



# yarrunga

## EARLY LEARNING CENTRE

### FEBRUARY NEWSLETTER 2018

#### DATES FOR THE DIARY

##### **FEBRUARY 2018**

Management Committee  
Meeting - Wednesday 21<sup>st</sup>  
February

##### **EASTER BREAK**

Friday 30<sup>th</sup> March to  
Monday 2<sup>nd</sup> April

#### **AUTHORISATION FORMS**

The Education and Care services regulations require us to have a new authority form completed for each child, each year. These have been emailed to you but if you require a paper copy ask at the Office. These forms need to be completed and returned **ASAP**

#### **MEMBERSHIP FEE**

Yarrunga Early Learning Centre Inc, as an incorporated body we abide by the terms of reference as laid out in the Incorporation Act 2009.

Each family using the Centre will become members of the Association. The Association membership fee of \$11 is payable in February.

## RESOURCE FEE

The Management Committee has decided to change all families, as we have in previous years, a \$50 Resource Fee in lieu of having numerous Fund raising events. This fee will be charged in February 2018.



Congratulations to our Yarrunga Family that has welcomed a new addition to their families:

- Natalie, Tim, Jackson & Harvey - Evie

**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](mailto: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.



### Lamb & Noodle Hot Pot

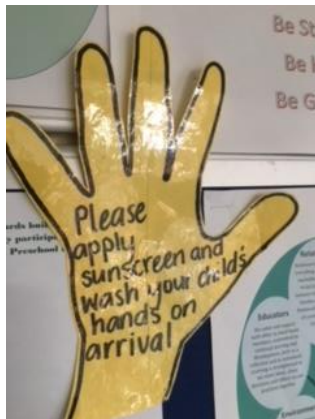
**Ingredients:** 1/2kg lean lamb cubed, 1 small chopped onion,  $\frac{1}{2}$  green apple – skin on and cubed, 1 diced or grated carrot, 1 stick celery chopped, 1/2cup diced pumpkin, 150 g frozen peas, 1 small teaspoon curry powder, 1 220g can beef or lamb soup (ready to eat), 1/2 can tomato soup (concentrate) 1/4kg cooked and drained wholemeal pasta & 1 tablespoon oil (sunflower, canola or olive)

**Method:** Lightly brown lamb and onion in the oil, add all other ingredients except the pasta to the meat, bring to the boil then reduce the heat and place the lid on and simmer gently until the meat is tender – about 1 hour, about 30 minutes before the meat is finished – cook the pasta, stir the pasta through the meat or serve separately.

**Hints:** Pork can be used instead of lamb, tomato puree can be used instead of soup and dish can be made in a slow cooker.

### **POLICIES BEING REVIEWED**

The policies to be reviewed at our ratified at the February Management Meeting are: - Environmental Policy, Health Policy, Safety Policy and Curriculum Policy. Please have a read and comment.



### Hand wash and Sunscreen Stations

In each room/verandah you will find a station that will have tissues, sunscreen, gloves, alcohol-based hand rub for your convenience.

Hand hygiene is one very effective way to control the spread of infection. We encourage all parents and children to wash their hands and their children's hands when they arrive at the centre and when they go home, so germs are not taken home with you.

Also wash your hands after applying your child's sunscreen, either at home or when you arrive in the morning. Educators will reapply every 2 hours to protect your children's skin.

## NURSERY/TODDLER NEWS

What a busy month we have had in the Nursery/Toddler room we have spent a lot of time getting know each other and building relationships in the process. We would like to say a huge thankyou to all those families who have returned their 'all about me' sheets as this has been very helpful in building these relationships. If you have not returned your sheets if you could do so as quickly as possible this would be appreciated. If you cannot find your 'all about me' sheets just let one of our friendly educators know and we will resource one for you. We are also missing a few dietary needs sheets these are vital to helping educators know what your child can safely eat. If you could return these as soon as possible it would be very helpful.

Thank you to those families who have labelled their child's bags and belongings this has been helping us out tremendously.

We have been gradually receiving family photos which has been very exciting to see and we will work on displaying them on our family tree wall as soon as possible.

A huge thankyou to all those generous donations of succulent's we had a great time planting these into colourful pots with the children and have now hung these up on our verandah wall.

We will be arranging parent/teacher interviews in the coming weeks and will let you know as soon as we have set up dates and times for these.

Chrissy will be away for two weeks to have a fun time at country tennis week

Thank you for a great month,

Nicole, Chrissy, Lesley and Julie

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

## JUNIOR PRESCHOOL NEWS

Hello families!

We have had such a great start to the year with the children, families and educators getting to know each other in the first month back. The children have settled in nicely and seem to be enjoying the experiences and resources we have out for them to explore.

We have started going on small routine excursions out the back to see the 'diggers' and workmen digging a new hole for the new drain pipes to go in. These excursions have only been for a short time as we build up to longer outings in our local community.

