



# Gum Nut Preschool and Child Care

Monthly news sheet - May



## Calendar

### June

1 <sup>st</sup> - 30 <sup>th</sup>	Pride Month
3 <sup>rd</sup>	Mabo Day
5 <sup>th</sup>	World Environment Day
9 <sup>th</sup>	Kings Birthday - Public Holiday (Centre Closed)
8 <sup>th</sup>	World Oceans Day
14-21 <sup>st</sup>	Water Safety Week
16- 22 <sup>nd</sup>	Learning Disability Week "Do you see me"
21 <sup>st</sup>	World Rainforest Day

### July

1 <sup>st</sup> - 31 <sup>th</sup>	Plastic free july
6-13 <sup>th</sup>	NAIDOC Week "The Next Generation: Strength, Vision, Legacy".
16 <sup>th</sup>	World Snake Day
25 <sup>th</sup>	National Pyjama Day (Wear your Pyjamas to Gum Nut to raise funds & awareness for Foster Children)
26 <sup>th</sup>	Schools Tree Day
28 <sup>th</sup>	National Tree Day

We respectfully acknowledge the Traditional Owners of the land where we learn and play, the Wurundjeri people of the Kulin Nation. We pay respect to their Elders past, present and emerging.



Centre opening hours.  
7:30 AM - 6:00 PM



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# WHAT'S HAPPENING AROUND THE CENTRE

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- **Opening hours:** The center opens at 7:30 AM. Please note that we are not licenced to care for any child dropped off before this time, and we ask parents to wait until 7:30 AM.
- **Parking in the driveway:** If you are required to stay at Gum Nut for an extended period of time please find parking along the street to allow others to have access to the driveway for quick drop offs
- **Holiday discount:** Please ensure you notify the office two weeks in advance of any planned leave from the centre to recive the fee discount.
- **Updating personal details:** We would like to remind you to ensure that your contact details are up to date. Having the most current information on file will help us stay in touch with you in case of important updates, events, or emergencies. If any of your details have changed recently, please update them.  
Please take a moment to check the following information:
  - Address
  - Email address
  - Phone numbers
  - Emergency contacts
- **Winter clothing:** With cooler temperatures expected, we ask that you ensure your child is dressed appropriately for the weather. Please make sure your child comes with warm clothing, including:
  - A weather-appropriate jacket or coat
  - Hat and gloves
  - Warm layers (such as jumpers or thermal tops)
  - Closed-toe shoes or boots



Thank you for your support and cooperation!





# Family Day

## INTERNATIONAL FAMILIES WEEK

To celebrate International Families Week, we hosted a fun Family Day Afternoon Tea at Gum Nut, a special event dedicated to honouring the wonderful families who are such an important part of our community.

The afternoon was filled with warmth, laughter, and connection as children, parents, and educators came together to enjoy a relaxed and welcoming environment.

Our centre was buzzing with conversation as families mingled, enjoyed delicious treats, and took part in a range of simple yet meaningful activities that brought everyone closer.

It was great to see our families connecting not just with staff, but with each other, building friendships and strengthening the sense of belonging that makes our centre so special.

Thank you to everyone who joined us and helped make the day so memorable.

Family is at the heart of everything we do, and it was a joy to come together to celebrate the bonds that unite us.





# When to Begin Consent and Body Safety Conversations

by Jayneen Sanders

**Below is an approximate guide on when to begin conversations with your child around Consent and Body Safety.**

All children are different, and you know your child best. Be guided by their ability to focus and the questions they ask. These conversations are ongoing and can happen over years. Use their questions, family discussions, children's books, and situations that may occur to have open and ongoing conversations. Everyday situations that may arise, can be teaching and learning opportunities.



