



DATES FOR THE DIARY

OCTOBER 2020

Management Committee Meeting Wednesday 21st

NOVEMBER 2020

Yarrunga's Annual General Meeting - Wednesday 18th

DECEMBER 2020

Last day for Children - Wednesday 23rd December

JANUARY 2021

Children return - Monday 11th January 2021

OCTOBER NEWSLETTER 2020

YARRUNGA'S CHRISTMAS CLOSURE

The last day for children will be on Wednesday 23rd December. The first day back will be Monday 11th January 2021.



Yarrunga can now be followed on Facebook and Instagram

ALLERGIES REMINDER:

WE HAVE A NUMBER OF CHILDREN WHO HAVE SERIOUS ALLERGIC REACTIONS TO EGG, NUTS AND SESAME.

YARRUNGA IS AN EGG AND NUT FREE CENTRE

YARRUNGA'S ANNUAL

GENERAL MEETING

MANAGEMENT COMMITTEE'S

AGM WILL BE HELD ON

WEDNESDAY 18TH NOVEMBER 2020

@ 7.00PM

Please let us know if you would like to attend and we will let you know as numbers are limited with Covid-19 restrictions. If our numbers exceed restrictions, we will create an online link.



Lynette will be leaving Yarrunga after 5 years on Friday 9th October 2020. You may still see her face around as a casual and we wish her luck for the future.

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



We have several wet bags left, if anyone would like one or two please see Karen or Lisa in the office, they are \$5 each.

COVID-19 Practices at Yarrunga

Physical Distancing	Hand Hygiene	Unwell, Stay Home
 <ul style="list-style-type: none">• Use of separated Sign-in stations• Observe pedestrian pathways• Avoid congestion at gates and doorways• If possible, limit attendance to one parent/carer for pickup/drop off	 <ul style="list-style-type: none">• Sanitise hands prior to operating front gate and sign in iPad. Should you cough/sneeze/touch your face, please re-sanitise• Assist your child in washing their hands on arrival to room and prior to engaging in play	 <ul style="list-style-type: none">• If your child is unwell, please keep them home• Please support our Educators when the decision is made to send a child home as it is made to protect the health and wellbeing of all

NURSERY ROOM NEWS

Hello

We have been working hard on Developing independence with our older children to help with their transitions to the junior room, for example sitting on the bigger chairs, drinking from cups, sleeping on the stretcher beds and lots of visits to the junior room.

Lots of indoor activities due to the weather, parachute with balls and hiding underneath, painting, playdough, blocks and climbing.

Due to this crazy weather we are having now please pack clothing for all seasons and if you child is sensitive to sunscreen please pack your preferred one.

Jay will be leaving for Korea over the weekend we wish her a safe travel's and will see her in the new year.

The Incredible Benefits of Earthing/ Grounding

Remember those carefree, barefoot days of summer? The soft grass beneath your feet? The warm sand between your toes? And, yes, even the occasional stone or twig pricking the underside of your feet uncomfortably! When was the last time your children went barefoot outside? When was the last time you did?

Recent research suggests going barefoot is not just an essential childhood memory-to-be-made, but a potentially health-changing practice we should all be implementing regularly – kids and adults alike. Here are just 2 examples of Earthing.

Strengthen their joints & muscles

Walking barefoot strengthens the muscles in children's feet and ankles, improving balance and posture. It engages the feet's arches, strengthening them, and improves the alignment of muscles throughout the legs. This, in turn, helps prevent stability problems in joints such as the hips, knees and ankles, reducing the risks of injury later in life.



Foster a connection with nature

Removing their shoes immediately requires children to become more aware of their surroundings – how does the ground feel? Is there a sharp rock ahead? What was that rustle in the bushes? Their senses are heightened – they are paying attention. From that attention comes an appreciation of the natural world they are walking through. They feel the papery leaves crunching underfoot, the softness of the grass, the sharpness of prickles. When all five senses are fully engaged, they completely connect with nature and, after all, what better time than childhood to develop a love of being in the natural world?



Nicole, Lesley, Jay and Serena
Nurserytoddler@yarrunga.com.au

PRESCHOOL ROOM NEWS



Over the past month we have enjoyed some lovely spring weather with lots of outdoor activities involving Fundamental Movement and resilience building through managed risk-taking on our improvised monkey bars, elevated ratchet straps and swing equipment. A long-awaited highlight was the ability for use to use the grassed area at the back of Yarrunga for some ball games once again.

With COVID-19 restrictions easing we are planning many more outings utilizing the scenic path and grassy areas along it. We have prepared a risk-assessment including current health guidelines to ensure the safety of children and educators. Here is hoping we can go bike-riding again this year!



