

yarrunga

EARLY LEARNING CENTRE

JANUARY NEWSLETTER 2018

DATES FOR THE DIARY

JANUARY 2018

Management Committee
Meeting - Wednesday 17th
January

AUSTRALIA DAY

Friday 26th January -
Yarrunga CLOSED

EASTER BREAK

Friday 30th March to
Monday 2nd 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 and placed in your pigeonholes and must be 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

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



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

- Louise, Drew and Archer welcomed a baby boy Hudson
- Emma, Pat and big sister Eve welcomed a baby girl Clara
- Erin, Brad and big brother James welcomed to their family a little boy Lachlan.
- Our staff member Molly and Chris and brother Casper welcomed Hazel to their family.

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.

Children's Educators for 2018

Nursery/Toddler Room

Nicole Owens

Julie Schilg

Chrissy Clark

Junior Preschool

Emma Murray

Lisa Parker

Kelly Lowe

Terri Jones

Pre-School Room

Debbie Stanley

Lynette Lascelles

Krystine Masterson

Sandy Dwyer

Floaters:- Lesley Wood, Carly Grintell, Tenille Gladstone & Belle Lowe

Staff News

We would like to welcome our newest educators to Yarrunga. Tenille will be working full time and Belle will be working three days - Tuesday to Thursday. Please make yourselves know to our wonderful new educators.

Hi my name is **Tenille**,

I have been passionately in this industry for approximately 5 years, I hold a Diploma of Early Years. I have recently made the change over to Yarrunga to experience a little more from this industry and extremely excited to be a part of this community.

I am a mother of 2 beautiful daughters aged 1-3, we are always outdoors and exploring this wonderful land around us. This industry has been an amazing journey and reminds me every day the reason why I do this, it is to help and assist children in growing, learning and becoming strong people. The same kind of thing I look for when my children are in care. I am excited to get to know you all, please feel free to come and have a conversation.



Hello Families,

My name is **Belle**, I have been a casual at Yarrunga since 2014 and this year have accepted a part time position, I am currently working towards a diploma in Early Childhood Education and Care.

Yarrunga holds a special place in my heart, having attended the centre as a child and having many family members contribute as educators to the establishment of this amazing service. I am passionate about the environment and sharing the wonders of nature with our children at Yarrunga.

I am looking forward to being a part of your child's learning and development.





CHICKEN CHOW MEIN

Ingredients:-

1 kg chicken breast fillets, 1 chopped onions, 1-2 sticks celery chopped, $\frac{1}{4}$ small cabbage shredded, 1 cup frozen mixed vegetables, $\frac{1}{2}$ cup mixed beans, 1 packet chicken noodle soup, 1 cup water and 1-2 cups rice.

Method:-

Place rice on to cook and drain when tender.

While rice is cooking, in a large boiler or frypan, mix together the chicken, onions, celery, chicken noodle soup, frozen vegetables and water.

Bring to boil, turn down and simmer for 20 minutes.

Add beans, cooked rice and shredded cabbage, heat through.

POLICIES BEING REVIEWED

The last of our policies to be reviewed for this year are to be ratified at the November Management Meeting are: - Guiding Children's Behaviour, Inclusion, Diversity & Anti-Bias and Electronic Media. 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

Welcome back to all our families and a huge welcome to all our new families who are starting their Yarrunga journey with us. We hope that you all had a lovely Christmas break and are ready for a fun year of learning ahead.

In the Nursery/Toddler room this year there has been a change of educators in the room. This year Nicole, Chrissy and Julie will each be in the room full time Monday to Friday. You will also often see Lesley in the room as she covers breaks as well as coverage in the morning and the afternoon. This will help to maintain consistency in the room for wellbeing of the children.

We have handed out some background information sheets and food information sheets. These are very important in guiding us in getting to know your child as well as what foods they have tried. If you could please return these as quickly as possible it would be very much appreciated.

Labelling of your children's bags, bottles and clothes is also very important in assisting us with knowing who they belong to your assistance in this would be wonderful. If you could also ensure that you have plenty of changes of clothes this would also be appreciated. Thank you very much.

This year we will be using Primary care groups where each child will be allocated a Primary caregiver. A primary caregiver is somebody that you can approach at any time with any queries, or information about your child and their development. We will email you as soon as possible to let you know who your child's primary caregiver is. We have also been setting up your children's individual learning journals and you will find them on our bench in three baskets. You can feel free to access these at any time to have a look and please do not hesitate to ask educator's any questions. On the bench you will also find our floor book which documents the children's group learning activities. Feel free to come and have a look and a read.

In February we will be arranging some 10 minute meetings with families to set up goals for your child's learning and development. This will be a great opportunity to get to know you better and also establish some ideas or aspirations that you have for your child.

We look forward to a wonderful year of learning ahead

Regards

Baby yoga



Nicole, Chrissy and Julie

nurserytoddler@yarrunga.com.au

JUNIOR PRESCHOOL NEWS

A warm welcome to all of our new families, and for those of you returning to Yarrunga for another year, it is great to see you again! This year there are many new faces in our JPS room - both educators and children, with a large number of children transitioning from the Nursery.

You will be receiving a number of different documents from our educators in the next couple of weeks with information regarding your child's Primary Carer and our JPS curriculum, as well as a sheet to return to us all about your child's interests, routines etc. Shortly we will be also able to let you know the dates of our February Parent Educator Meetings where we can discuss any goals that you may have for your child for the first half of the year. If you are unable to attend these meetings in February and July, please feel free to discuss goals that you would like to work towards at any time with your child's Primary Carer.