We have been encouraging the children to use their self-help skills to build up their independence. They have been serving themselves morning tea and their fruit using the tongs, putting on their own sunscreen, placing their hats in their lockers when they come inside from outside morning play ready for the afternoon, collecting their own drink bottles at meal times and encouraging them to drink lots of water throughout the day and then they can fill up their own drink bottles. It would be beneficial if they could try some of these things at home as well to have consistency between home and Yarrunga. Please let us know if you are not receiving the weekly highlights.



Terri, Emma, Kelly and Lisa  
[juniorpreschool@yarrunga.com.au](mailto:juniorpreschool@yarrunga.com.au)



## CHILDREN'S T-SHIRTS

ORDER FORMS WILL BE AVAILABLE

IN THE OFFICE

COMPLETED ORDER FORMS AND CORRECT  
MONEY NEED TO BE HANDED BACK BY THE

28TH FEBRUARY 2018

PLEASE SEE CLAIRE, LISA OR KAREN

IF YOU HAVE ANY QUESTIONS



## PRESCHOOL ROOM NEWS

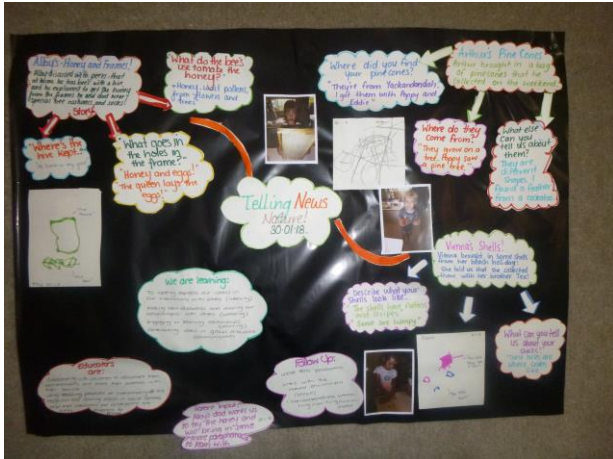
Welcome to the new year. We have had a fabulous start. With children and siblings settling confidently within our daily routines and our big preschool friends showing us the way. This has also been helpful for our new educators in the room.

We are using mind maps in our Floor book to gauge the individual and group learning interests to begin our curriculum. This information will be sent via email in our weekly highlights as of next week.

A few quick reminders as we begin the new year. Please ensure all your child's property is clearly labelled, drink bottles are a must. We also encourage plenty of clothing changes for water play and accidents. Sunblock is to be applied on or before arrival and will be reapplied by educators and children during the day.

Welcome letters and background information sheets are in the process of being handed out to families. We would love to see these completed and handed over to the Preschool educators when you can.

Please feel free to introduce yourself to Krystine, Deb and Lynette we look forward to meeting you all and learning with your children in 2018



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

## Munch and Move

In Munch and Move this year we will be focussing on a new fundamental movement skill (FMS) each month. I will be going around to each of the rooms in the month and planning some activities to help the children achieve these basic skills for life long gain.

In January we focussed on jumping with different planned experiences for each room. The Nursery/Toddler room started with simple stepping down and holding on to hands whilst jumping from a small height, which the educators followed up on with an experience in their yard. In the Junior Preschool room, we were jumping from a small height as well but on to coloured circles so the children could focus on where they needed to land. The Preschool room had some more complex activities such as jumping across the wooden jouncing board, jumping from hoop to hoop and even using the jumping sacks. We hope to see this continue in their everyday play, which has already been happening, and even at home!

In February we will be focussing on running. Hopefully we will be able to utilise the grassed area out the back if the weather permits.

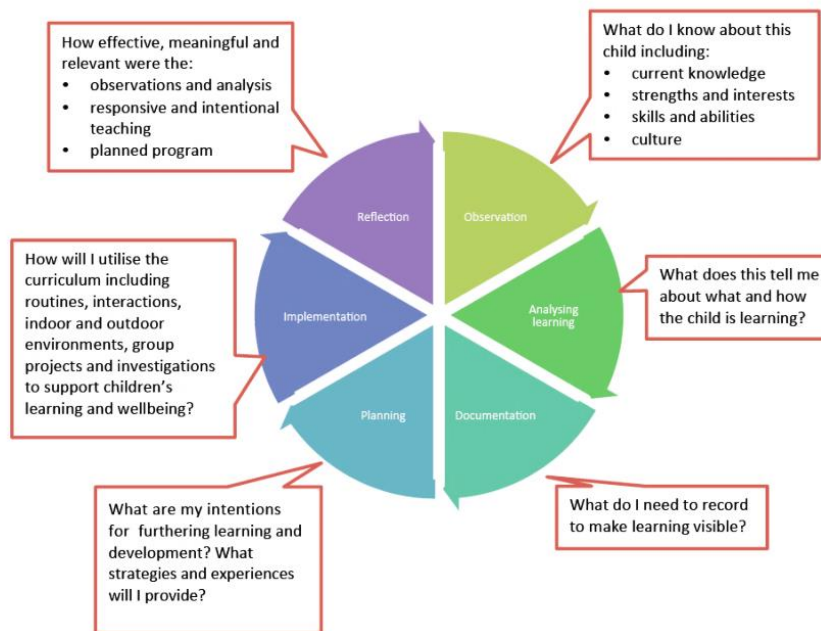


Emma

## EDUCATIONAL LEADER & NQS REPORT

### *Early Years Learning Framework (EYLF):*

During January I have been working closely with room teams to support the ongoing cycle of observing, planning, documenting and reflecting on children's individual and group learning as specified in the *Early Years Learning Framework (EYLF)* and *Quality Area 1 - Educational Program and Practice* of the National Quality Standard (NQS). By now you will have received information about the curriculum, teaching and learning goals for your child's group, and a background information sheet to share your knowledge about interests, strengths and future learning. Educators are also in the process of scheduling parent/educator meetings to enhance collaborative relationships in support of parenting and goals for learning.



