

DATES FOR THE DIARY

July 2023:

Management Committee
Meeting Wednesday 19th
@ 7.30pm



JULY NEWSLETTER 2023

In complying with the National Quality Standards, we ensure that a copy of the Law and Regulations can be accessed by families, including those seeking to enrol their child at the service?

To access it go to <https://legislation.nsw.gov.au/view/html/inforce/current/sl-2011-0653>

WE WELCOME YOUR FEEDBACK!

How can we make our newsletter better?

What information would you like us to include?

Call us on: (02) 6021 7597

Or EMAIL admin@yarrunga.com.au



Yarrunga can now be followed
on Facebook and Instagram

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

Policies/Procedure/Reflection being reviewed this month: Quality Improvement Plan June 23 .



NO FOOD FROM HOME! A reminder that we have children attending Yarrunga with severe allergies to 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.

CHILDREN'S T-SHIRTS, JUMPERS & HATS

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. We now have a supply of children's hats for \$20 each. Please see Deb.

Congratulations to our Yarrunga family that have welcomed a baby boy & brother:
Toby & Nat & Nate Ardler - Cody.



STAFF NEWS:

We welcome Leah to our Yarrunga team. Leah will be taking on the role of administration officer. Please take a moment to introduce yourself.

Welcome



NURSERY NEWS:

We have been trying to get outside as much as possible whilst dodging the rain. If it is raining, we have been enjoying dancing, singing, reading stories, craft and drawing inside. Our favourite requested songs have been baby shark and sleeping bunnies.

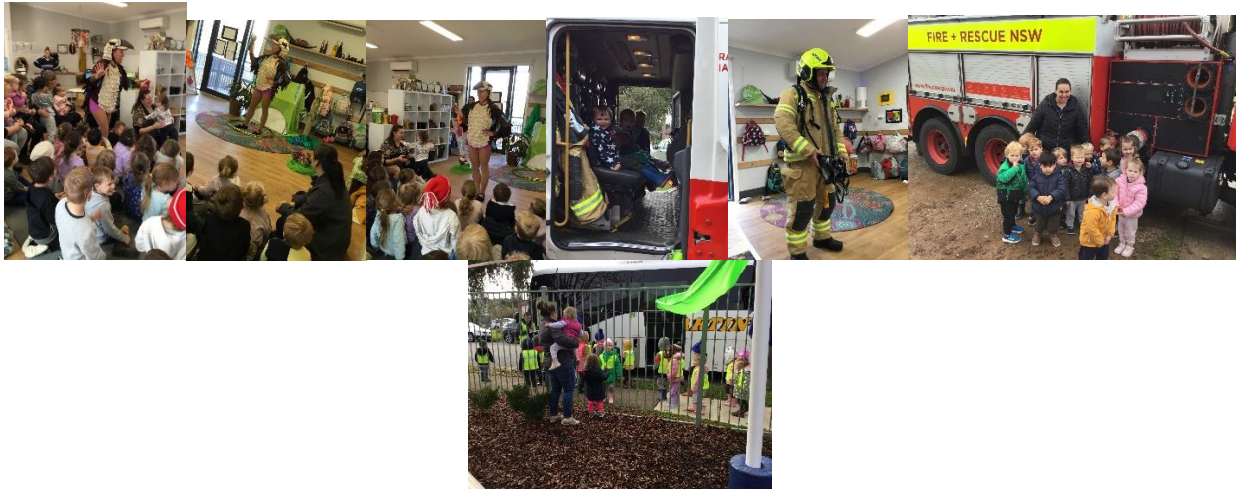
This month saw us celebrate NAIDOC week. All children immersed themselves and enjoyed experiences relating to the Aboriginal and Torres Strait Islander culture. The children loved to try the dancing, the Haka, and listening to Jodie sing us her Torres Strait Islander song.



Emma, Chrissy, Serena, Emily and Kaitlin.
nurserytoddler@yarrunga.com.au

JUNIOR PRESCHOOL NEWS - Gugubarra Room

We had a couple of incursions this month. One from Chelsea who came from the circus. She taught us about the impacts of throwing our rubbish out into the environment. Our other one was from the fire brigade who brought their truck and showed us what a full suit of protective gear looked like. We even got to sit in the truck! Some friends went on a big bus to Wonga Wetlands while some of us stayed back and watched them get on the bus and leave.



