



March/April Newsletter

DATES FOR THE DIARY

Easter Public holiday 29th March to 1st of April
ANZAC public holiday
Committee meeting 27th March 7pm
Next Committee meeting 15th May 7pm
Safe sleep training Red nose Tuesday 7th May 6.30pm
Mother's day luncheon Wednesday 8th May 11am



UPDATE: Yarrunga will be moving to online application and payment methods over the next 6-8 weeks. We are currently training to use the App and change over our documentation which will include parent access to online forms and daily documentation such as sleep, nappy change and meals. Further information will be provided as we complete the package.

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



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:

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:

Emma is on Parental leave soon to be expecting the arrival of her new baby Sarah and Maree will be picking shifts in her absence

We welcome Kaitlin back on Monday's

Please see our new casual display to see who is in for the week, in addition to our existing sign next to the ipads at sign in.

Mother's day biggest morning tea

This year we will be hosting a Cancer council Australia's Biggest Morning Tea incorporating our annual Mother's day event.

We have families in our Yarrunga community closely affected by cancer and wish to do all we can show our support. Please help us donate for our event.

Wednesday 8th May at 11am for a high tea style luncheon

All families are welcome please **RSVP** by Thursday 2nd May for catering



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/

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



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

healthylunchbox.com.au



Cancer Council
Healthy Lunch Box

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/

healthylunchbox.com.au



Cancer Council
Healthy Lunch Box

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



Cancer Council
Healthy Lunch Box

NURSERY NEWS- Wilay Room:



Welcome to another couple of months of fun and exploration in the Wilay Room.

We had had a strong focus on music, particularly musical instruments and singing, and we have begun practicing our Acknowledgement of Country again during this time. The children have been engaging in small, planned group times where we practice tempo (fast/slow), dynamics (loud/soft), pitch (high/low), and rhythm using musical instruments such as drums, xylophones, bells, clap sticks, maracas and more. Hilary Henshaw's 'Music Train' has been a popular choice, as well as 'Tapping on my sticks' and 'Tuba Naba'. The children also engage in spontaneous music time with their peers, sharing in conversation about their instruments and singing along to their own tunes!



The children have also been building relationships with both educators and peers this month, as well as gaining confidence in their belonging to the environment. Our younger children have been balancing on furniture, taking small steps and steadying themselves before letting go – reflecting early stages of walking; whilst our older group have been practicing their gross motor skills through running, jumping, balancing, and carting. We have welcomed some new faces over the past couple of weeks who are all building strong connections with the educators.

**Emily, Liv, Ray, Jay,
Serena & Sarah**

Nurserytoddler@yarrunga.com.au



NURSERY NEWS- Wilay Room:

We celebrated Harmony Week, tasting a variety of yummy foods from many cultures as well as music, dance and craft. Thank you to the Reyes family for sharing their culture with us, including the yummy Columbian lunch; the Toi family for our Smoking Ceremony; and to Jay for bringing in some traditional Korean outfits for us to try as well as our yummy Sticky Rice for afternoon tea. We love seeing our families share their culture and family traditions.



We hope you all had a wonderful break over Easter. The children enjoyed easter craft such as painting, drawing and collage, as they decorated hats for the easter hat parade and their easter baskets.



We are continuing to explore our outdoor spaces while the weather is still warm enough to do so, with our backyard providing wonderful afternoon sun for us to enjoy. We have also ventured out along the bike path, and everyone loved spotting and playing with the Autumn leaves. If you would like to join us for any outings, you are more than welcome (even if your child doesn't attend on the day).



**Emily, Liv, Ray, Jay,
Serena & Sarah**

Nurserytoddler@yarrunga.com.au

JUNIOR PRESCHOOL NEWS - Gugubarra Room



Class members are learning about Yindyamarra and how we can demonstrate respect for ourselves and for others. They are showing an incredible depth of knowledge as we share examples of what is kind and

Children continue to explore social relationships with each other and it is delightful to see friendships emerging and strengthening between peers. It can be a tricky age to learn about concepts such as sharing and turn-taking, but through open-ended play, opportunities to practice these skills emerge frequently.



We have loved having several family members come in over the past month and share special stories from their home library collection. Children delight in having 'fresh' faces present these story-time sessions and the pride in the faces of children who have family members come in, is beautiful.



Families wishing to have parent – educator meetings to discuss their child's goals for the first half of the year are encouraged to speak to JPS educators to make a suitable time.

Group members are delighting in STEAM exploration as we integrate sensory play. Volcanoes and dinosaurs; water play with marine life; and sand play including cooking and food service props have been popular.



