



## JULY NEWSLETTER 2018

### Sustainability

In sustainability this month, we celebrated Mud Day and the benefits of mud play. Children participated in mud activities and created an artwork that is displayed on the preschool veranda. We have also started to create a grass weaving artwork from the native grasses trimmed in the top yard. We would like to thank Penny's (JPS) family for donating various vegetable seedlings. We have planted lettuce, rocket and spinach in an old wheelbarrow that is in the top yard. With the help of some preschool children, we have begun a living cubby house in the bottom yard with the snow pea seedlings donated.

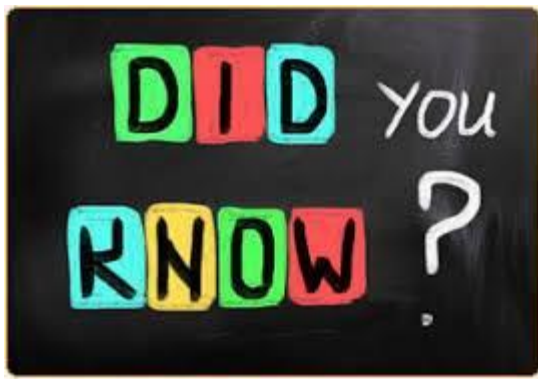
As major supermarkets have stopped using single use plastic bags, Yarrunga is running low on bags to place children's wet /soiled clothing in. Please begin to send your child/ren with a 'wet bag' for clothing. These can be purchased in the office (see Karen, Lisa or Claire) if needed.



DATES FOR THE DIARY  
**JULY 2018**  
Management Committee  
Meeting - Wednesday 18<sup>th</sup>  
July

Yarrunga can now be  
followed on Facebook  
and Instagram





We offer occasional days, if you need an extra day from time to time let us know, we may be able to help.

## WET BAGS

We have purchased a bulk order of wet bags for your convenience for children's wet clothes to go in when they have an accident or wet from water play. They are available from the office for \$10 or two for \$15



## Change to start of Day:

From Tuesday 12<sup>th</sup> June, Junior Preschool and Preschool groups will start in either the JPS Room or the Top Yard for the winter months, as the top yard has less shade cover early in the morning.

## 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.

### Staff Training Corner: -

Yarning Circle: Terri & Krystine

#### **POLICIES BEING REVIEWED**

The policies to be reviewed at our ratified at the July Management Meeting are: -  
Excursion, Sleep & Rest, Nutrition & Food Safety and Infectious Diseases Policies.  
Please have a read and comment.



## **RECIPE OF THE MONTH**

### Quick Pea and Ham Soup

Ingredients: 1 finely chopped onion, 2 stalks celery chopped, 2 finely chopped carrots, 2 cloved crushed garlic, 500g frozen peas, 3 cups

reduced-salt chicken stock, 250 g lean ham chopped and 1/3 cup light sour cream.

Method: Spray large saucepan with oil and place over medium heat, add onion, celery and carrots - cook stirring for 2 minutes, add garlic and peas and cook for further 3-4 minutes. Add stock and 3 cups of water and bring to boil. Reduce heat and simmer, stirring occasionally for 10 minutes or until vegetables are tender. Remove from heat and blend using stick blender. Return soup to low heat, add ham and stir until warmed through. Ladle soup into bowls and swirl with sour cream.

### **Deepest sympathy...**

**Our hearts go out to Lesley who lost her father suddenly in the UK.**

**Lesley will be away in the coming weeks whilst she attends her father's funeral and we all pass on our sincere condolences.**





## NURSERY/TODDLER NEWS

Hello everyone

A big welcome to all our new families starting with us in the nursery room we look forward to getting to know you all.

We are transitioning some of our children to the junior room now with visits and have begun using stretcher beds for rest time in our room.

We are focusing on our self-help skills such as using spoons and forks for older children, using cups without lids and washing faces and hands and putting our washers and bibs away at

lunchtime and routine meal times. Also putting shoes and socks on.

