



# February Newsletter

## DATES FOR THE DIARY

Feb 2024

Parent / Educator catch ups:  
Room teams will seek input regarding preferred days and times 5th–9th Feb.  
Meetings will commence from Monday 12th Feb.



Monday 4th March 2024

Clean Up Australia Day

Our Yarrunga community is keen to be involved in such a worthwhile learning experience. More information will be provided closer to the date.

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 enroll 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](mailto: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](http://www.yarrunga.com.au) and the password is 2640

## Policies/Procedure/Reflection being reviewed this month:

- Health and safety
- Sleep and rest policy
- First aid policy
- Water safety policy



## 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 WET BAGS & SUN HATS

If you would like to purchase a Wet Bag or a Sun Hat for your child/ren, please see the display in the office for available colours.

Wet Bags are \$10 each & Sun Hats are \$20 each.  
Please see Deb or Leah for more information.



## STAFF NEWS:

Last week we farewelled Lesley and wish her a happy retirement filled with lots of interesting projects and holiday adventures. Lesley had a lovely last day and appreciated your lovely farewell gestures. She hopes to return for some casual days in the future.

Deb is currently taking some Long Service Leave and will return in mid February. We all hope she enjoys some much need rest, relaxation and family time. Krystine will be working in the office with Leah during Deb's absence.

## Recipe of the month—Chicken and Vegetable Curry

- 1 kg Diced chicken
- 1x brown onion diced
- 3 x cloves crushed garlic
- 2 cups mixed vegetables (carrot, corn, peas)
- 1 x zucchini diced
- 1 teaspoon turmeric
- 2 teaspoon curry power (more depending on how much curry you like)
- 1 x can coconut cream

Fry chicken in a small amount of oil until nearly cooked, add the onion, garlic, turmeric and curry powder.

Add in vegetables and coconut cream and simmer till all vegetables are cooked.

Serve with rice.

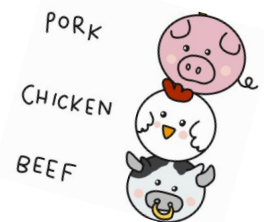


## MEAL & SNACK IDEAS

*Amy is currently reviewing her menu planning and would love some ideas from home to include foods and dishes your child/ren enjoy.*

*She already has a substantial repertoire of beef mince and sausage recipes.*

Thank you



## Nutrition Snippet

### HOW TO PACK A HEALTHY LUNCH BOX



**A good lunch gives children energy and nutrients to learn, play and grow.**

**But what does a healthy lunch box look like?**

**Find out in our short video at:**

[healthylunchbox.com.au/blog/how-to-pack-a-healthy-lunch-box-video/](https://healthylunchbox.com.au/blog/how-to-pack-a-healthy-lunch-box-video/)

[healthylunchbox.com.au](https://healthylunchbox.com.au)



**Cancer Council**  
Healthy Lunch Box

## Nutrition Snippet

### APPLE AND CINNAMON SLICE

**Serves: 16 Prep time: 15 mins Cooking time: 25 mins**



#### Ingredients

½ cup apple purée  
⅓ cup caster sugar  
2 eggs  
½ cup reduced-fat natural Greek yoghurt  
1 tsp ground cinnamon  
1 cup wholemeal self-raising flour  
200g tinned apple slices

#### Method

**Step 1:** Preheat the oven to 180°C. Grease and line a 20cm x 20cm square baking tin.

**Step 2:** Add the apple purée and sugar to a large bowl and whisk until combined.

**Step 3:** Whisk in the eggs, one at a time until combined.

**Step 4:** Add the yoghurt and cinnamon and whisk to combine. Add the flour and gently fold through until combined.

**Step 5:** Spoon the mixture into the prepared tin. Arrange the apple slices on top. Bake for 20-25 minutes, until a skewer inserted in the center comes out clean.

**Step 6:** Stand in tin for 10 minutes before turning out onto a wire rack to cool. Slice and serve.

**For this recipe and more visit:**  
[healthylunchbox.com.au](https://healthylunchbox.com.au)



**Cancer Council**  
Healthy Lunch Box

## Nutrition Snippet

### 5 TIPS TO TAKE THE PRESSURE OFF PACKING LUNCH BOXES



- 1) Base it on the 5 food groups
- 2) Add colour with fruit and vegetables
- 3) Let your child to help choose some foods
- 4) Save time by packing leftovers
- 5) Save money by stocking up on specials

Read more at: [healthylunchbox.com.au/blog/5-tips-to-take-the-pressure-off-packing-a-lunch-box](https://healthylunchbox.com.au/blog/5-tips-to-take-the-pressure-off-packing-a-lunch-box)

[healthylunchbox.com.au](https://healthylunchbox.com.au)



**Cancer Council**  
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## Nutrition Snippet

### SNACK SOLUTIONS

**Do you always hear 'I'm hungry - I need a snack!' but are stuck for healthy snack ideas?**



**We've got you covered - download your FREE copy of our healthy snack guide at:**  
[healthylunchbox.com.au/blog/back-to-school-snack-solutions/](https://healthylunchbox.com.au/blog/back-to-school-snack-solutions/)