Alana, Chrissy, Maree, Jodie & Sarah

Junior.Preschool@yarrunga.com.au

JUNIOR PRESCHOOL NEWS - Gugubarra Room

What an exciting Easter period it has been for so many of our friends! We have loved hearing stories of adventurous getaways; tricky egg hunts; fun surprises; and indulgent treats. The children have delighted in sharing their news with the friends and educators. Thanks to our families who attended our Easter Hat Parades in the week leading up to Easter, it was lovely to see you and share this fun occasion, especially since so many of our budding milliners were so keen to model their wearable art project!



Over the past few months, it has been wonderful to see our class members further their social skills through open-ended play scenarios.

Construction activities; sandpit play; and dramatic play spaces encourage participants to explore communication skills; problem solving; sharing; and turn-taking. The maturity that the Junior Preschoolers are showing in these scenarios is so impressive and we have been discussing this daily during our morning Group Times, where we share



Alana, Chrissy, Maree, Jodie & Sarah
JuniorPreschool@yarrunga.com.au

PRESCHOOL ROOM—Dinawan

We have already had lots of involvement with our wider community. This has been through weekly visits from Tash and James Fallon high school girls to complete activities and bond with the children. We had a circus performance



'It's A mad world', participating in clean up Australia day and a Dog safety visit.



The creative arts have been such a hit every day. We have various painting experiences outside each day for the children to explore and the craft area in our

PRESCHOOL ROOM—Dinawan

This month has been massive for us! Celebrating harmony week and Easter straight after. We decorated egg shaped board with paint that we have hung up in the room to remember our Easter time, we saw Ollie's mum cooking Columbian food for Harmony Week, Nullah had his mum do a smoking ceremony for us, and we tried different dishes throughout that week.

We got to eat hot cross buns and decorate biscuits after our Easter hat parades which were so tasty! We loved walking around the tree showing off our hats to our families. We even had a surprise visit each day by the EASTER BUNNY! Please see our Individual learning journals for more photos on the Easter festivities.



This month we have focused on practicing our scissor skills by cutting up book club magazines and sticking them in our learning journals. The children have also been doing lots of drawings in their journals, really taking ownership over them, which has been great to see.



The children got involved in some exercise for a good cause with Natt, who was doing 57 squats per day to raise money for breast cancer research. The friends did squats in lots of 10's and were very supportive during the entire month. We did more physical activity by riding scooters around our yard as well. We followed directions on the ground to know which way we were meant to ride and where to park up our scooters when we were finished.



Nicole, Natt, Emma , Robyn, Lisa
preschool@yarrunga.com.au

Educational Leader Update:

Thank you for returning Background Information Sheets. At our March Staff Meeting we reviewed responses to your images of early childhood along with family values. It was pleasing to see the commonalities in all responses which also align with our shared goals. Educators are currently in the process of using this valuable information to set goals for children's wellbeing and development. If you would like to catch up with your child's primary educator to discuss their progress, please don't hesitate to call or email and a mutual time can be arranged.

preschool@yarrunga.com.au

juniorschool@yarrunga.com.au

nurserytoddler@yarrunga.com.au

EYLF LEARNING OUTCOMES

Please try and take the time to look at our new curriculum planning walls. We hope you can see the relationships and development that occurs throughout the day. This visual display is also a way to familiarize yourselves with the content of the new Early Years Learning Framework which educators must refer to in their documentation and interactions with children.

ACKNOWLEDGEMENT OF COUNTRY

You may have noticed the display in our foyer. Please add your thoughts to the diagram because we want our Daily Acknowledgement to reflect the feelings and wording of our Yarrunga community.

QIP

Updates to Yarrunga's Quality Improvement Plan 2024 will reflect Professional Development Outcomes, the Vision of the new Early Years Learning Framework (EYLF V2.0) and our commitment to Reconciliation.

2024—THE STILLNESS APPROACH

Six educators and two parents are participating in this professional development which focuses on Child Centered Play Therapy (CCPT). Each week we spend time working with a focus child then we bring our combined learning back to the group. We are only halfway through the PD and can already recognise CCPT as a valuable resource to be shared with our Yarrunga community. Our discussions have also led to an interest in further PD focusing on the environments we provide for children. I will provide more information when the training has been completed.

