

FOCUS OF THE MONTH 2023

<p>January</p> <p>Healthy Eating Physical Activity Back to School Transitions</p> <p>2 Jan New Years 26 Jan Australia Day</p>	<p>Introducing new vegetable every week. Focusing on food with different vitamins. Dietary requirements. Provide menu ideas. Provide healthy eating activities. Healthy eating pyramid. Discuss where fruit and vegetables come from. Educating children and having them participate in garden to plate activities eg: seed sprouting, weeding veggie garden, cooking etc.</p> <p>Role-modelling a positive attitude to physical activity Planning physical activities for your child Physical activity can be further encouraged by organizing activities like walking, gardening or even camping. Providing toys that encourage physical play is also a useful stimulus. Having a ready supply of balls, bats, play spades and the like is always handy.</p> <p>Prepare them Use a visual schedule Use a visual timer or a visual countdown system Offer sensory breaks Use a transition object Teach transition songs Choose transition activities Allow for extra time</p>
<p>February</p> <p>Road Safety</p> <p>13 Feb Anniversary of National Apology Day 14 Feb Valentine's Day</p>	<p>Crossing the road safely Educate children on road rules Talk with your child about the traffic environment Hold your child's hand when you are near cars Explain what you are doing when you cross the road together Always be a good role model for your child by wearing your own seatbelt, obeying road rules, driving courteously and crossing roads safely.</p>

<p>March</p> <p>Sustainability Reduce Reuse Recycle Gardening</p> <p>13 Mar Labour Day 17 Mar National Close the Gap Day 21 Mar Harmony Day 23 Mar Ramadan</p>	<p>Support children to care for natural environments and to have responsibility and respect for living things. Arts and crafts activities using: stones, shells, flowers, fabrics, wood, bark, leaves etc. Stimulate children's creativity and imagination by implementing natural materials and recycled resources. Invite children to start sorting recyclables and continue to sort the items they use every day. Reuse Recycled Materials for Art and Craft Projects - Setup a shelf where recycled materials can be stored. Children can choose what they want to use and create with.</p> <p>Design and construct a garden with your children. Research the best vegetables to grow in your climate, how to care for them and their seasonal growth patterns. Grow vegetables that you can eat as a family. Create a succulent garden. Get creative with recycling! Repurpose things like old plastic bottles to become hanging planters. Learn about garden care. Allow children to become the gatekeepers against weeds and other elements that might threaten the garden. Create a peaceful green space to encourage your children to spend time outdoors away from screens and connected to nature.</p>
<p>April</p> <p>Cultures/Traditions</p> <p>6 Apr School holidays start 7 Apr Good Friday 9 Apr Easter Sunday 10 Apr Easter 22 Apr Eid El-Fitr 24 Apr School Holiday Ends 25 Apr Anzac Day</p>	<p>Educate the children on their own languages Implement culture and traditions Celebrate holidays and traditions Mix it up in the kitchen Share stories of family history Explore new cultures Expand children's awareness of difference through social events, books, songs or play materials. Sing songs in different languages (ask families to write down words) Dance to music from different countries (ask families for music) Learning hello and goodbye in different languages. Cooking foods from around the world (ask families for recipes)</p>

<p>May</p> <p>Personal hygiene</p> <p>14 May Mother's Day 26 May National Sorry Day 27 May – 3 June National Reconciliation Week</p>	<p>Encouraging children to follow basic rules of hygiene such as hand washing, covering mouths when coughing, not sharing food or drinks, using a tissue when they have a cold etc. Educator's role model personal hygiene and discuss hygiene practices with children. Dental health and hygiene. (Oral Hygiene) Provide activities. Encourage children to follow hand washing procedure. Encouraging children to follow basic rules of hygiene such as hand washing, covering mouths when coughing, not sharing food or drinks, using a tissue when they have a cold etc. Educator's role model personal hygiene and discuss hygiene practices with children. Provide activities.</p>
<p>June</p> <p>Routine and relationship</p> <p>27 May – 3 Jun National Reconciliation Week 23 Jun School Holidays Start 29 Jun Eid El Adha</p>	<p>Educate children how to respect one another. How to build strong relationships. Positive behaviour. Respect for different cultures, religions, beliefs, traditions etc. Educators can support children by: Being aware of children's abilities, challenges and unique needs, as well as supporting transitions Creating physical environments, programs and routines that allow children the time and resources needed for positive interactions with their peers Supporting children to explore reciprocal rights and active community participation, as well as fostering resilience and agency through activities that recognise children as capable and competent learners Considering the pace and flow of the program that allows a balance of play experiences such as individual and group, quiet and noisy, active and passive experiences being intentional in planning and support to Implementing flexible arrangements centred around children's routines, interests and offering extended periods of uninterrupted play Encouraging children to take on different roles within groups Inviting children to collaborate with educators.</p>

