

Bee Connected



**FAMILY SPRING
HOLIDAY PROGRAM 2023**

Welcome to Spring!



Dear Families,

Spring is upon us, and to explore this warm 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 Spring school holidays.

Amongst all of the Spring-themed fun and learning activities, Bee Connected:

- 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.



Join us on this exciting adventure as we embrace the wonders of Spring.

Bee Healthy.

Fun facts about what Bees eat.

What fruit do Bees like the most?

Honey bees find ripe fruit very much to their liking. They have also been known to feast on plums, peaches, grapes, apples, figs, and pears.

What is the best food source for bees?

Nectar and pollen from flowers are the honey bee's natural food.

What vegetables do bees like the most?

The flowers of pumpkins, squash and melons attract numerous bees, large and small, because the flowers are easy to access and the plants bloom at a time of year when pollen is in short supply.

Did you know?

Why is honey avoided in children younger than 1 years old?

While delicious, honey should never be given to children under 1 and it's not recommended for children under 2 years old. Honey contains toxic bacteria that may cause infant botulism, a serious form of food poisoning. There is also a risk of pollen allergies developed from honey.



Fun fact from Buzz

Using hexagons enables bees to make very efficient use of space whilst using as little wax as possible. They hold the maximum amount of honey, whilst ensuring no space is wasted, because the hexagons fit tight, and side by side together.





Spring in the garden

Now is the time to harvest your autumn planting. We would love to see how well your seeds grew!

Children develop an appreciation for gardening when they have the opportunity to care and harvest their own plants.

Popular crops for planting in spring include: asparagus, beans, beetroot, broccoli, carrots, celery, herbs, lettuce, peas, potatoes, spinach, and spring onions. Get your strawberry plants in the ground if you haven't already.

Plant vibrant blooms in the veg patch to brighten things up. Flowers in the veg garden also encourage bees, helping pollinate vegetables like tomatoes and beans!



Bee-Inspired

Use this example weekly schedule to promote your Bee-Connected themed activities

MELODY MONDAY

Singing:

Get ready for a musical adventure as we explore songs from different cultures! We'll use picture books to transport us to far-off lands with enchanting songs. Don't be surprised if we start dancing like the animals or mimicking the sounds of nature in these delightful tunes! Later, we'll take our singing talents on tour to local community events and retirement homes, where we'll spread joy and laughter through our melody.

TRANQUIL TUESDAY

Meditation & Yoda:

We embark on a journey to the mystical land of yoga! We'll become butterflies, lions, trees, and even flying carpets as we practice fun yoga poses together. Our yoga adventure will not only make us strong and flexible but also help us build a strong connection with our friends, creating a circle of support. Afterward, we'll give ourselves space to lie down for some cosy guided relaxation to connect with ourselves and recharge our little bodies and minds.

WAGGLE WEDNESDAY

Waggle Dance:

Let's get buzzing with excitement on this Bee-Themed day! We'll learn all about bees and their incredible waggle dance, through games, crafts, and stories. We will become little beekeepers for the day, spreading awareness about the importance of bees in our community.

THRIVING THURSDAY

Gardening:

Nature nurturers: Today, we put on our green superhero capes. We'll plant seeds, care for blooming flowers, and discover the beauty of nature. As we dig our hands into the soil, we'll learn about the importance of caring for nature and how even the tiniest plants and creatures play a big role in our ecosystem. We'll be on the lookout for honey bees, ladybirds and butterflies. Connecting with nature through the food we pick to nourish our body and the gardening we do to care for the land.

FEEL GOOD FRIDAY

Spread the Spring Spirit:

A day filled with acts of kindness. Let's create bright and colourful spring-themed crafts, and encourage children to express themselves creatively by drawing, writing, or crafting positive representations of themselves like happy and smiley. Discuss positive emotions and moments, and then invite them to make similar art pieces for friends or family members.

Spread the joy by going out into our community and share the children's art pieces with local businesses, library or community centres, creating a colourful display of happiness for all to enjoy. This activity not only fosters a sense of pride and connection among the children but also brings smiles and positivity to the wider community, reinforcing the message of unity and positivity.

MUSIC



YOGA



DANCE



SUSTAINABILITY



CAPTURE THE MOMENT



Learning Outcomes: Linked to Melody Monday

- ✳ Children develop their physical abilities and coordination through practicing the cow pose (EYLF LO 3.2).
- ✳ Children learn to control their breath and find a sense of calm through practicing yoga (EYLF LO 3.1).
- ✳ Children develop their body awareness and strengthen their spine (EYLF LO 3.2).
- ✳ Children learn to appreciate and respect their bodies (EYLF LO 3.1).
- ✳ Children develop their confidence and self-esteem through mastering the cow pose (EYLF LO 3.1).

Learning Outcomes: Linked to Tranquil Tuesday

- ✳ Children develop their language skills through singing and exploring different beats and rhythms (EYLF LO 5.3).
- ✳ Children learn to appreciate and express themselves through music and dance (EYLF LO 5.3).
- ✳ Children develop their listening skills and ability to follow instructions (EYLF LO 1.4).
- ✳ Children learn about different cultures and traditions through learning (EYLF LO 2.2).
- ✳ Children develop their social skills through participating in group music activities (EYLF LO 1.4).

Learning Outcomes: Linked to Waggle Wednesday

- ✳ Children develop knowledgeable, confident self-identities and positive sense of self-worth (EYLF 1).
- ✳ Children learn to interact in relation to others with care, empathy and respect (EYLF 1).
- ✳ Children become strong in their physical learning and mental wellbeing (EYLF 3).

Learning Outcomes: Linked to Thriving Thursday

- ✳ Children develop a sense of connectedness to groups and communities and an understanding of their reciprocal rights and responsibilities as active and informed citizens (EYLF 2).
- ✳ Children are connected with and contribute to their world (EYLF 2).
- ✳ Children become socially responsible and show respect for the environment (EYLF 2).
- ✳ Children are confident and involved learners (EYLF 4).
- ✳ Children develop a range of learning and thinking skills and processes such as problem solving, inquiry, experimentation, hypothesising, researching and investigating (EYLF 4).

Learning Outcomes: Linked to Spread the Spirit Spring

- ✳ Children develop their sense of belonging and identity by creating a personalised picture frame (EYLF LO 1.3).
- ✳ Children learn to appreciate and cherish special moments and memories (EYLF LO 3.2).
- ✳ Children develop their creativity and imagination through decorating their frame (EYLF LO 4.1).
- ✳ Children learn to follow instructions and work independently (EYLF LO 4.4).

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](#)