



APRIL NEWSLETTER 2018

DATES FOR THE DIARY

APRIL 2018

Management Committee
Meeting - Wednesday 18th
April

Closed ANZAC DAY
Wednesday 25TH April

STAFF NEWS

Lynette will be commencing
Maternity Leave on the 26th April.

We know you would like the
opportunity to wish her well, so please
catch her before she leaves.

Lesley is taking Long Service Leave
for the month of May
to visit her family in the UK



**Congratulations to our Yarrunga Families that
have welcomed a new addition to their family:**

- Olivia, Nash, Alby, Hattie welcome a baby girl and sister - Florence
- Emma, Michael, Harley, Caitlin welcome a baby boy and brother - Leroy
- Rebecca, Joel, Finn welcome a baby boy and brother - Ned

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



Please Tell Us!

HAVE YOU MOVED HOUSE, CHANGED JOBS, YOUR PHONE NUMBERS OR YOUR EMAIL?



- A reminder to families to please update your child's enrolment details if you have moved house or changed jobs in the last 12 months.
- It is important for educators to have up to date contact phone numbers for all children in case of emergencies.
- Please see Claire to check your details or send us an email.

Staff Training Corner: -

ECA Learning Hub Webinars:-

Stem in Early Childhood - Nicole, Chrissy, Terri, Tenille & Lynette

Environments for Learning: indoor learning space - Lesley

Play based learning: using the Pedagogical Play-Framework - Debbie

Making Quality Visible: Deb

Outdoor Learning: Carly

Doing, Being & Becoming - Leadership in Early Childhood: Nicole, Julie

Healthy Menu Planning: Sue

Mental Health First Aid: Kelly

POLICIES BEING REVIEWED

The policies to be reviewed at our ratified at the March Management Meeting are: -
Financial Management, Community & Privacy Policy. Please have a read and comment.

What do our families think???





Last week, Sue our Catering Officer, attended a 'Healthy Eating Workshop' and was pleased with what we offer the children at Yarrunga. The one area she questioned was 'should we be purchasing reduced fat dairy foods for children over 2 years of age?' One of our parents asked if we used reduced fat dairy products is the sugar content increased. Lots of food for thought. Please let the office know your thoughts during the next couple of weeks, prior to us making a decision either way.

Nutrition Checklist for Menu Planning - Dairy Foods

Dairy Foods

■ The menu includes a total of **1** serve of dairy foods daily

Serving milk at morning and afternoon tea may be an easy and reliable way to meet this requirement.



milk yoghurt cheese custard

**Cream, sour cream and butter are not substitutes for milk, yoghurt and cheese*

***Choose reduced fat dairy food for children aged 2 years and over*

Remember:

- Children 2 years and under - full cream milk
- Children 2 years of age and over - reduced fat milk and other dairy foods.

Helpful Tips and ideas:

- Add cheese to crackers and vegie sticks for snack times.
- Add cheese to salads (cheddar, feta, edam, ricotta etc).
- If soy-based products are provided, make sure they are fortified (have added) calcium.
- If milk is to be the only dairy food offered on any one day, 10 litres will need to be ordered in a service catering for 40 children so that each child can be offered the recommended amount of dairy (one serve or 250mL).
- This amount of milk can be reduced if other dairy foods such as yoghurt, cheese or custard are given in sufficient amounts.
- Milk can be fresh, long life (UHT), powdered or evaporated.
- Sweetened condensed milk is not suitable.

NURSERY/TODDLER NEWS

Hoping everyone had a great Easter break and found some time to relax. Last week we were invited to the Preschool Easter Hat Parade on the deck in the top yard. Nicole took our younger children up in the cot, with rabbit ears and nose, it was so cute.

We have had a few great community involvements last month, which includes Julie taking some children to Borella House. This was a great visit as we had morning tea with the elderly as well as playing ball games such as skillets as well as rolled around on the large exercise ball. We sang songs for the elderly residents as well as visiting their vegetable garden, smelling the different herbs and plants.

Last month on the 13th March, we were involved in 'Clean Up Australia Day'. Nicole took children out along the walk/bike path behind the centre and picked up rubbish along the way. A big thank you to the parents who came to help and for those that brought their children along even though their child did not attend Yarrunga on that day. Thank you. We have also been enjoying visits to the Preschool room for the weekly visits with Ruth Davys, who teaches us Wiradjuri Culture songs and music.

