

NOVEMBER NEWSLETTER 2016

DATES FOR THE DIARY

November 2016

Management Committee

AGM - Wednesday 16th

December 2016

Friday 2nd - Children's

Christmas Party and
family sausage sizzle.

Last day children

Thursday 22nd December

MANAGEMENT COMMITTEE AGM

WEDNESDAY 16TH NOVEMBER. 7PM

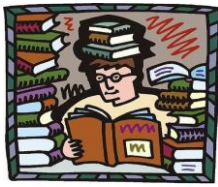
ALL WELCOME!

GUEST SPEAKER - DR. FERENCZ BARANYAY

NEW MEMBERS REQUIRED, PLEASE

CONSIDER VOLUNTEERING YOUR TIME

FOR ONE NIGHT A MONTH



STAFF STUDY CORNER

The following staff members have completed courses in October 2016 as listed below: -

ECA Learning Hub Webinars: -

Visual Arts & Creativity in your Curriculum:

Chrissy, Deb, Krystine

Using Critical Reflection: Holly

Documenting and Assessing Children's Learning:

Carly

Supporting Child Self-Regulation 0-3: Kelly

Supporting Child Self-Regulation 3-5: Alana

Other Training

Stephanie Alexander Garden Foundation:

Lynette

Munch & Move Webinar: Claire & Carly

CHRISTMAS HOLIDAY CLOSURE

**The last day for the
children to attend the**

Centre in 2016 is

Thursday 22nd

December.

**The first day of
attendance in 2017 is**

Monday 9th January





CHILDREN'S CHRISTMAS PARTY & CONCERT FRIDAY 2ND DECEMBER

From 5.30-7.30pm. Come along and enjoy a family sausage sizzle and get together with our other families. Santa will be coming and there will be activities for the children.



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 January 2017.

Thanks to Vitasoy for donating Rice and Soy Milk to Yarrunga



BEPANTHEN NAPPY RASH CREAM



Yarrunga is a 'nut free' centre. It has come to our attention that the Bepanthen nappy rash cream we have been using contains almond oil, so we are no longer able to use this or the 'Sudocrem'.

QV barrier cream will be used by educators in both the Nursery and Junior Preschool for any children with a sore bottom.

New authorisation forms will be signed by every family at the beginning of 2017.



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.

NURSERY NEWS

Hi everyone,

We are slowly getting some better weather please remember to pack a few extra sets of clothes as the weather is a bit unpredictable. We have some children doing transition days in the junior room they are doing really well.

We would like to welcome all our new families that have started with us in the last couple of weeks the Children are settling in well.

The children have been climbing with more confidence building gross motor skills. We have also been playing lots in the sand, digging, making castles, cakes and covering our hands and they love cooking with pots and pans.

We have Maddi from CSU with us on placement for the next three weeks, great to have extra set of hands.



Thanks

Nicole, Kelly, Carly, Holly, Serena
and Sandy

nurserytoddler@yarrunga.com.au

Junior Preschool Room

This Month we are concentrating on Individual yearly assessments. This means there will be no Weekly highlights emailed. If you wish to catch up on our learning, please check the Floor book daily. The Floor book is our curriculum and is full of learning experiences and children's voices.

Thank you to Ruby's family for the donation of spare clothes. We have had an abundance of family input over the last month and it's been fabulous.

Alby has brought bee and honey photos and samples for us to explore, Melody created a book about the growth of her chickens, Zachary's family brought in their racing car for us to sit in. Parent helpers for the Library visit Jackson's Mum, Louie's Dad and Arthur's Mum and Billie shared her growing egg with us, from New Zealand.

We had a story time incursion with "Spotty bear" see our floor book for further information. We discussed how we are all different and special in our own way.

Transport has been a great interest and our Road safety car is now being turned into a Garbage truck as we have been watching and chatting to the Garbage man when he picks up our bins.

Our lost property is over flowing!!! There are many items of clothing and drink bottles in our lost property and many have no labels of names. Please check and collect your missing items. If the items are not collected they will be donated.

We have been keeping our vegetable patch weed free and feeding our worms for healthy soil. This follows our project of Farm to table via Stephanie Alexander program. We have also been harvesting lettuce and beetroot for Sue to add to our lunch.

A quick reminder that there are many mozzies around and we are outdoors for most of the day. It might be good idea to apply insect repellent before arrival.

Thank you Deb, Chrissy and Lynette

juniorschool@yarrunga.com.au



EDUCATIONAL LEADER & NQS REPORT

QIP Update:

During September feedback was sought from educators and committee on Quality Area 6 - Collaborative partnerships with families and communities and I have now collated and added responses to the strengths for this area in our QIP. I have also updated Plan No. 17 'strengthening collaborative partnerships with the broader community'. We have now reached our goals in this plan by creating a 'Community Folder', engaging in ongoing visits with the residents from Borella House, the development of a Reconciliation Plan which is on display in the foyer, and the implementation of Wiradjuri language and cultural sessions with Ruth Davys. Feedback from educators, children and parents about Ruth's sessions has been very positive and as these sessions continue for the remainder of 2016 educators aim to implement the learning that is occurring with other groups through story, song and creative arts experiences.

As progress notes have been added to other plans in our QIP it has been rewarding to see that our collective efforts have also lead to the meeting of goals in more plans. I can proudly state that in total we have met 15 Individual Plans since our transition to the new QIP format this year, and have 4 plans remaining. Through ongoing review, as old goals are reached new goals will be generated and our QIP will be a true 'living document'.