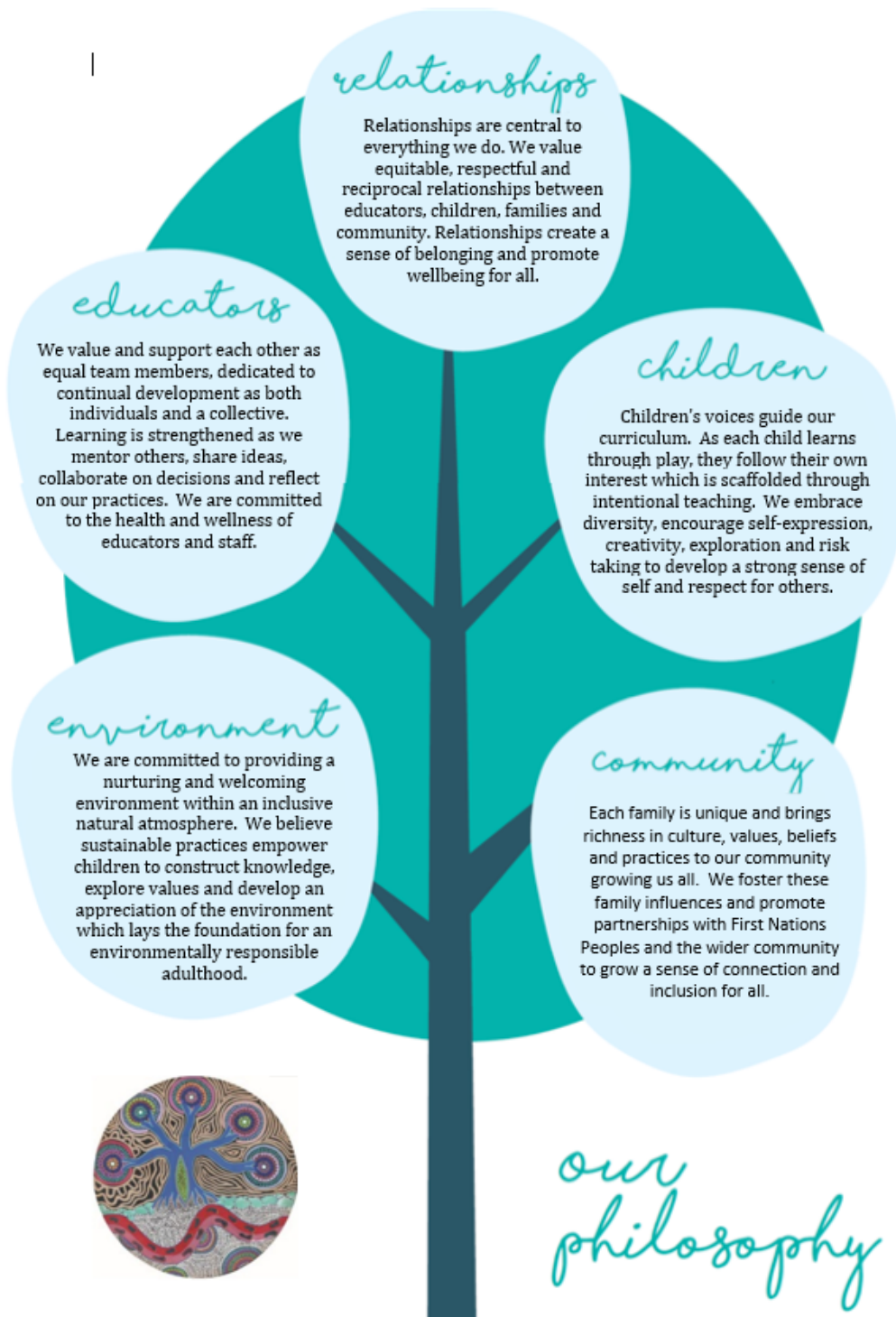
PHILOSOPHY REVIEW 2024

In consultation with children, families and community we aim to capture:

The Vision of the new Early Years Learning Framework (EYLF V2.0) which places an emphasis on "Children as confident and creative individuals who are active and informed members of the community"

Our commitment to creating everyday Rituals and Routines that capture life's beauty, embrace the moment and respond to each child's daily rhythms; and

Supporting children to learn and grow in today's society by developing a skillset known as 21st Century Skills. The skills we refer to here are Resilience, Perseverance, Compassions, Respect, Empathy, Curiosity and Mindfulness.



Educational Leader Update (April):

PHILOSOPHY REVIEW 2024

Our team is continuing to reflect on Yarrunga's Philosophy during April. We are thinking about how the Early Years Learning Framework (EYLF V2.0) Learning Outcomes, Principles and Practices are reflected in our Philosophy and embedded in educators' Professional Practice and Centre Policies. To gain a better understanding of how our children, families and community sees this we are asking for feedback via Family Surveys.

Please take some time to complete your Survey as your input is always valued and used to improve our professional practices.

Completed Survey responses can be returned via a feedback box which will be available in the office until Friday 19th April.

I will also display an enlarged copy of Yarrunga's Philosophy which may be added to.

Thank you,

Krystine