We've been busy little chefs cooking up some storms this month. We made cheesy-mite scrolls for the whole Centre, decorated a dinosaur cake for Arthur's birthday, and have been practicing serving our own fruit at lunch time.



Our friendships have been blossoming so much lately. There have been many smiles on our faces as we engage with each other and build those strong relationships.



Before NAIDOC Week starts in July, we got our room prepared for the celebrations. We went and gathered some natural resources from the yard to make an interactive Uluru landscape. We used the yarning circle for some chats, found our room animal in story books outside, dressed up in our floral outfits for the Torres Strait Islands, and did some colouring in pages. We are so excited for NAIDOC Week to begin!



Cheers, Gugubarra Room,

Natt, Tash, Nicole, Lesley, and Robyn 😊

PRESCHOOL ROOM NEWS:

Wow, what a fun and informative week we have shared at Yarrunga last week as we celebrated NAIDOC Week! Class members were fascinated by our special guests, as we explored traditional artifacts; didgeridoo music; stories; cooking; and dance from both Aboriginal and Māori cultures.



There were plenty of art and craft projects to explore, including the Torres Strait Islander "Sea of Fish" project, ochre painting (incorporating Indigenous symbols), basket weaving, threading, plating headbands, creating sand art, clay sculptures and drawing / colouring.



We have loved using our firepit last week and was a perfect place to eat our morning tea last week in the chilly weather! As the morning wore on, it proved to be an ideal place to gather and simply yarn, as stories were shared and conversations flowed in the most primitive, yet natural arena... until the rain picked up and it wasn't so comfortable anymore!



Small group construction projects continue to inspire creativity and collaboration between Preschoolers as they explore the various kits provided.





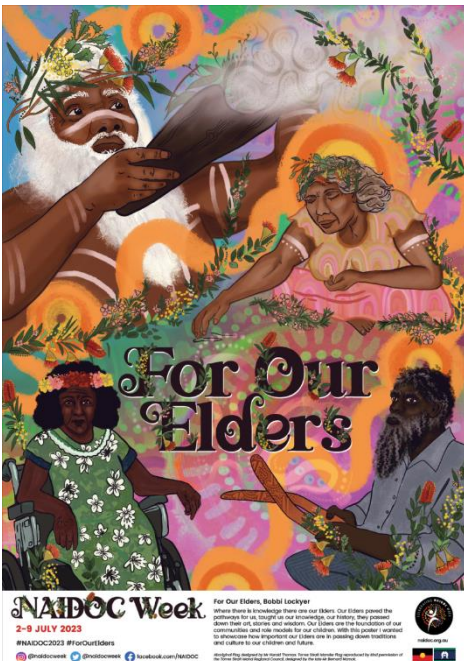
Kitchen science projects remain eagerly requested, with sandpit volcanoes often being asked about. Over the past few days, this has seen discussions returning to dinosaurs, which children were very enthusiastic to talk about and pose many questions, which we investigate together!



Have a wonderful month, Team Preschool!

Alana, Krystine, Maree, Liv, Jay and Jodie
Preschool@yarrunga.com.au

EDUCATIONAL LEADER:



NAIDOC Week 2023

Children, families and educators enjoyed a week full of cultural learning planned by Meg our Cultural Officer. We can't thank Meg enough for her passion and dedication in planning these events and working with educators on menus.

Children continue to talk about these experiences:

- Acknowledgement of Country
- Didge Playing
- Dreaming Stories
- Islander bread, music & dance
- Traditional damper cooked on our fire pit.
- James Fallon Dance Troope
- Traditional Haka

Educators also participated in team bonding and activities to support cultural integrity at our July Staff meeting by watching a First Peoples film "In My Blood It Runs" describing the life of a young Indigenous boy in modern Australia, and a Traditional Smoking Cleansing, Dadirri (Deep Listening) and Yoga on the Saturday morning. We are completing critical reflections about the week and the educator activities to see what worked well for children and educators, and on what we can improve. We value your feedback because reflection includes all Voices. Nat will be uploading a special video presentation of the week's highlights on our Facebook page.