Educational Leader News:

Thank you to those families who participated in our face to face survey gathering input regarding how you would like to receive curriculum documentation and how we can best show children's learning for families to provide feedback.

We are investigating how we can meet the needs of regulations and NQS requirements to provide documentation and learning to families that best suits families of 2017, for full parent interaction.

Feedback indicates that families:

- Are happy with the 'organic' presentations in our hard copy Individual Learning Journals
- Enjoy seeing photos of their children engaged in learning relationships
- Would like to see our Floor Books documenting group learning emailed as time to read through these can often be a factor at drop off / pick up times

As educators now have a deeper understanding of what families want, we can collectively discuss how to implement changes in preparation for 2017.

Thank you,

Krystine Masterson

PRESCHOOL ROOM NEWS

Welcome to the lovely spring weather at last! During September we have utilised the grassed area and bike path out the back to practice lots of Fundamental Movement activities each morning. Fundamental Movement Skills are a specific set of gross motor movements that involve different body parts and build more complex and specialised skills required by children throughout their lives as they participate in games, sports and recreational activities. Children have enjoyed practicing and developing these skills through:

- Bike riding
- Sack jumping, hoop rolling and twisting
- Ball hitting, throwing, catching and kicking and
- Lots of running games

Other highlights this month have included our Friday visits with Ruth Davys to learn Wiradjuri



language and culture through story, songs, movement and creative arts. Last Friday some of the children took their learning one step further as they spontaneously created Aboriginal flags on their art work and clearly articulated the meaning behind the symbols and colours to Ruth. Please see our project wall for more information on our learning.

A visit with Alicia's family and dad's 'racing car'. This has evolved from the Junior Preschool Room where Zach (Alicia's brother) and his friends have developed a keen

interest in cars. This very special car has spent time at MAMA for '*SPEED: The Fast and Furious*' exhibition and the children were thrilled to be able to take turns sitting inside a real race car!

Eastern Hill Reserve has also proved really popular and during today's Excursion we observed lots of managed risk taking, collaborative play and problem solving as children tied ropes to climb tree limbs and build cubbies using large twigs and branches sourced through the bush environment. There was also great skill needed to manoeuvre down the rocky terrain as the bush track back to Mount Street was mastered.



Upcoming events include An Albury City Halve Waste Composting workshop on Wednesday 23rd October; the final of our three Bunnings workshops on Monday 28th November; our Yearly excursion to Wonga Wetlands which has been moved to Thursday 1st December due to flooding and a visit with our lovely friends at Borella House on Monday 12th December. More details regarding each event will be available closer to their due dates.

Finally thank you to those families that participated in our documentation survey. It's still not too late to tell us how you would prefer your child's learning to be communicated. There has been strong support for our hard copy Individual Learning Journals to continue and many families have indicated their preference for email of group learning.

Thanks

**Terri, Emma, Alana, Belle, &
Krystine**

preschool@yarrunga.com.au



A Quick Bite ...

Healthy Hummus Dip!

Makes 1 ½ cups

Ingredients:

- 425 g can chickpeas, drained and rinsed
- ¼ cup lemon juice, about 1 large lemon
- ¼ cup tahini
- 1 small garlic clove, minced
- 2 Tbsp olive oil
- ½ tsp salt
- ½ tsp ground cumin
- 2 to 3 Tbsp water

Method:

1. Place all ingredients, except water, into a blender or food processor. Process until smooth – about 3 minutes.
2. Slowly add water until the desired consistency is reached.
3. Store in an airtight container in the fridge up to 5 days.
4. Eat with a selection of fresh vegetables



For more information visit

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

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A Quick Bite ...

Sleep hygiene—what's that?

Is bedtime a struggle at your place? A simple, predictable routine, or good sleep hygiene, might make a huge difference!

Your child may want to stay up later and seem full of beans, but that doesn't mean they don't need sleep! Well ahead of bedtime let your child know what you expect – discuss some rules including a set bedtime. Avoid stimulating activities and have some calming activities before bedtime.



Avoid confrontation and revisit the rules so that they know what to expect. Tuck your child into bed and leave their room while they are still awake. If they call you or come out, avoid discussion, return them to bed, remind them it's time for sleep and 'be boring'!

Acknowledgement: Melbourne Children's Sleep Centre

For more information visit

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

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A Quick Bite ...

Breakfast: Quick, Healthy Ideas for a Great Start

Here are some quick and healthy breakfast ideas that even children can prepare. Encourage your child to have a go at getting their own breakfast ready as they grow and their skills develop.

- Fresh fruit
- Wholemeal or multigrain toast with toppings such as cheese, baked beans or avocado
- Porridge – quick oats
- Muffins
- Crumpets
- Yoghurt
- Cereals such as muesli or wheat flakes
- Boiled egg with toast

Acknowledgement: <http://www.betterhealth.vic.gov.au/>



For more information visit

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

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A Quick Bite ...

Do you have a toddler that won't sleep enough?

YEESSSS!!!! We hear you scream! Sleep promotes sleep, and toddlers need about 10-12 hours sleep per night. Daytime naps can also be important for settling too. As children grow older their need for day time sleep decreases.

Parents and carers can learn to recognise when their toddlers are tired and respond by reducing stimulation and putting them down for a rest. The following suggestions may help your toddler settle down to get ready to sleep and set them up for a good start to the day:

- Eat as early as possible in the evening
- Get ready for bed in the same way each night
- Read a short story in dim light
- Play quiet music
- Go to bed at a similar time each night



For more information visit

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

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