

DATES FOR THE DIARY  
**AUGUST 2021:**  
Management Committee  
Meeting Wednesday 18<sup>th</sup> @  
7.30pm



## AUGUST NEWSLETTER 2021



Yarrunga can now be followed on Facebook and Instagram

### CHILDREN'S T-SHIRTS & JUMPERS

If you would like to order a t-shirt or shirts or jumpers for your child/ren, order forms will be available in the office - Shirts \$12.00, Jumpers \$25 each  
Please see Lisa or Karen



### **WE WELCOME YOUR FEEDBACK!**

How can we make our newsletter better?

What information would you like us to include?

Call us on: (02) 60217597

Or EMAIL [admin@yarrunga.com.au](mailto:admin@yarrunga.com.au)



### Families

Please check to make sure that you are paying the correct fees each week, as the CCS rebate can change without notice you need to regularly check your weekly statement to know what your weekly gap is.

Also, could you please advise us by phone or email if your child/ren are going to be away from the Centre, as this allows for other families to obtain extra days if needed.



Congratulations to our family that have welcomed a baby girl to their family:  
Jess, James & Lucas - Eva



**NO FOOD FROM HOME!** A reminder that we have children attending Yarrunga with severe allergies to egg, dairy, nut, and sesame. Anaphylaxis is a severe and potentially life-threatening allergic reaction. We want to do our best to keep those at risk safe.

Please refrain from bringing food from home.

If you are bringing treats to share for your child's birthday, please check with room educators for allergies prior.

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Gozleme

**Dough:**

2 cups plain flour, 3-4 cups Greek yoghurt, Water if needed

Mix flour and Greek yoghurt together till it forms a dough (using water if needed)

Let rest for 20mins

**Filling:**

500g lamb mince, 500g baby spinach, 200g feta, 2tbs ground coriander, 2tbs ground cumin

Fry off lamb mince and spices until cooked, drain any fat and let cool.

Mix in the spinach and feta. Breaking up the feta and scrunching the spinach to wilt slightly.

Roll out dough into a rectangular shape, add the mixture to the bottom half, fold over the dough and seal around the edges, gently pressing out any air.

Fry off in oil on both sides until golden brown and the dough is cooked through.

Serve with lemon, salt, pepper and Greek yoghurt



In recognition of the dedication to Early Childhood Education and Care that all Yarrunga educators and staff exhibit every day we have collectively decided to award a certificate for outstanding contribution each month to celebrate professional achievement.

We proudly announce that this month's award goes to our Yarrunga team member Deb. **WELL DONE DEB!**



## PRESCHOOL ROOM NEWS



This month has been super wet as we all know, however we have been making the most of our lovely undercover veranda and listening to children's voices as to what they want set up for their learning. We have had the addition of Duplo which they have extended their learning on by adding trucks and taking their learning from one place to another by building similar things inside as well.

With this wet weather, we please remind adults at home to oversee their child packing their own bags and making sure that they have appropriate and adequate warm clothing during this period.



Upon pick up, we are requesting that you check in with an educator to make sure we know that your child has been picked up, as sometimes children have been going home quickly and educators are unaware. This is a great time to catch up with the educators in the Pre-School room, to check what your child has been doing today, and to teach social cues of saying goodbye.

The Nursery/Toddler room has been using the bottom yard with us a lot lately as their yard is too wet at the moment. This has given us a beautiful opportunity to foster our role modelling, peer scaffolding, and care for younger people.



As of next week, the children going to school next year will be focusing more on school readiness as we break up our primary groups to include some of the older Junior Pre-Schoolers to transition into the Pre-School room, and give the children going to school more opportunities for further learning with the Pre-School ECT (Early Childhood Teacher)



The children have started to work on self help skills in the kitchen with Meg by stacking the dishwasher, and doing dishes when we make things for our room, i.e playdough, afternoon tea. It has been great to see the children being so involved and willing to help out others to make their jobs easier, well done Pre-Schoolers!

Pyjama week was such a success! We thank all of those that rocked their PJs with us and helped to raise funds for children in foster care.



