



Newsletter

Important dates:

- Committee Meeting Wednesday 19th May 7pm
- Easter hat parade Friday 11th-Thursdau 17th daily 10.30am

Public holidays Good Friday 18th, Easter Monday 21st and ANZAC Friday 25th April

Holistic audit Wednesday 9th April 9.45am

Staff News...

Welcome back to Emma in the Nursery Monday Tuesday and Friday



We sadly farewell Emily as she is taking on a position at Albury preschool. Emily's last day will be the 24th April. We wish her all the best in her new venture.



We will welcome Mahaya for fulltime position in the preschool room from the 28th April. Please introduce yourself and make her feel welcome.

Easter Raffle 2025

It's time for our annual Easter raffle fundraiser

Tickets are \$1 each

Ticket book contains 20 tickets

Please write on both tabs with your contact number

Please donate an Easter gift to the basket in the foyer.



Easter Raffle will be drawn on Wednesday the 16th April

Please have all tickets, monies and donations returned by Monday the 14th April.

Easter hat parade

Daily Hat parade at 10.30am all families welcome

Bottom yard

Friday 11th April to Thursday 17th April 2025

Yarrunga will be closed for the following Public Holidays: Good Friday 18th and Easter Monday 21st and Friday the 25th ANZAC



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 \$15 each.

Kids T shirts \$15 Adult T shirt and windcheaters \$18 are now also available for order.

Please see Deb or Leah for more information.

Recipe Book



Connecting through the recipes we share

Please see our recipe book in the foyer we love sharing our recipes with you and would love to see yours. This would also help our Master chef Amy create some of your family favourites from home. Feel free to email recipes through too and we can print them for the book.

What's hot in Aunty Amy's Kitchen

Lemon, Fennel and Pea Risotto

Ingredients

- 1 litre (4 cups) chicken stock
- 1 cup (250ml) water
- 90 grams (3oz) butter
- 1 medium onion (150g), chopped finely
- 1 baby fennel bulb (130g), chopped finely, fronds reserved
- 1/2 cup (125ml) dry white wine
- 1 1/2 cups (300g) arborio rice
- 1/2 cup (60ml) frozen peas
- 1 tablespoon finely grated lemon rind
- 1 clove garlic, crushed



Method

1. Bring stock and the water to the boil in a medium saucepan. Reduce heat to low; simmer, covered.
2. Meanwhile, heat 60g (2oz) of the butter in a large saucepan over medium heat; cook onion and fennel, stirring, for 5 minutes or until tender. Add wine; simmer for 3 minutes or until reduced by half. Add rice; stir to coat in mixture.
3. Add 1 cup of the hot stock; cook, stirring gently, over medium heat until liquid is absorbed. Continue adding stock in 1-cup batches, stirring, until stock is absorbed after each addition. Total cooking time should be 25 minutes or until rice is tender. Stir in peas and rind; season to taste.
5. Serve risotto topped with reserved fennel fronds. Accompany with lemon wedges

Safe Sleeping

How to sleep your baby safely to reduce the risk of sudden infant death.

For all babies 0-12 months.

For all babies 0-12 months, Red Nose recommends six key steps to reduce the risk of sudden infant death.

- 1 Always place baby on their back to sleep.**
Placing baby on their back to sleep helps **keep their airway clear and ensures their protective reflexes work**. Back sleeping reduces the risk of suffocation, overheating and choking.
- 2 Keep baby's face and head uncovered.**
Babies control their temperature through their face and head, so **keeping baby's face and head uncovered during sleep helps reduce the risk of overheating**. It also helps keep their airways clear which reduces the risk of suffocation.

- 3 Keep baby smoke free before and after birth.**
Smoking during pregnancy and around baby once they are born increases the risk of sudden infant death – this includes second-hand smoke.
If you or your partner smoke, don't smoke around baby and never smoke where baby sleeps.
For free help to quit smoking call **Quitline on 13 78 48**.

✗ No soft surfaces or bulky items

Don't use any soft items in the cot. Soft items in the sleep space are dangerous and increase the risk of suffocation and overheating.

- ✗ Doonas or loose blankets
- ✗ Pillows
- ✗ Cot bumpers
- ✗ Lambs wool
- ✗ Soft toys like a teddy

- 4 Safe sleeping environment night and day.**
The safest place for baby to sleep is in their own safe space, with a safe mattress, and safe bedding.
Baby should always be placed on their back to sleep, with their feet at the bottom of the bassinet or cot.