We have welcomed Harper to the Nursery Toddler room and we look forward to getting to know her and watching her grow. A couple of children have begun transition visits to the Junior Preschool Room and we will miss them.

Our Munch & Move objectives are catching balls and running which the children have embraced. We have some budding athletes and cricket players in our midst as the children are gathering their skills for catching and throwing.

With sustainability, we have been involved in painting with a salad spinner and cooking utensils, which the children enjoyed earlier in March. As well as cutting up salads for our lunch and we have been helping to weed the garden.

In our room we are giving children choices such as whether to sleep on a mattress or in a cot, which colour bib to wear as well as self-help skills such as wiping our own face and hands after meals, washing our own hands with soap and water and placing the paper towel in the recycle bin.

Can You Help:- we need your old shopping bags to place soiled nappies in. Please bring them in when you have any spare.

We are also thinking of making afternoon tea with the children, to extend on our self-help skills (cooking) and asking if you have any easy egg & nut free recipes your child likes, please bring them in.

What is your child's favourite songs? Singing is a favourite and we would like to include the children's favourites in our repertoire.

Nicole, Chrissy and Julie
nurserytoddler@yarrunga.com.au

JUNIOR PRESCHOOL NEWS

This month we have continued to encourage the children to use their self-help skills and to build up their independence, which is one of our teaching goals for the children this year. Educators support the development of the children's independence by recognising their capacity to make choices and providing opportunities for the children to do things for themselves. The children serve themselves morning tea and fruit after lunch using the tongs. They apply their own sunscreen using the mirror outside and have recently been working on turning the taps on and off by themselves when washing their hands. We celebrate each of their successes acknowledging that all children will develop these skills at their own pace.

To further develop the Junior Pre-schoolers fine motor skills, and competence using a variety of tools, we have introduced scissors this month. The children are provided with opportunities to become familiar with the scissors through a range of experiences including using the scissors with playdough and cutting from magazines.

We have been involved in a number of community connections this month, including Clean up Australia Day, a visit to Borella House, Wiradjuri Language and Culture sessions with Ruth and the incursion 'Valanga's Africa', where we learnt about African culture through stories and music. We will have a student from LaTrobe University who will be spending 2 weeks in the Junior Preschool Room from 16th April.

Terri, Emma, Kelly and Lisa
juniopreschool@yarrunga.com.au

Munch and Move

In March, we practiced our catching skills with different sized balls. We were able to purchase new big soft balls, which the children have really enjoyed using for various games. We also used old tennis balls for more of a challenge. We had to remember to keep our arms stretched out in front and keep our eyes on the ball.

This month we will be focussing on side sliding. This will help with their coordination skills and balancing.



Emma ☺

PRESCHOOL ROOM NEWS

Small Group Intentional Teaching is now embedded into our daily routine. To begin with our three educator groups consisted of mixed ages as we anticipated older children would model and lead (scaffold) for their younger peers, which is exactly what happened! We now break into primary care groups and plan experienced based on extending learning.

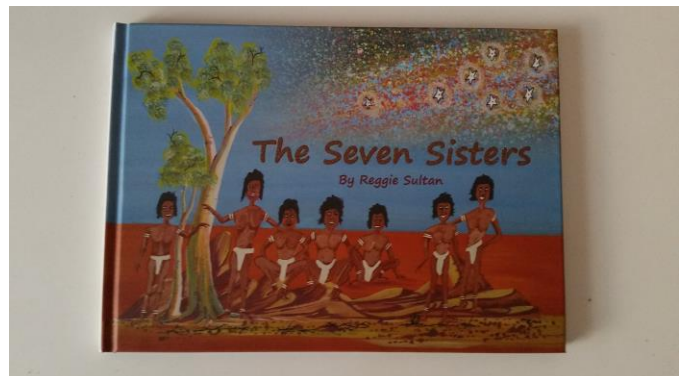
This month much of our learning has occurred as a result of experimentation with loose parts, open-ended resources and natural materials. Educators have planned extensions by supporting children to become very involved in the documentation process such as hypothesising what might happen and then working collaboratively to test their theories. Next step is deciding how we will present our findings for example in our Floor Book, Wall Display or Mind Maps. Providing children with time to explore and revisit their learning is vital in the learning process.