Stay Warm,

Natt, Alana, Jay and Robyn  
[preschool@yarrunga.com.au](mailto:preschool@yarrunga.com.au)

### *Educational Leader and NQS:*

After the success of our NAIDOC week celebrations last month educators have been reflecting on how they can further embed Aboriginal and Torres Strait Islander perspectives into everyday curriculum experiences. Children and educators are still talking about Darren's Smoking ceremony and the sharing, caring, healing and community spirit behind the meaning. Alana, Jodie, and Meg are currently working on Yarrunga's Reconciliation Action Plan (RAP). To help in goal setting all educators are completing a reflection survey so our RAP action party has an accurate snapshot about reconciliation at Yarrunga in 2021. We will be seeking family and community input to ensure our goals are reflective of our context and local area.

*Please look out for our Facebook Poll next week.*



Educators have also been busy working in their mentoring teams to examine our communication processes. Effective communication between educators and teams ensures positive outcomes for children and adults as respectful, responsive relationships are embraced and modelled. *WELLBEING* is also a key factor here!

### *WEEKLY HIGHLIGHTS:*

After a lot of consideration educators have agreed that emailing our weekly Floor book entries is the best option for our current families as we do have children that are not permitted to have their photographs on Facebook. Adopting this method of communication ensures we are inclusive of the needs of all families.

Krystine



## JUNIOR PRESCHOOL NEWS

The junior preschool children have been busy painting with nature using different kinds of leaves and sticks. Educators further extended on this passion for creating by adding a variety of water colours and textures for the children to manipulate and explore.

The junior preschool children have loved cooking and experimenting with their senses. We were lucky enough to have Freya, Finn's mum, volunteer her time and come join us in making Bananas pancakes. Franki also brought in a Bluey cookie cutter which sparked us to create our own Bluey sugar cookies for afternoon tea.

Musical exploration following up from Caolan's instrument donation, this interest then in return prompted the children to explore different musical instruments from a variety of cultures, such as a rain stick, mini bongo drums, and tambourines.

We have been busy this month with our tinker table full of curious gadgets and tools this has promoted us to use our problem solving and fine motor skills. Outside we have been using our fundamental movement skills by creating a variety of challenging physical environments, resulting in heavy muscle work, pulling heaving, and lifting.

Creating spiders and birds with Deb, this interest was prompted Rueben who brought in a threaded bird he had made at home. The children have really enjoyed this threading experience, you will find some of our spiral threading proudly displayed in our room.

Following interest in Pixar Disney "Cars" This interest had us exploring our natural curiosity and cause and effect, such as up and down, fast, and slow.

We have noticed the children's interest in challenging their problem-solving skills using puzzles and simple memory games.



Krystine, Deb, Chrissy, Tash & Jodie  
[juniorschool@yarrunga.com.au](mailto:juniorschool@yarrunga.com.au)

## NURSERY NEWS

What a rainy winter we are having! The weather has made it a bit tricky to get outside and enjoy lots of gross motor activities and the fresh air. We have been utilising the top yard and bottom yards when we are able to get outside and further challenge the children's gross motor capabilities with running, climbing, and using the bikes. We have also got our groove on and had some spontaneous dance parties in our room to keep our bodies active.



We had such a fun and comfy time during PJ week!

We have now set goals for all the children for the remainder of the year, and we would like to thank all the families for their input.



Please remember to send extra changes of clothes for your child and make sure all their possessions are clearly labelled.

Emma, Nicole, Lesley, Serena and Jung eun  
[nursery@yarrunga.com.au](mailto:nursery@yarrunga.com.au)

## Sustainability report



Our succulent garden continues to grow with the occasional donation still coming in which is greatly appreciated. We aim to move this to a more prominent place in the preschool yard where we can add to the ascetics of our outdoor environment.

Our vegetables are beginning to flourish, and it shouldn't be too much longer before we have broccoli and cauliflower to harvest to go with the carrots and spinach that we have been picking for a while now, they are being used in our meal prep.



Some of the preschool children helped me to tidy up our new garden area out the back by culling back some of the overgrown shrubbery and taking it out to the green bin. We will endeavour to get our compost bin up and running very soon. It is wonderful to witness the enthusiasm of the children appreciating and showing pleasure in looking after their gardens. It gives them a strong sense of belonging within our Yarrunga community.

