

yarrunga EARLY LEARNING CENTRE

JANUARY NEWSLETTER 2017

DATES FOR THE DIARY

January 2017

Management Committee
Meeting - Wednesday
18th January

AUSTRALIA DAY

Thursday 26th January
Yarrunga CLOSED

EASTER BREAK

Friday 14th April to
Monday 18th April



Welcome Back!

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.

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 placed in your pigeonholes and must be returned ASAP.

RESOURCE FEE

At the last Management Committee meeting, it was decided to change all families, as we did last year, a \$50 Resource Fee in lieu of having numerous Fund raising events.

STAGE 2 OF SENSORY GARDEN

It is hoped that in the coming weeks, work will begin on the sensory garden. This will see part of the top yard barricaded off for a number of weeks. We are confident the inconvenience will be forgotten once we are able to use this new area.



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

POLICIES BEING REVIEWED

A number of policies and procedures are on display and due to be ratified at the Committee Meeting in February 2017.

Thanks to Vitasoy for

donating Rice and Soy Milk
to Yarrunga



LUNCH BOX ALOHA RICE

INGREDIENTS:

- $\frac{1}{2}$ carrot
- $\frac{1}{2}$ celery stick
- $\frac{1}{2}$ small red or green capsicum
- 1 can pineapple rings in natural or unsweetened juice
- 2 slices reduced fat & salt Ham
- 4 cups cooked rice
- 4 tbs sweet corn kernels
- 2 spring onions
- cracked black pepper - to season
- 2 tbs reduced fat salad dressing

METHOD: Wash carrot, celery, capsicum and spring onions and pat dry with paper towels. Grate carrot and put into a mixing bowl, slice celery finely and add to bowl, remove seeds from capsicum and cut into small squares then add to bowl, cut the root end of spring onions then slice finely and add to bowl, cut pineapple into small squares and add to bowl, slice ham into small squares and add to bowl with the cooked rice, sweet corn, pepper and dressing. Mix thoroughly.

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.



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NURSERY NEWS

Welcome to the Nursery/toddler room to all those returning and a big welcome to our new family's starting with us.

We have had a wonderful start to the year with the children enjoying lots of water play in the hot weather so please remember to label clothing with your child's name and send spare clothing.

Also a reminder to bring a drink cup/bottle to encourage children to drink water throughout the day.

We are all settling in and getting to know each other a great start to the year.

Anything you need please feel free to approach any of us at any time.



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

JUNIOR PRESCHOOL NEWS

Welcome to 2017, our children are becoming more settled and familiar within their new environment.

We are building on the children's self-help skills by having them empty their plates at meal times and putting their drink bottles away, applying their sunscreen with aid and taking of their bed sheets after sleep. We are learning the new routine well and are showing interest in small group activities especially drawing and playdough inside and large gross motor skills outside from jumping, running and riding bikes.



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

SUSTAINABILITY



Sprinklers have been installed in our vegetable gardens. We have picked lots of tomatoes this week and will be making sauce for our bolognese on Friday.

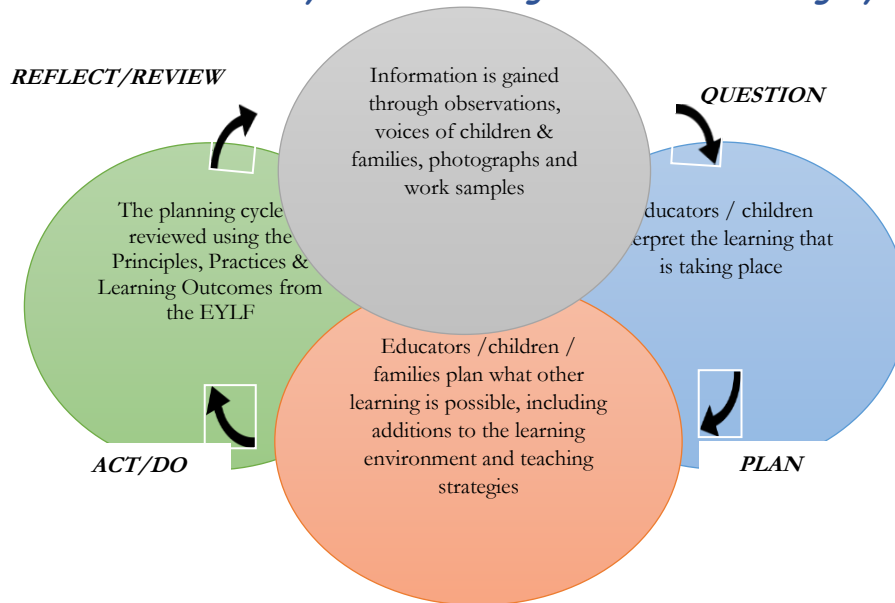
Mixed ages from 2-5 have been engaging in our kitchen garden program.

