



## AL IMAN COLLEGE – EARLY LEARNING CENTRE TERM 3 2025 NEWSLETTER

Assalamu Alaikum Warahmatullahi Wabarakatuhu,  
Respected Parent(s)/Guardian(s),

Welcome to Our Term 3 Newsletter for 2025!

Alhamdulillah. Term 3 has been nothing short of inspiring! Our kindergarten community has embraced numerous enriching experiences, including the Victorian Premiers' Reading Challenge, Book Week and lots more. A standout moment was the Police Incursion for our 4-year-olds, who enjoyed trying on uniforms and exploring the police car. As we move into Term 4, we are eager to continue this collaborative journey.

Wishing everyone a joyful holiday! In Sha Allah, we look forward to welcoming everyone back to further grow and learn in Term-4.

JazakAllah Khairan

Sr Noor Illyaas and AIC ELC Team  
(Sr Iram Mehmood, Sr Reham Mohamed,  
Sr Saman Tahir, Sr Fatema ElSabsabi, Sr Fadwa Benchaou,  
Sr Farhana Shahid, Sr Naima Fadil, Sr Sidra Hassan,  
Sr Heena Pathan, Sr Ayesha Mohammadi, Sr Kaniz Fatema)

### Celebrating Early Childhood Educators Day

On September 3rd, we celebrated Early Childhood Educators Day alongside our Department of Education Assessment and Rating visit. It was a busy yet memorable occasion where our educators showcased teamwork by sharing homemade food. Alhamdulillah, All AIC ELC Educators received a Certificates of Appreciation, thoughtful gifts, and a lunch from AIC Management. Jazak Allah Khairan to our dedicated team for their hard work and AIC Management for their support.



### IMPORTANT DATES

Please be informed that Al Iman College Early Learning Centre will be **closed for Term 3, 2025, from Monday, 22<sup>nd</sup> September, till Friday, 3<sup>rd</sup> October 2025.**

Please find below the **last day for term 3, 2025**, for kindergarten groups and LDC:

- Kinder groups A and C - Wednesday, 17<sup>th</sup> Sept 2025
- Kinder groups B and D - Thursday, 18<sup>th</sup> Sept 2025
- Kinder groups E and F - Friday, 19<sup>th</sup> Sept 2025
- LDC - Thursday, 25<sup>th</sup> Sept 2025

Below are the Term 4 start dates for kindergarten groups and LDC:

- Kinder groups A and C - Monday, 6<sup>th</sup> Oct 2025
- Kinder groups B and D - Tuesday, 7<sup>th</sup> Oct 2025
- Kinder groups E and F - Friday, 10<sup>th</sup> Oct 2025
- LDC - Monday, 6<sup>th</sup> Oct 2025

# IMPORTANT ANNOUNCEMENT

## Key dates during term 4 for kindergarten (4yr) groups



### Al Iman College Foundation Teachers' visit to Kinder:

- Kinder groups A and C - Wednesday, 15<sup>th</sup> and 29<sup>th</sup> October 2025 (9.30am to 10.30 am)
- Kinder Groups B and D Tuesday, 14<sup>th</sup>, 28<sup>th</sup> October and Thursday 13<sup>th</sup> October 2025 (9.30 am to 10.30 am)

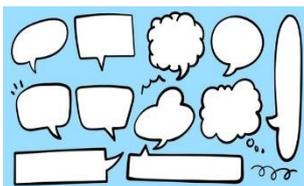
### Al Iman College Orientation Day for all kindergarten (4yr) groups:

#### Kinder Orientation Information – Monday, 17<sup>th</sup> November 2025

- Time: 9:00 am – 1:10 pm
- Children Attending: All children from Kindergarten Groups A, B, C, and D

#### Attendance Arrangements

- Groups A and C:  
Children will attend the ELC as part of their regular kinder day. ELC staff will take them to the Foundation classrooms for the orientation. Mothers of children in Groups A and C will go directly to Al Iman College after drop-off at the ELC.
- Groups B and D:  
These groups do not attend kinder on Mondays. Therefore, children from Groups B and D will go directly to Al Iman College with their mothers.



