



AL IMAN COLLEGE – EARLY LEARNING CENTRE TERM 1 2023 NEWSLETTER

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

Alhamdulillah. We've reached the end of Term 1, and it's been an exciting first few months in our Centre! We've been on a learning journey filled with laughter, discovery, and growth. Watching our children develop their curiosity, creativity, and confidence has been an incredibly fulfilling journey. Our AIC ELC team has worked hard to keep the energy levels high, and we're happy with the meaningful experiences we've provided for our young learners.

In Term 1, Our children participated in creative activities which helped them develop their fine and gross motor skills. We engaged our little learners in exploring different emotions and how to express them effectively. Children learnt about Ramadan and its significance, and through Harmony Week, children learnt about respecting each other's cultures and practices.

We were delighted to see the kindergarteners bond with one another. Our young learners repeatedly showed us how much they care about one another, which was beautiful. They've learned to play and work together, share their ideas, and communicate effectively.

JazakAllah Khairan, for entrusting us with your child's learning, growth, and development. We can't wait to see what the next term holds. In Sha Allah.

Wassalam

Sr Noor Illyaas
(On behalf of the ELC Team)

IMPORTANT DATES

Last day of Term-1 for

- Kindergarten- Thursday, April 6th 2023
- LDC- Friday, 14th April 2023
- Eid Ul Fitr closure- Monday, 24th April 2023
- Anzac Day (Public holiday) closure- Tuesday, 25th April 2023

Term-2 commences for kindergarten-

- Group A & C- Wednesday, 26th April
- Group B- Thursday, 27th April
- Group E- Friday, 28th April

Term-2 commences for Long Day Care-

- Wednesday, 26th April 2023



Kinder Group A Teacher-Sr Kefaya Yousuf

The holy month of Ramadan is a month of peace, spiritual healing and a test of our strength and devotion to Allah. We gather in prayer, Quranic reading and mindfulness to make the most out of the fasting month.



Ramadan is celebrated in many different ways around the globe to mark the special occasion, from Iftar gathering with our loved ones to household decorations and traditional foods to mark its arrival. So began with a general discussion to get an insight into the children's experiences and perspectives of the holy month. Then, as one of the activities, children created a lantern and we spoke briefly about why it was used in the olden days and its significance.



Kinder Group B Teacher-Sr Reham Mohamed

(Educator: Sr Fatema ElSabsabi)

During our group time open discussion, we have been discussing Ramadan and its importance with the children. We spoke about why we do not eat from sunrise to sunset, the importance of Salah, and how we will all celebrate a very important special celebration called Eid at the end of this holy month. Ma Sha Allah, the children all had so much they wanted to share.

Children had fun activities like lantern making that incorporated cutting, pasting, colouring, and role-playing. Sr Fadwa, Educator for group B, created a Masjid using recycled cardboard and created little figurines that represented Imam and worshipers, and the children took turns playing with roleplaying and turn-taking. We were thrilled to hear some male students call the Athan out loud while role-playing.

Kinder Group C Teacher- Sr Reham Mohamed

Children discussed why we celebrate Ramadan and its significance to our Muslim community. Then the children were interested in making lanterns to decorate the Centre, using sticks and cellophane paper. Children made enough lanterns to take home for their parents during Ramadan.



Kindergarten Group A

Teacher: Sr Kefaya Yousuf

Self-portrait

In term one, we covered "All About Me", a deeper look at self-identity. Self-portraits have many benefits which allow the maximum amount of artistic freedom.

Children create a self-portrait using everyday craft resources. It is a representation of themselves, so that they can create it however they want. Self-portraiture is the most introspective of art forms. By creating a self-portrait, children learn who they are, how they want to present themselves and what is important to them. Drawing a self-portrait is also excellent for teaching children that these unique ideas are not the same as what everyone else thinks.



Kindergarten Group B

Teacher: Sr Reham Mohamed



Bug Hotel

This term, children were learning about insects after they saw a spider and butterflies in our backyard. Then we searched where insects live, what food they eat, where they get the food from, and the names of each insect and created a bug hotel.

Kindergarten Group C

Teacher: Sr Reham Mohamed

Kinder Cafe

All children were interested in pretend play activities and made a coffee shop. They used a coffee machine and register to copy adults and developed their imagination skills while creating their dramatic play.



Sustainability in practice

Children were interested in making pompom soup using pompoms, water and kitchen utensils. After playing, they used the net to catch the pompoms and squeezed the net on our flower bed to water the plants. Our children showed great interest in respecting our environment by reusing the water and caring for the plants.