Other highlights during March include recommencing our visits with the residents at Borella House, enjoying a hands-on African Musical experience, participating in Clean Up Australia day and weekly Wiradjuri language and culture sessions with Ruth Davys. You may have noticed your child counting, singing and using Wiradjuri language to label Australian animals.

We are also venturing out for nature play at Eastern Hill beginning next Friday 13th April. Permission notes with more detail will be distributed later in the week.

As you have probably noticed by now our lovely Netty is going to have a beautiful baby in the very near future. Sadly her last day at Yarrunga will be Thursday 26th April. We have been talking with children about her departure and reassuring them that she will be coming back! Tenille has been working with us as she will join our preschool team when Netty leaves.

Please check for lost property on the locker next to the Smart Board.



Lynette, Krystine, Deb, Tenille &
Sandy
Preschool@yarrunga.com.au

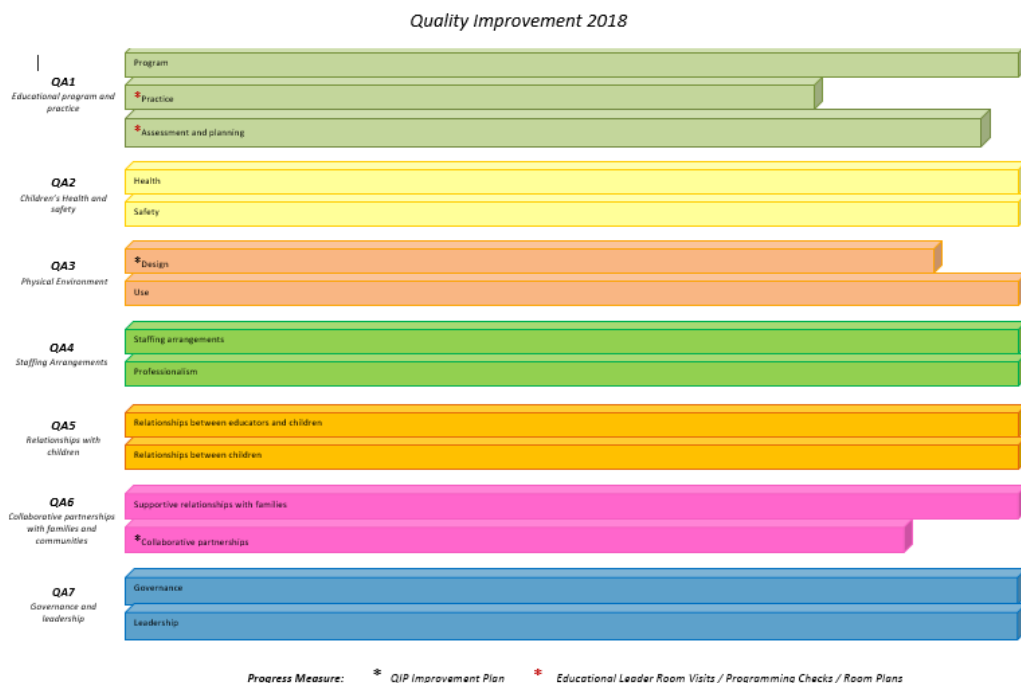
EDUCATIONAL LEADER & NQS REPORT

Thank you to the families who took part in our survey monkey last month. Overall the results were very pleasing with responses to why they chose Yarrunga as their preferred early childhood education and care service demonstrating *word of mouth, locality, environment/atmosphere, educational program and educators, philosophy* (in this order). The majority of families also indicated an understanding of the planning cycle, feedback about their child's learning and development, and support with parenting.

***Please be assured that if you have any concerns or queries our educators are approachable, available and able to support you.**

QIP Update:

We have developed a simple colour coded graph to demonstrate the current goals in our QIP. At our April staff meeting, we used this graph to celebrate how we are meeting, and likely to exceed most of the descriptors within each element of the National Quality Standard.



Wiradjuri language and culture sessions:

Children from all age groups are benefiting from these sessions as they participate in music, movement, story, and authentic Wiradjuri artefacts with Ruth. Educators are following up with planned language extensions. You may hear some language at home too!

