Welcome to our Term 3 - 1st Edition of Darebin Community Playgroups Newsletter. July is the month theme of ‘Science’.

**BOOKS OF THE WEEK**

**Mouse Paint** is a book by Ellen Stoll Walsh. This book is about 3 white mice who find paint. It educates and explores the primary colours that form secondary colours when mixing the colours together.

https://www.youtube.com/watch?v=WukUhcwv3Es

**Kids Home Publishing**, Watch, Make, Share – Publishing at Home. Making books with your child/children can be creative, fun and cultural experience for the whole family. Series of videos are available through the link below;

https://mailchi.mp/4129b4146b97/helpkidspublish-1685178?e=8aa6cb540d

**SONG OF THE WEEK**

**Three Jelly Fish** is an action and movement song that allows children to use basic counting skills.

https://www.youtube.com/watch?v=BrwxnJldzitY
Science in July

The early years, especially the first three years of life, are very important for building a baby’s brain as the brain develops rapidly during this period. Scientific based play activities are a critical aspect of children’s early learning. The exploration of science can enrich and develop other important skills, including motor control, language, problem solving and mathematical concepts. Parents and carers can be creative in this play and guide children by using open-ended questions to increase their understanding of the activity and assist with expanding children’s vocabulary.

Sinking and Floating –

Conduct a nature walk or scavenger hunt, gathering leaves, twigs, rocks, flowers and other objects.

Allow your young adventurer time to examine the objects, using a tub, place water into the tub and place item one at a time in the water and observe each item to see what item sinks or floats.

Snow Dough and Ice Penguins -

In a bowl mix 2 boxes of baking soda (32oz) and a bottle of white hair conditioner (10oz) together and stir for up to 3 minutes. This will form your non-melting snow dough. You can pretend the penguins are trapped and need to use salt and water to melt the ice and rescue the penguins. All you need is penguins (or any animals), water, small bowl and food colouring and salt.

Freeze the penguins in a bowl of water the day before, then once frozen, remove from bowl and place in a tray with baking sheet on the bottom. In a small bowl/cup, put warm water and food colouring, then salt or fine ground salt in another bowl/cup, with a dropper or spoon, place the water and salt on top of the ice and you will see the melting ice.

Using open-ended questions; “how can we free the penguins?”, or “what do you think will happen when putting warm water on ice?”
Changing Colour Flowers and Rainbow Walking Water Experiment –

All you need is white flowers, glass jars, scissors, water and food colouring. Place water in a jar with food colouring, cut the stem of a flower in half – down the middle of the long stem and place into the glass jar and watch the colour appear through the flower. To make a walking water rainbow, you need plastic/glass cups, paper towels, food colouring and water.

Place 7 cups in a row and pour ¾ of water in the 1st, 3rd, 5th and 7th cup. In 1st cup add 5 drops of red food colouring and in the 7th cup. Add 5 drops of yellow food colouring in the 3rd cup and add 5 drops of blue food colouring in the 5th cup. Place a paper towel in each cup that has water and bend it over into the empty cup, watch the walking water rainbow occur.

Darebin Libraries Online Learning Resources

Darebin Libraries Online Digital learning is an online resource that caters for the whole family. Please note that unfortunately Darebin Libraries ‘Click and Collect’ services at Northcote and Reservoir have ceased during this second COVID-19 lockdown. Please refer to Darebin Libraries webpage and Facebook page for updates on other online services and events being provided during this time.

COVID 19 Resources and Information

We have now entered our second COVID-19 Stage 3 lockdown period. It is imperative that all members of community follow the directions of the State Government to limit further spread of the virus in the community. Please continue to check the latest updates on Victoria’s COVID-19 quarantine restrictions at:


The quarantine restrictions directions are subject to change based on the number of cases.
At this point in time there is only 4 reasons to leave your home;

⇒ To shop for food and essential goods or services
⇒ To provide care, for compassionate reasons or seek medical treatment
⇒ To exercise or for outdoor recreation, with only one other person
⇒ For work or study, if you can’t do it from home.

This week the Year 11 and Year 12 students have resumed back to face – to – face learning at school, all children from Prep to Year 10 will have this week as extended school holidays and then commence remote learning from home, unless meeting the criteria stated in the above link. Please contact your child’s school for any resources or materials to assist and support you during remote learning.

It is important to look after your mental health during the COVID-19 pandemic, if you are feeling anxious or uncertain there are support services available. Please refer to the list below.

Lifeline Australia – www.lifeline.org.au or call 13 11 14
Beyond Blue – http://coronavirus.beyondblue.org.au/ or call 1800 512 348
Headspace – www.headspace.org.au/eheadspace/ or call 1800 650 893
Mindspot – call 1800 614 434
MensLine – call 1300 789 978
1800Respect – call 1800 737 732 (people impacted by sexual assault, domestic, family violence and abuse).
Directline – call 1800 888 236 (people experiencing drug and alcohol addictions)

PANDA - (Perinatal Anxiety & Depression Australia) website at https://www.panda.org.au or contact the PANDA National Helpline 1300 726 306 (Mon to Fri, 9am - 7.30pm)

Flyer - The Parenting and Family Support for LGBTIQ + Young People online forum flyer is provided at the end of this newsletter.
Subscription to What’s on for Families eNewsletter

You and your families can also subscribe to our monthly What’s on for Families eNewsletter at http://www.darebin.vic.gov.au/en/Your-Say/Newsletters/Subscribe

CONTACT US

All enquiries and feedback regarding Community Playgroups in Darebin should be directed to:

Early Years Leader: 0413 807 858 Email: early.years@darebin.vic.gov.au
PARENT AND FAMILY SUPPORT
FOR LGBTIQ+ YOUNG PEOPLE
Online Forum with Mark Camilleri from Queerspace

This session will highlight a parenting model, barriers and enablers and the benefits of parental and family engagement for LGBTIQ+ young people.

- Who and What is Drummond Street
- LGBTIQ+ terms, statistics, demographics
- Unique issues
- Parental partner model, barriers, enablers (Drummond Street - Whole of family approach)
- Maximising LGBTIQ+ young person’s potential through parent and family engagement
- Where to from here. Questions.

WEDNESDAY 22 JULY 2020
6.30pm to 8.30pm
This session will explore the information and skills needed for parents and families to effectively support LGBTIQ+ young people. Increasing numbers of children and young people are identifying as queer, gender questioning, gender diverse or transgender. Parents and family members can often feel overwhelmed and under resourced.

BOOKINGS
www.baseline.as.me/parent

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EMAIL
baseline@whittlesea.vic.gov.au

FREE