

## AL IMAN COLLEGE – EARLY LEARNING CENTRE TERM 3 2022 NEWSLETTER

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

Alhamdulillah, term-3 has ended successfully. This has been an insightful term with children enjoying a range of activities for Eid morning tea, science week, R U OK? Day and many more.

This term we were fortunate to celebrate Eid with children and their mothers by enjoying a morning tea together. It was a fantastic opportunity for staff at the AIC ELC to connect with children and their families and gain an insight into how Eid is celebrated in diverse cultures. Staff, children and mothers shared a delicious morning tea, followed by a range of mother and child activities.

We are looking forward to seeing the parents and children return for an exciting final term.

JazakAllah Khairan,

Sr Noor Illyaas  
(On behalf of the ELC Staff)

### IMPORTANT DATES

Term 4 commences for  
long daycare children

- Monday 3<sup>rd</sup> of  
October 2022

Term 4 commences for  
kindergarten children:

- Kinder group A & C–  
Monday 3<sup>rd</sup> October  
2022
- Kinder group B–  
Tuesday 4<sup>th</sup> October  
2022
- Kinder group E–  
Friday 7<sup>th</sup> October  
2022

## Kindergarten Group A

Teacher- Ms Kefaya Yousuf

### Eid morning tea

The Morning Eid event with the mothers, was an event to encourage collaboration with them and for mothers to engage with each other while celebrating our religion and the diversity of our amazing ELC. It's great opportunity to encourage the inclusiveness of different cultural backgrounds that make up our beautiful world. Therefore, to fully immerse ELC into Eid celebration, we encourage children and their mothers to come in their Eid clothing and engage in Eid decoration activities. We set activities on each table, from making Eid card to engaging in mazes. It was great seeing parent encouraging with their children and having a great time.



### Animals

To continue our interest about healthy eating, this term group A focused on animals, where we extended our learning, to understand which livestock provide us with our daily nutrition. Animals are very important factor in our lives. We depend on these animals every day for many different reasons: from them providing us with food, to using them for work. Therefore it's important we take better care of our livestock.

During group time, children were divided into three groups and to draw their favorite animal and discuss briefly what nutrition these animals provide us. We then extended theme and created an under the sea world.

### Alphabet and name recognition

There are so many ways, we encourage children to learn their alphabets while also learning to write and recognize their name. Letter recognition is the ability to identify a letter that is being shown or to pick out a specific letter from among a group of other letters. Often, we begin by teaching children to identify uppercase letters. Letter blocks are typically printed this way, as are magnetic letter. On daily basis, we set alphabets activities that enhance children interest while making it fun and at the same time. It's a collection of sounds and letters but it's also the foundation for children knowledge. Learning to read, write, and understand the alphabet is fundamental for children's development.





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## Kindergarten Group B

Teacher- Ms Reham Mohamed

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### Science week

During science week, children were involved in a range of science experiments such as inflatable balloons. They developed their prediction skills by predict what will happen next if they lift their balloons and let all the baking soda fall into the vinegar. Students learn about reactions and how things change when they are mixed.



### Name recognition

All children were engaged in name recognition activities. Each child picked their name and started to write all the letters of their name onto a paper. The children were able to identify their friends' names on the table. Children engaged in discussions about whose name was the longest or shortest. This activity was great in allowing children to develop their fine motor skills while practice writing and using pencils/ texters.

### Identifying patterns

Classification is an ordering system that organizes items according to a common pattern. We see things classified in the zoo, in the shopping center and even within the ELC. To exercise children's skills in sorting, they were provided with keys. Children identified big, small, long, short or colored keys. They were engaged in this activity all day as they were developing skills in pattern identification, communication skills and social skills.



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## Kindergarten Group C

Teacher- Ms Reham Mohamed

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### Bees make honey

The children were interested in learning about bees and how they make honey. We read a book about how bees make honey and then we created the bees' environment and the children started to create their role play about bees. When they finished, children made their craft bees while cutting and pasting black and yellow paper.



### Dental health

Following on from Dental Health Week, children learnt about the importance of caring for our teeth and gums to help keep our teeth and smiles for life. Followed it up with pretending brushing our teeth then sorting out some healthy food pictures and create teeth from play dough.



### Reduce, reuse and recycle

Children are the future generation and understanding our environment will help them make better decisions. The 3 R's: reducing, recycling and reusing save communities both land and money and teach the children to value the environment in which they live and to care for something that helps others. We can help our environment and make the world a better living place.



