

AL IMAN COLLEGE – EARLY LEARNING CENTRE TERM 1 2022 NEWSLETTER

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

Wish you and your family a happy Ramadan, In Sha Allah,
we'll all be able to reap the blessings of this holy month.



Ramadan gives us the opportunity to renew ourselves, recharge our Imaan, purify our hearts, and set our goals and priorities to improve and excel. In case our minds and hearts become distracted, it is time for us to redirect our focus to the Akhirah.

May Allah (SWT) accept our prayers in this holy month and give us opportunities to share our blessings with everyone.

JazakAllah Khairan,

Sr Noor Illyas
(On behalf of the ELC Staff)

IMPORTANT DATES

Last day of term 1 for
kindergarten and long
daycare children
8th April 2022

Term 2 commences for
long daycare children
19th April 2022

Term 2 commences for
kindergarten children
26th April 2022

Public holidays:
18th April Easter Monday
25th April Anzac Day

HARMONY DAY



What is Harmony Day?

Harmony day is a celebration of cultural diversity and is held on the 21st of March every year. The message for harmony day is 'everybody belongs' and aims to promote respect for culture and religion. It's also to celebrate the diversity of our amazing country! The main message is "We are one, but we are many". It's a great opportunity to encourage the inclusiveness of different cultural backgrounds that make up our beautiful world.

Orange is the official colour chosen to represent Harmony Week. It signifies social communication and meaningful conversations. The colour orange also relates to freedom of ideas and encouragement of mutual respect.

Kinder Group A - Ms Kefaya Yousuf

To fully immerse ELC into Harmony Week, we encouraged children and teachers to wear orange on one of the days during the week. Children in group A mixed different coloured paint to learn how to create the colour orange. Children then used this paint to create a group poster with everyone's handprints to demonstrate our togetherness.



Kinder Group B – Ms Reham Mohamed

We celebrated the harmony day in group B by having a group discussion about each child's culture and where they came from. The children were able to develop their thinking skills and learn about other cultures. Children also learnt some new words about the harmony day such as: respect - love - understanding - compassion - learning - diversity - belonging and empathy. We followed this activity by hanging some flags around and making a crown to show how we all belong.



Kinder Group C – Ms Reham Mohamed

To celebrate Harmony Day, children in group C cut and decorated their own orange hats to demonstrate a sense of belonging. The children understood the differences between each culture and were able to respect the diversity – which is what living in harmony is all about.



Kinder group E – Ms Saman Tahir

We celebrated Harmony Day in group E by having discussions about how we all come from different cultures, but our religion teaches us to be kind and respectful towards each other. To celebrate Harmony Day children decorated orange hats and did activities with orange colour playdough.



LCD Infant – Ms Iram Mehmood

We at AIC ELC celebrated Harmony week from the 21st to 25th of March. We planned activities which was related to Harmony week. In Dar Arqam room we did an activity where children painted an orange handprint chain to show respect and diversity to each other.



Kindergarten Group A

Teacher- Ms Kefaya Yousuf

Self portraits

Self-portraits are the most introspective of art forms. By creating a self-portrait, children learn who they are, how they want to present themselves and what's important to them.

Children creating self-portrait using everyday craft which has many benefits and allows the maximum amount of artistic freedom.



Learning about shapes

Children learnt about shapes by finding everyday resources which resemble squares, circles, and triangles. These items were dipped into paint and stamped onto paper to identify the shape. In another activity, children had to match shapes to a diagram provided to them.



Importance of health eating habits

Encouraging children to eat healthy is one of the ELC priority focus, we all know the benefits of eating healthy foods as a child, some of which are to:

- ensure healthy development
- maintain a healthy body weight
- develop a strong immune system

To educate children about the importance of eating healthy food we have discussions during mealtimes. This includes unpacking our lunchboxes together and identifying what is healthy and unhealthy. We encourage children to have at least one fruit per day.



We also read a book together called 'Let's learn about eating healthy' for children to get a better understanding of healthy eating.