The worm farm is also doing well, although it has had little attention for a while. The preschool children will take this on board as a learning experience with Alana.

It would be lovely to continue to supply our families with our food scraps for their chooks so if you would like to take the occasional bag of leftovers, please let us know so that we can save some for you.

I have contacted the council to ask if we can take over a spot at the Teacup community gardens and I'm still waiting for a response from them. We hope to revisit the gardens as soon as we can get out and about again.

Lesley wood



## • Sick Children

Parents/guardians who suspect their child/ren has an infectious condition or early symptoms of illness, should keep their child/ren at home until the symptoms are checked by a doctor. This will protect your child and other children in the Centre from unnecessary exposure to illness.

Yarrunga does not have the facility, adequate staff, or the qualifications to look after sick children. A child requiring one-on-one care reduces the staff/child ratio and compromises the safety of the remaining children.

If a child/ren attending the Centre has a persistent temperature and/or is associated with other signs and symptoms of illness, parents/guardians will be asked to collect the child. A record of illnesses will be documented in a folder in the office to enable the Centre to monitor any ongoing spread of infectious disease / illness.

General signs and symptoms to be alert for include;

- A high temperature (above 38°)
- Unusual and undiagnosed spots and rashes
- Severe cold, sneezing or running nose.
- Breathing difficulty (breathing very quickly, panting or noisy, rattling breathing) or pale or blue around the mouth.
- Mucous discharge from the nose (thick, green or bloody)
- If the child seems sick without obvious symptoms, ie. unusually tired, pale, irritable or lethargic.
- Vomiting and/or loose bowel motion, unusual odour of faeces or unusual colour (eg. pale)
- Red, swollen or discharging eyes.
- Headache, stiff neck
- Trouble swallowing, dry mouth, sore throat.
- Frequent scratching of scalp or skin.
- Loss of appetite.
- Not passing much urine or unusually dark, tea coloured urine.
- Panting, over breathing or deep, rattling breathing.
- Severe, persistent or prolonged coughing.

### **Heavy cold:**

The common cold often starts with a sore throat, slightly pink eardrums and even a slight cough. Exclusion is at the discretion of staff. However, the Centre encourages parents not to send children when there is an obvious risk of infection to others. If in any doubt, refer to General Signs and Symptoms or ring the Centre.

### **Temperature**

As per Staying Healthy in Childcare (5<sup>th</sup> edition) the normal temperature for a child is up to 38°. An abnormal temperature is considered to be above 38°. If an abnormal temperature is suspected, staff will take a child's temperature from the ear or under the arm with an approved thermometer. If the child does have a temperature:

- The child will be encouraged to drink water to prevent dehydration and given other first aid treatment as deemed necessary.
- Yarrunga will inform parents/guardians and seek permission to give paracetamol. Paracetamol will only be given in the dose stipulated on the bottle in accordance with the child's age and weight and will only be given to the child once on any given day.
- Any administration of paracetamol will be recorded on a medication form.

If the temperature persists and/or is associated with other signs of illness, parents/guardians will be asked to collect the child.

### **Diarrhoea and Vomiting:**

Diarrhoea is 'an increase in the frequency, runniness or volume of the faeces. As diarrhoea can be caused by different organisms it is important that any child who has diarrhoea be kept away for 48 hours after diarrhoea and vomiting has stopped.

Gastroenteritis is very contagious in our care environment. If a child has diarrhoea or/and has vomited, parents/guardian of that child will be promptly informed and will be asked to collect their child or organise for their child to be collected.

A child will need to be excluded from the Centre:

- if the child has had more than one (1) loose bowel movement (diarrhoea)
- if the child has vomited (more than once)
- if the child has had one (1) vomit and one (1) diarrhoea together
- at the Director's discretion
- until there has not been a loose bowel motion or vomiting for 48hours.



Vomiting can also be caused by different organisms and may accompany diarrhoea. A child who is vomiting or has vomited, must also be kept away from other children until the vomiting has stopped.

Educators are advised that they need to be excluded for 48 hours after their last episode of vomiting or diarrhoea.

