

yarrunga

EARLY LEARNING CENTRE

AUGUST NEWSLETTER 2017

DATES FOR THE DIARY

AUGUST 2017

Management Committee

Meeting - Wednesday 16th

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:

Environments for Learning: Indoor learning space - Michelle;

Supporting Child Self-regulations 3-5 years: Julie;

Supporting Child-led Inquiry - Krystine;

Visual Arts & Creativity in your Curriculum - Holly;

Food Safety Course - Chrissy;

The resilience Project- Julie and Claire;

First Aid- Deb;

Productive Leadership in Childcare- Claire and Lisa.



Congratulations to our Yarrunga Family that have welcomed a new baby boy into their family: -
Samara, Liam & Charlotte - welcome William.

NURSERY NEWS



Hello from the Nursery/ Toddler room.

We have had a busy month, we welcome our new families that have started and a few more to start very soon.

The children have been very busy climbing and using obstacle courses in both yards.

We have been having tea parties and making hats for our Mad Hatter's tea party.

We have had a visit to the community garden, Nicole took 4 children in our wonderful Quad pram. They loved it.

Goals have been set for all the children, any questions or concerns please approach any of the room staff, we are all happy to answer or help out.

Please continue to send changes of clothes labelled for all children we all go outside and may need a change.

Nicole, Deb, Lesley, Serena and Sandy
nurserytoddler@yarrunga.com.au



JUNIOR PRESCHOOL NEWS

This month we are focusing on 'Under the Sea'. This inquiry stemmed from George asking where Emma went on her holidays to what lived under the sea. Our Juniors are loving this space.

We have researched what sharks eat and made many different art activities. Please see our ongoing learning and project displayed on drop off or pick up.

We are loving our pet wall thank you to everyone for adding to this, if you haven't done so we'd love to put your families pet on our wall too.

Another focus in our room at the moment will be learning our numbers and letters through different activities to where your child's learning is at. This is a goal for most children in our room.



Thank you Lynette, Emma and Holly
juniorpreschool@yarrunga.com.au



SPAGHETTI WITH CHICKEN BOLOGNAISE SAUCE

Ingredients:

250g Chicken mince, 1 small zucchini grated, 1 small carrot grated, 2 cups sliced mushrooms, 550g pasta sauce (I used Domino Classic Tomato Sauce), 300g spaghetti & $\frac{1}{4}$ cup grated parmesan.

Method:

Brown chicken mince in a little oil, add vegetables and sauce for a few minutes, stir in pasta sauce and simmer gently for 20 minutes.

Cook spaghetti in boiling salted water.

Combine sauce with cooked spaghetti and sprinkle with parmesan cheese.

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



YOUR FEEDBACK MATTERS

Vitasoy
The Soy Experts

it's naturally better.

**Thanks to Vitasoy for donating
Rice & Soy Milk to Yarrunga**

POLICIES BEING REVIEWED

A number of Staffing policies and procedures are on Display and due to be ratified at the Committee Meeting in August 2017

SUSTAINABILITY

We have had a busy month doing, making and learning different things.

This month for our kitchen program we have learnt to cook Focaccia Bread, Carrot and Coriander dip and Rice Paper rolls.

Our garden experience this month have been weeding and composting in the garden, care for our worms, a community garden walk to our Broad Street patch to Mulch, Water and Plant herbs within the garden.

Our learning experiences have been Tree Sparkle Decorations. These can be seen hanging from the tree on arrival. Further learning can be seen in rooms highlights and children's individual learning journals.



EDUCATIONAL LEADER & NQS REPORT

QA4 - Staffing Arrangements:

In working towards one of the goals in our QIP '*Equity of roles and responsibilities within teams*' we will be trialling Shared Leadership in all rooms for the remainder of the year. This will mean not having room leaders as such, but all staff being responsible for the educational program and practice within each of our rooms.

We believe this will utilise the strengths of all educators, and give all educators ownership of the program. We do this so much already i.e.: contributing to room reflections, floor books and individual learning journals, especially as we have been looking at equity within roles. Having shared leadership will allow all educators to share the planning time to further extend on the interests and learning of the children they observe, and the group as a whole.

Shared Leadership

"A dynamic, interactive influence process among individuals and groups for which the objective is to lead one another to the achievement of group or organisational goals, or both"

In my role as educational leader I will be providing support for all educators and teams during room visits and planning time mentoring.

If you have any questions, please don't hesitate to ask as Room teams are happy to provide further information.

QA3 - Physical Environment:

During August/September we are continuing to focus on the experiences we offer in our outdoor learning environments to best support and enrich children's learning and development. Each curriculum group will be documenting an Action Plan to support the goals that they identified during the review process and we aim to share our progress through displays, newsletter and weekly highlights. Please let us know your thoughts on our outdoor set ups (positive/negative), as well as any suggestions for additional experiences you would like to see for your child/ren.

Community Engagement Program:

- Borella House visits will continue during September, October and December on Mondays as the residents have commitments on the other days of the week.
- Book Week - Library excursions for the Junior Preschool and Preschool groups.

Rooms will advise excursion dates and times as they approach.

Krystine

PRESCHOOL ROOM NEWS

This month we welcome another CSU Bachelor of Education (Early Childhood and Primary) student to Yarrunga for their Professional Experience (3-5 years). Maddie will be in our room for 25 days starting Monday, July 17th through to Friday, 18th August.