#### Parent Information Session

- Who: All mothers of children in kinder Groups A, B, C, and D
- When: 9:10 am – 10:10 am
- Where: Al Iman College

#### Excursion to Animal Land Children's Farm at Diggers Rest

- Kinder groups B and D - Tuesday, 11<sup>th</sup> November 2025
- Kinder groups A and C - Wednesday, 12<sup>th</sup> November 2025



#### Kindergarten Graduation

- Kinder groups B and D - Tuesday, 25<sup>th</sup> November 2025
- Kinder groups A and C - Wednesday, 26<sup>th</sup> November 2025

# Kindergarten Group A

Teacher Kinder Group A: Sr Fatema El Sabsabi

## Dental Week



Our kindergarteners engaged in a range of activities about keeping their teeth healthy. They practiced flossing with string and Lego, sorted foods into "happy" and "sad" teeth, and brushed laminated teeth with real toothbrushes. A role-play dental surgery and Storytime made learning about oral health fun and memorable.



As part of our involvement with the Smiles 4 Miles program, we were also delighted to distribute dental packs containing toothbrushes and toothpaste to all children during Dental Health Week, helping families establish healthy brushing habits at home.



## National Science Week

Science Week was filled with curiosity and discovery. The children experimented with magnets, created rainbow colours through paper towel colour mixing, and used the coloured water for art. An under-the-sea exploration table encouraged the children to see science in the world around them



## Book Week

Book Week was an exciting celebration of stories. The children explored Our Babies through a natural-material inspiration table and set up a "Dear Zoo" post office to write and post letters. Reading outdoors and watching animations of the stories made this a joyful experience.



## National Child Protection Week

In Term-3, we focused on learning how to stay safe. The children read My Body, My Rules, learned a simple rhyme about private parts, and talked about trusted adults. We also explored emotions through activities that helped children identify and express their feelings.



## Police Incursion

Our police incursion was a highlight of the term. Officers from Caroline Springs explained how police help the community, taught a song about the emergency number, and let the children try on uniforms. Seeing the police car and hearing the sirens was very exciting



## ♥ R U OK? Day

On R U OK? Day, we spoke about caring for one another through an Islamic perspective. The children practiced recognising emotions, made heart-shaped cards for friends, and role-played with toys to show how to comfort others. Many children extended this play on their own, showing they had taken the learning on board.



## Term -3 Learning Journey

This term, Group A's biggest project was exploring birds, sparked by noticing birds nesting in our outdoor area. The children listened to bird calls, read books, watched age-appropriate documentaries, and even examined a real nest. They built an enormous group nest, created smaller nests with natural materials, and crafted salt-dough eggs. Pretend play as birds searching for worms, along with art and fine motor activities, made this project highly engaging. The children showed great curiosity, creativity, and teamwork as they deepened their understanding of the natural world.



We have had such an amazing term filled with learning, growth, and fun. It has been beautiful to see the children flourish, grow in confidence, and feel so comfortable in their environment. Their smiles as they walk through the door brighten our days, and we look forward to welcoming them back for our final term, Insha'Allah. It is hard to believe that soon these little ones will be heading off to big school, but we are so grateful to be part of their journey.

With Love,  
Sr Fatema, Sr Farhana, Sr Naima  
(Kinder group A team)



# Kindergarten Groups B

Teacher Kinder Group B: Sr Reham Mohamed

## Science Week- Human Anatomy

Children had a chance to learn about the **Human Anatomy** to see what is inside their bodies. They began to explore all the organs and match them with the names in front of them. Their engagement and enthusiasm were clear. They showed curiosity, asked thoughtful questions, and eagerly explored to learn more about their bodies. These activities successfully created a learning environment that nurtured their natural curiosity and supported both their cognitive and physical development. The exploration of the human body was dynamic and enriching, and we look forward to expanding on this foundation in future lessons.



## Dental Health Week at Kinder

Our kindergarten had a fantastic time celebrating Dental Health Week in Term 3! The children engaged in a variety of hands-on activities to learn about keeping their teeth healthy and strong. They practiced their flossing skills using string and Lego blocks, sorted different foods into "happy teeth" and "sad teeth" categories, and got creative by painting giant tooth models. The children loved brushing laminated teeth with real toothbrushes and exploring our role-play dental surgery, complete with masks and props. Story time sessions about dental care made learning even more enjoyable and memorable. As part of our involvement with the Smiles 4 Miles program, we were delighted to distribute toothbrush and toothpaste packs to all children, supporting families in maintaining good oral health habits at home.



