

DATES FOR THE DIARY
JULY 2017
Management Committee
Meeting - Wednesday 19th

yarrunga

EARLY LEARNING CENTRE

JULY NEWSLETTER 2017

YARRUNGA FEES

The Management Committee have reviewed our budget and decided not to increase fees at this time, but will revisit their decision in December of the new year to see how they are tracking. The Management Committee are hoping that they will not have to increase the fees.



FAMILY CHALLENGE

I am encouraging everyone to read, talk, sing and rhyme with children from birth, so that they will be ready for reading and writing at school.

Research shows that the foundational early literacy skills learnt before starting school are critical for attaining literacy competency at school - which in turn is vital for life's successes.

So the challenge is to read one story to your children each day and sing with them.





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 Children's Self-regulation: Ages 3-5 -Julie, Documenting & Assessing Children's Learning - Julie, Bullying & Harassment for Manager's & Supervisors - Lisa & Education for Sustainability - Lesley
Child Safe Workshop & Protective Behaviours Program - Lisa
Infant/Toddlers Conference - Nicole



Congratulations to our Yarrunga Families that have welcomed a new baby girl to their families:-

Jayne, Scott and Ellery welcomed Hazel and
Kylie, Brad and Maya welcomed Caitlin.

RECIPE of the MONTH

PUMPKIN & LEEK RISONI SOUP

INGREDIENTS:

500G Risoni, 700g chopped pumpkin, 60g butter, 2 leeks - sliced, 1 onion - chopped, 350 diced potatoes, 3 cups milk, 8 cups chicken stock and 500 mls cream.

METHOD:

Bake pumpkin in hot oven $\frac{1}{2}$ hour until brown. Meanwhile cook butter, leeks, onions, potatoes - 5 mins, add mil & boil gently for 20 minutes. In another pan heat stock, add pasta, cook until just tender, simmer gently on low heat. Blend pumpkin, leek & potato mixture in blender until smooth. Transfer to pasta, add cream bring to boil until pasta is ready.

NURSERY NEWS

Brrr it's cold outside! We are still spending time outdoors to engage in large motor movements and explore nature as the world around us. Please ensure we have plenty of spare labelled clothing and socks, that are suitable for wet and cold weather. We have limited spares. Puddles are one of our favourite things to explore.

We have noticed many children's bags have medication in them on a daily basis, please reframe from bringing medications unless your child needs them for illness or allergy.

A big thank you to the Committee for the purchase of our Quad pram. This will allow us to get out and about in the community regularly.

We are working on setting new goals for individual learning. If you would like to suggest some ideas for your child's developmental growth in the next 6 months, please email the Nursery and they will be implemented into our curriculum.

Nicole will be away for the next 3 weeks and Deb will be continuing with weekly programming time, if you have any questions please don't hesitate to ask. Weekly Highlights are back!

Kelly will also be away on long service leave as she leaves the cold to warm up in Queensland. We will do our best to maintain children's secure relationships while familiar educators are away. If you have any updates on new foods tried, new daily routines or just something of interest at home please let us know so we can continue to promote secure relationships in our daily curriculum.

We look forward to going on many new adventures in our quad pram!



Thank you Deb, Lesley, Sandy, Serena and Lisa.

nurserytoddler@yarrunga.com.au

JUNIOR PRESCHOOL NEWS

Newsletter Junior Room

This month in the Junior Room we have been interested in The Gruffalo when entering our room, you will see our project continuing to grow. We have revamped the dolls home corner to a dolls hospital the children are caring for their dolls and fellow peers to build safe, secure and reciprocal relationships and to make their own meanings. We have extended our munch and move jumping skills to learn to jump in confined spaces between hula-hoops after a few tries most children demonstrated great skill.

The children are enjoying story times and interactive books with cd, some of the children have been bringing in stories to share from home. Please feel free to bring one in for us to share.

Some of the children in our room have gotten new pets in the past few weeks and have been sharing the stories. We would like to create our pet wall and would love it if you could please email or supply a photo of your pets to display in our room.

Quick Notes:

* Please ensure your child has packed an outside thick winter coat, gumboots and changes of clothes, sock and underwear as we will still be heading outdoors for play. (Wet pants or ski pants optional).



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

EDUCATIONAL LEADER & NQS REPORT

QIP Update

QA7 - Leadership and Service Management:

On Tuesday night Yarrunga participated in its second networking meeting within the ECEC field which provided opportunities for educators from local early childhood services to share initiatives and discuss topics on a range of issues. These meetings have proved beneficial in reinforcing professionalism and the provision of the best possible early childhood education and care in our neighbourhood.

QA3 - Physical Environment:

With the completion of our long term goal of creating a 'Sensory Garden' in our top yard we have been reflecting on how we utilize our outdoor learning spaces to enrich children's learning and development. This includes the provision of *active and quiet zones; a balance of fixed and moveable equipment; open space to engage in physical activities; and spaces that promote investigation and respect for and enjoyment of the natural environment.* Our reflections have also included how we can incorporate the large open space at the back of Yarrunga. From here we will look at areas of strength and areas we can improve on with regard to our QIP. Your input is highly valued and if you have any comments please forward them to either myself or your child's educator.

QA6 - Partnerships with Families and Communities:

Team leaders are finalising the emailing of their June Summative Assessments and parent/educator meetings are underway. Please provide your primary educator with feedback about their assessment of your child's learning and development of goals to work on (*both at home and Yarrunga*) for the remainder of the year so we can continue to ensure you receive the information you want.

