

**STAY & PLAY**

# Learn in Colour

**YEARN TO LEARN**

**AUTUMN HOLIDAY  
PROGRAM 2023**



# Learn in Colour *this autumn*

Dear Families,

Autumn is upon us, and to explore this stunning season with our little Bees, in addition to the educational programs based off the children's needs and interests across all environments and play spaces, Educators are providing additional educational enjoyment and fun over the Autumn holidays.

Amongst all of the Autumn-themed fun and learning activities, *Learn in Colours*:

- extends and encourages physical activities
- promotes healthy meals/recipes and well-being.

This information booklet gives you an insight into what your little Bee can look forward to.

**Autumn paints the countryside with a palette of golds, reds, and oranges, creating a natural masterpiece.**





## NATURAL RESOURCES



## GARDENING



## MESSY PLAY



## PHYSICALLY ACTIVE PLAY



## MUSIC



### Linked learning outcomes:

- Children developing knowledge of the natural resources available in our environment is supported in the Early Years Learning Framework. (EYLF). Children develop working theories for making sense of the natural and physical world.
- Children learn about the features of their natural environment and develop a sense of respect and responsibility for natural resources.
- Children also learn about the important qualities of their environment that are significant to their family and the wider community.

### Linked learning outcomes:

- Messy play supports the EYLF, where children discover and develop different ways to be creative and expressive.
- Messy play might also support children's development in the Exploration strand, where children gain confidence in and control of their own bodies, including active exploration with all the senses and the use of tools, materials and equipment to extend skills.
- Messy play materials provide satisfying sensory experiences that can stimulate emotional well-being.
- Messy play experiences are often enjoyed as a group and they support the Contribution strand by providing opportunities for children to work with and alongside others.

### Linked learning outcomes:

- Physically active play supports learning where children gain confidence in and control of their bodies.
- They develop increasing knowledge about how to keep physically healthy.

### Linked learning outcomes:

- Children developing musicality are supported where they discover and develop different ways to be creative and expressive.
- They make music, sing songs – including songs of their own – and can keep a steady beat through speech, chants, dances and movement to rhythm.
- They discover that music, dance and drama can amuse, delight, comfort, illuminate, inform and excite.
- Music is a useful activity to encourage children to participate and to feel comfortable with the routines of the Services.
- This is part of the Early Years Learning Framework.



**Let's #BeeActive.**  
Share your little Bee outdoors and moving and use the hashtag **#BeeActive** so we don't miss your amazing posts!

# Bee Active

**Thriving minds, active bodies, healthy hearts.**

As an introduction to our **#BeeActive** program, we've provided some super fun and educational resources and an example week to get you started, or to complement the physical activities you already do with your little Bees.

**Why don't you try...**

## Mindfulness MONDAYS

Simple mindfulness exercises are a great way to start the week by calming and focusing children's attention on what is happening in and around their bodies in the present moment.

## Try it TUESDAYS

Whatever the activity, children get a sense of achievement from scoring a try, a goal or a hoop. Knowing "they can do it" gives them real sense of accomplishment.

## Wiggle WEDNESDAYS

Children can wiggle their little legs in jumping sacks! Set up a jumping circuit or challenge our little Bees to a 'sack-race'!

## Teamwork THURSDAYS

Physical activity extends to many social interactions and opportunities for cooperation and teamwork. Encourage children to pair up and work together for some fun and fitness.

## Fitness FRIDAYS

Focusing on the destination of an excursion, like a walk to the local park, makes fitness fun. You can also try walking or running games to get the energy of our little Bees and their heart rates up.





**Let's  
#BeeHealthy.**  
Share your  
nutritious culinary  
creations and  
use the hashtag  
**#BeeHealthy** so  
we don't miss your  
amazing posts!

# Bee Healthy

As we farewell the summer fruit season and see the staple fruit filling the supermarket shelves we wanted to include a super easy Banana Bread recipe that is sure to be a favorite among the children.

## Banana Bread Recipe

### Ingredients (Serves 50)

1.25kg ripe banana  
6 eggs  
150ml oil  
150ml milk  
3 1/2 cups wholemeal flour  
3 1/2 cups white flour  
6 tsp baking powder

### Method

1. Pre-heat oven to 180°C.
2. Grease a loaf tins with oil and lightly dust with flour.
3. In a mixing bowl mash the ripe bananas until smooth.
4. Add the egg, oil and milk and mix together.
5. Sift in flour and baking powder and fold gently into wet ingredients.
6. Pour mixture into the loaf tins and bake for approximately 1 hour, or until a skewer inserted into the centre comes out clean.
7. Remove from the oven and allow to cool for 15 minutes before removing from the tins.





# RESOURCES



**Guidelines for  
Healthy Growth and  
Development for  
Your Child**



**24-hour Movement  
Guidelines - Birth to  
5 Years - fact sheet**



**Get Up & Grow  
booklet**



**Get Up & Grow  
booklet (Aboriginal  
and Torres Strait  
Islander)**



**Activities you can  
do at Home with  
Your Child**



**Nutrition Australia**



**Healthy Recipes  
from across our  
Hive**



**Be You: Educator  
Well-being**

**Autumn is the season that teaches us how beautiful it can be to let things go, as the trees release their leaves and make way for new growth. As teachers, we too must learn to let go of our worries and fears, trusting in the natural process of growth and change, and nurturing the little Bees in our care to do the same.**