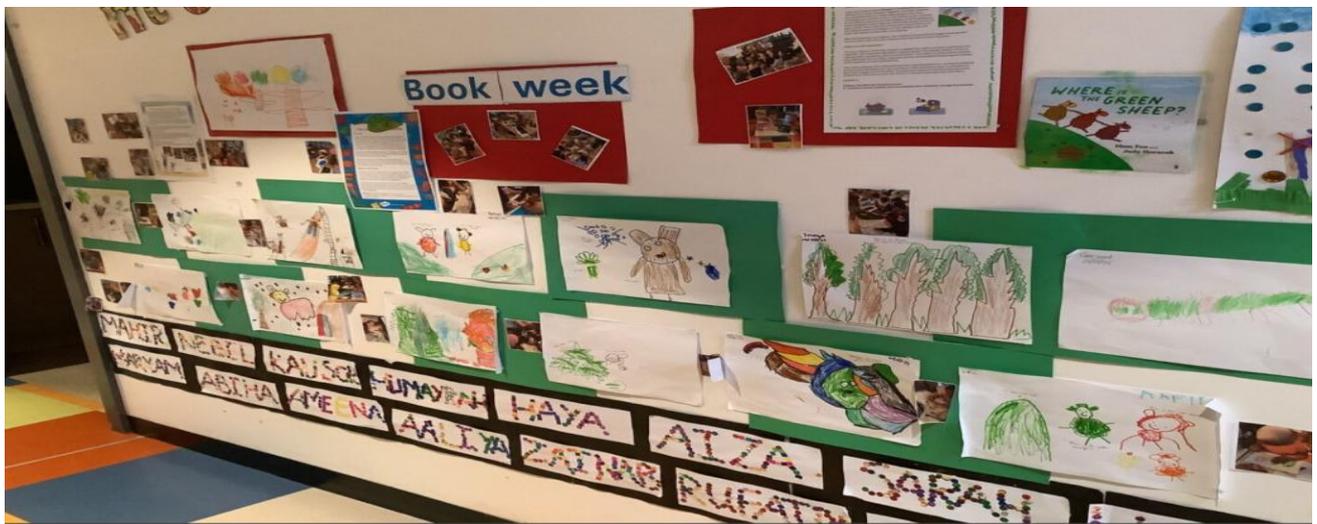


## Book Week Celebration at Kinder!

This term, our kinder buzzed with excitement as we celebrated Book Week! Children and educators alike embraced the joy of stories, imagination, and creativity. Throughout the week, the children explored a wonderful collection of books, listened to engaging story time, and enjoyed fun activities inspired by their favourite tales.

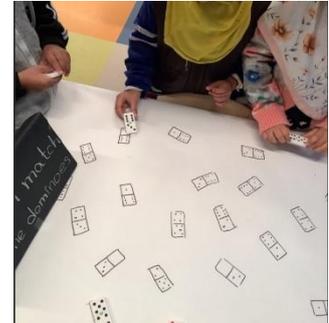
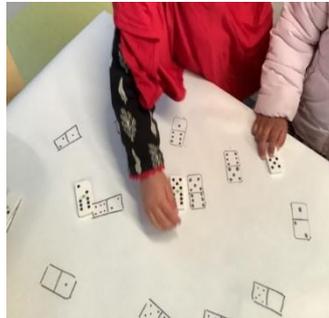
Our Book Week celebrations fostered a love for reading and encouraged language development, social interaction, and imaginative play. It was a fantastic opportunity for children to connect with stories and each other in meaningful ways.





## Hands-On Math with Dominoes

Children were interested in matching numbers on the big sheet of butcher paper using domino pieces. Excitedly, each child selected a domino from the basket and carefully placed each domino on the corresponding spot, matching the number of dots. Some children worked together, sharing ideas and helping friends find the right matches. The activity encouraged concentration, counting, and cooperative play as the children engaged happily in this hands-on learning experience.



## Bubble fun-Colour mixing

children were interested in some sensory-rich bubble activity, using soap bubble solutions to create colorful bubbles. They eagerly dipped their straws into the bowls and blew bubbles, watching them float and shimmer in the air. Then, they explored mixing colourful liquid soup with water and combining different colours, observing how new shades appeared as the colours blended.

This activity invited curiosity, fine motor practice, and discovery as the children learned about cause and effect, color mixing, and the properties of bubbles in a playful

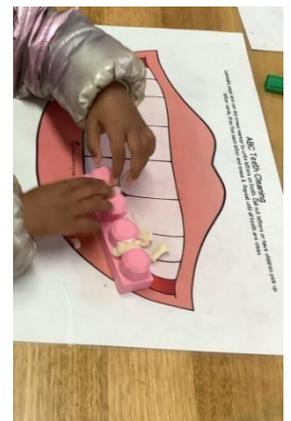


# Kindergarten Group F

Teacher Kinder Group F: Sr Reham Mohamed

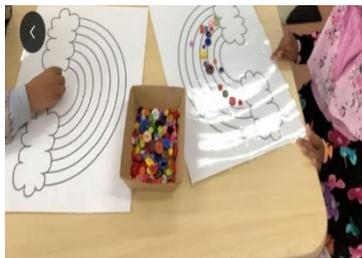
## Caring for our teeth

During Dental Week, the children eagerly learned about taking care of their teeth. They discovered the importance of keeping their smiles healthy by practicing gentle flossing using giant blocks. To make learning fun, the children created colourful crafts showing bright, happy teeth using glue stick and a small cut of recycled white paper squares to represent clean, shiny teeth.