Children did an activity where they created fruit salad from everyday craft items. It allowed children to have an open discussion about their feelings related to certain food and provided an opportunity to reflect on fruit that provides us with essential nutrients. As children undertook this activity, they developed both their communication skills as well as their fine motor and coordination skills

Kindergarten Group B

Teacher- Ms Reham Mohamed

Components of blood

This term the children learnt about the components of blood. The children learnt about the red and white blood cells and their function. This discussion was then followed by an outdoor activity where children had a tub of red water and white particles. Children then filled clear hoses with this liquid to visual how red and white blood cells flows through our body.



X-rays

Children were involved in a group discussion about their bones and how the doctors see the bones through the X-ray machine. They had a chance to fix a skeleton puzzle and to pretend to be a doctor looking at a patient's X-ray. Then they followed this activity by making a skeleton craft using bones.



Kindergarten Group C

Teacher- Ms Reham Mohamed

Making play dough

This term children did activities to develop their social skills. One of the activities we did was to make play dough together as a group. The table was set up with all the ingredients they required, by following visual cues children were able to follow the instruction to create play dough. All the children were very excited to wait for their turn and help their friends read the picture instructions until another child mixed the dough. Each one helped in cutting the dough and chose the colour they wanted for each part.

Primary & secondary colours

Mixing colours was a part of our learning as the table was sat up with the primary colours. Each child got some containers to mix the colours they picked and created new secondary colours. They then started drawing their own artwork using the colours they

Kindergarten Group E

Teacher- Ms Saman Tahir

Harmony Day activities

We celebrated Harmony week and had a discussion with children about the reasons why we celebrate Harmony Day. The discussion was focused on the Islamic perspective, explaining how we come from different backgrounds and speak different languages, yet we all share the same religion. Our religion reaches us to be kind and respectful towards everyone. In Group E we like to relate all content to Islam and remind children the sunnah associated with what is being taught.

We did few activities related to Harmony Day. Children made hats that they decorated themselves, we made playdough and did some pasting all these activities are planned to enhance their fine motor skills and to provide them with resources that will boost their creativity.

Long Day Care (3+ years)

Teacher- Ms Saman Tahir

Healthy eating habits

A balanced diet is “a diet which consists of a variety of different types of food and also provides adequate amounts of the nutrients that necessary for good health.” Following a balanced diet is important for us to keep body healthy and fit. In Holy Quran, Allah Almighty gives the divine order to people about food that is to be eaten, from the lawful foods which Allah (SWT) had created for them. He says: “O you who believe! Eat of the lawful things that we have provided you with, and be grateful to Allah, it is indeed, He Whom you worship” (Quran, 2:172). Islam teaches us that we should eat a balanced diet which can help us to stay healthy.

Learning about healthy lifestyles contributes to children’s sense of wellbeing and builds their confidence in themselves. Adults can help children learn about healthy eating, hygiene and how to keep fit and active. As children become more independent, they can take greater responsibility for their own health, safety and wellbeing.

During the week I introduced the children to healthy eating habits and to pick the right foods which will help them grow healthy and strong. I shared some resources like books and activities from which they make the healthy choices by packing their lunch boxes.

Quality Area 2 - Children’s health and safety. Standard 2.1 Each child’s health and physical activity is supported and promoted.



Long Day Care (3+ years)

Teacher- Ms Saman Tahir

Reading about healthy eating

After celebrating healthy eating, I choose a book “The Hungry Caterpillar” children were more receptive towards healthy eating as they were very clear what healthy and unhealthy means. This book teaches them about the days of the week, colors, they also learned about the life cycle of a butterfly.

When I saw the children interest, I planned few activities like painting the caterpillar with the recycle material so they can stamp the paper and make their own caterpillar. The learning didn't stop there I extended their learning by using intentional teaching and providing them posters and books about the caterpillar turning into a butterfly. Children really enjoyed doing different activities and their favorite was the butterfly which they decorate it and put glitters of their choice and hung in the room.