<p>July</p> <p>Diversity</p> <p>10 Jul School Holidays end</p> <p>3 July to 10 July NAIDOC Week</p>	<p>expand children's awareness of difference through social events, books, songs or play materials.</p> <p>encourage children to recognize and appreciate people for the things that make them unique and special.</p> <p>Help children verbally share the things that make them special</p> <p>Teach children it's okay to ask questions</p> <p>Express positive interest in diverse cultures</p> <p>Respect and empathize with all children</p> <p>Scaffold learning promoting a range of social skills such as group entry skills and negotiation as a way of considering expectations, diversity and democracy</p>
<p>August</p> <p>Book week</p> <p>4 Aug National Aboriginal and Torres Strait Islander Children's Day</p> <p>9 Aug International Day of the World's Indigenous Peoples</p>	<p>Use songs and nursery rhymes to build phonemic awareness.</p> <p>Make simple word cards.</p> <p>Play word games.</p> <p>Read together on a daily basis.</p> <p>Discuss the book with the child and allow them to share their thoughts.</p> <p>Incorporate books in your daily life</p> <p>Expose your child to others reading</p> <p>Make reading an interactive activity</p> <p>Create an experience book starring your child</p> <p>Go to the library</p>
<p>September</p> <p>000 Emergency situations</p> <p>1 Sep Indigenous Literacy Day</p> <p>3 Sep Father's Day</p> <p>14 Sep R U OK DAY</p> <p>15 Sep School holidays start</p> <p>29 Sep Grand finals AFL</p>	<p>Know What an Emergency Is</p> <p>Know How to Use a Phone</p> <p>Remember What Number to Dial</p> <p>Learn Your Address and Phone Number</p> <p>Know What to Expect When You Dial 000</p> <p>Continue to regularly practice emergency management drills</p> <p>Always remember to stay calm and tell yourself you can handle the situation, ring 000 as soon as possible, check for any danger, and protect yourself (and others) from any hazards.</p>

<p>October</p> <p>Bullying</p> <p>2 Oct school starts 25 Oct Children's Day 27 Oct Day for Daniel 31 Oct Halloween</p>	<p>Educating children about the importance of maintaining a good relationship with one another</p> <p>Show educational video</p> <p>Impact of bullying and the consequences</p> <p>Encourage good behaviour</p> <p>Be knowledgeable and observant</p> <p>Report bullying and cyberbullying</p> <p>Don't bully back</p> <p>Talk openly and frequently to your children.</p> <p>Help your child be a positive role model.</p> <p>Be a support system.</p>
<p>November</p> <p>Goals and reflection Family</p> <p>7 Nov Melbourne Cup Day 11 Nov Remembrance Day</p>	<p>Talk about your achievements, reflect upon them</p> <p>Evaluate your progress</p> <p>Celebrate your success</p> <p>Set goals for the upcoming year</p> <p>Write Your Goals Down. The first step is to clearly define what you want to accomplish</p> <p>Define the Steps Necessary to Accomplish Your Goals. How are you going to accomplish the goal that you set? Plan Your Day, Week, and Month. Take out your calendars!</p> <p>Review and reflect.</p> <p>Start the conversation by reading children's books illustrating different family structures</p> <p>Allow (and encourage) children to ask questions</p> <p>Be honest</p> <p>Bring conversations about family structures back to the heart of a family.</p>
<p>December</p> <p>Sun safety Achievements</p> <p>20 Dec school holidays start 24 Dec Christmas eve 25 Dec Christmas day 27 Dec Boxing Day 31 Dec New Year's Eve</p>	<p>Educating children about the sun and the how to protect yourself.</p> <p>Setting up safety precautions and measures.</p> <p>Set up sun safety station.</p> <p>Go over sun protection policy.</p> <p>Provide ideas on how to set up a hat & sunscreen station.</p> <p>Provide activities.</p> <p>No hate, No play</p> <p>Remind children to apply sun cream and wear hats</p> <p>Stay hydrated, drink lots of water</p> <p>Weather match game</p> <p>Sun smart hopscotch</p> <p>Shadow games</p> <p>Sun smart activity worksheets</p> <p>Praise them</p> <p>Display your child's work</p> <p>Create a reward system for crafts and chores</p> <p>Give physical rewards</p> <p>There are many ways to celebrate.</p>