## Rainbows

Children were interested in creating a rainbow using some recycled paper and/ or using buttons. They inspired each other to cut the coloured paper into small pieces to create their own colourful one.



## Learning through sorting

Sorting out pompoms and learning about sizes and colours, and sorting out keys and learning about big, medium and small.



# Kindergarten Groups C & D

Teacher Kinder Groups C & D: Sr Saman Tahir

## Name recognition and Early writing

This term, we've been focusing on name recognition and early writing skills. We began by creating personalised placemats — one side features a drawing by each child, and the other displays their name, decorated with glitter. These are used during mealtimes as a fun way to help children recognise their own name. At the end of the year, children will take their placemats home as a special keepsake.

We also introduced individual name diaries. Each morning, children choose their name card, find their diary, and practise writing their name — a daily routine that supports name recognition and fine motor development.



## Winter Wonders in our room

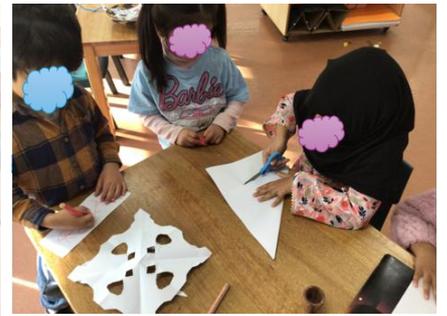


As the children returned from their term break, some shared their excitement about seeing snow. This sparked wonderful conversations, leading us into our winter learning theme.

We began with group discussions about winter and explored seasonal clothing. The children identified items like scarves and gloves, then used their cutting and pasting skills to create winter clothes collages—practising fine motor skills and vocabulary.

Inspired by snowflakes, the children also followed steps to fold and cut paper into patterns, creating their own beautiful snowflakes. The excitement as they opened their folds to see the final design was contagious! They then decorated their creations with glitter and proudly hung them in the room.

It's been a joyful and hands-on start to the term, full of creativity, conversation, and fine motor development



## Melting Ice- A Cool Experiment!

Following our winter theme, the children became curious about how snow and ice melt. To build on this interest, we conducted a fun **ice melting experiment**.

We froze blue marbles inside ice cubes and invited the children to use droppers with warm water to melt the ice. They were fully engaged, observing how the ice changed and eagerly waiting to discover the hidden “**treasure**” inside.

### **Science in Action!**

This term, the children had exciting opportunity to engage in a range of hands-on science experiments. Next, the children had loads of fun creating their own volcanoes in the sandpit! They watched in awe as the "lava" bubbled over, learning about chemical reactions in a playful and interactive way.

Another favourite activity was exploring magnetic and non-magnetic materials. Using magnets, the children tested different objects to discover which items are magnetic and which are not. This helped build their understanding of materials and early scientific thinking. Through these activities, the children developed observation skills, made predictions, and had plenty of fun exploring the world around them through science!

This hands-on activity supported their understanding of **scientific concepts** like melting and change, while also strengthening **fine motor skills** and **problem-solving**.





## Science Week Exploring Light and Shadows

During science week children have been busy exploring and discovering the world around them. During sunny breaks, they noticed their shadows and began experimenting with **hand shadow play**. This curiosity led to making **hand puppets** and putting on a fun puppet show.

The next day, when it was too cloudy to see shadows outside, we introduced a **projector** indoors. The children created their own puppets using paper and sticks, exploring how light can still create shadows in different ways.

To extend the learning, we introduced **number play** using coloured transparent paper, combining **light exploration with early numeracy** in a fun and engaging way.

Through these experiences, children developed their understanding of **light and shadow, creativity, and early maths skills**—all through hands-on discovery and play.