Community Engagement Program:

This month we said farewell to Ruth Davys who has been conducting Wiradjuri Language and Cultural workshops with children and educators from each of our curriculum groups. The workshops have been conducted on Fridays, however educators have ensured learning flows through for the benefit of all children. Ruth has endeared herself to our Yarrunga community by enriching knowledge about our shared history as Australians and it has been so rewarding to hear such positive feedback from families as children have shared their learning at home. Ruth will return in October, 2017 when her other commitments have finished. In the meantime, she has provided educators with the skills to maintain the program and I am pleased to forward copies of the learning materials for use at home: *Song Lyrics, Wiradjuri Words and Counting Numbers.*

Thank you (*Mandaang guwu*),

Krystine

PRESCHOOL ROOM NEWS

We have had lots of fantastic learning opportunities happening in our room in the last month. A big thankyou to the Wilson family for their kind donations of shoe boxes that enabled us to follow up on the children's voices. The children had wanted to paint and make their own blocks and this is exactly what we did following the huge donations of boxes. The children used the boxes in a multitude of ways in their play, making cubbies, towers, using them in their "shows" and in many other ways.

Our Community Engagement Program has seen many outings this month. We visited the residents at Borella House on the 9th June where children and educators thoroughly enjoyed interacting with both residents and staff, building on relationships in our local community. In this most recent visit we were given a grand tour by one of the carers and two of the lovely residents. We visited their vegetable and flower gardens, and listened to a piano recital which we accompanied by singing and dancing along. We also met some of the residents in their rooms, which is where we met the lovely Pat who had been very busy knitting her little teddy bears. When she noticed the children admiring her teddies she said that she would knit them all a teddy each. On the 30th June Pat made a visit to us a Yarrunga where she very proudly gave each of the children that visited her the teddy that she had knitted especially. The Border Morning Mail came during this visit to document this lovely community togetherness.



On the 15th June children and educators went for a bush walk up to Eastern Hill reserve for some Nature Play and a picnic lunch. Our children loved the opportunity to explore managed risk



taking, play with heights, speed, rough and tumble play, and tools in the large open space. They also collected lots of loose parts to incorporate into their play and investigated local flora which we have followed up on back at Yarrunga. Carting large branches and tying them with ropes to build cubbies was a favourite and linked learning to our Wiradjuri Language and Cultural sessions with Ruth Davys. While the weather is favourable we



aim to head to Eastern hill on a fortnightly basis ensuring that all children have opportunities to take part in this most valuable learning.

NAIDOC week 2017

On Monday we had a visit from Aunty Marlene and her grand-daughter Haylee for a cultural and arts based workshop. We incorporate Indigenous learning into our everyday practice to ensure that it is not tokenistic.

Please ensure that your child comes in appropriate clothing suitable to all weather conditions, with changes of clothes in case they get wet. Could children also please bring a drink bottle along each day. Thank you

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

POLICIES BEING REVIEWED

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

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



it's naturally better.

Thanks to Vitasoy for donating
Rice & Soy Milk to Yarrunga

SUSTAINABILITY

This month we have harvested Broccoli from our garden and maintained our worm farms, we participated in a classroom learning activity of capillary action through science of how the plants learn to soak up the water from the ground and cooked potato salad. Please see individual floor book for further learning.

The Junior room have made a giant Gruffalo out of repurposed nature and boxes to complete the activity.

The Pre-school room have repurposed shoe boxes to make cubby houses.

If you any long-term sustainable suggestion goals for 2018-2020 you might like to see happen within Yarrunga we would love you contribution, please email ideas through to juniorpreschool@yarrunga.com.au.



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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 ...

What is "Sometimes"?

Occasional Foods, commonly called "sometimes" foods, provide little to no nutritional value and are not needed as part of a healthy diet.

The Australian Guide to Healthy Eating says to eat these foods only sometimes and in small amounts but what does this mean?

It is different for everyone but to stay healthy these foods should be limited as much as possible.

Save them only for special occasions and don't make them part of your day to day meals or snacks.

For under 2s occasional foods should be "never" foods. Allow them to experience a full range of everyday foods before they start to taste occasional foods, and they'll be on their way to enjoying the best food for good health.



Adapted from: <https://www.health.nsw.gov.au/food-essentials/food-essentials/occasional-food-and-drink-facts>

For more information visit

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

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A Quick Bite ...

Feel more energised with these everyday foods

"Everyday foods" include lots of tasty and nutritious foods. They help our bodies to function the way they should.

There is lots of evidence about how good are everyday foods and the harm of too many occasional foods. Your day to day eating should be made up of everyday foods. These include:

- A variety of **vegetables**. Aim for 5 servings.
- **Cereal foods** - choose mostly wholegrain or high fibre.
- **Fruit** - fresh, frozen, tinned or dried (small amounts)
- **Meat and alternatives to meat** like eggs, tofu, legumes, nuts and seeds.
- **Dairy foods** - choose mostly reduced fat.



For portion sizes and food ideas visit

www.eatforhealth.gov.au/food-essentials/how-much-do-we-need-each-day

For more information visit

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

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A Quick Bite ...

Eight (8) food swaps you can make today

If you want to make some changes to your family's eating you could start swapping some of the common occasional foods for healthy everyday foods. Swap foods like:

- White bread, muffins, crumpets, and pasta for *wholemeal varieties*
- Soft drink or cordial for water. Try fruit pieces added in for extra flavor.
- Sour cream for reduced fat *greek yoghurt*.
- Sugary cereals for *porridge with banana and dates*.
- Biscuits or cakes for *fruit bread or wholemeal crumpets and pikelets*
- Packet of chips for *popcorn or rice crackers*
- Fruit roll ups for *dried fruit (30g)*
- Pre-packaged fruit yoghurt for *plain yoghurt with fresh, tinned or frozen fruit*.



Adapted from: <https://www.health.nsw.gov.au/food-essentials/food-essentials/occasional-food-and-drink-facts>

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