# Kindergarten Group E

## Teacher- Ms Saman Tahir



### Under the sea

This term I used theme-based Learning that help children dive deep into topics they are passionate about. When we tap into children's natural curiosity, they are motivated and excited to find out more on their own. As children showed interest in the sea creatures our group started the investigation of under the sea that lasted for few weeks. Firstly, the children brainstormed everything they knew about the sea animals. To help with their research and investigation a range of books and flash cards were used, and a documentary was shown to them to extend their learning. Group E children showed lot of interest in the fish and in jelly fish. They did the artwork and created master pieces that is now displayed on the walls. As the children showed lot of interest, I bought a fish tank and 5 fish for the room.



### Birds

Children voices are my focus I love listening to them and follow their interest, as children were playing outdoors, they saw a parrot on roof top of the building. Using playdough, feathers and paper plates children made birds. To help in their learning I provide them with information through a book we read together. A friend of mine had a pet Eclectus Parrot, she was kind enough to bring it for our Friday group children to see. The bird came to visit us the children had a fabulous time patting the parrot and admiring the colors of the feather, and the sounds the parrot made.

### R U OK?

On 9 of September 2022, we celebrated R U Ok day we talked with the children about empathy and how we ask our friends how they are feeling. Ms Fatema had a great idea of doing a puppet show, teaching the children about how we care and respect each other feelings. Children were very excited and had some laughs and then stopped when one of the puppets were hurt. Children became concerned when one of the puppets was feeling sad. Through this role play children learnt how to be careful and what do we do when we observe that our friend is hurt or sad we always ask them 'R U Ok'.



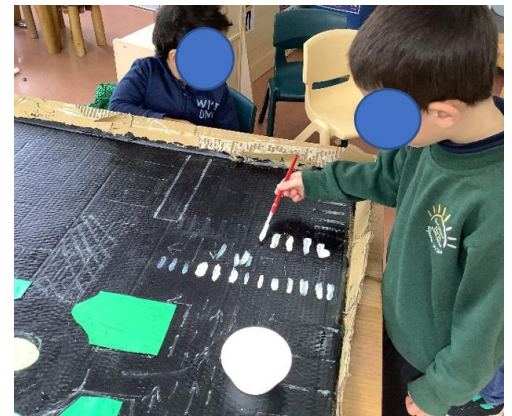


## Long Day Care (3+ years)

Teacher- Ms Saman Tahir

### Mealtime

As children from last term recognized and practiced their names, this term they traced their name on the place mats that they will use while having meals. Each child was given the choices of colors of the paper on one side they used white paint and ear buds to trace their name and the other side they can have their choice of drawing using glitter and paint. My intention was to teach the children the importance of mealtime and how to have a routine. Children are even more excited to take their placemats, take their water bottle from the trolley and lunch box from the shelf in preparation for mealtime now.



### Road safety

As most children in this room love cars we decided to create another project to teach them about road rules and road safety. Children began this journey by painting a black road, and a crossing. We talked about what they want to add in their car project and then slowly we created a beautiful car city. During the process of creating the project, children learned about how we hold hands when crossing or getting out of the car.



### Hajj Activity

After the Eid break when the children came back we discussed about the holidays and how we spent Eid. One child's parents went for Hajj which got us talking about Hajj. We looked at some pictures of Kaba and talked about how hajj is performed. To make them understand we involved children and made an artefact, lead by Ms Sidra to ensure all elements were included. Children painted the Kaba then when the project was completed children the Kaba and how the pathway we take to make pilgrimage.



## Long Day Care (Infant)

Teacher- Ms Iram Mehmoud

### Group Learning

As we have a nature theme in term 3 and we talked about seasons and nature in our group time. Children engaged in indoor and outdoor free playtime with nature resources which we created or added in our room.

We also created a nature corner with a few animals and sensory items. Children were engaged in role play activities where they pretended to act as rain. They also enjoyed nature activities where they collected dry leaves to make a nature scenery and added cloud and rains to their picture.



### Book week (22<sup>nd</sup> to 26<sup>th</sup> August)

For book week children choose their favorite books 'On the farm' and 'The very hungry caterpillar'. We made a small animal farm that encouraged pretend play while developing their fine motor skills, creativity, and language development. Children's five senses were utilized when touching sand, turf and feeling the different textures of the animals' skins.