We have been using the big yard with the junior room friends as our yard has been very cold in the morning, we have been using obstacle course for gross motor skills and enjoying cooking in the sandpit.

Please remember to send in jackets and changes of clothes for your children Named as it is cold but we still like to get outside in the fresh air.

We have been experimenting with playdough, rolling and patting using shape cutters. The children are manipulating the playdough and learning through their senses tasting is often part of the experience.

Due to the disappearance of plastic bags could you please provide a plastic bag or a wet bag (available from the office for \$10) for soiled or wet clothing, as we have no backup bags?

Over the next few weeks, we will be sending out assessments and beginning parent/educator meetings.



Nicole, Chrissy and Julie  
[nurserytoddler@yarrunga.com.au](mailto:nurserytoddler@yarrunga.com.au)

## JUNIOR PRESCHOOL NEWS

Hello families!

Mid-year assessments and parent/educator meetings are to start on the week commencing Monday 9<sup>th</sup> July. Please email your child's primary carer to make an appointment during the allocated times to discuss your child's progress.

Many thanks to Penny's family for bringing in the seedlings for our vegetable garden including carrots, peas, snow peas, lettuce, rocket. Belle helped us to plant these seedlings as part of our Stephanie Alexander Kitchen Garden program. They have been planted in a wheelbarrow so we can have access to them in each yard by wheeling the barrow into the desired area. The children can tend to and harvest the edible garden during play times outside daily and can visualise how the garden is growing. Belle is also going to plant some more seedlings with us on our verandah as we are going to be utilising the verandah more frequently now with the cooler weather coming in.



We went for a community walk to the bridge after our friends had noticed it out the window during nappy changes. We saw trucks, cars, and even the train track on our walk to the bridge. Some of our children will be going to the flag raising at QEII square for NAIDOC week celebrations along with children from the preschool room and nursery to further our children's understanding of Aboriginal culture, and linking this experience to our Acknowledgement of Country.

We've also been practicing our Fundamental Movement Skills, utilising the area out the back of Yarrunga. Emma focuses on a different skill each month. We've been practicing our running and over-arm throwing on the grassed area as there is more room for us to use.

Terri, Emma and Nat

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

## Munch and Move

In June, we focussed on overarm throwing. In our first lesson with the preschool children, we used beanbags to practice our stance and throwing action. Later in the month, we progressed to using tennis balls and aiming for the target. The children had varied degrees of success when it came to getting the ball through the hole but all the children were able to take on board the information and throw the ball overarm. The Junior Preschool children spent some time out the back on the grass area practicing free throwing and gaining confidence in their throwing actions.

In July, we will be focussing on kicking.



Emma ☺



## PRESCHOOL ROOM NEWS

Month of June has disappeared in a blink of an eye!

We welcome 4th year CSU student Maddi into the preschool room, within this 4 weeks Maddi formed meaningful relationships with children. Maddi contributed to our programs and intentional teaching, this included her pre-planned sessions. Tenille and Krystine attend an information night at St Patricks Parish regarding their Early Numeracy Program and Skills in Primary School. This information session gave us tools to incorporate into our curriculum (this can be reflected with the Preschool rooms domino activity found on Facebook).

Building on our language and culture program, we have organised multiple excursions for NAIDOC week, expanding on our community involvement and cultural learning.

Educators have completed mid-year assessments and have begun sending them out prior to parent teacher interviews through the month of July.

Another month has gone and so much is planned for the coming weeks, this includes us getting out more with this beautiful weather, please ensure children are coming with appropriate clothing and extra pairs.

Thank you for another wonderful month!



Tenille, Deb, Krystine, Sandy and Belle.

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

## EDUCATIONAL LEADER & NQS REPORT

### ***Daily Routines:***

Our current review of daily routine practices culminated in a staff meeting presentation this week, which demonstrated how we meet the descriptors for best practice in the National Quality Standard and the Early Years Learning Framework. As a service team, we viewed short vignettes from each of our education and care rooms showing the interactions that occur between educators and children on a daily basis. This was a wonderful opportunity for educators to share how they use daily routines as learning experiences and opportunities to strengthen relationships through *Intentional Teaching* strategies and *spontaneous* interactions. Highlights from the presentation include how capable children from all groups are in the areas of independence and self-help, and how educators prepare children for transitions - both within their own rooms and as they progress to older age groups.