[healthylunchbox.com.au](https://healthylunchbox.com.au)



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# Sunsmart Snippet

## 6 tips for staying SunSmart this summer:

1. Learn to understand the UV index;
2. Slip on sun protective clothing;
3. Slop on SPF 30 (or higher) broad-spectrum, water-resistant sunscreen
4. Slap on a SunSmart hat
5. Seek shade
6. Slide on wrap-around sunglasses



[sunsmartnsw.com.au](https://sunsmartnsw.com.au)



**Cancer Council**  
Healthy Lunch Box

## NURSERY NEWS- Wilay Room:

Firstly we'd like to start off by saying Gawaymbanha (ga-way-m-ba-nha) (Welcome) to the Wilay Room for 2024.

This year in the room we have Emily, Liv, Ralene, Jay and Serena.



We are currently working with the children and their families to build strong relationships and a sense of belonging for both our new children, as well as those returning.

We have been utilising the outdoor spaces whilst the temperature is lower, particularly the side deck where we have a kitchen area setup. Climbing, digging and waterplay have been popular with the children, as well as searching for dogs, bikes, and people along the back path.



We have begun our new curriculum wall, where you will find notes and ongoing reflections based on the children's interests and learning. We'd love your feedback and input added



Over the coming weeks we will be exploring more arts and crafts, various textures as well as speed and force with cars, balls, pipes and ramps.



Emily, Liv, Ray, Jay,  
Serena & Sarah

[Nurserytoddler@yarrunga.com.au](mailto:Nurserytoddler@yarrunga.com.au)

## JUNIOR PRESCHOOL NEWS - Gugubarra Room

Hi! What a fun few weeks we have had settling in to the new year here in the Gugubarra Room!

We are getting to know each other and together learning new routines and rituals, experimenting with these, and establishing which ones work best to support the needs of our class members.



A current focus of educators is 'taking it slow' and 'being in the moment'. This further extends on *dadirri*, a First Nations concept we introduced last year, meaning deep listening and stillness.

This links in perfectly with promoting and instilling 21<sup>st</sup> century life-skills required for active civic engagement and participation. These traits including kindness, compassion, empathy, respect, resilience, curiosity, and persistence.

Wishing you a wonderful month,

Team Gugubarra

Alana, Chrissy, Maree, Jodie & Sarah

[Junior.Preschool@yarrunga.com.au](mailto:Junior.Preschool@yarrunga.com.au)

## PRESCHOOL ROOM—Dinawan

Welcome back to Yarrunga for 2024. We have been settling in quite well, despite the sad news at the start of the year with our yabby, Donkey, passing away.

The children have been busy in our "Mess Hall" doing drawing and craft, making our own batch of playdough, and eating all of our delicious meals in there.

We have created a pulley system above the sandpit, and a cubby house in there too.

Friends have been playing hopscotch, throwing balls, and using our punching bag for fundamental movement skills.

Peers have been practicing self help skills, by washing their dishes at meal times, and packing away our toys when we are finished with them.



Background information sheets should have gone out by now, if you haven't received one, please come and see the room educators for one.

We are excited to have a fun and wonderful year!!

Cheers, Dinawan Team,

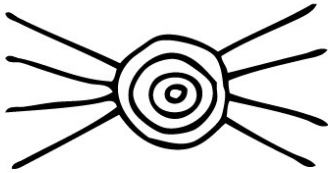
Nicole, Natt, Emma, Robyn, Lisa

[preschool@yarrunga.com.au](mailto:preschool@yarrunga.com.au)

# Educational Leader Update:

Welcome to 2024.

It's lovely to see how well our Yarrunga community has started the year. Familiar children and families have settled well into their new learning environments which has paved the way for our newer children and families to form attachments and develop relationships with each other and their educators.



MEETING PLACE

Room teams will be forwarding information about parent/educator catch ups this month with their Weekly Highlights.



## YOUR FEEDBACK IS IMPRTANT!

In 2024 we aim to *deformalize* our documentation by introducing group planning walls which we invite you to add to. Our focus for individual children's documentation will continue to be Individual Learning Journals as families have requested.

Please let us know how you feel about the current formatting of your child/ren's Individual Learning Journal:

- The presentation of play and learning "Organic"
- The content
- What you like most
- Suggestions for improvements

Your input will help us to ensure we are catering to the needs of our Yarrunga community through quality practice.

## 2024—THE STILLNESS APPROACH

This year my role as Educational Leader will see me working in all rooms as I cover educator planning time. I'm really looking forward to spending more time with children and families whilst continuing to support our teaching teams.

An initiative that Yarrunga's educators are keen to explore further this year is *Child Centred Play Therapy (CCPT)*. It combines Aboriginal perspectives with Child-Centred Play Therapy studies, and supplements our 2024 Quality Improvement Goals of embracing everyday *Rituals* and supporting children to learn and grow in todays society by developing a skillset known as *21st Century Skills* in consultation with children and families.

The skills we refer to here are Resilience, Perseverance, Compassions, Respect, Empathy, Curiosity and Mindfulness.

Krystine