

yarrunga

EARLY LEARNING CENTRE
SEPTEMBER NEWSLETTER 2016

DATES FOR THE DIARY

September 2016

Healthy Harold 7th

September

Management Committee

Meeting - Wednesday

21st September.

Thank You!

Everyone at Yarrunga would like to give a big thank you to Ray Miller from Kennedy's for the hamburgers and sausages that were donated for the Father's Day B.B.Q. Also thanks to Borella Road IGA who donated the hamburgers buns.



WE WELCOME YOUR FEEDBACK!

How can we make our newsletter better?

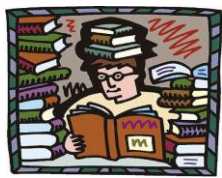
What information would you like us to include?

Call us on: (02) 60217597

OR email: admin@yarrunga.com.au



YOUR FEEDBACK MATTERS



STAFF STUDY CORNER

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

ECA Learning Hub Webinars: -

Bullying & Harassment for Employees: Debbie

Documenting & Assessing Children's Learning: Lisa

Maths is Everywhere: Terri

Outdoor Learning: Debbie, Carly

Partnership & Families: Holly

Rec in Action Parts 1 & 2: Lesley, Nicole, Lynette

Supporting Child Self-regulation: Debbie, Sandy, Nicole, Chrissy, Lynette

Technology in EC: Terri, Emma

Role of Certified Supervisor: Krystine

Using Critical Reflection: Lynette, Sandy, Kelly, Krystine, Nicole

Duty of Care for Managers & Supervisors: Claire, Chrissy

National Information Privacy Awareness: Claire

Early Childhood Nutrition: Sue

Long Service Leave Workshop: Claire, Karen

ECA Riverina - Leading Pedagogical

Documentation: Claire, Krystine

CARE REQUIREMENTS FOR 2017

Don't forget to return your care requirement forms for next year.

Positions in all rooms are filling quickly and we need to know if your child is returning to Yarrunga or going to school next year to allocate positions to the many on our waiting list.

Last day for care requirements is the 23rd September, 2016.

Thanks to Vitasoy for donating Rice and Soy Milk to Yarrunga

VITASOY
The Soy Experts
it's naturally better.



WELCOME TO OUR YARRUNGA FAMILY

Congratulations to a number of our families that have welcomed new additions to their families: -

To Patricia and Luke and big brothers Reece and Jasper - welcome a baby girl Bronte

To Alana and Andrew and big sisters Evie and Bella - welcome a baby girl Halle



POLICIES BEING REVIEWED

A number of policies and procedures in relations to Quality Area 6 Partnerships with Families & Communities are on display and due to be ratified at the Committee Meeting in September.

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

Hello Everyone

The weather is showing a hint of warmth Spring is here yay!! We have been busy getting our garden beds in the nursery yard ready to plant some plants any donations of seedlings would be greatly appreciated. We have been able to take children up and explore the top yard a little more using the climbing equipment to help with our gross motor development.

We are encouraging our children with self- help skills such as feeding themselves, washing hands before and after meals and we will soon start to get them to start scraping there plates they are all loving this routine and are very clever at it.

Carly brought in her pet Rabbit a couple of times "Nibbles" he was very popular, the children loved him.



Thanks

Nicole, Kelly, Carly, Holly, Serena
and Sandy

nurserytoddler@yarrunga.com.au

JUNIOR PRESCHOOL NEWS

Spring has sprung! That means it's sunblock and hat time again. Please apply sunblock on arrival and educators will ensure reapplication every 2hrs when outdoors. Please remember to pack a variety of clothing changes at this time of year as the weather varies throughout the day and ensure clothing is labelled as we have an over flow of lost property. Thank you.

We would love to extend on our interest in story and venturing into the community by visiting the local library. We would like to do this during the school holidays when more families are available for assistance. Parent helpers would be very much appreciated.

We have also begun a new project in our room with interests in the theme under the sea. We discuss saving water for the fish when we use the taps.

Now the weather is warming up it's a great time to persist with toilet learning, if your child is showing interest. For current information please visit the raisingchildren.com web site. We also use visual guides in our room such as photos of the toilet routine and what we do before and after using the toilet. This is a simple tool you could make at home and even use on your phone or tablet. Thank you to all the Dad's and family members that joined us for Father's day lunch and Footy colours day.