## Birth – 2 yrs (non-verbal)

- Use the correct terms for your child's private parts from Day 1.
- Tell your child what you are doing to their body and why e.g. 'I'm just putting your socks on so your feet will be warm.'
- Validate their feelings, e.g. 'I can see you are sad, but I need to go shopping. I'll be back very soon. Gran will take good care of you.'
- Note your child's body language, e.g. if you are playing a tickling game and you can see from their body language they don't like it, stop immediately.
- Ensure health professionals talk to your child about what they are doing to their body and always ask for consent before entering your child's body boundary.



## 2 yrs – 3 yrs (verbal)

- Introduce the term 'body boundary' — the invisible space around our bodies. Explain that everyone needs to ask for consent before entering another person's body boundary.
- Let your child know they can say 'No' to kisses and hugs if they want to. How they greet another person is always their choice.
- Let your child know they can say, 'No' to tickling games and inform adults (or older children) when your child says 'Stop!' they need to stop immediately.
- Ensure health professionals ask for your child's consent.
- Let your child have choice and agency wherever possible, and if it is safe to do so.

## 3 yrs – 6 yrs +

- Continue to reinforce the concepts of body boundaries and consent.
- Formally (and over a number of sessions) teach your child about: feeling safe and feeling unsafe; Early Warning Signs; a Safety Network; the difference between secrets and surprises; the difference between safe and unsafe touch; private parts are private and what to do if they are touched inappropriately, see inappropriate images or someone asks them to touch their private parts.



**Note: Most sexual abuse begins in pre-adolescence; between the ages of 6 and 12 years.**

(Abd El Rahman et al., 2017; Aydin et al., 2015; Ferragut et al., 2021; McKillop et al., 2015)

**It is never too early to begin these conversations.**



# My Body Safety Rules

## My body is my body and it belongs to me!

I can say, 'No!' if I don't want to kiss or hug someone.

I can give them a high five, shake their hand or blow them a kiss.

I am the boss of my body and what I say goes!

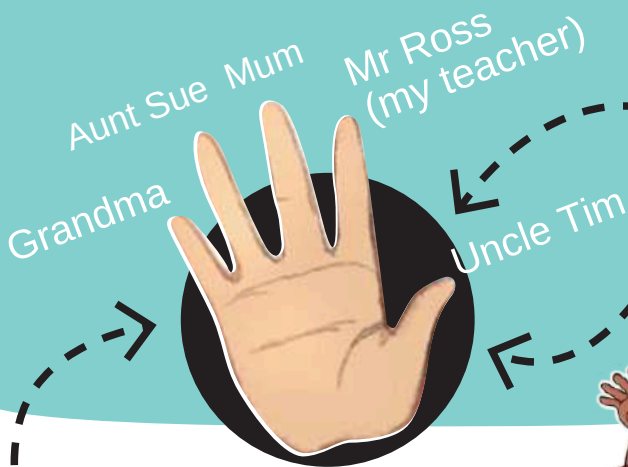


## I have a Safety Network

These are five adults I trust. I can tell these people anything and they will believe me.

If I feel worried, scared or unsure, I can tell someone on my Safety Network how I am

feeling and why I feel this way.



## Early Warning Signs

If I feel frightened or unsafe  
I may sweat a lot, get a sick tummy,  
become shaky and my heart might  
beat really fast.

These feelings are called my Early Warning Signs. If I feel this way about anything, I must tell an adult on my Safety Network straightaway.



## Secrets

I should never keep secrets that make me feel bad or uncomfortable. If someone asks me to keep a secret that makes me feel bad or unsafe, I must tell an adult on my Safety Network straightaway!

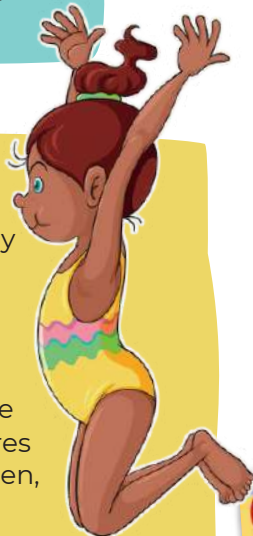


## Private Parts

My private parts are the parts of my body under my bathing suit. (My mouth is a private part too.) I always call my private parts by their correct names.

