



JANUARY  
2026

# ON *this* MONTH



## ACROSS THE SERVICE

Move to new Rooms -----	6
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## JANUARY BIRTHDAYS

Kurtleigh, Reda, Oliver, Lamiah, Otto,  
Lealand & Miss Joy.

# 2026

## Can you believe it's here!

We are excited about bringing in the new year together. I would like to welcome all our new families that are joining us this year, we look forward to getting to know you all. It was sad to say goodbye to some of our long-term families as they finished up in Kindy last year and we wish all our Kindy children all the very best as they head off to Prep this year.

## Focus of the Month: QA7 Leadership and Governance

To start the year off, our focus is around our Leadership & Governance systems. This is where we review our centre Philosophy and Vision to ensure it still aligns with our practices, policies daily operations. We would love to hear your feedback on our Philosophy as we have it out on display for comment over the month of January.

As a service we also review our policies, procedures & role descriptions of the team to ensure that we build a high-quality self-assessment plan for the centre and staff as well as supporting the team with the implementation of our planning cycles and assessments of learning. We review our risk management systems & ensure that our Leadership team is prepared to support a safe & positive learning culture.





## AUSTRALIA DAY – JANUARY 26

Australia Day is a day to reflect, respect and celebrate the Australian spirit and the best of this country – our mateship, our sense of community and our resilience. We find optimism and hope as we look to the future. We are ALL part of the Story. #reflect #respect



## EASY ONE BOWL SAVOURY MUFFINS

PREP 12 mins | COOK 18 mins | SERVES 12

### INGREDIENTS

2 cups plain wholemeal flour  
 2 teaspoons baking powder  
 sea salt and pepper, to season  
 60 grams butter  
 1/2 cup (125 ml) milk  
 3 eggs  
 1 medium zucchini, grated  
 1 medium carrot, grated  
 1 cup (160 grams) canned corn kernels, drained  
 1 1/3 cups (150 grams) tasty cheese, grated

### METHOD

1. **Preheat** oven to 180 C and line a 12-hole muffin tin with papers. **Set aside.**
2. **Place the flour**, baking powder, salt and pepper into a large bowl. Whisk to combine creating a well in the centre.
3. **Place the butter**, milk and eggs into the well of the flour and whisk until just combined.
4. **Gently fold** through the zucchini, carrot, corn and cheese. If your batter looks a little dry (depending on the brand – wholemeal flours can vary slightly and require a tad more liquid) simply add a splash of milk.
5. **Evenly divide** the mixture in the prepared muffin tray.
6. **Bake for 15-18 minutes** or until golden and when a skewer inserted removes cleanly.

Allow the muffins to cool for 5-10 minutes before placing on a wire rack to cool completely. Enjoy x

Source: Image & recipe ['My lovely lunchbox'](#)

**Reflect. Respect. Celebrate.** We reflect on our nation's past, which began more than 65,000 years ago, and the impact of European settlement on the First Nations Australians. Our national day is a time, above all, for inclusion and respect.

**Find out more about Australia Day here.**

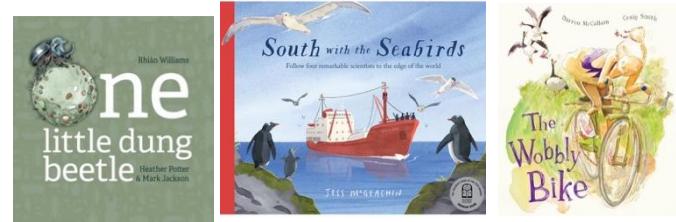
<https://www.australiaday.org.au/>

## KID INVENTORS' DAY – JANUARY 17

The television, water skis, earmuffs and the popsicle all have something in common. Do you know what it is? All were invented by kids! 500,000 children and teens invent gadgets and games each year. Celebrate the ingenuity and value of young brainstormers on KID INVENTORS' DAY!

## Book reviews

Fresh stories for the food lovers!



### ONE LITTLE DUNG BEETLE | RHIÂN WILLIAMS

*One Little Dung* is a playful, rhyming counting book that invites children into the tiny, fascinating world of beetles. As we follow one hardworking dung beetle and meet a whole host of other beetles. Children explore numbers, rhythm and rich new vocabulary. Detailed, jewel-like illustrations reward close looking, with little visual surprises to spot on each page. Shortlisted for the 2025 CBCA Book of the Year (Early Childhood), this is a joyful way to spark curiosity about mini beasts, caring for our environment and noticing the wonders right outside our doors.