This week we have worked on installing our compost and completed a community walk to find leaves and grass clippings. We have planted mixed herbs and made a bug spray to eliminate Scale and Mealy Bugs. Stephanie Alexander Gardens have been in contact with Lynette commenting on our posts on website and they would like to use some information from Yarrunga in a new book being written. Well done Lynette.

EDUCATIONAL LEADER & NQS REPORT

Welcome to a new year with new goals and targets for us to work towards, ensuring our Yarrunga community is the best it can possibly be! This year as Educational Leader I will be supporting all educators to engage in '*critically reflective practice*'. Being reflective is one of the basic principles that underpins the EYLF. Reflection involves asking ourselves questions about what we do and how we do it. It helps us to make thoughtful decisions that are in the best interests of children and families. Educators plan for children's ongoing learning using:

The Early Years Learning Framework Planning Cycle



As educators are focusing on building in all children a sense of belonging and comfort in their new learning environments during January they will also be setting room goals and implementing plans based on information from background information sheets. We are planning Parent/Teacher interviews for the first week in February which will provide opportunity to discuss what you would like your child/children to achieve at Yarrunga and share information to ensure their wellbeing. Team Leaders will forward dates and available times shortly.

"Children thrive when families and educators work together in partnership to support young children's learning." (*Early Years Learning Framework*, p.9)

QIP Update:

Stage 2 of our Sensory Garden is due to commence within the next couple of months and our Stephanie Alexander Kitchen Garden Program is well under way (see Lynette's Sustainability update). We have also created a lovely staff area for educators to relax and contemplate the day along with a specific purpose built planning area.

Our QIP Folder is situated in the foyer and we value your input.

Krystine

PRESCHOOL ROOM NEWS

We welcome Chrissy back to our room - her presence in the room and insights have ensured a smooth transition for the JPS children. Chrissy is busily taking 'headshots' of the children and printing new Locker labels - your child may have a different Locker for their bag and other belongings this year even though they are returning to the 3-5 Preschool room.

Our focus throughout January is to ensure that all children are feeling happy, settled and comfortable in the 3-5 Preschool room. We have a daily morning greeting each day and have been doing some body percussion to our "Hello!" song. In February small Focus Group times with the children's Primary Carer will start.



You should have received an email last week with two forms attached that we would appreciate being returned as soon as possible - 'Voices from Home' and 'Transition to School Program'. Please note that you only need to return the school information if your child will be attending school in 2018, rather than 2017 as stated on the form - we apologise for this oversight! We also have hard copies of both of these documents available if you would prefer.

We have relocated your child's Learning Journal and our Floor Book to the low wooden table directly as you enter our room - please feel free to look at your child's book at any time, or make any contributions to these books.

You may have noticed some family photos displayed around our room - we would appreciate it if you could provide a framed photo for us to add to our collection.

The input we have already received this year from our families has been amazing - we love to hear about anything that has been going on at home! We would also really appreciate any feedback or comments you have in relation to our new emailed format for keeping you informed of our program and what your child is learning each week. Please let us know if you didn't receive our first email last Friday!

Thanks, Terri, Belle, Chrissy & Krystine, Preschool@yarrunga.com.au

A Quick Bite ...

The truth about fruit juice and sugary drinks

Myth or fact: Fruit juice is a healthy choice?

Myth: Fruit juice doesn't come close to the nutritional value of eating a piece of fruit.

- A piece of fruit contains **essential vitamins** and **minerals** including **fibre** which helps to satisfy hunger
- A glass of fruit juice contains the natural sugars in the fruit, some vitamins and **very little fibre** and **nutrients** from the skin and flesh



Image: Healthy Kids Association

How much sugar in a regular 375mL soft drink/ energy drink/ sports drink and /or cordial???? **10 teaspoons!!!**



Children who drink sugar sweetened beverages and fruit juice are more likely to experience tooth decay weight gain.

Water is a much healthier choice as it:

- Quenches your thirst,
- Rinses your mouth after eating and
- Doesn't cause tooth decay or weight gain



For more information visit

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

Live Life Well
@ School



Health
Murrumbidgee
Local Health District



A Quick Bite ...

Got thirst? Water first!

Water - NO sugar, the BEST drink when you are thirsty.
Encourage your children to enjoy drinking water from an early age.

Make sure water is always available

Children may not always feel thirsty even though they need to drink.



Photo by: pnt 2011

Drinking water instead of sugar filled juices and soft drinks will protect their teeth against tooth decay and reduce their risk of putting on extra weight.

Tips to help your child drink more water:

- Carry a water bottle wherever you go
- Freeze water bottles for cool water
- Keep cold water in the fridge
- Put a water bottle in your child's lunch box
- Always offer water with meals



Photo: Healthy Kids Association

For more information visit

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

Live Life Well
@ School



Health
Murrumbidgee
Local Health District





Your first step into early childhood education & care

- + Learn about your child's developmental milestones
- + Tips on starting child care and what you can do at home
- + Find child care



Find out more at
www.startingblocks.gov.au