**Infections:**

Children who are diagnosed as having an ear, throat, chest or other infections and are prescribed antibiotics must stay at home at least twenty-four (24) hours from the commencement of antibiotics. This will allow the antibiotics to take effect on a resting body and ensure the child does not have an adverse reaction to the antibiotics.

## **Grievance Policy**

If parents have any concerns or complaints, please follow the attached *Grievance Policy*

## **1 Informal Resolution of Grievances**

Initially any grievance raised will be approached in an informal manner. (Informal Procedure for Resolution of Grievance). If required, an appointment time with the Centre Director and/or President of the Management Committee Genna Richter (phone 0428109382) to discuss the grievance can be arranged.

## **2 Formal Resolution of Grievances**

2.1 In the event informal processes are unable to be used or informal processes fail to achieve a satisfactory outcome for any of the parties involved in the grievance, the formal process will then be used. Determining whether the grievance will be handled formally is at the discretion of the Director/President of Management Committee based on feedback from the concerned parties at the conclusion of the informal stage (Formal Procedure for Resolution of Grievance).

2.2 **When a formal resolution of grievance is pursued, all interactions must be documented by the Director (Complaint form), signed (by Director and or parties involved), and a copy given to each party concerned.**

2.3 Any allegation that the safety, health, or wellbeing of a child has been compromised, or relating to a staff member, the details of action taken in response to a complaint will be recorded and kept in a confidential place.

## **3 Regulatory Authority – ACECQA**

3.1 The Nominated Supervisor or Certified Supervisor will notify (within 24 hours of the complaint being made) ACECQA of a complaint that alleges

- a serious incident has occurred or is occurring while a child is being educated and cared for by Yarrunga.
- the National Law and/or National Regulations have been contravened.

The required Forms to be completed are;

**Notification of Complaints and Incidents (Other than serious Incidents)** as required by the Education & Care Services National Regulations – through the National Quality Agenda IT System (NQA IT System). Log in to access the portal.

A scanned copy of the written complaint will be uploaded prior to submitting the form electronically.



# Vegetables

The *Nutrition Checklist for Menu Planning*<sup>1</sup> recommends that each day **at least 2 serves of vegetables** per child, are included on the menu.

A variety of vegetables throughout the menu is important.

## Each of these provides 1 serve of vegetable:

½ cup cooked vegetables  
e.g. carrots, beans, cauliflower,  
pumpkin, broccoli



1 cup salad vegetables  
e.g. cucumber, tomato,  
capsicum, lettuce, snow  
peas



½ cup cooked dried,  
canned beans, peas or  
lentils  
e.g. chickpeas, baked  
beans, butter beans

½ medium potato or  
1 medium tomato



Source: NHMRC, 2013

Refer to the *Ingredient Quantity Guide* tip sheet for more information on amounts of vegetables.

## Ideas for including a variety of vegetables on the menu

- Corn on the cob
- Raw or cooked vegetable sticks with salsa or dip<sup>#</sup>
- Vegetable fillings on sandwiches e.g. cucumber, tomato, grated carrot
- Vegetable scones e.g. grated zucchini and carrot, pumpkin and date
- Vegetable soup e.g. Minestrone Soup\*, Lentil Soup\*, pumpkin soup
- Vegetable Slice\* – served as a meal or snack
- Celery sticks filled with cream cheese and sultanas
- Vegetable chips – slice carrot, zucchini, potato and sweet potato, spray with olive oil and bake until golden
- Baked beans – serve warm in a cup with grated cheese or pour over wholegrain toast
- Vegetable side dishes – offer bowls of colourful vegetables with main meals
- Vegetable pancakes – serve warm or cold. Try corn kernels, grated carrots, onion and chopped beans
- Vegetable toppings on pizzas e.g. capsicum, mushroom, sweet potato, pumpkin, tomato

**Children may need to try new vegetables up to 10 times before they accept them.**

<sup>1</sup> *Caring for Children: Birth to 5 years*, NSW Ministry of Health, 2014, page 92.

<sup>#</sup> Healthy dip ideas available in *Caring for Children: Birth to 5 years*, NSW Ministry of Health, 2014, page 56.

\* Recipes available in *Caring for Children: Birth to 5 years*, NSW Ministry of Health, 2014.

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