### SOUTH WITH THE SEABIRDS | JESS MCEACHIN

*South with the Seabirds* tells the remarkable true story of four female scientists who in 1959 undertook a daring expedition to the remote Macquarie Island in the sub-Antarctic. Their journey, aboard an ice-breaking ship, led them to giant seabirds, penguins, seals and a wild, windswept island teeming with life. Through vivid watercolour illustrations and carefully researched storytelling, the book brings alive their discoveries and the wonders of a fragile ecosystem. It's a stirring tribute to scientific curiosity, gender equality in STEM and environmental conservation, perfect to inspire young readers and families.

### THE WOBBLY BIKE | DARREN MCCALLUM

*The Wobbly Bike* is a warm, gently humorous picture book about learning to ride a bike, even when it feels wobbly and out of control. Set in Darwin and rich with snapshots of life in Australia's "top end," the story celebrates the love and encouragement of grandparents, the importance of patience and practise, and the joy of mastering something for the first time. The lilting rhyme and lively illustrations make the mishaps and perseverance feel real and familiar. A wonderful read-aloud for preschoolers and families that gently encourages resilience and kindness.



# FOCUS: Understanding Quality and Safety in Early Childhood Services: What Families Should Know



When families choose an early childhood service, one of the first questions—spoken or unspoken—is always the same: “Will my child be safe, supported and cared for here?” It’s a big decision to entrust your baby, toddler or preschooler to someone else’s care, and it’s natural to want confidence that the environment your child enters each day is warm, predictable and protective.

Across Australia, all early childhood education and care services operate under the National Quality Framework (NQF). The NQF is the national system for regulating and improving the quality of early education and care. It is made up of several key, stable components including the National Law and National Regulations which are the legal requirements all services must meet including staffing, health and safety, educational programs, physical environment and operational procedures. The NQF also includes the National Quality Standard (NQS) which defines what high-quality education and care looks like and feels like. This means that every service, regardless of type or location, follows a nationally consistent approach to quality. Recent legislative changes, have strengthened the National Law by making the safety, rights and best interests of children the paramount consideration for daily practices, policies and procedures in education and care services.

## A Safe, Calm and Predictable Environment

Creating a child-safe environment involves more than child-proof locks or soft flooring. Guided by the NQF, services design spaces where children feel physically secure and emotionally supported. This includes thoughtful room layouts, active supervision, predictable routines and warm, trusting relationships. Educators conduct regular safety checks, maintain equipment and ensure children can move freely and comfortably. You may notice furniture changes or outdoor updates such as improved shade, fencing or soft-fall surfaces—visible signs of the ongoing safety checks and continuous improvement processes required under the NQF.

## Safe Sleep and Rest Practices

For babies and toddlers, safe sleep is essential. Services follow recognised safe-sleep guidelines and monitor children closely throughout rest times. The NQF requires educators to stay up to date with training and current recommendations so families can feel confident that sleep routines are carried out safely, consistently and with children’s safety, health and wellbeing at the centre of all decisions and practices.

## Hygiene and Everyday Health Practices

Good hygiene is a cornerstone of quality care. Under the NQF, services must maintain high standards of cleanliness and infection control. This may include daily cleaning schedules, sanitising frequently used equipment, wearing gloves for nappy changes, practising correct handwashing and following safe food-handling procedures. You may also see improvements that reflect current health guidance, such as enhanced ventilation or updated illness policies. While the specifics vary between services, the aim remains the same: to maintain a healthy environment for all children.

## Responding to Emerging Issues

As the world changes, so do the risks children may encounter. The NQF requires services to regularly review and update their policies to stay informed, prepared and responsive. Our policies support safe and consistent practice in areas such as:

- Digital safety and the responsible use of technology
- Smoke-free and vape-free environments
- Sun safety and monitoring UV levels
- Safe collection procedures and clear communication with families
- Allergy and asthma management with the need for current medical management plans for children with medical conditions
- Emergency preparedness, including evacuation and lockdown procedures

These policies provide clear guidance for educators and ensure we respond to safety matters calmly and confidently. All policies are available for families to view at any time—they are displayed within the service, and copies can be requested whenever needed.

## Child Protection and Wellbeing

Child protection is a major focus of the NQF. All persons working in education and care must have a valid Working With Children Check or Vulnerable Persons Check. Educators and staff understand child protection law and comprehend their mandatory reporting obligations and responsibilities in recognising concerns, responding appropriately and reporting to relevant authorities. From February 2026, all staff and educators will need to complete mandatory national child safety and protection training.

Equally important are the everyday interactions that help children feel emotionally secure—warm greetings, comfort when they’re upset, listening to their ideas and supporting them to manage emotions. Safety is not only physical; it also includes feeling valued, respected and understood.

