NEWSLETTER NO 2  15.3.2009

FULL DAY CHILDREN

For those children that stay for a full day parents need to supply a named roll on sunscreen for their child so that they can learn to apply it after lunch with assistance from Pam.
If your child stays for lunch please provide an insulated lunch box with an ice brick “coolie bag” with your child’s lunch in.
Put your child’s lunch box in the plastic lunch box container in the kitchen.
Water bottles can stay in their bags.

VEGETABLE GARDEN

The veggie-garden is still flourishing. It has been wonderful to see families purchasing the kindy produce and having those lovely tomatoes, zucchinis and pumpkins at home. The money raised from this will go into purchasing seedlings and fertilizer for the winter crop.
The children have thoroughly enjoyed watching their vegetables grow and flourish and then being able to pick and eat them.
We made a lovely zucchini and carrot slice, mmmmm the children loved it. Ask for a copy of the recipe if you would like to try it at home.

FRUIT TIME/ Healthy Eating

As part of our involvement with the Eat Well Be Active project we are encouraging the children to bring fruit or vegetables for their snack time.

Fruit time is referred to as MUNCH and CRUNCH. So please provide your child with a piece of fruit or veg to have at kindy. No sandwiches, biscuits or bars just fresh or dried fruit/vegetables please, cheese on the odd occasion is ok if your child is refusing fruit.
Remember please NO NUTS, we are strictly a nut free zone as we have a child that is allergic to nuts and traces of nuts that are often in packaged and processed foods.

If your child stays for lunch please provide a nutritious lunch, try and avoids foods high in salt, sugars and fats. The children really enjoy staying for lunch at kindy so instead of sending a lolly or junky type treat why not put a little note in their lunch box with a smiley face or kisses. E.g To ...........
Have a happy day. Lots of Love Mummy xox or perhaps put in a sticker.
See page 4 for some lunch box ideas, provided by Lisa Ansell, Start Right Eat Right Project Officer and Dietician.

Peter our local Nutritionist and Steve our local Child Psychologist have kindly donated their time and expertise to hold a 3 week parent group here at kindy on Tuesday mornings from 9am to 10am. We have provided a free crèche at kindy for parents to be able to access these sessions.
3 Sessions 17th, 24th 31st March (it is preferable that parents attend all three.) Bring along all of those burning questions and frustrations about fussy eaters and take some handy tips from the experts.

### FEES/ KINDY PAYMENTS

Everyone has a notice in their pigeon holes about next terms session choices. Please get this back to me with your kindy fees to secure your session choices including lunch care. They need to be returned to kindy before the end of this term. Your child is not automatically put into sessions from last term. Please see Kerry with any questions or difficulties.

Please put all payments into an envelope with your child’s name and what the payment is for. (We have envelopes at kindy if you need ) and put them into the letter box slot in the office door. Staff do not handle money. * PLEASE NOTE: We do not have change so please include the correct amount.

Our Finance Officer receipts the money and once received will put a receipt of payment in your pigeon hole. Please keep all receipts from kindy as proof of payment. Thankyou.

| Wk 8 Kindy fees form will go out so parents can get organised for payment and session preferences for next term. First in best dressed. |
| Wk 7,8,9,10 Port Noarlunga Primary School and Christies Beach Primary School transition visits, see your timetable provided by your nominated school. |
| Wk 9 Friday 27th March National Playgroup week celebration. Free Playgroup open day at Kindy featuring a Teddy Bears Picnic. Bring your teddy and a plate of teddy bear treats or fruit. Friday 3rd April Playgroup in the park ‘Adventure Playground’, (last playgroup session for the term) Playgroup resumes Friday 1st May. |
| Wk 10 Tuesday 31st March Kindy PHOTO DAY. If your child does not usually attend on a Tuesday bring them along to have their individual and group photo taken. Please see Kerry for times. |
| Wk 11 Last week of the term. Thursday 9th April last day of kindy. Back to front day “Ari's Learning Idea” Activities that are upside down and back to front. Children and teachers wear your “Little Miss and Mr Men T.Shirts” if you have one. Parents are you free to come and help us do a few cleaning jobs???? PLEASE every little bit helps. Many hands make light work. Either the Wednesday or Thursday would be great. |

| FRIEDA CORPE KINDERGARTEN’S WEBSITE |
| Is nearly finished, thankyou to families that have shared their ideas and Glen from Tekspec for designing it. |

www.friedakgn.sa.edu.au

Also keep your eye on the website for updates of special events at kindy and some handy website addresses about children’s development and parenting that may be of interest.
Engaged in learning through play.