### ***Mid-Year Assessments:***

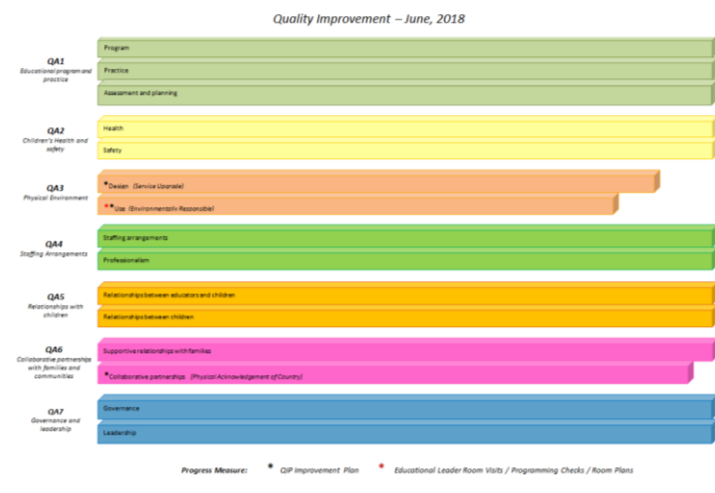
Educators are finishing their summaries of children's learning and progress and will offer family interviews in the coming weeks. These interviews provide a wonderful opportunity for you to look through your child's Individual Learning Journal, which demonstrates how they have (or continue) to work towards their learning goals, as well as some spontaneous *magic moments!* Educators will be seeking feedback on how they can support further learning and provide strategies, which can also be incorporated at home. Room teams will forward details of meeting times.

### ***NAIDOC Week:***

Next week Yarrunga children will be out and about enjoying our local Aboriginal and Torres Strait Islander cultural festivals. Children from all groups are heading down to QE11 square on Monday morning for the flag raising ceremony, preschool children will participate in indigenous story telling at the Library Museum on Tuesday, and our older preschool group are visiting WOOMERA Aboriginal Corporation for music, games and a community BBQ on Wednesday.

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

We continue to make progress towards the bigger goals in our QIP. All educators are now confident in how they articulate individual and group planning cycles, and as mentioned in last month's newsletter we have implemented strategies to facilitate the inclusion of Aboriginal and Torres Strait Islander perspectives into our learning environments.



If you have any feedback or questions please do not hesitate to speak with educators. We value your feedback!

Krystine





## National Immunisation Program

A joint Australian, State and Territory Government Initiative

## National Immunisation Program (Childhood) Schedule changes from 1 July 2018

Information for parents and carers

Under the National Immunisation Program (NIP), babies and young children have access to free childhood immunisations which provide protection against multiple infectious diseases during their first vulnerable years of life.

**In July 2018, the childhood immunisation schedule was updated. Your child's due date for their next immunisation/s has not changed. Immunisations are still given at 2\*, 4, 6, 12, 18 months and 4 years of age.**

### Why has the schedule changed?

The recommended vaccination schedule changes over time for a number of reasons:

- new vaccines become available to protect children from a disease
- new "combination vaccines" reduce the number of needles children need to get
- a vaccine is improved or made safer
- fewer doses of a vaccine are shown to work just as well
- booster doses are shown to improve protection
- moving a dose to a different age is shown to improve protection or work just as well.

The changes outlined below have been made on advice from immunisation experts to provide children with the best protection.