## Learning through Germination and Gardening

As the children showed an interest in gardening, we organised a hands-on activity using alfalfa seeds. We explored germination through two different experiences. In the first, the children planted seeds in soil, watered them, and we set up a special corner in the room where they could regularly care for the plants and observe their growth. For the second experiment, we used damp paper towels. The children placed the seeds on the paper, which we then stuck to the window. This allowed them to clearly see the roots develop and understand the process of germination. They drew the growing process on paper, illustrating the seeds, roots, and plants as they developed. Throughout the experience, the children were engaged and curious. They began using new vocabulary, such as “germination,” and were excited to observe the changes each day. Each day, the children carefully sprayed water and observed the changes as the seeds began to sprout. This experience helped them understand how plants grow and the care they need.



## Exploring Numbers Through Play

This term, the children have been engaged in a variety of hands-on numeracy activities to build their counting skills. They enjoyed using the apple tree peg board to practise number recognition and counting, as well as a lock-and-key activity where they matched numbered keys to the correct locks — a fun way to reinforce number matching.

Another favourite was making playdough cupcakes and adding colourful matchsticks to count, combining creativity with early maths. Children also used recycled bottle caps to match numbers with cards and practise counting in a playful, eco-friendly way.

These activities have supported number recognition, one-to-one correspondence, and fine motor development through meaningful learning.



## R U OK? Day

This week, we recognised R U OK? Day with a focus on emotional wellbeing and kindness. We began our day with activities to help children recognise and name their own feelings and talked about how we can care for others. We connected these ideas to Islamic teachings – learning that Islam encourages us to be kind, caring, and supportive of one another.

During group time, we read a story about kindness to help children understand what it means to be kind and how we can show kindness in our everyday actions. We also used flashcards to explore different emotions and discussed what we can do when we or others are feeling sad, angry, or upset – like asking for help from a teacher or reciting a calming dua. To encourage positive behaviour, we introduced a *Kindness Chart* where children earn a star each day, they show care or share with others. We reminded them that being kind not only makes our friends happy but also pleases Allah – and that's our biggest goal! The children enjoyed hands-on activities such as emotion placemats using playdough to express feelings, and emotion puzzles to help recognise and understand different expressions.



# Kindergarten Group E

Teacher: Sr Saman Tahir

## Story time and Book Week Fun

This term, children have been settling in beautifully and are enjoying learning through play—especially during story time. To make it more interactive, we introduced felt stories where children could participate by placing felt pieces onto the board as the story unfolded.

During Book Week, we focused on themes of patience and turn-taking. The children loved listening to *Dear Zoo* and *There Was an Old Lady Who Swallowed a Fly*. After reading, they had the chance to explore themed tables set up with animal figures from the stories. This allowed them to retell and connect with the story in a hands-on, meaningful way. They were highly engaged, taking turns adding pieces to the felt board and excitedly relating the animals to the book.



## Bird Theme Exploration

This term, children's interest in birds—sparked by their own pet birds at home—inspired a fun and interactive bird theme. We began by reading a book about birds, then the children pretended to be birds through movement and play, wearing bird masks and "flying" around the room.

The learning continued as children created their own birds using various art materials. We explored what birds eat by observing seeds and worms, with a real worm farm set up for close observation. Many children bravely held the worms and used magnifying glasses to take a closer look, showing curiosity and care throughout the experience.



## Exploring Shapes and Numbers

This term, Group E children explored shapes and numbers through a variety of hands-on activities. They practised matching and identifying shapes using puzzles, magnetic shapes on the light table, and building with blocks. The children also engaged in number puzzles, matching numerals, counting, and joining the pieces together to complete the picture. These activities supported their early maths skills through fun and play-based learning.



## Dental Health Week at Kindy

This term, we celebrated **Dental Health Week** with a range of fun, hands-on activities to teach children the importance of looking after their teeth. The children explored how to brush and floss properly using denture models and engaging tools like LEGO blocks filled with playdough to represent food between teeth. They used thick string to practise flossing and learned how to remove food gently. Another highlight was our placemat activity, where children coloured in teeth with textas and then used toothbrushes to 'clean' them back to white reinforcing the importance of daily brushing. We also read a story about dental care and modelled proper brushing techniques. The children learned about the sunnah of using a **miswak** (natural toothbrush), understanding its significance and how it supports healthy habits. It was a wonderful week of learning through play—helping children build lifelong habits for healthy smiles!



