Welcome to all of our new families.

**HEALTHY EATING**

Reminder, please bring fresh fruit or vegetables for fruit time for the children to munch and crunch. NO packaged variations of mushy fruit please as they do not encourage the children to use muscles that assist in chewing and also with speech development. Packaged foods also usually contain preservatives and colourings.

We have a strict policy on just water in the children's water bottles at Kindy, please no cordials or fruit juice that are full of sugar.

If your child stays for lunch a sandwich or crackers and perhaps yoghurt or a biscuit is ample amount of food for a 4 year old. Where possible please refrain from putting in lots of packaged treats which are high in fat and or sugars.

A piece of fruit is still needed for the morning snack and afternoon.

Please see [www.healthyactive.gov.au](http://www.healthyactive.gov.au) For lunch box ideas and information on food portions for 4 year olds.

**Teddy Bears Picnic**

Some of the children have shared their interests about teddy bears and bear books. So we have decided to have a Teddy Bears Picnic at kindy.

On Tuesday 4th May the children can bring along their teddy bears to have a day of play with them.
Helping at Kindy

Thank you to those parents who have asked about staying on and helping us at kindy. To be able to stay at kindy and school to assist with children’s learning, parents now need to have a police clearance.
Currently while the children are still settling into kindy routines and working through separation anxieties we kindly ask parents not to stay in the session but help in other ways at the moment.

We offer playgroup on Friday mornings for parents to come and stay with their children and explore together. We will have many more special days/evenings at kindy and functions when parents/grandparents can stay at kindy to play with their child.

If parents would like to come back later in a session to cook with the children or share interests from home, or go through the literacy library returns, plant in the vegetable garden etc that would be wonderful.

We also have various jobs that we really appreciate parents taking home to do because now being at capacity we are unable to have siblings staying on in the centre with their parent.
Please see Tonia if you would like to help out with any jobs that need doing.

KIDSMATTER PROJECT

Managing Change
Everyday Learning Series

Adult Changes
Young children can be very much affected by changes in the lives of their parents. Parents illness or stress has a big impact on children too young to understand words. Be careful of what you talk about in front of them, and how worries you sound and look. If something very stressful is happening in your family, get support from another adult such as a grandparent or close friend, for your children and yourself.

When children don’t manage changes
Sometimes a change is too hard for children to manage. This might not be a change that seems big in adult eyes, as changes may have different meanings for children. It is affected by your child’s age and temperament, and by the things that have happened previously in their life.
Children may:
- Be confused, not really understanding what is happening
- Lose confidence that they will be safe and cared for
- Feel powerless
- Feel angry and/or afraid
- Feel lost and out of control.

With changes that really affect children there will be some grieving for what is lost as well some looking forward to what is new. Children grieve differently from adults. Often their grief is intermittent. One day they will be playing happily and another day they may be sad.

Young children show their sadness in their behaviour. What seems like naughtiness is really saying that they have a problem they Some may have sleep problems or revert to younger behaviour. Often they will be clingy and may not want to go to school or child care.

Young children need to be able to step back for a while to where they feel safe before they move on again. They may need to be carried or held a lot.
Rebuilding their sense of safety is the best way to help them move on.
Children learn best in positive relationships and parents are their best resource in learning to manage change.
The effort you put into supporting your children during changes will be of immense value to them throughout their lives.

Reminders for helping children with change
- Make special rituals around the change
- Prepare children for the change
- Support them through it
- Allow time for them to adjust
- Build on what they learned from previous changes.
- Give them some control over what happens.
- Let them keep something from the past.
- Help them to understand what the change means.

Pam Linke
For more information you can borrow the Managing Change booklet as well as other booklets we have in the Everyday Learning Series. They are informative, with great ideas and an easy read.

In conjunction with this, with our involvement with the Kids Matter project we have been very fortunate to have Donna Broadhurst with us. She has generously offered to run a FREE parent workshop on Setting Limits on Children’s Behaviour. Please see the attached flier and add your name to the list on the kitchen table if you would like to attend.

As we will be discussing our children’s behaviour in this workshop it is inappropriate to have children with us in this group so please arrange suitable care. Thankyou.

Keep an eye on the notice board for other parenting groups within the local community that are extremely valuable.

Other services that may be helpful:
Noarlunga Community Health Ph: 83849266 (for children under 4 years of age.)
CAMHS Child & Adolescent Mental Health Services Ph: 82045412
Southern Primary Health Ph: 83849266
Domestic violence hotline Ph: 1800800098
Parent Helpline Ph: 1300364100 24 hours

Following on from the children’s interests in puppetry, dance and movement last term we have booked an excursion to the Forge Theatre at Marryatville to see a performance by Patch Theatre called “Me and My Shadow” on Thursday 20th May.

The cost is $12.00 per ticket which includes the private school bus and the performance. Open to all sessional kindy children even if this is not your child’s usual kindy day. Please return the attached permission form to indicate yes or no if your child will be coming and payment if attending by next Monday 31st April.

I apologise for the short notice but we have to send in the money to confirm our places. We may have spaces for some parents but will not know exactly how many until I get everyone’s form back in. Please note the buses that are being supplied to us do not have seat belts.

* We apologise to our pre entry children but the performance is only offered to 4 year olds. If your child attends pre entry on Thursday please see Kerry for a make up session, thankyou.

*Please note there will not be a Thursday afternoon session. The return time will be 12.30pm

Adult’s tickets are the same cost as the children’s.

5 staff members will be attending with the children at all times.

Please return the attached form about the excursion to indicate you have read the notice even if your child will not be attending. Thankyou.

End of session pick up

We really appreciate parents waiting under the veranda instead of coming into the kindy at the end of the session. We realise that many of you would love to come in to see what the children are doing during their group time. Unfortunately it is really distracting for the children and some of our children with special needs get quite upset with lots of unfamiliar faces. So feel free to have a peek and listen in through the open windows. We ask caregivers and parents to please be prompt with end of session pick up as the teachers have meetings with other parents, specialists, staff meetings, preparation and report writing to do in between and after sessions. If you are going to be late please organise your emergency contact person to pick up your child, thankyou.

HAVE YOU HAD A LOOK IN YOUR CHILD’S PORTFOLIO RECENTLY?
They may have a new learning disposition page or learning story.

Opening hearts and minds to lifelong learning. Kerry, Annette, Di, Tonia and Pam.
Patch Theatre Performance

Me and My Shadow.

When: Thursday 20\textsuperscript{th} May
Cost: $12.00 per person
Performance: At the Forge Theatre, Marryatville
Travelling: By private school bus to and from the performance.
(please note: no seat belts available)
Arrive at kindy: 9.00a.m
Pick up: 12.30pm

Please note: NO KINDY SESSIONS on this day, excursion only.
For those children that are attending they will need their kindy hat.
Kindy will provide a drink and fruit for this day.

We will be getting straight onto the bus in the morning and travelling to the Forge Theatre. The performance goes for 50mins and then we will get back on the bus to return to kindy. Unfortunatley the bus company does not have time allocated to take us to a park for lunch this time so the children will be returning home for lunch.

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PLEASE RETURN TO KINDY ASAP (by next Monday 3\textsuperscript{rd} May)

Child’s name -------------------------------------------------------------------------------------------------will / will not be attending.

I give my permission for (child’s name)--------------------------------------------------------------------------------------------------to attend the Patch Theatre Performance on Thursday 20\textsuperscript{th} May, travelling by private school bus. Enclosed is $12.00.

Signed----------------------------------------------------------------------------------------------------------

I (your name)--------------------------------------------------------------------------------------------------am / am not interested in coming.