Kindergarten Group E

Teacher: Sr Saman Tahir

The Pond Educator-Fadwa Benchaou

The pond theme has provided many fun learning opportunities for Group E Children over the past few weeks. We learned about the pond ecosystem and the animals that live there. To scaffold our children's learning, we provided some hands-on activities that made learning fun.

While outside, we built a pond for the children to investigate, explore new ideas, and collaborate with others. A sensory pond is good for children to improve their gross motor skills, coordination, and physical fitness through lifting, pouring, carrying, and splashing, while actions such as squeezing help to develop the small muscles in a child's hands.

We learned to count with little learners during circle time, as we counted while repeating the Five green and sparkled frogs' rhyme. We also used art and craft to help children understand the pond theme as a hands-on activity, where children painted the Kinder Pond on recycled material and made their own.



Long Day Care (3+ years)

Teacher: Sr Saman Tahir

Dinosaur City

The children explored and read books about dinosaurs, so we did the activity through which they learned how to create their dinosaurs. Children showed interest in playing with the dinosaurs, and to extend their learning, we started the dinosaur theme that will promote imaginative and creative thinking, developing fine motor skills, supporting socialization and communication. After our discussion children showed interest in building a dinosaur city. To extend and support children's learning, we provided the tub with sand and other open-ended resources for them to build their dinosaur city.



Long Day Care (0-2+ years)

Room Leader: Sr Sidra Hassan

Transition

In Term One, we focused on settling the children by providing them with a safe environment with plenty of support to make them feel secure and build a trustful relationship with us, Educators. We were thrilled to see how children established a routine and made friends of different age groups and formed a strong bond with one another. Children gradually started to settle in and follow the routine, including the babies.

Clean up Australia Day

In Term one, toddlers in Dar Arqam participated in the activities to celebrate Clean Up Australia Day on Friday, the 3rd of March, instead of Sunday, the 5th of March, is Clean Up Australia Day. Australia is home to beautiful natural landscapes and wildlife. Unfortunately, the rubbish produced and consumed by humans is filling and ultimately destroying our beaches, sea life, forests, and farmlands.

During group time, we discuss with the toddlers how cleanliness is essential in our lives and our religion. The children were engaged in this experience with enthusiasm. They have demonstrated an increased knowledge to become responsible and respect the environment in which they live. The toddlers interacted verbally, talking about things they found outside and what things go in the rubbish. The children took responsibility for cleaning the table with a water spray bottle and paper towels.





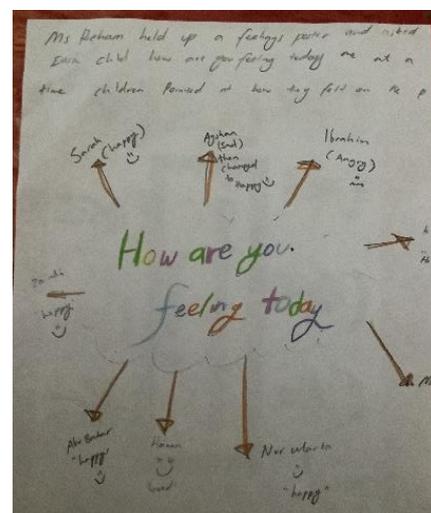
Labelling feelings

Throughout the year, children at the AIC ELC will learn about their feelings and emotions and how to be safe by talking to people they trust. During kinder learning time in the past few weeks, we introduced children to the magnificent world of emotions.

Children often do not have the essential words necessary to make sense of their emotions, whether they are pleasant (happy, excited) or difficult (sad, angry, worried). Helping children put a name to the emotions they are experiencing can help children make sense of what they are feeling. It can also have the benefit of helping children stay calm.

Parents and families can support children to understand their emotions and express them by:

- Practice by naming the facial expression and showing the facial expressions during structured play ("Can you make a happy face?" or "Show me how does a happy face look like?")
- Practice naming and displaying facial expressions during everyday activities ("You are crying, it looks like you are feeling sad")
- Reading picture storybooks – discuss the characters' facial expressions in the book and how they may be feeling.
- Sharing your emotions with your child and explaining to them the reason for your emotions (I am feeling happy because I finished washing all the dishes)
- Helping children link their emotions and the situation that caused their emotions. ("You have fallen over and hurt yourself, and you look like you are feeling sad")



Packing a healthy lunchbox

As parents and educators, it is essential to understand that good nutrition is vital for children's overall health and well-being. Encouraging a healthy and balanced diet can make a significant impact on a child's physical and mental health, as well as their academic performance and immunity.

During ELC timings we have three mealtimes:

1. Morning tea is when we encourage children to eat fruits, veggies, crackers, cheese, yogurt etc.
2. Lunchtime is when children have their main meal, this can be sandwiches, rolls, rice, pasta etc.
3. Afternoon tea is when children can have the remaining food items in their lunch boxes.