Borella House:

Last Monday children from each curriculum group visited the residents at Borella House and enjoyed some morning tea, conversation, ball games and a visit to their vegetable

patch. I has been pleasing to see how this relationship continues to grow and evolve. Our children look forward to their visit and are comfortable in their interactions with residents; and of course, our elderly neighbours love being around the children's joyful youthfulness!

Krystine

Sustainability

This month we have ventured out into the garden to tidy our herbs and vegetable patches ready for the next cycle of planting. We will be endeavouring to visit our local community garden in the next few weeks to establish our garden also.

In Kitchen Cooking Classes, the children have made fruit crumble, taco cups. The children really enjoyed our fruit crumble.



In our learning classes, the children ventured out into our community on the Albury-Thurgoona bike/walking track to participate in Clean up Australia Day.

Thank you to the families who came on the day to participate. The local council advised it was great to see such young people helping to take care of our local area.



Lynette & Belle.



One-Pot Ten-Minute Beef and Broccoli

Ingredients - 1 lb lean (at least 80%) ground beef, 1 bag (12oz) frozen chopped broccoli, 1 bunch chopped green onions, greens and whites separated, 3 cups cold cooked white rice, 1 cup thick teriyaki marinade and sauce

Method - In non-stick 5-quart dutch oven cook beef with salt to taste over medium heat, stirring frequently until brown. Do not drain, make broccoli as directed on bag. Add whites of green onions to pan with beef, cook 1 minute. Stir in rice and teriyaki sauce, cook and stir about 2 minutes or until rice is heated through. Stir in broccoli, top with green onion tops.

Servings - 5

All families will need to log on and register for the new 'Child Care Subsidy' system.

We would hate to see any of our families having to pay full fees for not being registered by end of June.

Hoping you have found a few minutes to check out the website:

www.education.gov.au/childcare

A poster titled "The New Child Care Package" with the subtitle "MORE SUPPORT FOR MORE FAMILIES". At the top left is the Australian Government logo and "CHILD CARE PACKAGE". Below the title is a photo of a family with three children. The poster lists three factors determining the subsidy: 1. Combined family income (how much your family earns), 2. Activity level of parents (how much you work, train or volunteer), and 3. Type of child care service you access. It also includes the text: "From July 2018, three things will determine how much subsidy the Government will contribute to your child care fees." and "To find out more, and to estimate what your new subsidy might be, visit education.gov.au/childcare".

The New Child Care Package
MORE SUPPORT FOR MORE FAMILIES

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Get active each day

Being active and eating nutritious food helps you to keep fit, healthy and feeling full of energy.

Everyone, not just kids and teens, should be active every day in as many ways as possible.

Not being active can lead to an 'energy imbalance'. That's when the energy we get from the food we eat is more than what our bodies use up. This unused energy can cause excess weight gain and health problems.

Being active also helps you learn and develop important skills such as running, throwing and catching, which are a part of many games and sports.

Trying something new can be a challenge - just remember that it can take time to get good at a new game or sport. Taking part with friends or family and having fun is what counts!



Moderate activities

Walking fast
Bike riding
Skateboarding
Dancing
Playing on park equipment

Vigorous activities

Organised sports (football, netball, soccer)
Running or chasing friends
Swimming laps
Skipping
Nippers

How much activity is needed each day?

Kids aged between 5 and 12 years need at least 60 minutes (1 hour) of moderate and vigorous activity every day. It's even better to be active for a couple of hours but you don't have to do it all at once – doing different activities throughout the day all adds up.

What does moderate and vigorous activity mean?

Moderate activities make your heart beat faster and your breathing become quicker than when you're sitting down. Vigorous activity really makes you huff and puff. Over to the right are some examples of each type of activity.

10 ways physical activity can help you

- ★ Your body grows properly, giving you strong bones, muscles, lungs and heart
- ★ Improves your flexibility, balance and coordination so you can move well
- ★ Improves your running, throwing, jumping, catching and kicking skills, which are part of many sports
- ★ Makes you feel happy and full of energy
- ★ Keeps you staying healthy and maintaining a healthy weight
- ★ Helps you feel relaxed and confident
- ★ Helps you sleep well at night
- ★ Improves your posture
- ★ Keeps your mind alert
- ★ Allows you to have fun with friends and make new ones.