No one can touch my private parts.

No one can ask me to touch their private parts. And no one should show me pictures of private parts. If any of these things happen, I must tell a trusted adult on my Safety Network straightaway.



# PALM OIL AND THE ENVIRONMENT: WHAT FAMILIES NEED TO KNOW

As part of our commitment to caring for our world and educating our children about sustainability, we're sharing some important information about palm oil – a common ingredient in many everyday products that has a significant impact on the environment.



## What is Palm Oil?

Palm oil is a type of vegetable oil that comes from the fruit of the oil palm tree. It's used in a wide variety of products from biscuits, chocolate, and margarine to shampoo, soap, and even cleaning products.

Its popularity comes from being cheap and versatile, but unfortunately, it often comes at a high environmental cost.

## Why is Palm Oil a Problem?

The biggest concern with palm oil is how it's produced. Large areas of tropical rainforest are cleared to make way for palm oil plantations, particularly in countries like Indonesia and Malaysia. This deforestation can lead to:

- Loss of wildlife habitat, especially for endangered animals like orangutans, tigers, and elephants
- Increased carbon emissions that contribute to climate change
- Soil and water pollution
- Displacement of Indigenous communities

Not all palm oil is harmful, but unsustainable practices are still widespread.

## How is Palm Oil Labeled?

Palm oil can be tricky to spot on ingredient lists because it's often listed under many different names. Here are some common labels to watch out for:

- **INGREDIENTS:** Vegetable Oil, Vegetable Fat, Palm Kernel, Palm Kernel Oil, Palm Fruit Oil, Palmate, Palmitate, Palmolein, Glyceryl, Stearate, Stearic Acid, Elaeis Guineensis, Palmitic Acid, Palm Stearine, Palmitoyl Oxostearamide, Palmitoyl Tetrapeptide-3, Sodium Laureth Sulfate, Sodium Lauryl Sulfate, Sodium Kernelate, Sodium Palm Kernelate, Sodium Lauryl Lactylate/Sulphate, Hyrated Palm Glycerides, Etyl Palmitate, Octyl Palmitate, Palmityl Alcohol

Unfortunately, "vegetable oil" can sometimes be a general term that includes palm oil without specifying it, making it harder for families to make informed choices.

## What Can Families Do?

While it's nearly impossible to avoid palm oil completely, here are a few small but meaningful actions your family can take:

- Look for products with certified sustainable palm oil – Labels like RSPO (Roundtable on Sustainable Palm Oil) mean the oil is produced with better environmental practices.
- Choose brands that are transparent about their palm oil sourcing.
- Talk to your children about the environment and help them understand how everyday choices, like what we eat or use, can affect nature.
- Support palm oil alternatives by choosing products made with sunflower, olive, or coconut oil when possible.





# Family Input

At Gum Nut we believe in working together and recognise the value of family input. It allows us to foster a sense of belonging for both parents and child. When this collaboration happens, it strengthens the child's identity and enhances their learning.

The Early Years Learning Framework (EYLF) states, "Educators' practices and the relationships they form with children and families have a significant effect on children's involvements and success in learning. Children thrive when families and educators work together in partnership to support young children's learning."

All of our programs invite parents to participate; you could share an interest or skill, teach a new song, play an instrument or share a cooking activity.

## Care Net Mobile Food Relief WINTER SCHEDULE

### June

15th

29th

### July

20th

(not operating during  
school holidays)

### August

3rd

17th

31st

## NEW DAY, NEW LOCATION

Sundays 9.30-10.30am  
27 Alfred Cres, Nth Fitzroy



CARENET

CHAPEL || LIFE

During the winter season, our team will be offsite. We sincerely thank everyone for your support, and we look forward to returning in the spring. Furthermore, we warmly invite any families in need of food assistance to reach out to us.