

Stand aside for a while and leave room for learning, observe carefully what children do, and then, if you have understood well, perhaps teaching will be different from before – Loris Malaguzzi



JANUARY  
2021



RATED

**EXCEEDING**

NATIONAL QUALITY STANDARD

**ON** *this*  
**MONTH**

AT YARRAM EARLY LEARNING

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# National Quality Framework



Australian Children's  
Education & Care  
Quality Authority

## What the NQF means for you

The National Quality Framework (NQF) for Early Childhood Education and Care helps ensure your child is given the best possible start in life.

The NQF has quality standards to improve education and care across long day care, family day care, preschools, kindergartens and outside school hours care services.

## Benefits for families

- greater individual care and attention for children
- better support for children's learning and development
- educators with increased skills and qualifications
- improved educator to child ratios in most services
- a new rating system of education and care services.

## Ratings against the National Quality Standard

Your child's service will most likely receive one of the three middle ratings below.

The assessment and rating system has been designed so families and educators understand what quality education and care is, and that quality will grow and develop – this is continuous improvement.

You can be assured that services take health and safety seriously. Your child's safety and health are important all day, every day.

## Quality rating system

The National Quality Standard is part of the NQF. It sets a higher benchmark for all children's education and care services across Australia.

Your service will be given a rating for each of these seven quality areas, and an overall rating.

- 1 Educational program and practice
- 2 Children's health and safety
- 3 Physical environment
- 4 Staffing arrangements
- 5 Relationships with children
- 6 Collaborative partnerships with families and communities
- 7 Governance and Leadership







Saying that we are excited and proud to have achieved the “Exceeding” rating against the National Quality Standards (NQS) would be an understatement. Exceeding the standards means that we have been recognised as going above and beyond what is expected in the NQS by our regulatory authority.

Our team has grown and learnt over the last 5 years and we now employ 38 committed educators and staff. All of our staff hold qualifications or are in the process of obtaining qualifications as either Certificate III or Diploma in Early Childhood Education and Care or Bachelor in Education.

All the approved services are assessed against the seven quality areas of the National Quality Standard and given an overall rating. In our assessment we received an “exceeding” rating in not 1 but 4 Quality Areas and an overall rating of exceeding!  
This is amazing and validates all the hard work that our entire team has put in.

## Assessment and rating summary

Quality Area 1 is rated	Exceeding NQS
Quality Area 2 is rated	Meeting NQS
Quality Area 3 is rated	Meeting NQS
Quality Area 4 is rated	Exceeding NQS
Quality Area 5 is rated	Exceeding NQS
Quality Area 6 is rated	Exceeding NQS
Quality Area 7 is rated	Meeting NQS

**Overall rating**

Exceeding NQS



# CUCUMBER SUSHI



PREP 15 min COOK 15 min SERVES 20

## INGREDIENTS:

- 2 Lebanese cucumbers
- 50g chicken (cooked and shredded) OR ½ cup cooked and chilled jasmine rice
- ¼ avocado – cut into small pieces
- ¼ capsicum
- 1 carrot (trim vegetables to the same size as the cucumber pieces)

## METHOD:

1. **Slice** off both ends of the cucumbers and then cut each cucumber into 2 larger sections
2. **Remove** the centre of each cucumber half using an apple corer or teaspoon to scrape out the seeded centre. (Don't throw away the centres)
3. **Add** around 4 slices of capsicum or carrot (or a mix of both) to the centre of the cucumber.
4. **Stuff the cucumber** with either cooked chicken or cooked rice
5. **Add** a small amount of avocado to each cucumber centre
6. **Slice** each larger piece of cucumber into 'sushi' slices

## Tips:

- You can use any type of cucumber, just make sure the cucumber is wide enough to remove the centre and stuff easily.
- You can use leftover rice, simply chill the rice and clump together.

Recipe and image from [healthylittlefoodies.com/cucumber-sushi/](http://healthylittlefoodies.com/cucumber-sushi/)

## App reviews

A mixed bag of apps to help parents and keep pre-schoolers entertained and learning.