"I will be here for five weeks and during my time here at Yarrunga I hope to develop strong connections with the children and activities that help strengthen their understandings as well as personal enjoyment. Over the next few weeks, I hope to implement an inquiry based learning project entitled; *Creative and Constructive Science*. This incorporates National Science Week and builds knowledge and connections with different curriculum and outcomes. Each day, the children will have an opportunity to participate and experiment with different equipment and resources that are informative as much as fun!"

Please be advised of the following upcoming Incursions / Excursions in August:

- **Dental Practice visit** Wednesday 9th August
- **Science Week** Saturday 12th August - Sunday 20th August
- **Bunnings** Thursday, 17th August
- **Children's Book Week** Friday 18th August - Friday 25th August

Please also be advised that we have dates for **Borella House** through until the end of the year:-

Monday - 18th September, 23rd October and 4th December

We already incorporate STEM (Science, Technology, Engineering, and Maths) into our daily curriculum. One of the children's favourite learning experiences is our Marble Roll area. Maddie planned some additional experiences for the children this week incorporating this interest.



Marble Painting – Velocity



Marble Maze – Inquiry-based thinking

Claire has also forwarded some science experiments for us to implement each day during our Small Focus group times that have come through with the Science Week information emailed to the service.

We have now commenced our School Transition groups each day in addition to our small Focus Groups. We will be also be going to both St. Patricks Parish School and Albury Public School in the next few weeks for a classroom visit as part of our School Transition Plan.

You may have noticed an Obstacle Course set up in the bottom yard. We want to emphasise children's learning and development in the outdoor environment, and ensure that we are putting as much thought and planning into the experiences we set up in our outdoor program as we do with our indoor program.



You will have noticed some changes to the attachments in our Weekly Curriculum emailed to you each week. In her role as Educational Leader Krystine has led some changes to our documentation. We now have a table displayed for both our Small Group and School Transition group times on the noticeboards in our room. This will enable any staff member to implement these groups when Krystine, Chrissy and I are on our lunch break or at planning for example.

Terri, Krystine, Chrissy, Molly & Maddie
Preschool@yarrunga.com.au

QUAD MULTI-SEAT STROLLER:

The Yarrunga Management Committee have brought a Multi-Seat Stroller for the Nursery Room to make it easier for the Educators to take the children out on walks etc. They would like to get another stroller, so they have approved that any amount received from the Earn & Learn Program that Woolworths are running during July and August would be used towards the cost of a second stroller.

Please support this by putting your stamps in the bin provided at Woolworth's in the Myer Complex or you can drop your stamps of at the centre. There will be a bin in our foyer.



A Quick Bite ...

BMI - How it works for children

Body Mass Index (BMI) is used to assess an individual's weight. Calculating BMI for children is different compared to adults.

Children's bodies are different; they are continually growing and developing. Hence, the BMI calculator for children takes into consideration age and gender.



BMI charts are only a **guide** and can help indicate when you may need to consider lifestyle changes or to seek more advice from a Doctor or an Accredited Practising Dietitian.

A healthy weight is important for children's bodies to grow and develop. Children who are overweight or obese are more likely to become overweight or obese adults.

For more information visit

www.mlhd.health.nsw.gov.au/services/health-promotion-1

Live Life Well
@ School

NSW
Health
Murrumbidgee
Local Health District



A Quick Bite ...

Struggling to pack a healthy lunchbox?

Lunchboxes should include a range of food from the 5 food groups. You may need to pack food for: crunch & sip, morning tea and lunch.

A water bottle should always be packed.

Some suggestions include:

Crunch and Sip: whole or cut up pieces of fruit or vegetables.

Morning tea: yoghurt, plain popcorn, cheese and crackers, vegetable sticks and dip, fruit, fruit loaf, savoury pikelets.

Lunch: sandwiches (lean meat / tuna + salad), left overs from the night before if possible, rice paper rolls, sushi rolls, boiled egg and salad, tuna / zucchini slice.



Other lunchbox suggestions available here: <http://www.mlhd.health.nsw.gov.au/services/health-promotion-1/children/llw-s/lunch-box-serving-suggestions>

For more information visit

www.mlhd.health.nsw.gov.au/services/health-promotion-1

Live Life Well
@ School

NSW
Health
Murrumbidgee
Local Health District



A Quick Bite ...

Think twice about Paleo or low carb diets

People make decisions to exclude many foods for various reasons. These decisions should be made in consultation with a health professional, so as not to exclude vital food groups and nutrients. Any diet that excludes nutritious food groups such as grain based and dairy foods needs **careful planning** to ensure nutritional needs are met. This should be done in consultation with an Accredited Practising Dietitian.

There is insufficient research to support paleo and low carb diets. These diets often do not provide enough minerals such as calcium and vitamins B2 and B12. The Australian Dietary Guidelines were developed on the review of over **55,000** scientific journal articles. These guidelines are the most current and up to date evidence available.



For more information visit

www.mlhd.health.nsw.gov.au/services/health-promotion-1

Live Life Well
@ School

NSW
Health
Murrumbidgee
Local Health District



A Quick Bite ...

The stats on physical activity in primary school children

In the latest NSW Schools Physical Activity and Nutrition Survey*...

4% children did not achieve 60 mins of activity on any days of a week.

63% of children were in the healthy zone for cardiorespiratory fitness (measured by the 'beep test').

ONLY 23% children met the physical activity recommendation of 60 mins per day on 7 days each week.

37% of children were in the healthy zone for muscular fitness (measured by the 'standing broad jump')

Source: SPANS 2015. NSW Department of Health

For more information visit

www.mlhd.health.nsw.gov.au/services/health-promotion-1

Live Life Well
@ School

NSW
Health
Murrumbidgee
Local Health District