Have you seen our new program board out by the collage area? We have tried to show and map the children’s learning journeys through visual photographs. It is a wonderful sharing opportunity with your children to talk about the photos and what they have been playing/learning at kindy.

Our recent bowling excursion was through Ari’s interest and learning idea about bowling. There has been such an interest in this from the other children and such valuable learning in the areas of literacy and numeracy as well as further developing gross motor skills, co-ordination and wellbeing “I can do it”.

Have you seen the kindy photos displayed around the kindy from the bowling excursion?

THANKYOU’S

To all of those parents that have helped out with kindy washing.

Thankyou so much to all of those parents that helped at the bowling excursion. What a great time everyone had.

To families that have donated items to playgroup and kindy.

To the Parent Voice Committee for their time and assistance in helping to manage the centre.

To Garry for his time and dedication to helping maintain the kindy grounds and vegetable garden. You are a marvel Garry.

FREEBIE

呲 Please come and see staff for a free Early Childhood Learning Resource.

Cooking with our produce from the vegetable garden. Yummy zucchini and carrot slice.

Our Bowling Excursion. Thankyou Ari what a great learning idea.

Opening hearts and minds to life long learning. Kerry, Annette, Tonia and Pam.
LUNCH BOX FOOD IDEAS

• **Breads and cereals** (5-7 serves per day)
  – Try a variety- sandwiches are great, but not everyday!
  – Encourage children to try different fillings
  – cream cheese, grated carrot and sultanas
  – tuna, pineapple and lettuce
  – Snack ideas
  – Pikelets, homemade muffins, fruit scones, small bag of breakfast cereal, fruit bread, pretzels, crackers with cheese.

• **Dairy foods** (2 serves per day)
  – Cheese slices or sticks
  – Fruit pieces with yoghurt as a dip
  – Frozen smoothie
  – Tub of yoghurt or custard
  – Creamed rice

• **Vegetables** (2 serves per day)
  – As a filling on sandwiches or rolls
  – Mixed salad (If this is instead of a sandwich be sure to include protein and carbohydrate)
  – Vege sticks* with dip (eg.hommus, tzatziki)
  – Add grated vegetables to muffins or quiche

• **Fruit** (1-2 serves per day)
  – Container of fresh fruit salad
  – Banana and sultana sandwich
  – Homemade fruit muffin

• If packing fresh whole fruit try to prevent bruising by:
  – Packing it snugly, so it doesn’t roll around
  – Wrap a piece of paper towel around it to cushion the fruit

• **Meat and alternatives** (1/2 serve per day)
  – Hard boiled egg
  – Small tin of salmon or tuna
  – Lean meat as a sandwich filling
  – Peanut butter or tahini
  – Small container of mixed nuts*

*Choking hazard if <5 yrs and not suitable at kindy
As we have a child who is allergic to nuts.

• **Extras** (maximum 1-2 serves/day)
  – Should be limited as they provide little nutritional value
  – Can contribute to dental cavities and overweight

Find other ways to make lunchboxes exciting
Include a surprise such as a sticker or small toy
• Leave a little note in their lunchbox
• Serve food in interesting ways such as cutting sandwiches with cookie cutters
• Lunchbox/ drink bottle with their favourite character

OTHER THINGS TO CONSIDER
• Easy to eat
  – May have difficulty with large foods
  – If children have loose or missing teeth may need softer foods
  – Avoid messy foods
• Easy to unpack
  – May have trouble with cling wrap
  – Some packaged foods are hard to open
• Involve children where possible
  – Shopping, cooking and packing lunch

Lisa Ansell, Start Right Eat Right Project Officer and Dietician.

Stay tuned for more helpful hints and advice on healthy eating in our next newsletter.