Children grow and develop rapidly, and their bodies require specific nutrients to stay healthy and strong. A balanced diet that includes fruits and vegetables, whole grains, lean proteins, and healthy fats is crucial for children's growth and development.

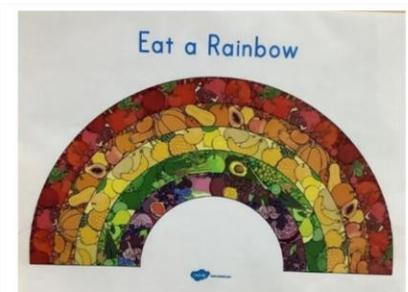
- Nutritious foods can provide children with the energy and nutrients they need to stay alert and attentive, recognize healthy sleeping patterns and maintain their weight.
- Good nutrition also plays an essential role in academic performance. When children eat nutritious food, they have better concentration levels, better cognitive skills, and enhanced memory.
- Eating healthy can also boost children's immune systems, helping them fight off illness and infection. Foods like citrus fruits, berries, and leafy greens are packed with vitamins and antioxidants that can help keep kids healthy.

Healthy eating habits developed in childhood can have lifelong benefits. By learning to enjoy nutritious foods early on, children are more likely to continue making healthy choices as they grow older. This can help prevent chronic diseases and improve the overall quality of life.

At the ELC we encourage healthy eating by having discussions with children about healthy foods, doing healthy food activities, and displaying posters around our ELC.

Please note that our Centre is egg, chocolate and nut free, so please consider this when packing your child's lunchbox.

Here are a few examples of some healthy lunch boxes we have seen at the ELC this year:



Vaccination records



As the term ends, we want to stress the importance of immunising your child. The Australian Immunisation Registry (AIR) is a nationwide system that monitors the immunisation status of all children enrolled in registered childcare centres and schools.

According to the AIR requirements, children must be up-to-date with their immunisation schedule before they can begin school. If your child is not fully immunised, they may be at risk of contracting preventable communicable diseases such as measles, mumps, and rubella. Immunisation is a safe and effective way to prevent these illnesses and keep your child healthy.

To ensure your child is immunised, we urge you to review your child's immunisation history and schedule an appointment with your GP if necessary. The GP can assess which immunisations are required for your child based on their age, previous immunisations, and any medical conditions. If your child cannot be immunised for medical reasons, please provide us with a letter from your GP with the appropriate exemptions.

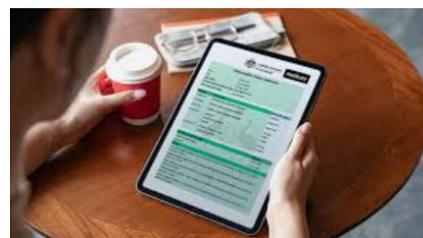
Parents/Guardians of enrolled children must provide:

- a current Immunisation History Statement from the Australian Immunisation Register (AIR); AND
- the statement must show that the child is UP TO DATE with all vaccinations due to their age or that they are able to receive them.

Immunisation history statements must be updated twice per calendar year for every enrolled child at Al Iman College Early Learning Centre. Our ELC Staff will request updated immunisations statements regularly from the parents/guardians to maintain compliance.

Parents can print a copy of their child's Immunisation History Statement from their MyGov account. If parents are experiencing difficulties getting a copy via MyGov account, parents can:

- call the AIR on the phone at 1800 653 809
- visit a Medicare or Centrelink office. Families who do not hold a Medicare card must call the AIR to request an Immunisation History Statement.
- A Translating and Interpreting Service is available by calling 131 450, Monday to Friday, from 8:30 am to 4:45 pm.



We appreciate your cooperation in this matter as protecting the health and well-being of your child is our top priority. Thank you for your attention to this important matter.

Sustainability at home

At the ELC we value our environment and take all measures possible to protect our environment through our actions. Here are a few ideas that parents can follow to keep the theme of sustainability:



Turn the tap off

You don't need to leave it running while you are shaving, brushing your teeth or doing the dishes.
There is also an added incentive to your pocket as well as the planet on this one.



Put on a jumper

Turn off that heating! If you're cold try and put extra layers on. Heating consumes a lot of energy and money! Alternatively try a quick 15-minute workout or some exercise.



Switch off standby

Many electrical appliances continue to consume energy even when you are not using them. Switch them off completely.



Wash laundry on a cool setting

30 degrees is better for the environment, helps your clothes last longer and prevents shrinking.



Reuse Recycle Re-purpose

There are so many ways you can reuse items that you may already have at home instead of buying new. Look online for loads of ideas on DIY home and garden projects.

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