NOVEMBER 2026

KINDY NEWS



GROUP A - MONDAY, 7TH DECEMBER

GROUP B - THURSDAY, 10TH DECEMBER

Over the coming weeks we will begin creating some special Christmas gifts and finalising our portfolios. We will also start planning our last day celebration. The schedule of events for the last day will be as follows:

8.00am - Arrive at usual time. Bring a plate of party food to share.

8.30am - Gather near the tree deck to songs and enjoy the End of Kindy Presentation.

9.00am - Enjoy morning tea together.

9.45 a.m. Santa Claus arrives and gives out an ice block.
Take photos of your child with Santa if you wish.

11.15am – Families and children depart, and Kindy will finish for the day. This will be our time to say goodbye and wish all our families a safe and happy holiday.

There is a note on the sign-in table for you to RSVP. We hope that many of our families can join us for this special final celebration. Siblings are welcome to attend.

Save the Date!

END OF YEAR CELEBRATION

GROUP A – MONDAY, 7TH DEC
GROUP B – THURSDAY, 10TH DEC

KINDERGARTEN AGM

MONDAY, 8TH FEBRUARY 2027



SPARE KINDY HATS AND CLOTHES



Please return any spare kindy hats or clothes that your child may have needed to borrow during the year.

2026 FAMILY SURVEY

Your feedback about your experience at Bayview Heights Community Kindergarten is important to us.

Thank you to everyone who completed the survey. the time spent completing the survey and your comments were very much appreciated.

COMMITTEE NEWS

AGM - MONDAY, 8TH FEBRUARY 2027

A HEARTFELT THANK YOU TO OUR 2026 COMMITTEE

We would like to extend our sincere thanks and appreciation to our wonderful 2026 Committee.

We have enjoyed another fantastic year at Bayview, and this would not be possible without the dedication, enthusiasm and support of our Management Committee and sub-committees.

Together, we have achieved so many wonderful projects, continued to strengthen our reputation within the community and, most importantly, watched 44 very happy children grow, learn and flourish throughout their kindergarten year.

We are now preparing to see them take their next exciting step into Prep next year.
One of the things that makes our kindergarten community so special is the incredible involvement of our parents. It is wonderful to see each person's individual skills, knowledge, talents and enthusiasm being shared and utilised for the benefit of our kindergarten.
Please know that every contribution, no matter how big or small, has been valued and appreciated. Your time, commitment and willingness to be involved have made a genuine difference, and the positive impact of your efforts will continue to benefit our kindergarten and the families who follow.
Thank you for being such an important part of the Bayview Kindy and for helping make 2026 another wonderful year. We are truly grateful for everything you have contributed.



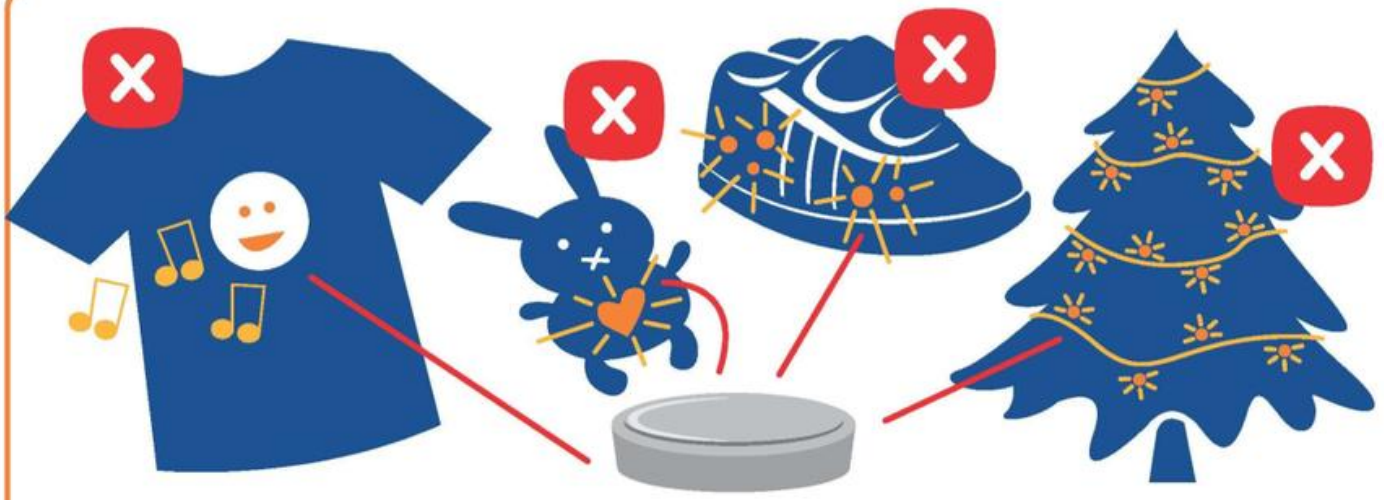
Thank You!

Be Button Battery Aware



In Australia, approximately 20 children per week present to hospital after a button battery exposure, with approximately one child every 3 weeks sustaining a severe injury.

Button Batteries are extremely dangerous and life threatening to children!



Items including clothing, shoes, bags, books, toys, craft materials, and Christmas decorations (e.g. fairy/Christmas lights) that contain button batteries are **strictly not permitted** at C&K.