Thank you ^y Deb, Chrissy and Lynette
juniorpreschool@yarrunga.com.au



EDUCATIONAL LEADER & NQS REPORT

QIP Update:

During August we reviewed our professional practices against the standards and elements in QA5 – Relationships with children. Educators are clearly able to articulate how we *know* and *show* regulatory compliance and demonstrate best practice with links to the ECA Code of Ethics and the Convention on the Rights of the Child (UNCROC). In a team exercise we also viewed some short videos of our interactions with children and discussed how our practices are aligned with Yarrunga's Philosophy, the ECA Code of Ethics, EYLF Principles and Practices, and related policy/procedure. Our review has highlighted the strengths in our relationships with children and how they are embedded into practice.

Educational Leader News:

All educators are currently upskilling in areas of interest via allocated time for webinar training with ECA Online. These webinars are proving highly rewarding as we share our learning at team and staff meetings and identify how key ideas can be incorporated into curriculum to provide better outcomes for children. Please stay tuned via our Staff Professional Development Corner. If there is an area you are interested in, please speak with educators as they are keen to share their knowledge.

On Thursday our Leadership team will meet for the second time this year to discuss and review how we are moving forward in our work with children and families. These meetings often generate new ideas and plans for the future which are then shared with individual teams promoting cohesiveness and a sense of *ownership* for all.

Now that the weather has warmed we are reorganising another incursion with the residents from Borella House after our garden upgrade is complete. Spring is also a perfect time for lots of spontaneous outings into our local community!

Thank you to Jarrod Hayes for all his hard work in the preparation of the worm towers for our garden beds. Our children thoroughly enjoyed reading plans on how to install them and we now have another avenue for environmental teaching as we collectively reduce our carbon footprint!

Deb will be filling in whilst I take some Long Service Leave for the next 5 weeks.

Regards, Krystine

After the completion of children's learning assessments last month many families took up the opportunity for parent/educator meetings. Feedback has been really positive with meetings once again providing opportunity for collaborative goal-setting in partnership with parents, and opportunity for feedback and support. Many of the families who did not attend meetings have indicated verbally that they are happy with their child's progress and the goals documented in their child's summary. Please remember that educators are always available if you have any queries about your child's learning and development.

With many Early Learning Services using electronic formats to document children's learning, I am keen for feedback about Yarrunga's 'organic' approach to documentation as we strive to capture the whole child in our Learning Journals, Floor Books and displays. Are we providing the information you want in a family friendly format? i.e.:

- Your child's scrap book (Individual Learning Journal)
- Detail in half yearly and yearly assessments
- Floor Books & Room Displays
- Photo collage in Weekly Highlights

Responses and suggestions for improvement can be emailed to preschool@yarrunga.com.au

Looking forward to your valued input.

Krystine

PRESCHOOL ROOM NEWS

Welcome back Emma! Krystine is heading off overseas at the end of this week for a month in Europe. We welcome Alana to our team in the preschool room. Alana will be working for Krystine while she is away.

Last week we supported National Superhero Week to raise money for Muscular Dystrophy Australia's programs, services and research, and also Footy Colours Day to support children and young people living with cancer continue with their education. We discussed these events with the children during group time.

This week Life Education's Healthy Harold will be visiting the preschool room. Topics presented in the module 'Healthy Harold's Play Day' will include body knowledge, nutrition, physical activity, hydration, hygiene and sleep.

Krystine recently attended some 'Brain Gym' (Kinesiology) training which we have now built into our daily routine. Brain Gym recognises that everyone has a unique pace for learning. The children have really enjoyed these new games and activities, and have been teaching each other the 'Hook-up'.

We have commenced 'Nature Play' in the preschool room, visiting Eastern Hill which we will continue on a monthly basis so that all preschool children have the opportunity to build resilience through managed risk taking.



Just a reminder that hats and sunscreen are required to be worn by children and staff at Yarrunga from October to March. Sunscreen is reapplied throughout the day, and outdoor activities are minimised between 11:00am and 3:00pm.

Now that the warmer Spring weather has started please also ensure that all of your child's layers of clothing are clearly labelled. There is a basket of Lost Property in the foyer if your child is missing any items.

Transition to School plan

We organised Excursions to both Albury and St. Patrick's schools in July and August. All preschool children attended as informal visits such as these ensure a smooth transition to school regardless of whether it is to the particular school that the child will attend next year or the year after.