## Partnerships With Families

The NQF emphasises the importance of strong partnerships with families. Quality and safety are strengthened when educators and families work together, share information and communicate openly. This may happen through daily conversations, family events, online platforms or policy updates.

If you have questions about any aspect of child safety or practice, our team welcomes the opportunity to talk with you. Transparent communication helps us support children in the best possible way.

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## What This Means for You

For families, the NQF provides a consistent and reliable foundation for quality care. It means:

- Your child's service is monitored and assessed against the National Quality Standard and their quality rating must be clearly on display
- Children's safety, rights and best interests inform every decision, from room set-up to daily routines and interactions to financial decisions in the service
- Educators participate in ongoing professional learning
- Policies are reviewed and updated regularly to reflect mandatory law and regulations and current best practice
- Families can access, read and provide suggestions and feedback to policies at any time.

Most of all, it means your child spends their day in an

Early childhood is a precious time, and families deserve to feel confident in the care their children receive. With the NQF guiding best practice and with policies kept open and accessible to families, services can provide warm, secure and nurturing experiences that help children thrive now and well into the future.



For more information on the National Quality Framework (NQF) follow this QR code.

Source: startingblocks.gov.au



For more information on the National Quality Standard follow this QR code.

Source: startingblocks.gov.au

# WHAT'S IN MY BAG?

- These items are required in your child's bag each day they attend.
- Please have your child's items labeled clearly.
- Water bottles are to go home to be washed at the end of your child's week.
- We please ask that any toys be left at home or in the car. We have wonderful resources here for the children each day and bringing toys from home risk them being taken/lost/broken or cause arguments.

SHOES

HAT

SPARE CLOTHES

CUDDLY IF  
NEEDED

WATER BOTTLE

FITTED  
(COT)  
SHEET +  
BLANKET



## LET'S PLAY HOPSCOTCH



Hopscotch is a simple, classic outdoor game that builds both physical skills and early maths understanding.

Draw a hopscotch grid with chalk and number each square. As children hop along, encourage them to call out the numbers they land on. For extra excitement, children can toss a small stone or beanbag onto a square and collect it as they move through the course.

This playful activity helps children practise counting in sequence, recognise numerals and notice which numbers come before or after others. Seeing the numbers arranged on the ground also strengthens their sense of number relationships—such as understanding that seven is closer to nine than to one. It's an easy way to combine movement, learning and fun.





## WATER COLOUR PAINTING

Watercolour painting is a gentle, expressive art activity that invites children to slow down, observe and explore. Watercolours behave differently from other paints, encouraging children to experiment and discover what happens when colours blend, dilute or layer. The soft edges and flowing textures make every attempt feel successful, even for beginners.

### You will need:

Water colour palette  
(Find Micador pallets at Big W)  
Water colour paper (Kmart is really affordable)

Set up a simple painting space and offer prompts to spark curiosity. You might place leaves, flowers, pinecones or favourite household objects nearby for children to observe and paint. Alternatively, let their imagination lead, many children enjoy making rainbows, landscapes, or abstract patterns as they notice how the colours move across the page. Older children may enjoy trying wet-on-wet techniques, salt textures or adding details once the paint has dried.

Watercolour painting supports fine-motor development, hand-eye coordination and early artistic confidence. It also creates a moment of mindfulness, helping children unwind while focusing on gentle brush movements and colour changes.

This activity is easy to set up and pack up, soothing to engage in, and offers a beautiful opportunity for families to slow the pace and create something together.

## Our Centre Vision Statement:

As a team we will meet the needs of the children, families, fellow team members and community with Professionalism, Passion, Positivity & Love

These values are a summary of our centre and are strongly embodied within our services philosophy, each rooms individual vision and all we do each day.

### QA7 Philosophy Link

#### Management & Leadership ~ Love in action

We are committed to continuous improvement through supportive, loving, and caring leadership, management, and administrative systems as well as reflective practices and the development of policies and procedures that align with the current Education and Care Services National Law and Regulations. We believe that this Philosophy guides all aspects of our services practices and procedures and use this as a guide to all service decisions.



This quick, high-energy game works for one child or the whole family. All you need is a single balloon. **The goal is simple:** keep the balloon in the air for as long as possible without letting it touch the ground.

Add fun variations to suit different ages: use only elbows, only knees, or one hand behind your back. Older children can try gentle taps or set a family record for longest time in the air. Try putting the sprinkler on for a really 'cool' challenge.

This game builds coordination, balance and teamwork, and always ends in laughter. Perfect for indoors, outdoors or days when you need a fast movement break.

