-stick fry pan with cooking spray or oil.
4. Place tablespoons full of mixture in pan and cook for fine minutes each side, or until golden brown



At the beginning of the year we often see lots of new children settling into care with their new educator. We have sourced some valuable information for families from the Starting Blocks website to support you in your transition into early childhood education.



What will help my child to settle in?

Starting early childhood education and care can be an emotional experience for both you and your child.

Children can often experience some difficulty settling into a new environment, particularly if they find it hard to separate from family or familiar caregivers.

Here are some suggestions to help support your child:

If possible, start with shorter or fewer days then gradually increase their time spent at the service.

Spend some time settling your child into a favourite activity before you leave.

Inform the service about what comforts your child and discuss how you manage activities or times of the day they find unsettling. For example, does your child have a toy or blanket that helps them to settle?

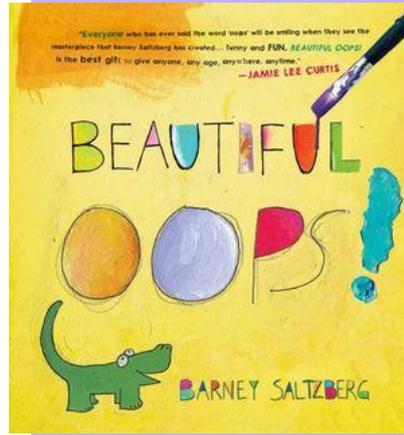
Show your child that you feel secure about leaving them at the service and that you trust the staff. Say 'goodbye' confidently, and reassure them that you will be back later. While it may be tempting to leave while they are engaged happily in play, it can be very distressing for your child to realise you have left without saying goodbye. You should feel that you can contact the service at any time to check how your child is settling.



PODCAST – Parental as anything
With Maggie Dent

A huge part of growing up is learning how to regulate emotions. So what can parents do to help their kids spot what's going to tip them over the edge before it happens? Maggie Dent finds out from self-regulation expert, Dr Stuart Shanker.

[Click the image to listen.](#)



Story Time
"A Beautiful Oops"
By Barney Saltzberg

A life lesson that all parents want their children to learn : It's OK to make a mistake. In fact, hooray for mistakes. A mistake is an adventure in creativity, a portal of discovery. A spill doesn't ruin a drawing – not when it becomes the shape of a goofy animal. And an accidental tear in your paper? Don't be upset about it when you can turn it into the roaring mouth of an alligator.



FROM THE EDUCATIONAL LEADER...

I would like to start off by delivering a warm welcome to our new families and a friendly and heartfelt welcome back to our existing families.

As the Educational Leader with Ballina Byron Family Day Care, it is my role to lead the development and implementation of the educational program. All Educators are required under the National Quality Framework to provide an educational program and practice that is stimulating and engaging and enhances children's learning and development.

Planning a program for children is a process in which Educators design experiences and activities aimed at developing and extending each child's thinking, interests, skills and abilities through play based learning. There is no set way that a program should look, however a good program will incorporate and invite information from families about their child's interests and experiences both inside and outside the service.

So how can you be involved in planning the program for your child?

Some of the ways you could share information about your child's interests and experience include:

- Daily conversations with your Educator
- Emails, phone calls and text messages with your Educator
- Filling out our "Child Information Details Form" which includes information about your child's - likes, dislikes and care routines.
- Conversations with your Educator around celebrations, achievements, and events in your family.
- Sharing goals that you may have for your child with your Educator.
- Offering feedback to the Educator regarding your child's participation in the program and the documentation / written program that is shared with you.

If you have any questions about your child's educational program or would like to know more, please feel free to contact me on 66867799 or christie@fdballinabyron.com.au

With Gratitude,
Christie

Family Day Out

Clarrie Hall Dam

Clarrie Hall Dam is set among picturesque forest. While the primary function of the dam is to provide storage for Tweed's water supply, it also is a great area for picnics and barbecues, bush walking, sports fishing and bird watching. Facilities at Clarrie Hall Dam include toilets, picnic areas and electric barbecues. Crams Farm Reserve has an extensive area for recreation, toilet facilities and two large sheltered areas. Clarrie Hall Dam is normally open to the public from 7.30am to 5.30pm. Access is via security gates at Crams Farm on Commissioners Creek Road.



The Family Centre

Parenting Course – Term 1
2021

Bringing up Great Kids first
1000 days

Tuesdays – Feb 16- March 23
10 am – 12pm

Murwillumbah Family Centre
Cost \$25

Bringing Up Great Kids in the First 1000 days is a nurturing, empowering & kind parenting program for expectant and new parents to begin their parenting journey. Bringing Up Great Kids in the First 1000 Days emphasises the importance of living in a nurturing and safe environment. It provides parents with knowledge about brain development and an understanding of how children grow and what they need. 5 x 2 hour sessions.

For more information and other courses visit [The Family Centre](#) website.

#RecycleRight
Keep it simple. Keep it clean. Keep it coming 'round.

GLASS BOTTLES & JARS

HARD PLASTIC BOTTLES & CONTAINERS
LIDS OFF

STEEL & ALUMINIUM CANS

PAPER & CARDBOARD

NO PLASTIC BAGS

KEEP OUT: Nappies, food, fabric, cords, rope, dirty paper & cardboard, takeaway coffee cups & lids, meat & biscuit trays, & polystyrene.

WASTE HIERARCHY

REFUSE AND REDUCE

REUSE AND REPAIR

RECYCLE

RECOVER

TREAT

LANDFILL

The Byron Shire community like many Australians are realising the detrimental impact of single-use items, over-consumption and global supply chains. We cannot afford to bury our heads or our waste in the ground any longer. It is important that we address the waste challenges and develop resilient and sustainable systems at a local scale.

As technology advances, the availability of land fills' reduces and community demands for environmentally-friendly and sustainable outcomes grow, Councils like Byron Shire are looking for a regional solution.

[CLICK HERE](#) For more information on the "Towards Zero – Integrated Waste Strategy"



BALANCING THE LUNCHBOX

A free 20-30 minute Zoom session covering lunchbox ideas, inspiration, tips and tricks. You will also have the opportunity to have questions answered by our lunchbox team.

Sessions will run:

Feb 16th at 5pm
Feb 18th at 9:30am
Feb 24th at 12:30pm



Register via
<http://bit.ly/balancinglunchbox>