## WHILE I'M AWAY

AUSTRALIAN INFANT, CHILD, ADOLESCENT AND FAMILY MENTAL HEALTH ASSOCIATION LIMITED | FREE

*The While I'm Away app has been designed to help parents support the mental health and wellbeing of their child should they need to be cared for by someone else (e.g. if a parent needs to go into hospital, travel for work, or is separated from their child for any period of time).* The app guides parents through a series of questions that captures the most important information about their children including key people, daily routines, interests, hobbies, medical information and more.

## COUNTING ANTS LITE

PLAYTEND APPS LLP | AGE 1 - 6 | FREE

*This is a great app for early learning and emergent counters perhaps the best way to help your emergent students practice counting to ten.* This app features adorable ants that zip around in their cars, while teaching children the basics of counting.

The app automatically rotates through five minigames to keep them engaged while they learn to count.

## LOOPIMAL

YATATOY | AGE 3 + | \$5.99

*Loopimal is a seriously fun music app for kids to explore sequences, loops, and music as they try to animate a bunch of cute animals.* Children have endless opportunities to create rich compositions and explore loops and computer sequencing within an easy-to-use pre-programming framework. Kids can learn about components of music such as beat, rhythm, melody, tempo, and so on. As they create patterns of up to eight musical blocks that repeat endlessly, kids experience visual and auditory loops and sequences.



## FOCUS: Sporting Activities that can help your child develop their strength and stability?

Your 'core' is made up of the bones, joints and muscles of your trunk (eg: the ribs, the spine, the abdominals, the back muscles), your pelvic bones and the muscles in the pelvis, as well as the muscles involved in breathing. Your child's 'core', if it is strong and stable, provides it with a stable base from which he or she can move their arms and legs from. Which means, that if your child has a strong and stable core, they have more change of using their arms and legs with more coordination and more strength.

How strong your child's core is and how well they can hold their core stable will play a part in how well they can perform everyday activities such as walking, running, getting up and down off the floor, and ball skills. Your child's core strength and stability also play a part in how well your child can sit up straight, can sit still in the classroom, and even in how coordinated they are.

Certain sporting activities can help your child to improve their core strength and stability. Here are a few of our favourites:

- **Swimming:** The inherent nature of being in water requires your child to use their trunk to move their body, right themselves, and keep their body out straight while swimming on their back or their front. In addition, controlling their breath will help your child to learn to control their chest and tummy muscles.

LOCAL OPTIONS: Yarram Swimming Pool  
Toora Heated Pool [\(03\) 5686 2296](tel:0356862296)  
Latrobe Leisure Centre- Morwell [\(03\) 5128 6144](tel:0351286144)  
Aqua Energy Leisure Centre - Sale [\(03\) 5128 6144](tel:0351286144)

- **Gymnastics:** Gymnastics requires a lot of strength and stability to be able to hold positions, tumble the body around, and to balance and climb. If your child isn't keen on gymnastics, you could also try circus training or cheer leading which have similar strength and stability requirements.

LOCAL OPTIONS: Energetic Gymnastics Traralgon,  
(03) 5174 0131  
There has been interest noted of our YARRAM BUY/SWAP page for gymnastics to come to Yarram. Fingers crossed local interest will mean this could become available soon.



- **Dancing:** Similar to gymnastics, dancing requires control, coordination and strength to move in specific ways at different speeds. You can try any type of dancing, as they all require the trunk to be held with control while the dancer moves their arms and legs against their body.

LOCAL OPTION: Leaps & Bounds in Yarram  
(03) 5144 5744

- **Martial Arts:** A strong and stable core is so important to delivering a powerful punch or kick. Your child will be required to hold their trunk strong and still while they learn the techniques and moves, and to hold themselves steady when following sequences of moves or moving around the floor.

LOCAL OPTION: Rhee International Taekwondo  
Yarram 0429 014 787

Give one of these sports a try if you would like to improve your child's core strength and stability. The best sport for your child will be the sport that they enjoy doing – because if they enjoy it, they will practice it, which is what allows them to improve their core strength and stability.

If you are concerned about your child's core strength and stability, or you think that their core strength or stability is impacting on their development, it will be beneficial to seek out an assessment from a physiotherapist or occupational therapist experienced with children.