Woodworking has continued to promote skills of problem-solving, planning, creativity, engineering, and collaboration as models have been built using timber, nails, screws and power tools. Thank you to Alfie's dad for supplying more nails as these were rapidly depleted by our enthusiastic builders. Engineering has also been evident in block play both inside and outside with growing interest in the engineering design process which is a step-by-step process that requires children to solve complex problems such as how to support a bridge span or elevated building. To build on interest further we have introduced a construction set with design templates to build large scale transport models. Technology learning occurs through everyday life experiences and we have been practicing using a real sewing machine. Using the foot pedal and fabric feed with a steady motion requires lots of concentration and skill; and has been very popular.



You may have heard your child talking about *Ooshie Kingdom* which may be linked to an imaginary table play we have created with the children for them to explore their current obsession with Disney Ooshies! Imaginary play allows them to explore, create, improvise and build social skills as they share ideas and explore the world around them.

During the coming weeks we will be working hard to improve the aesthetics of our outdoor environments and hope to incorporate lots of recycled and natural elements. A Hessian bag cubby seems the ideal place to share a story with friends (above). Thank you for your continuing donations of craft resources. These are being used by children as fast as we can restock them, and we are always open to any upcycling ideas.

Sadly, we farewell Netty on Friday 9th October and wish her well with her future study plans. Welcome to Tash who is familiar face and will provide continuity for children.

Krystine, Natt, Netty, Julie and Tash.

preschool@yarrunga.com.au

Educational Leader:

As discussed in the September newsletter educators have been reflecting on how we can strengthen children's agency by providing well thought out and organised spaces for them to learn through play and relationships. This has led to a review of how mixed-age grouping could look in our setting for our children and families.

We are currently in the research phase and in the coming weeks will be seeking input from children, families, and community on how they see this initiative in action. As a Yarrunga community we can then plan for short and long-term outcomes and strategies to meet them.

During our October staff meeting educators discussed what transition processes we have in place now, and agreed that opening the gates between the top and bottom yards would allow children from the Junior Preschool and Preschool rooms to visit each other's learning environments more freely. The Nursery/Toddler children will also be involved, where possible, with the close support of their primary educators.

Implementing this action research for the remainder of 2020 will enable us all to explore the long-term potential for mixed age grouping to be a key point of Yarrunga's philosophy in action.

Services that have adopted this practice describe some of the following benefits:

- Opportunities for younger and older children to learn from each other.
- Siblings get opportunities to play with, and near, each other for long periods of time if they want to (can also help younger siblings settle in to care).
- Play is often more complex because older children extend younger children's ideas, and they follow the ideas suggested to them and get involved in the play.
- Shy and less confident pre-schoolers get the chance to mix with younger children to build their confidence.
- Children get the opportunity to be part of a diverse group and become tolerant of others, with support from educators.

Krystine

JUNIOR PRESCHOOL NEWS

Welcome to the October edition of the Junior Preschool newsletter. We hope that everyone is well and enjoyed a productive or restful Labour Day long weekend (whichever you were hoping for!).

With the unpredictable weather at the moment, please ensure that your child has an adequate supply of seasonably appropriate clothing in their bags each day. We endeavour to spend time outside each day, even if it is raining or cold. This week we have had spontaneous fun splashing in water, investigating cause and effect by throwing objects into puddles, aka experimenting with floating and sinking.



We also engaged in sensory play, feeling the rain on our skin and looking like loons as we tried to catch raindrops on our tongue!

The benefits of outdoor play for children are immense and range from fostering cognitive skills (imagination, thinking, wonder) to strengthening their physical development; from promoting emotional-regulatory traits (self-confidence, persistence, independence, self-awareness) to strengthening language abilities; from embedding and practicing social skills to introducing environmental awareness, appreciating the natural world, its beauty and its importance. For more details on the benefits of outdoor play, feel free to access www.natureplayqld.org.au, a Queensland Government initiative.



Our outdoor environment is currently getting a revamp and we are very much looking forward to utilising our new "back yard" area when it is finished. Our learners have been fascinated watching Centre dad Sam go about his work, especially when the excavator was present and operating!

It has also re-inspired interest in trucks and diggers in the sandpit.



Wishing you all a lovely month. Until our next entry,

Alana, Chrissy, Emma, Julie, Tash and Robyn

juniopreschool@yarrunga.com.au



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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.