- **Safe cot**
Meets Australian standard AS/NZS 2172:2003.
- **Safe mattress**
Firm, flat, right size for your safe cot, meets voluntary Australian standard (AS/NZS 8811.1:2013).
- **Safe bedding**
Lightweight bedding, firmly tucked in and only pulled up to the chest.
- **Safe sleeping bag**
Well fitted across the neck and chest, with baby's arms out, and no hood.

- 5 Sleep baby in their own safe sleep space in the same room as their parent or caregiver for at least the first 6 months**
The safest place for baby to sleep is in their own safe space, in the same room as their parent or adult caregiver for at least the first 6 months.

- 6 Breastfeed baby.**
Breastfeeding has been shown to reduce the risk of sudden infant death.

✗ Unsafe sleeping spaces

*For risk minimisation information on co-sleeping visit: rednose.org.au/co-sleeping

** For information on bassinet use visit: rednose.org.au/articles/basinetts



You may hear and see more Wiradjuri words in our learning community. You can access the Wiradjuri dictionary app online

Red Nose acknowledges the Traditional Owners of the lands in which we work, live and visit.

Red Nose Sleep Advice Hub
1300 998 698
During AEST/NZST business hours
rednose.org.au
rednose.org.au/helpline

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WILAY ROOM

Yarrunga Early Learning Centre Newsletter

Reminders

- Please label clothing
- Jacket for the cold day
- Please return background information.
- Own sunscreen if your child has sensitive skin.
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Last month, our children had a wonderful month to explore and experience with different activities. They tried the new food and cultures from international educators during Harmony week and color run.

This month is the beautiful time of Autumn with cool weather and great for the children to be outside and play. Our children are interested in books, balls playing, cars and a lot of discussion about animals and we plan for the Easter project.

We welcome Emma to come back to our room this month.





GUGUBARRA

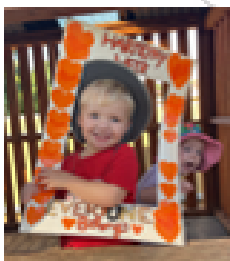
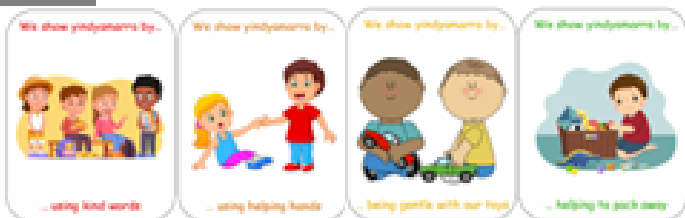
Yarrunga Early Learning Centre Newsletter

Reminders

• Please label clothing (including hats and underwear), where possible. We have had several items of clothing get mixed up and go home in the wrong bags lately. The chances of clothing and other belongings being sent back to their rightful homes is greatly enhanced when we know who to return things to!

This month we have...

... been performing our daily Acknowledgment of Country on our own, as opposed to reciting it together as a whole Centre. This has given us a chance to sit with the class and break it down into more accessible language and explain what it means. It has also provided the perfect opportunity to revisit our Room Limits and reflect on how Yarrunga's Acknowledgment is reflected in these expectations.

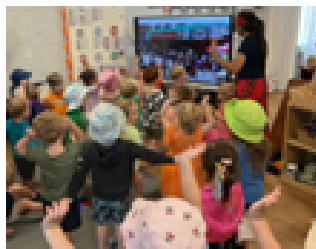


Harmony Week 2025 was a huge success, with children being able to taste a variety of foods from around the globe and explore different stories, music, and practices from other cultures.

We had a lot of fun watching (and attempting) Celtic dance moves, after joining with the Preschoolers and watching some footage of Riverdance on the SmartBoard. We learnt that it is MUCH trickier than it looks!

We loved seeing Maree, Hannah, and Jay wearing some of their stunning traditional costumes as well during the week. Maree even showed us videos of traditional Filipino dancing.

We shared stories from Alana's personal library, discussing multiculturalism both within Australia and in a global context, as well as gently introducing an awareness of refugees. We will continue to read these books in the coming weeks.



Last week we had Liv, a work experience student from Wodonga Catholic College and for the next couple of months, we will be joined by Prakash on Mondays, Tuesdays, and Wednesdays. In only two days, he's learning the daily routine and developing relationships with the JPS learners. Please feel free to introduce yourself to him when you're picking up or dropping off your child.

Wishing you a great month ahead (and happy Easter!),
Alana, Chrissy, Zoe and Rae



DINAWAN ROOM

Yarrunga Early Learning Centre Newsletter

This month we have...