### Summary of key changes

Diseases covered	Previous schedule	Schedule from 1 July 2018
Meningococcal C and <i>Haemophilus influenzae</i> type b (Hib)	Menitorix® vaccine at 12 months	Being replaced by a <b>Meningococcal ACWY</b> (Nimenrix®) vaccine at 12 months and a <b>Hib</b> vaccine (ActHIB®) at 18 months
Pneumococcal	Prevenar 13® at 2*, 4 and 6 months	Prevenar 13® at 2*, 4 and <b>12 months</b>

### Meningococcal vaccination

From 1 July 2018, a meningococcal ACWY vaccine will be given to children at 12 months of age. This new vaccine will replace the previous combination meningococcal C-*Haemophilus influenzae* type b (Hib) vaccine given at 12 months of age.

Meningococcal is a rare but very serious infection that can lead to blood poisoning (septicaemia) and brain infection (meningitis).

Meningococcal disease is caused by different types of the meningococcal bacteria—A, B, C, W and Y.

Previously, people with an infection from meningococcal types W and Y were rarely seen in Australia, but these have been increasing in recent years. The new vaccine will help protect against four types of meningococcal disease (A, C, W and Y) instead of one (C).

#### Who is eligible for the meningococcal ACWY vaccine?

Meningococcal ACWY vaccine will be given to all children who are due for their 12 month vaccinations from 1 July 2018 onwards.

Children who have already received their meningococcal C vaccine at 12 months of age are not eligible to receive the meningococcal ACWY vaccine under the NIP. Parents may purchase the meningococcal ACWY on the private market if they wish to, or check if your state/territory offers a funded program.

#### Is the meningococcal ACWY vaccine at 12 months of age required as part of the Government's No Jab, No Pay policy?

Meningococcal C vaccination at 12 months of age continues to be a requirement for eligibility for child care subsidies and family assistance payments. From 1 July 2018, the meningococcal C vaccine is being replaced by a meningococcal ACWY vaccine. A child who receives the meningococcal ACWY vaccine at 12 months of age will meet the requirements for child care subsidies and family assistance payments.

#### What if my child has already received meningococcal ACWY vaccines before 12 months of age?

Even if your child has had one or more meningococcal ACWY vaccine doses before 12 months of age, a booster dose from 12 months of age, and at least 2 months of age after a previous dose, is required for the best protection.

\*Vaccinations due to be given at 2 months of age may be given from 6 weeks of age

*Can I claim for reimbursement if my child received privately funded meningococcal ACWY vaccine before the program started?*

No. The Australian Government provides vaccines at no cost through the NIP and no reimbursements are made for privately purchased vaccines including those purchased before the program started.

*Is the meningococcal B vaccine also free?*

No. Immunisation against meningococcal B disease is only available on private prescription and there is no discount under the Pharmaceutical Benefits Scheme.

If you wish for your child to receive the meningococcal B vaccine you can make an appointment with your GP or other vaccination provider to have it discussed, prescribed and administered. Costs may vary by vaccination provider and chemist.

## Haemophilus influenzae type b (Hib) vaccination

From 1 July 2018, the *Haemophilus influenzae* type b (Hib) vaccine will be given as a separate vaccine for children at 18 months of age.

Hib (also called *Haemophilus influenzae* type b) is a serious disease in young children. It can affect the airways, skin, joints, ears or brain.

Previously, a Hib vaccine booster was given in a combination vaccine with meningococcal C to children at 12 months of age. The meningococcal ACWY vaccine is not available as a combination vaccine with Hib and so the Hib vaccine booster must now be given separately.

Four doses of Hib vaccine are still being provided through the NIP:

- as part of a combination vaccine at 2\*, 4, and 6 months of age; and
- alone at 18 months of age.

Immunisation experts have reviewed the evidence and recommended the fourth dose be moved from 12 months of age to 18 months of age. It has been judged safe and effective to move this dose of Hib to 18 months of age.

*What if my child has already received a Hib vaccine at 12 months of age?*

All children 18 months of age from 1 July 2018 will be offered a Hib vaccine booster. If your child already received a Hib vaccine at 12 months of age (children born between 1 January 2017 to 30 June 2017) they are not required to have an additional dose, however it is safe for them to have one. If you choose not to have the dose at 18 months of age, there is no impact on your eligibility for child care subsidies or family assistance payments.