Please ensure that your child has several changes of clothes in their bag, and a complete set including shoes if they are toilet training as sometimes the 'laws of gravity' apply, and everything may need to be changed!

It is much easier for educators to return any items to families if they are clearly labelled with your child's name. Also just a friendly reminder not to leave any creams or medication in children's bags, as bags are accessible to all children throughout the day. A Medication Form needs to be completed before any prescription or over the counter medication can be administered or applied to your child whilst they are at the service by an educator.

Yarrunga is a Sun Smart centre and in line with our current practices as outlined in our Policy (which is available in the foyer) could all families please ensure that your child wears clothing that covers the shoulders to prevent sunburn. Sunscreen should be applied to your child prior to or on arrival at Yarrunga, educators will reapply sunscreen throughout the day. We also adjust our routine at this time of the year according to the daily UV rating, and play inside or outside on our veranda during the hottest part of each day.

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

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

The Resource Levy that our families paid during 2017 has been used to purchase some wonderful resources for the children to use in the different rooms.



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

EDUCATIONAL LEADER & NQS REPORT

Welcome to all of our new families and those returning in 2018 for another year full of fun and learning!

Early Years Learning Framework (EYLF):

It has been wonderful to see such a settled start to the year with children, families and educators already building or re-establishing secure, reciprocal relationships with each other. I believe much of this is due to our professional practices of *family grouping* at the beginning and end of each day, *sharing play spaces* and *incursion / excursion* experiences, and *room transitioning* for children and educators at the end of the year.

During January educators will be developing their curriculums and sending out information relating to their teaching and learning goals for 2018. Background information sheets are our initial way of learning about what you feel is important and want your child to achieve in the coming months. Please do take the time to fill these out as you are your child's first and foremost educator, and with your input educators can begin documenting individual plans for learning and development. In early February we will also offer parent/educator meetings so you can meet with your child's primary educator and share ideas.

Quality Improvement:

At our January staff meeting we discussed and developed our plans for documenting and sharing children's learning this year (***Quality Area 1 - Educational Program and Practice***). All curriculum groups will use Floor books and critical reflection sheets for group learning, and these will be emailed weekly. Your child will also have an individual learning journal including goals for their learning and how they are working towards the Learning Outcomes in the (EYLF). Here you will see educators use a variety of documentation formats to represent the holistic nature of children's learning. Your child's learning journal will be available for you and them to look through and add to throughout the year. There is a *Planning Cycle* example attached to our philosophy display on the foyer notice board which details how educators plan for group and individual learning. Please don't hesitate to speak with educators or myself if you have any questions.

QA6 - Collaborative Partnerships with Families and Communities:

At the end of last year we reviewed our practices in relation to QA6 and developed a plan for improvement which includes creating a community contact list to support parenting, establishing links with Koori Kindermanna Preschool to supplement our teaching practices, and providing opportunity for feedback on our Orientation Procedure for new families. Our Quality Improvement Plan (QIP) is located in the foyer and we value your input as we continue to strive for excellence. This is a lengthy document which includes Yarrunga's strengths and areas we feel we can improve, however you will receive regular updates through our monthly newsletters and foyer displays.

QA5 - Relationships with Children:

During the coming months we will be focusing on how our professional practice is embedded in service operations, informed by critical reflection and shaped by meaningful engagement with families and/or the community as we reflect on our Relationships with Children.

Krystine

A Quick Bite ...

Tips to Reduce Screen Use

Are you tired of telling your children to put down their screens and go outside and play?

Well here are a few tips you may find handy:

- Have house rules about when technology and TV is allowed.
- Have meals together as a family and turn off the TV, phones and iPads.
- Keep children's bedrooms screen free.
- Know what your children are watching and make sure it's suitable.
- There are many quiet activities that can be enjoyed away from screens such as drawing or craft, gardening, reading, playing with toys, blocks or play dough, playing cards or board games, listening or dancing to music and doing puzzles, including crosswords for older children.



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 ...

7 Reasons to Limit Small Screens

Nearly half of all children aged between 5 - 15 years spend more than 2 hours every day on small screen entertainment. This jumps to 92% of children in the higher age brackets.

Children who spend *more than 2 hours* of screen time per day are more likely to:

- Have an unhealthy diet
- Be less physically active
- Have sleep problems
- Drink more sugary drinks
- Snack on foods high in sugar, salt and fat
- Have fewer social interactions
- Develop poor posture



Setting up good habits while children are young can make all the difference.

For more information visit

<https://www.healthykids.nsw.gov.au/kids-teens/switch-off-the-screen.aspx>

Live Life Well
@ School



Health
Murrumbidgee
Local Health District



A Quick Bite ...

Give the screen a rest

How much time does your child spend watching TV, using the computer or other screens each day?

The National Physical Activity recommendations are:

- Children younger than 2 years of age should **not** spend **any** time
- Children 2 - 5 years of age should spend **less than 1 hour** per day
- Children 5 -12 years of age should spend **no more than 2 hours** per day using electronic media including TV.



If your child is using small screens more than this it would be worth setting up some rules and talking with them about the risks of too much screen use.

For more information visit

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

Live Life Well
@ School



Health
Murrumbidgee
Local Health District