Yarrunga Policies:

Just a reminder to families and for all our new family's information - our policies can be accessed on our website www.yarrunga.com.au and the password is 2640

Recipe of the month - Savoury Vegetable Pikelets

Ingredients to serve a family of 4-6

2 eggs, separated
1 tsp brown sugar
2 cups milk
1½ cups wholemeal self raising flour
⅓ cup corn kernels
1 small carrot, grated
1 stick celery, finely chopped
1 small onion, finely chopped
1 T chopped parsley

Method

1. Place flour in bowl, make a 'well' in centre. Add combined egg yolks, sugar and milk. Mix to a smooth batter.
2. Fold through vegetables and parsley.
3. Beat egg whites until stiff and fold through batter.
4. Drop spoonfuls of pikelet mix onto a lightly greased, moderately hot frypan.
5. Brown pikelets on both sides.

Helpful Hints

1. A combination of any vegetables is suitable.
2. This recipe could be a participation activity for children and staff.

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

Kathryn Chandler (phone 0457 717 624) 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.

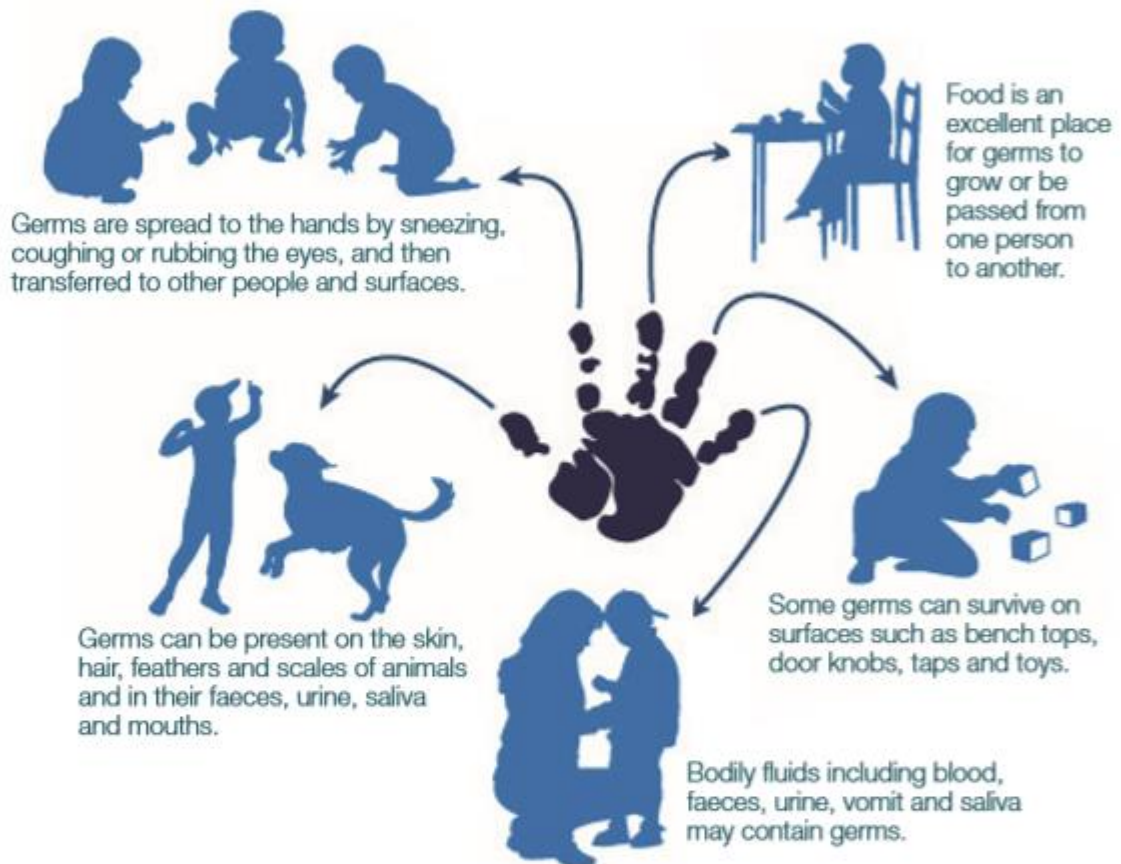
The required Forms to be completed are;

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.

The role of hands in the spread of infection

STAYING HEALTHY | 5TH EDITION | 2013



Hand hygiene

You can prevent the spread of disease by performing **hand hygiene** by:



washing hands with soap and water or using an alcohol-based hand rub.

NHMRC Ref. CH55 Printed June 2013



Australian Government
National Health and Medical Research Council

NHMRC

WORKING TO BUILD A HEALTHY AUSTRALIA