After reading the book 'The very hungry caterpillar' children were engaged in activities associated with the book. We talked about how caterpillars turn into butterflies during group time.

### Science week (13<sup>th</sup> to 21<sup>st</sup> August)

Science week is Australia's annual celebration of science and technology. The theme for National Science Week in 2022 is Glass: More than meets the eye.

Children were involved in variety of science experiments. Including: experiencing the shadow of the coloured shapes from the natural sunlight at the outdoor area. Having so much fun with the bubbles in the sun which children discovered that the bubbles have a rainbow colour from the reflection of the sun and water. It was a very informative experience. Through this activity we have been exploring how glass reflects using natural light with our open-ended resources.



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## Take home messages

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# Getting your child ready for school

The School Readiness Allied Health Team from IPC Health invites you to attend a free parent/carer information session about getting your child ready for school

### Presented by:



Regina Camacho  
Psychologist



Stacey Spang  
Occupational Therapist



Kristine Evans  
Speech Pathologist

**Purpose:** Understand the skills that support children to smoothly transition to school, and tips to practice at home.

**Date:** Wednesday 16th November at 10:00 11:30am

**Location:** Zoom (online)

**Join Zoom Meeting** <https://us02web.zoom.us/j/84477858816?pwd=UVZucGMzL1N0T0R5Q1BOdE1HKzBUQT09>

**Meeting ID:** 844 7785 8816

**Passcode:** 120073

**What to bring:** Pen and paper to take notes

**Note:** your child does NOT need to attend this session

Please RSVP to your child's kindergarten educator by

**Tuesday 8<sup>th</sup> November 2022** if you would like to attend





## Take home messages

### Kids in the kitchen

#### 10 MINUTE TOMATO SOUP



PREP 5 MIN | COOK 10 MIN SERVES 4

##### INGREDIENTS

1/2 cup (125 ml) olive oil  
3 garlic cloves, crushed  
1.4 L tomato puree (tomato passata)  
750 ml good quality (organic, if possible) vegetable stock  
2 tablespoons balsamic vinegar  
1 tablespoon brown sugar  
2 small loaves of Turkish bread, cut into 1cm thick slices  
fresh basil leaves, to serve

##### METHOD:

Place a large stock pot over low-medium heat. Add 2 tablespoons olive oil and garlic and cook for 1-2 minutes, stirring constantly, or until the garlic is cooked and wonderfully fragrant. Add the tomato puree and vegetable stock and stir to combine. Add balsamic vinegar and sugar and stir to combine. Bring soup to the boil, reduce heat and simmer for 8 minutes or until slightly thickened.

Meanwhile place a large non-stick fry pan over medium heat. Drizzle olive oil into pan and add Turkish bread slices. Cook for 1-2 minutes or until the bread is golden and toasted. Flip each piece of bread and cook for another 1-2 minutes (add more olive oil, if necessary).

**To serve**— divide the tomato soup between 4 bowls and place onto a large wooden board. Dot the toasted croutons around the board and top with fresh basil leaves. Enjoy.

*Recipe and image from mylovelylittlelunchbox.com.*

#### GREEK INSPIRED LAMB MEATBALLS



PREP 10 min | COOK 8-10 min | SERVES 4

##### INGREDIENTS

1 cup chicken stock  
1/2 cup couscous  
500 grams lamb mince  
100 grams feta  
1/2 cup fresh mint & basil, roughly chopped  
1 egg  
zest of 1 lemon

*To serve, halved cherry tomatoes, fresh mint, zucchini ribbons and Greek yoghurt*

##### METHOD:

Place chicken stock in a small saucepan, place over high heat and bring to the boil. Place the couscous in a small bowl cover with hot chicken stock and allow to stand for five minutes or until the stock is absorbed.

In a large bowl place the couscous, lamb mince, feta, fresh herbs, egg and lemon zest and mix to combine. Take heaped tablespoon amounts of the mince and shape into patties. Heat a non-stick frypan to medium-high heat, add a little olive oil and fry the patties for 3-4 minutes each side or until golden and cooked through.

Remove and place onto a plate lined with kitchen paper to absorb any excess oil.

Serve alongside a big dollop of Greek yoghurt and a salad of halved cherry tomatoes, fresh mint and ribbons of zucchini. Enjoy X.