## Pneumococcal vaccination

From 1 July 2018, pneumococcal vaccination will be given at 2\*, 4 and 12 months of age instead of 2\*, 4, and 6 months of age.

Previously, pneumococcal vaccination was given to all children at 2\*, 4 and 6 months of age.

Immunisation experts have reviewed the evidence and recommended that Australia move pneumococcal vaccination to 2\*, 4 and 12 months of age.

While the total number of doses has remained unchanged, the change in the schedule is expected to improve the protection provided by the childhood vaccination program.

**For some children who have specific risk factors, four doses are recommended at 2\*, 4, 6 and 12 months of age. These will still be provided for free. Your doctor will advise if your child should have 4 doses rather than 3.**

*What if my child has already received 3 doses of the pneumococcal vaccine before 12 months of age?*

All children 12 months of age from 1 July 2018 will be offered a pneumococcal vaccine. If your child already received a dose at 2, 4 and 6 months of age (children born 1 July 2017 to 30 December 2017), they are not required to have a fourth dose at 12 months of age, however it is safe for them to have one.

If you choose not to have the additional dose at 12 months of age, there is no impact on your eligibility for child care subsidies or family assistance payments.

## Safety of vaccines

All vaccines used in Australia must be approved for use by the Therapeutic Goods Administration, which monitors the safety of medicines in Australia. Before a vaccine can be licensed, it is rigorously tested over several years to ensure it is safe and that it works.

The safety of vaccines is always being monitored. For more information, visit: [tga.gov.au](http://tga.gov.au) or [health.gov.au/immunisation](http://health.gov.au/immunisation)

All vaccines can have unwanted side effects. Common side effects that may occur and resolve quickly include:

- injection site pain, redness and swelling
- low grade fever
- children can be unsettled, tired and grumpy.

Serious or unexpected vaccine reactions are very rare and should always be reported to your vaccination provider. If you have any questions or concerns make an appointment with your GP or other vaccination provider.

## To find out more about the National Immunisation Program:

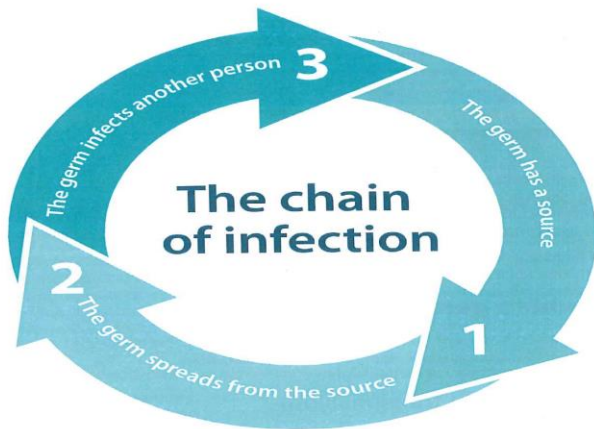
- call the National Immunisation Hotline: 1800 671 811
- visit the Department of Health's immunisation website at [health.gov.au/immunisation](http://health.gov.au/immunisation)

### State and territory health department contact numbers:

ACT	02 6205 2300	SA	1300 232 272
NSW	1300 066 055	TAS	1800 671 738
NT	08 8922 8044	VIC	1300 882 008
WA	08 9321 1312	QLD	Contact your local Public Health Unit







## HAND WASHING

You can break the chain of infection at any stage by insuring hand washing on arrival and departure

## DID YOU KNOW?

Soft drinks, juice, cordials and sports drinks contain 6 teaspoons of sugar in every 250ml glass. This means they contain a large amount of kilojoules. These drinks are not a necessary part of a healthy diet and should only be consumed occasionally - not everyday.

### SUGAR PER 250ML GLASS



Apple Juice 6 tsp



Orange Juice 5 tsp



Cola Drinks 6 tsp



Unsweetened 4 tsp



Lemonade 6 tsp



WATER HAS  
No SUGAR



Health  
Central Coast  
Local Health District