Long Day Care (Infant)

Teacher- Ms Iram Mehmood

Healthy Lunchbox week

This week we are celebrating healthy lunch box week. At the beginnings of the term 1 is an initiative of Australia that aims to inspire families to learn and create healthy and enjoyable lunch boxes. What children eats plays crucial rule in their learning and development. For awareness of healthy food, hygiene, and food safety we read food related books in group time and did some food related activities to learn about healthy eating. That can give us ideas and choices for healthy lunch box.



VEYLDF OUTCOME (3.1), (3.2), (1.1), (5.1)

Takeaway for Parents

Getting ready for cold seasons

**If you're sick,
please stay HOME**



As we approach the cooler seasons of the year it is important that we keep our children warm and safe. Through Covid we realized how fast a virus can spread, the same concept applies for the common cold. So please make sure when you bring your child to AIC ELC that they are well enough to participate in all our activities. This means children should be kept at home if they are suffering from a fever (38 degrees or higher), vomiting, diarrhea, complicated cold or flu symptoms (green mucus, heavily phlegm-congested coughing, excessive discomfort, or lethargy). Please only return to the AIC ELC once your child is fever and symptom free.

If your child is sick, please notify the ELC staff via phone (03) 9743 4140 or e-mail.



As the weather changes, keep in mind that we also go outside twice a day (weather permitting). Please remember to pack appropriate outdoor clothing (warm jackets, beanies, mittens etc.). Please label all your child's belongings, as this will help us keep lost items to a minimum. You should always have at least one extra change of clothes for your child's bag.

Takeaway for Parents

Steps to planning a healthy lunchbox






When children eat well, they behave better, are able to listen well and concentrate for longer. Packing a healthy school lunchbox will help your child to learn and be happy at AIC ELC.

1. **Make time to prepare.** Have fresh fruit and vegetables, milk and yogurt, bread and crackers all bought in advance.
2. **Shop wisely and save money.** Buy fresh fruit and vegetables in season to ensure good quality and value for money.
3. **Make your own snacks.** For example, snack packs from fresh ingredients which you can buy in bulk.
4. **Look after the environment.** Put sandwiches and other items in reusable containers. This uses less packaging and creates less rubbish.
5. **Choose a variety of foods from the 5 food groups** (see table below).
6. **Include a bottle of water.** No need for sweetened drinks such as juice, cordial, or soft drink as these contain too much sugar which is not good for teeth. Non-water drinkers usually start drinking water with the example of other children. Freeze a small quantity each night and top up with cold water in the morning for a cool summer drink.
7. **Keep food cool.** In warm weather freeze a water bottle or put a small ice pack in the lunchbox.

Takeaway for Parents

What makes a healthy lunchbox?

A healthy lunchbox is one that aims to have at least one food item from each of the following food groups:

Food group	Nutrients	Examples
Grain foods 	Carbohydrate providing energy for brain and body. Choose wholegrain options for more fibre and longer lasting energy.	<ul style="list-style-type: none"> - All types of bread – whole meal, multigrain, white, pita or other flat breads, fruit loaf - Rice, pasta, crispbreads, rice crackers
Fruit 	Carbohydrate for long lasting energy, vitamins, minerals and fibre.	<ul style="list-style-type: none"> - Fresh whole fruits or cut up and placed in a container - Dried fruit mix, canned fruit
Vegetables 	Vitamins, minerals and fibre for healthy gut and strong immunity.	<ul style="list-style-type: none"> - Cherry tomatoes, capsicum strips, snow peas, small corn cob or baby corn spears - Carrot, celery and cucumber sticks - Salad vegetables or coleslaw in a sandwich
Milk, yoghurt & cheese 	Major source of calcium for strong bones and teeth.	<ul style="list-style-type: none"> - Milk poppers - Cheese slices, cubes or sticks - Tub of yogurt
Lean meats, fish, poultry, egg, nuts and legumes 	Protein, iron and zinc for growing bodies.	<ul style="list-style-type: none"> - Cold lean meats or chicken - Tinned fish such as salmon, tuna or sardines - Boiled eggs, baked beans, hommus

AIC ELC is a Nut-free and Egg-free Centre. No Chocolate or chocolate related products are allowed as we promote healthy eating habits amongst children. Please consider this when packing your child's lunchbox.