ASSESSMENT AND RATING

We have been advised by the regulatory authority that Yarrunga is scheduled for Assessment and Rating (A&R) against the National Quality Standard (NQS). I have submitted our Self-Assessment document which contains evidence of our strengths and areas we are currently working on. The voices of children, families, educators and community have been included, which was made possible by the ongoing input and feedback from everyone. Thank you. The voices of our stakeholders have given me many options as I have related practice with examples in action, and linked these with the exceeding themes of:

- Practice is embedded in service operations;
- Practice is informed by critical reflection; and
- Practice is shaped by meaningful engagement with families and/or the community.

An authorised officer will visit us between **17 July 2023** and **29 September 2023**. The authorised officer will contact us to confirm the exact date of your assessment visit approximately 5 days before the visit takes place.

Krystine

Healthy Snack and Meal Ideas:

Our Children's Menu Survey returns indicate that you would like more healthy eating materials to access. Each month I will include a link with lots of recipes and dietary information which you will be able to access.

<https://www.eatforhealth.gov.au/>

Slow Cooked Beef Casserole

500g-1kg Diced Chuck Steak

1 x Brown Onion Diced Chucky

2 x Carrots Diced Chunky

3-4 Stalks Celery Diced Chunky

3-4 Washed Potatoes Diced Chunky

½ Butternut Pumpkin Diced Chunky

1 x Large Can Tinned Tomatoes

Few Sprigs of Rosemary

2-3 Heaped tbs of Powdered Gravy

Dice up all vegetables and meat and put into slow cooker.

Add in rosemary, tinned tomatoes, and gravy. Stir through.

Cook on low for 8 hours or on high for 4 hours (depending on your slow cooker)

Catering Officer - Meg

Grievance Policy

If parents have any concerns or complaints, please follow the procedure as outlined below.

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 Ivy Ellis (phone 0403 564 454) to discuss the grievance can be arranged.

Formal Resolution of Grievances

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).

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.

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.

Regulatory Authority - ACECQA

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.

Nutrition Snippet

BLUEBERRY PIKELETS



Ingredients

- 1 cup self-raising flour
- 2 tablespoons caster sugar
- 2/3 cup reduced-fat milk
- 1 egg
- 3/4 cup frozen blueberries
- Olive oil spray

Method

Step 1: Add the flour and sugar to a large bowl. In a jug, whisk the milk and egg to combine.

Step 2: Slowly add the egg mixture into the flour and whisk until well combined. Gently fold through the blueberries.

Step 3: Spray a large non-stick frypan with olive oil and heat over medium heat. Scoop a tablespoon of the mix into the pan, cooking up to four at a time. Cook for 1 minute or until bubbles appear on the surface and pikelets are golden underneath. Turn and cook for a further 1 minute or until golden.

Step 4: Transfer to a plate and cover with foil. Repeat with remaining batter, spraying the pan between each batch.

For this recipe and more visit:
healthylunchbox.com.au



Cancer Council
Healthy Lunch Box

Nutrition Snippet

ENJOY WINTER WARMERS



Try these winter warming meals - delicious for dinner and pack leftovers for lunch!

- Chicken pasta bake
- Vegetable curry

Find these recipes and more on our seasonal blog at healthylunchbox.com.au/blog/whats-in-season-for-winter/

healthylunchbox.com.au



Cancer Council
Healthy Lunch Box

Nutrition Snippet

FREEZER FRIENDLY SNACKS

Need healthy snacks on hand?



Make a batch of these recipes and pop them into the freezer. In the morning pack into the lunch box and the snack will be thawed and ready to eat by lunch!

- ❄ **Banana pikelets**
- ❄ **Apple and date muffins**
- ❄ **Fruit loaf**

healthylunchbox.com.au



Cancer Council
Healthy Lunch Box

Nutrition Snippet

WHAT A WASTE

Did you know that the average household throws out 1 in 5 bags of groceries they buy?



Here are our top tips to reduce your food waste to save money and help the planet!

1. Only buy what you need
2. Store your food correctly
3. Love those leftovers
4. Don't throw away tired fruit and veg
5. Buy odd shaped fruit and veg

Read more about how to reduce food waste tips on our blog at: healthylunchbox.com.au



Cancer Council
Healthy Lunch Box

Sunsmart Snippet

What's the UV right now?

Remember to **SLIP, SLOP, SLAP, SEEK and SLIDE** when the UV is 3 or above.



Check the SunSmart app everyday to find out your local sun protection times.

sunsmartnsw.com.au

 **Cancer Council**
Healthy Lunch Box