*(Assessment and Planning Cycle [ACECQA, 2018])*

We are currently working on using utilizing different methods of documenting children's play and learning, in support we have agreed to trial no photos

### ***Quality Improvement:***

As a whole team we have been focusing on *Quality Area 5 - Relationships with Children*. At our February staff meeting we reflected on our professional practices against the three exceeding themes of this area:

***Exceeding theme 1: Practice is embedded in service operations***

***Exceeding theme 2: Practice is informed by critical reflection***

***Exceeding theme 3: Practice is shaped by meaningful engagement with families and/or the community***

As we 'brainstormed' in small groups all educators were clearly able to articulate how we meet the criteria and in our March newsletter I will seek your input into our professional practice through



a very quick and simple survey monkey. To supplement Quality Improvement, we have also commenced working on our Yarrunga Values for 2018 with two major themes emerging:

- **Community**
- **Professionalism**

Krystine

### Sustainability-

This month the children have participated in cooking classes to make Apple and Sultana Dutch Pancakes, and Beetroot and Chive Dip, these were very much enjoyed.

Our learning classes have consisted of decomposition and how different types of waste breaks down over a period of time in landfill, this will continue to be our project over the next couple of weeks in all rooms learning highlights.

Over the next month Yarrunga will be working on new sustainable goals for 2018 to 2020. If you have any suggestions for considerations, we would love to hear from you.

On Friday we will venture down to our Broad Street Community Garden plot to clean and tidy our space for new seedlings.

Thank you for your continued recycled items added to our foyer. If you have any of the following all rooms are currently seeking donations for old door knobs, golf t's, bottle tops, springs, washers, corks e.tc. to help with our loose parts play.



Thank you Lynette and Julie.

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.



# The New Child Care Package

MORE SUPPORT FOR MORE FAMILIES



From July 2018, three things will determine how much subsidy the Government will contribute to your child care fees.

**1** Combined family income  
how much your family earns

**2** Activity level of parents  
how much you work, train  
or volunteer

**3** Type of child care  
service you access

To find out more, and to estimate  
what your new subsidy might be, visit  
[education.gov.au/childcare](http://education.gov.au/childcare)

## A Quick Bite ...

### Confused? How Much Meat or Meat Alternative and Water to put in a Lunchbox?

We all want to make sure our children are getting enough meat or alternatives in their day, but what is the right amount to put in their lunchbox? The lunchbox should represent approximately 1/3 of your child's daily nutrients.



- Try to plan your lunchbox to have 1/2 serve for younger children to 1 serve of meat or meat alternative for an older child.
- Serve examples include: 65g of cooked red meat, 80g of cooked chicken, 100g of tinned or cooked fish, 1 cup of cooked legumes, 2 large eggs, 1 cup of baked beans, 65g of ham (1 and half slices), 1/4 chicken breast in strips, 2 small meatballs, 1 chicken drumstick, 1 small tin of tuna, 170g of tofu
- Always include one bottle of water for your child who can then refill through out the day.

For more information visit

[www.mlhd.health.nsw.gov.au/services/health-promotion-1](http://www.mlhd.health.nsw.gov.au/services/health-promotion-1)

Live Life Well  
@ School



Health  
Murrumbidgee  
Local Health District



## A Quick Bite ...

### How Much Dairy and Grains to put in a Lunchbox?

We all want to make sure our children are getting enough dairy and grains in their day, but what is the right amount to put in their lunchbox?



- Try to plan your lunchbox to have 1/2 to 1 serve of dairy and 1 1/2 to 2 serves of grain foods for a younger child and older child respectively.
- Examples of dairy serves are:  
250 ml milk, 40g cheese, 3/4 cup of yogurt, 250 calcium fortified soy milk, 2 slices of cheese, 200g tub fruit yogurt, 200g tub custard snack pack (children over 2 reduced fat)
- Examples of grain food serves are: 1 slice of bread, 3/4 cup of breakfast cereal, 1/2 cup of cooked rice, 1/2 cup of cooked pasta, 2 thick rice cakes, 2 pikelets, 10 rice crackers, 1 slice of fruit loaf, 3 corn thins, 1 English muffin, 1/2 pita pocket bread, 1/2 bread roll

For more information visit

[www.mlhd.health.nsw.gov.au/services/health-promotion-1](http://www.mlhd.health.nsw.gov.au/services/health-promotion-1)

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