## Take home messages

### HEALTH & SAFETY: Protecting Our Kids: Teaching Children About Personal Safety

One of the most important things we can do as parents and caregivers is protect our children by educating them about personal safety. Teaching children simple strategies about keeping safe can help them build confidence, resilience and empower them to be safe in a variety of situations. It's not difficult to educate children about personal safety. All it takes is the willingness to start, some help with content, and time.

#### The importance of personal safety

Research shows that teaching children about personal safety:

- Reduces the likelihood of a child entering into an unsafe situation.
- Clearly demonstrates how to respond to an unsafe situation.
- Increases a child's sense of confidence and in doing so increases their resiliency.
- Increases a child's knowledge of their personal rights i.e. "I have the right to feel safe with people".
- Increases the likelihood that the child will speak out if they feel unsafe and tell someone they trust.
- Can interrupt or prevent grooming.

**It's never too early to teach personal safety** It's never too early to sow the seeds of personal safety and children can begin learning about keeping safe as young as three. As parents, we need to teach our children five basic principles (which form the basis of our personal safety education program for young children, Ditto's Keep Safe Adventure). These principles are:

- To trust their feelings and to distinguish between 'yes' and 'no' feelings
- To say 'no' to adults if they feel unsafe and unsure
- That they own their own bodies
- That nothing is so yucky that they can't tell someone about it
- That if they feel unsafe or unsure to run and tell someone they trust.

**The 3 Rules of Personal Safety** The above personal safety principles can be distilled into three 'rules' (also known as 'Ditto's 3 Rules') that you can teach your children. Children should learn these rules through repetition and fun, engaging activities. You can also purchase resources related to personal safety that you can use as tools to teach your children these rules.

**1. We all have the right to feel safe with people.** This rule teaches children and young people that they have the right to feel safe and secure where they live, play, and learn, and that no one has the right to make them do something that makes them feel unsafe or unsure.

**2. It's OK to say 'NO' if you feel unsafe or unsure.** This rule teaches children and young people that it is OK to stand up for themselves and to be assertive if something doesn't feel right.

**3. Nothing is so yucky that you can't tell someone about it.** One of the reasons that children and young people fail to disclose harm is because they are afraid of getting into trouble. This rule helps to encourage them to speak to a trusted adult, even if something seems scary or terrible.

#### Other helpful advice

**Talk to your kids:** Encourage your children to feel comfortable telling you anything, especially if it involves another adult. Encourage your children to identify other trusted adults they can talk to in confidence.

**Be aware:** Learn about the people with whom your child is spending time. Take notice if someone shows one or all of your children a great deal of attention or begins giving them gifts. Take time to talk to your children, find out why the person is acting in this way.

**Empower your kids:** Knowledge is power. Teach your children about their bodies. Teach them the correct language to use when describing their private parts. Emphasise that those parts are private. This will make them more at ease if they need to tell you about a touch that made them feel uncomfortable.

**Teach them their rights:** Teach your kids that they have the right to say NO to any unwelcome, uncomfortable, or confusing touch or actions by others. Teach them to tell you immediately if this happens. Reassure them that you are there to help and it is okay to tell you anything.

**Notice changes in behaviour:** Be sensitive to any changes in your children's behaviour or attitude. Encourage open communication and learn how to be an active listener. Look and listen to small indications that something may be troubling your children because children are not always comfortable disclosing disturbing events or feelings. This may be because they are concerned about your reaction to their problems. If your children do confide problems to you, strive to remain calm, non-critical, and non-judgmental. Listen compassionately to their concern and work with them to get the help they need to resolve the problem.

**Practice safety skills:** Practice basic safety skills with your children. Make an outing to a mall or a park a 'teachable' experience in which your children can practice checking with you before going to the restroom with a friend and locating the adults who can help if they need assistance.

**Cyber safety: is important too.** Teach your child never to give out their last name, address, or phone number to a person on the Internet and never to meet Internet friends in person without a parent's supervision and consent. Parents should help children choose a screen name that does not disclose information about their location. Teach children not to post pictures with identifying information such as a school uniform. Always keep your computer in a public area of your house – not in a child's bedroom.

Source: *Bravehearts* (2022). Protecting our kids: Teaching children about personal safety. Retrieved from <https://bravehearts.org.au/protecting-our-kids-teaching-children-about-personal-safety>