## Exploring the Magic of Magnets!



This term, the children in **Group E** had an exciting time exploring the world of **magnetic and non-magnetic materials**. Introduced through fun and engaging activities, the experience sparked curiosity and encouraged hands-on learning. Using a **black tuff tray** filled with **magnetic wands and cuffs**, the children experimented with a variety of objects—including **wooden toys, pipe cleaners**, and different **shapes**—to discover which items were magnetic and which were not. To deepen their understanding, the children were given another activity

designed to show how **magnetic forces can behave differently**. They explored a tray of **tiny colourful coins** and used **magnetic wands** to collect them. This quickly turned into a fun and educational game: *"Can you collect only the yellow coins?"* Through this, the children not only strengthened their grasp of **magnetic attraction** but also practised **colour recognition** and **sorting skills**. The room was full of energy and excitement as children tested their predictions, calling out with delight, *"This is magnetic!"* or *"No, it's not!"* their enthusiasm was a joy to see, and it was wonderful to watch their understanding grow through play, experimentation, and discovery.





## Science Week – Colour Mixing Fun! 🌈

During **Science Week**, the children enjoyed a vibrant and hands-on exploration of **colour mixing**, designed to spark curiosity and creativity.

They were introduced to **primary colours** (red, blue, and yellow) and discovered how combining them creates **secondary colours** like green, orange, and purple. To make the experience more engaging, children used **droppers** to mix coloured water—supporting both their understanding of colour theory and the development of **fine motor skills** through squeezing and careful pouring.

Children also experimented with **watercolours**, allowing them to explore different techniques and textures. This open-ended play encouraged creativity and gave them the opportunity to learn through **hands-on experimenting** and discovery.

It was a week filled with colour, excitement, and meaningful learning!



# Long Day Care (3+ years)

Room Leader: Sr Iram Mehmood

## Children's Book Week

The theme of 2025 is Book an Adventure. We have created an engaging book display corner to inspire children to explore the imaginative and adventurous worlds found within books.

**The very dizzy Dinosaur** captured the children's attention rich conversations about different dinosaur characteristics, movement, and sounds.

**123 Mother Earth and Me** was a cheerful and entertaining book. We did numeracy related activities, used playdough to trace numbers and counted sticks while placing them into the playdough.

**Prophet Nuh's Ark** invited children to explore themes of animals and weather, while also promoting discussions around diversity and inclusion. The story of Prophet Nuh (عليه السلام) is one of patience, trust, and unwavering faith in Allah's plan. To incorporate with aboriginal culture, we did an activity of storytelling stones. Through art and craft activity we made paper boats (Ark). We did cut and paste activities to make crown telling the story of Prophet Nuh's Ark.



## Dental Health Week

The 2025 theme for Dental Health Week in Australia is A Happy Mouth is a Happy Mind. During Dental Health Week we engaged children in learning experiences that promoted the importance of oral hygiene and its link to emotional and mental well-being. The children explored the topic “All About Teeth” through a room display and a series of hands-on activities. These included brushing demonstrations, sorting healthy and unhealthy foods, reading stories about visiting the dentist, pretending dental clinic activity, flossing teeth activity and engaging in creative play using models of teeth and toothbrushes.



### Group discussions about good oral healthcare:

- Brushing twice per day using fluoride toothpaste.
- Cleaning in between teeth daily using floss or interdental brushes.
- Eating a nutritious diet, low in sugar.
- Seeing your dentist regularly.
- conversations about teeth and health.



## National Aboriginal and Torres Strait Islander Children's Day



National Aboriginal and Torres Strait Islander Children's Day is held annually on 4 August and is our day dedicated to celebrating our children. The theme for National Aboriginal and Torres

Strait Islander Children's Day 2025 is "**Little Footsteps, Big Future**". We have used charcoal pencils and flash cards of native animals and their footsteps to create our aboriginal artwork corner. For sensory and literacy activities we have used fingers and sticks to draw animals' footsteps in sand, also children enjoyed writing alphabets on sand with sticks.



## National Child Protection Week

### 2025 Theme is Every Conversation Matters and Shifting Conversation to Action

In group discussions we explained to children that every conversation matters and shifts conversations to action ensuring that every discussion translates into steps to protect children. We have planned some hands-on activities about emotions and safe hands, read books about child safety, watched video clips about body safety and scenario-based discussion about strangers and people we can trust. Children drew their family portraits to create a poster about child safety.



# Long Day Care (0-2 years)

Room leader: Sr Sidra Hassan

## Book Week

Book Week is celebrated to promote a love of reading and highlight the importance of literacy in children's lives. We celebrated Book Week by exploring stories in fun and interactive ways that connected literacy with hands-on learning.