Hello from the Dinawan room!!!

This month we have been talking about body awareness and our safety networks. This has begun discussions with the children about five people who they feel safe with and who they can seek help from in their environments. We will continue to explore this subject through our small groups and reading resources.



The children have been problem solving and working together to complete large puzzles after lunch. The puzzles consist of 64 pieces and some are tricky. They have been challenged by the process and proceeded to work it out all by themselves.



We have also been discussing brain breaks and how sometimes when it gets noisy in our room and loud our brains can get quite fuzzy, and we get distracted or have trouble listening. We have discussed with the children and are placing strategies and relaxation ideas into place from their ideas and concepts for relaxing and resetting our bodies.

We all enjoyed the activities from Harmony week and learning about the culture of educators, families and our community.

If any families have small sized boxes, yoghurt lids,

bottle tops, egg cartons we would love them in our

preschool room box craft there has been some wonderful creations being made.



Nicole, Liv, Sarah, Emily, Elle and Amy





EDUCATIONAL LEADER

Educational Leader Update:

This month we are focusing on NQA. 3 Physical environment

Alina Dan from the Holistic management team will be conducting an audit through out our service for all areas of the Nation Quality Standards. This assists us to continue our journey of high quality care and practices. We will focus on areas in our Quality improvement plan with further professional development and renew our practices always ensuring we are fulfilling best practices.



Alina is one of the most sought after motivational speakers in the country and has worked with over 100,000 educators across Australia. Her enthusiasm is contagious and many educators are left with hunger for more.

Alina's insightfulness impacts on all her audiences and she has become a reference for many early childhood practitioners. Alina's assiduous knowledge of the education, planning and business regulations provide powerful and complex expertise into all her projects. Alina has the most detailed approach to management, leadership, culture development and business mapping in the early childhood sector.

Alina Dan will be visiting our centre Wednesday 9th April. Please feel free to introduce yourself.

Thankyou,

Krystine

Children's voices

We are reviewing the Model code for children's images. We are looking at the permission of children's images giving the child the right to choose. This means moving forward there will be less photos /images in our newsletter. Photos will remain on the Xplor home app and in the weekly highlights and around our learning areas. Educators will be discussing this with children in the coming weeks. We would like families to take the time to hold some discussion at home about why children's images are important and how they should be shared. Who benefits from these images?

Staff are completing training in this area this month.

A display will be available in the foyer. If you would like further information please see Deb or room educators.



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?

Access via <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



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.

Policies/Procedure/Reflection being reviewed this month:

Sun smart policy

Policies and Procedures from Quality areas 1 Education program and practices and 5 Relationships with children

Yarrunga Policies:

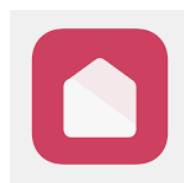
Just a reminder to families – our policies can be accessed on our website www.yarrunga.com.au and the password is 2640

WEEKLY MENU

Our weekly menu ids displayed in the foyer

Home App

Please check your home app for your billing account and statement as these will no longer be sent via email.



Reminder to please bring a broad brim sun safe hat for your child as the days are becoming sunny. All children require sun protection when the UV reaches 3.

It's important to keep your family details up to date so you get the right amount of CCS and FTB. This will help you avoid being overpaid and need to pay money back later.

You can update your details online using your Centrelink online account through myGov or your Centrelink Express Plus mobile app.

This includes:

- your family's activity test hours
- the type of activity you or your partner do
- your family income estimate.

Learn more about reporting a change in your circumstances for [FTB](#) and [CCS](#).

Raising Children Network have wonderful free and up to date advice and support for families on all topics family, children and babies.



raisingchildren.net.au



Munch & Move

Munch & Move is a NSW Health program that supports the healthy development of children from birth to 5 years in early childhood education and care settings.

Making healthy changes at home

The guides below provide tips and advice for you and your family on healthy food and drinks for kids, how to drink more water, fun ways to stay active, and easy ideas for packing a healthy lunchbox.

Healthy food
grows strong kids



Packing a
healthy lunchbox





Water – the best
drink for healthy kids



Active kids
are healthy kids



For more ideas go to
healthyliving.nsw.gov.au


 Healthy Eating Active Living NSW
 @healthyeatingactivelivingnsw



Child Accident Prevention Foundation of Australia

Please access the kid safe website for information at home <https://kidsafe.com.au/>

Parent Line NSW



Call 1300 1300 52

Parent Line is a free telephone counselling and support service for parents and carers with children, aged 0 to 18 years, who live in New South Wales.