C&K Childcare & Kindergarten
Early Learning since 1907

The Australian Government has worked with experts to develop guidelines to help you, as a parent or someone who cares for children, to create healthy and safe routines for infants, toddlers and pre-schoolers.

The 24-Hour Movement Guidelines include a picture of what a child's day during a 24-hour period should look like, including active play, time spent sitting and lying down, and ideal amount of sleep.



Following the Guidelines during a child's early years is associated with better growth; stronger muscles and bones; better learning and thinking; better mental, emotional and social well-being; better motor skills; healthier weight; as well as reduced injuries.

As young children grow and develop, they need to work towards more time in active play, less time sitting and sufficient sleep each day to be healthy.

No one day will be the same, so you may use the information as a guide to help shape a child's daily activities to best support their healthy growth and development.

AUSTRALIAN 24 HOUR MOVEMENT GUIDELINES

Australian 24-Hour Movement Guidelines for the Early Years (birth to 5 years): *An Integration of Physical Activity, Sedentary Behaviour, and Sleep*

FOR MORE INFORMATION, VISIT **WWW.HEALTH.GOV.AU**

NOTE: These guidelines are relevant to all apparently healthy infants (less than 1 year); toddlers (1–2 years); and pre-schoolers (3–5 years) irrespective of gender, cultural or language background, geographic location, or socio-economic status of the family. These guidelines may be appropriate for young children with a disability or medical condition; however, a health professional should be consulted for additional guidance.

Australian Government
Department of Health

GUIDELINES FOR HEALTHY GROWTH AND DEVELOPMENT FOR YOUR CHILD

AUSTRALIAN 24 HOUR MOVEMENT GUIDELINES

THE EARLY YEARS (BIRTH TO 5 YEARS)

Australian 24-Hour Movement Guidelines for the Early Years (birth to 5 years): *An Integration of Physical Activity, Sedentary Behaviour, and Sleep*

GENERAL **ADVICE**

Have fun! Move and play every day!

Don't be restricted by your environment – you can be safe and active in all seasons, in all weather, indoors, and outdoors. Remember play can involve other children, adults or the child alone.

Encourage children to try a range of activities including obstacle courses (for walkers, crawlers or shufflers!), tips, hide and seek, dancing and skipping. Practice activities like catching, kicking or throwing, but remember, slower paced activities such as puzzles, painting, water play, singing or craft are just as important.

WHAT ABOUT **SLEEP?**



Sleep is essential for a healthy child: a well-rested child is an active child, and an active child is a well-rested child. Sleep can be assisted through developing healthy hygiene patterns in the early years, including consistent bedtimes and wake up times, as well as calming bedtime routines.

BABIES (INFANTS) UNDER 1 YEAR OF AGE

- **Physical activity:** Being physically active several times a day in a variety of ways, particularly through supervised interactive floor-based play, including crawling; more is better. For those not yet mobile, this includes at least 30 minutes of tummy time, which includes reaching and grasping, pushing and pulling, spread throughout the day while awake;
- **Sedentary behaviour:** Not being restrained for more than 1 hour at a time (e.g., in a stroller, car seat or high chair). Screen time is not recommended. When sedentary, engaging in pursuits such as reading, singing, puzzles and storytelling with a caregiver is encouraged; and
- **Sleep:** 14 to 17 hours (for those aged 0–3 months) and 12 to 16 hours (for those aged 4–11 months) of good quality sleep, including naps.

TODDLERS (1–2 YEARS)

- **Physical activity:** At least 180 minutes spent in a variety of physical activities, including energetic play, spread throughout the day; more is better;
- **Sedentary behaviour:** Not being restrained for more than 1 hour at a time (e.g., in a stroller, car seat or high chair) or sitting for extended periods. For those younger than 2 years, sedentary screen time is not recommended. For those aged 2 years, sedentary screen time should be no more than 1 hour; less is better. When sedentary, engaging in pursuits such as reading, singing, puzzles and storytelling with a caregiver is encouraged; and
- **Sleep:** 11 to 14 hours of good quality sleep, including naps, with consistent sleep and wake-up times.

TIP! Getting the right amount of sleep, and replacing time spent sitting with more energetic play, can provide greater health benefits.

PRE-SCHOOLERS (3–5 YEARS)

- **Physical activity:** At least 180 minutes spent in a variety of physical activities, of which at least 60 minutes is energetic play, spread throughout the day; more is better;
- **Sedentary behaviour:** Not being restrained for more than 1 hour at a time (e.g., in a stroller or car seat) or sitting for extended periods. Sedentary screen time should be no more than 1 hour; less is better. When sedentary, engaging in pursuits such as reading, singing, puzzles and storytelling with a caregiver is encouraged; and
- **Sleep:** 10 to 13 hours of good quality sleep, which may include a nap, with consistent sleep and wake-up times.

If you're not sure where to begin, don't worry, you don't have to change everything within a day. Begin to add more movement, engaging quiet play and sleep over time.

While changing a routine may seem difficult, parents can make positive changes, gradually helping their child to be healthier, happier, smarter and stronger.

TIP! Unsupervised use of screens while a child is sedentary for long periods of time, can lead to language delays, reduced attention spans, lower levels of school readiness and poorer decision-making. This is due to the child's reduced social interaction with parents and carers. Quality sedentary behaviour like reading, storytelling and puzzles support healthier growth and development.