### ✦ Prophet Yunus (A.S.) Story

The children watched a visual story of Prophet Yunus (A.S.) and were deeply engaged as they listened and followed along. To extend their learning, they created a whale craft by colouring and attaching it to a peg so the mouth could open and close. This activity sparked curiosity and excitement while supporting creativity and fine motor development.

### 🍎 The Very Hungry Caterpillar

This classic story was a favourite! To bring the story to life, we set up a fruit activity where children explored the names of different fruits and discussed the difference between healthy and unhealthy foods. They enjoyed "feeding" the caterpillar while learning important concepts about nutrition.

### 👮 Community Helpers

Another highlight was reading about community service workers. The children were fascinated by the different uniforms and enthusiastically dressed up, taking on roles such as firefighters, doctors, and police officers. Through pretend play, they explored teamwork, problem-solving, and the importance of helping others.



## Dental Week

We celebrated **Dental Week** to help children understand the importance of caring for their teeth from an early age. We explored brushing and flossing techniques, sorted foods into “good” and “bad” for our teeth, and practised cleaning with a large denture model and “Mr. Dino.” The children also made toothbrushes from playdough and pretended to clean plaque, which supported both creativity and fine motor skills.

During group discussions, children shared their own experiences, such as “*My mummy brushes my teeth*” and “*I have Bluey toothpaste,*” showing how learning connected to their everyday routines.



## National Child Protection Week

We celebrated Child Protection Week in our Centre. The week reminded us of all that every child, in every community, needs a fair go. Together, we can create safe, supportive, and nurturing environments where children can grow, learn, and thrive.

At our Centre, we provided warm, caring, and predictable routines where children felt valued and respected. Through stories, play, and group discussions, we helped children begin to understand feelings, friendships, and safe relationships. These experiences encouraged them to express emotions, practise empathy, and learn about kindness and respect.



### **Safety Wristbands**

As part of the celebrations, the children made their own safety wristbands. First, we gathered all the items and pre-cut the materials. The educator gave simple instructions for making two-colour bands with paper, which the children then joined using sticky tape. They were excited to create and wear their wristbands, proudly showing them to peers and educators. This simple, sensory-based activity encouraged both creative self-expression and hands-on exploration.

## Science Week

Science Week was a wonderful opportunity for children to think, question, and investigate while enjoying the excitement of discovery. We celebrated Science Week to spark children's curiosity, encourage exploration, and help them understand the world around them through hands-on learning.



### Colour Mixing

The children used droppers to squeeze and release coloured water. This activity developed their fine motor control while they observed how colours changed when mixed.

### Balloon Experiment

Using baking soda and vinegar, the children inflated a balloon through a chemical reaction. They excitedly flipped the bottle to pour vinegar into the balloon and tipped it back into the bottle, watching the balloon expand with great enthusiasm.

### Magnets

The children explored magnetic discs and sticks, discovering how magnets can attract and repel. They experimented with different combinations and noticed the push and pull effects.

### Light and Shadows

Using the light box, the children experimented with colour, shadows, and reflections. They observed how light interacts with different materials, building an early understanding of these concepts.





## Celebrating Oral Health Week with Smiles 4 Miles

As part of Oral Health Week (4-10 August), we were delighted to distribute toothbrushes and toothpaste to all children in AIC ELC through the Smiles 4 Miles program. We encourage families to establish good oral health habits at home by brushing twice daily with fluoride toothpaste, eating a nutritious low-sugar diet, and visiting the dentist regularly. For helpful tips and videos on brushing children's teeth, visit the Australian Dental Association website. Together, we can help our little ones develop healthy smiles that last a lifetime!

If your child missed out on bringing their dental pack home, please ask any ELC staff member and we'll be happy to provide one.



## Invitation to Explore Your Child's Portfolio



Dear Kindergarten Families,

We invite you to explore your child's portfolio at any time at the AIC ELC. These collections showcase your child's creativity, growth, and learning journey through artwork, photos, and documentation of their discoveries. When you engage with your child's portfolio, you strengthen the connection between home and school, boost their confidence as they proudly share their accomplishments, and gain valuable insights into their developing interests and skills. Your involvement sends a powerful message that you value their learning experiences and creates meaningful opportunities for conversation about their day. We look forward to seeing you explore these treasured collections together!

Additionally, we welcome your suggestions and feedback as we strive to create the best possible learning environment for our children. Your insights are invaluable in helping us tailor our programs and activities to better meet each child's needs.