During September we will be focusing on Healthy Lunchbox activities during our Transition to School group times. Please have a look at our Transition to School plan that has displays of children's questions in relation to starting school, and information about school's children will be attending in 2017.

From our Preschool team,
Krystine, Terri, Emma, Lesley and Belle.
preschool@yarrunga.com.au

Sustainability Newsletter

- *Interested in chicken scraps/compost scraps for home - please advise.*
- *Donations requested: Spare long pants for 2 - 5 years, garden equipment and old buttons.*
- *Worm compost and garden underway - thank you Jarrod Hay for the pipes. Growing beans, Brussel sprouts, lettuce, broccoli and potatoes.*
- *Waiting on feedback questionnaire "What does sustainability mean to your family"!! thank you to those whom have replied, urgently needed for Sustainability Action Plan.*



Thank you - Lynette.



A Quick Bite ...

I Can Eat a Rainbow

Did you know that fruit and vegetables of different colours have lots of health benefits? When a child eats a rainbow a wide variety of essential vitamins, minerals, fibre and antioxidants are provided to their diet.

Get your child to help list some fruit and veggies of each colour. Here are some to help you get started.

Red: tomato, rhubarb

Yellow: squash, pineapple

Orange: sweet potato, nectarines

Green: spinach, kiwi fruit

Blue/Purple: blackberries, plums

Brown/White: cauliflower, banana



Image by salbury at FreeDigitalPhotos.net

Why not build a rainbow on your child's plate?

Or colour in a section of a rainbow every time they eat a fruit or vegetable of a different colour?

For more information visit

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

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Health
Murrumbidgee
Local Health District



A Quick Bite ...

Freezing Fruit!

Do you have a child who doesn't like fruit?

How can you keep fruit enjoyable in a lunchbox in summer? Why not try freezing it!

Slice these fruits and freeze them in a single layer for the required time before packing them into bags for ice cool snacks.

- Avocado—freeze for 4 hours
- Orange—freeze for 4 hours
- Grapefruit—freeze for 4 hours
- Melon —freeze for 4 hours
- Mango —freeze for 4 hours
- Kiwifruit —freeze for 4 hours
- Grapes —freeze for 4 hours (freeze individually or in a bunch)
- Canned fruit—peaches, pears or pineapple —freeze for 4 hours
- Pomegranate seeds —freeze for 4 hours

Remember to wash your fruit before freezing

For more information on freezing fruit, visit:

<http://preparednessmama.com/freezing-fruit/>



For more information visit

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

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A Quick Bite ...

Fruit and Veg Month

Every year Fruit & Veg Month runs for the last 3 weeks of Term 3. In 2016 it will be from 29th August to 23rd September.

The Healthy Kids Association produces fantastic classroom resources that can be used during the month or all year long. Ask your child's teacher if they will be doing anything for Fruit & Veg month this year.

Here are some suggestions on how to encourage your child to eat more fruit and vegetables all year round:

- Show them that you enjoy fruit and vegetables too
- Get them to help with the grocery shopping
- Grow your own fruit and vegetables at home and get your child to join in
- Try to buy fruit and vegetables that is in season, they will taste so much better
- Have fruit available on the bench or already cut in the fridge



Image by amercil at FreeDigitalPhotos.net

For more information visit

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

Live Life Well
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Health
Murrumbidgee
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A Quick Bite ...

Fruit and Veg in lunchboxes

Does your child eat enough fruit and veg each day? Why not include them in their lunchbox. This will boost their intake of fruit and vegetables. Try these great lunchbox ideas:

- Cut the fruit up so it is more tempting to eat, and quicker too if they just want to play
- Offer in season fruit. This always tastes better.
- Include as a snack item vegetables such as carrot sticks, snow peas, raw broccoli or cauliflower florets, cherry tomatoes, cucumber sticks, or celery boats
- Include vegetable savoury bakes such as spinach and feta scrolls or muffins, zucchini slice, sweet potato crisps
- Soak some chickpeas overnight, then roast them to make a crunchy snack. Check out some great recipe ideas:

www.thisgrandmafun.com/roasted-chickpeas-recipe/



http://www.thisgrandmafun.com/roasted-chickpeas-recipe/

For more information visit

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

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