## Be a SunSmart Family

### Quick Tips for Sun Safety

- **Slip on protective clothing:** Cover up with loose, long-sleeved shirts and long pants to shield skin from UV rays.
- **Slop on SPF 50+ sunscreen:** Apply broad-spectrum, water-resistant sunscreen generously and reapply every two hours.
- **Slap on a hat:** Wide-brimmed hats protect the face, ears, and neck—areas prone to sun damage.
- **Seek shade:** Stay under shade during peak UV hours (10 am to 4 pm) to reduce exposure.
- **Slide on sunglasses:** Protect eyes with wrap-around sunglasses that block 100% UVA and UVB rays.
- **Be sun smart all year:** UV rays can harm even on cloudy or cool days, so protection is important every day.
- **UV Index Alert:** When the **UV Index is 3 or above**, sun protection is essential—even on cloudy or cool days, as UV can't be seen or felt but still causes skin damage.



### Daily Prep for Kindergarten:

- Make sure your child has a broad-brimmed sunhat in their backpack each day when they attend kinder.
- Apply a layer of sunscreen at home before bringing children to kinder; this helps start their sun-safe day right.

### Interesting Facts:

- UV radiation can cause skin damage that adds up over time and increases the risk of skin cancer.
- Children are particularly vulnerable to sun damage, so starting sun-safe habits early is crucial.
- Wearing sunscreen every day can reduce skin cancer risk by more than 50%.

## Recipes to do together with your children

### Frozen tropical fruit yogurt (Serves: 6)

#### Ingredients:

480g frozen tropical fruit mix

170g Greek yogurt

2 tbsp maple syrup or honey

200g diced tropical fruit and passion fruit seeds, to serve

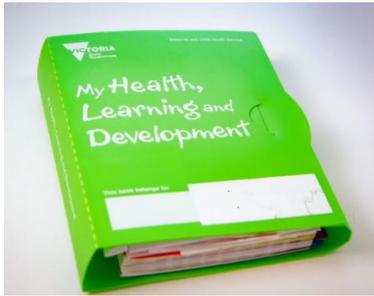
Serves: 6

#### Method:

Put everything except the fresh fruit in a food processor and blend. Scoop straight into bowls, or tip into a container and freeze if you want to serve it later. Serve with fresh tropical fruit and spoon over the passion fruit seeds.



## Don't Miss Your Child's 3.5-Year Health Check!



Did you know that all Victorian children are eligible for a free developmental assessment at 3.5 years of age through your local Maternal and Child Health (MCH) service?

This important health check assesses your child's growth, development, health, wellbeing, and school readiness. The MCH nurse will evaluate your child's speech and language development, fine and gross motor skills, social skills, and emotional wellbeing.

The assessment helps identify any concerns that might benefit from early intervention before your child starts school. Early detection of developmental, behavioral, or health issues means your child can receive timely support when it matters most.

During the visit, you'll also have the opportunity to discuss any parenting questions or concerns you may have about your child's development.

To book this valuable free service, simply **Contact Melton Maternal and Child Health on (03) 9747 7287 or email:** [babycentralbookings@melton.vic.gov.au](mailto:babycentralbookings@melton.vic.gov.au)



## Important: Keep Your Child's Information Current

Dear AIC ELC Families,  
We need your help to maintain accurate records for your child as required by the Department of Education.

### Please Update Us When:

#### IMMUNISATION RECORDS

- Your child receives any new vaccinations
- Provide updated immunisation documentation promptly

#### HEALTHCARE INFORMATION

- Your healthcare card or Medicare card is renewed or updated
- Submit a copy of the new card to the kindergarten office

#### CONTACT DETAILS

- Your address changes
- Phone numbers are updated
- Email addresses change

### Why This Matters

Keeping current information is mandatory under Department of Education requirements. Updated records ensure:

- Your child's health and safety
- Proper communication during emergencies
- Compliance with government regulations

### How to Update

Please bring or send copies of updated documents to AIC ELC as soon as changes occur. Don't wait for enrolment periods or forms to be sent home.



## We Value Your Feedback: Share Your Thoughts About Our ELC

We are committed to providing the best possible experience for our children and families. Your feedback plays a crucial role in helping us continually improve and enhance our operations to better meet the needs of our community.



We invite you to take a few moments to share your thoughts, suggestions, and experiences with us. Whether it's about our programs, facilities, communication, or any other aspect of our AIC ELC, your input is invaluable in shaping the future of our Centre.

**Please click on the link below or scan the QR CODE by using your phone camera to share your valuable feedback.** Your responses will be anonymous, and all feedback will be treated with the utmost confidentiality and respect.

<https://forms.gle/fZ7Yj2GC5Xz5M4b69>



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