NEWSLETTER NO 3  5.5.2009
A huge welcome to all of our new friends and families this term
Ada, Lucy, Tamzyn, Sophie, Georgia, Hannah, Brynne, Safiya, Shayla, Siarna, Harper, Thai, Jenna, Lashara, Teegan, Cahlia, Tyrrell, Lucas, Kiarah

Some reminders:
If your child stays for lunch please provide an insulated lunch box with an ice brick “cooler bag” with your child’s lunch in. Put your child’s lunch box in the big plastic lunch box container in the kitchen. Water bottles can stay in their bags. Your child will need two pieces of fruit or vegetables one for the morning snack and one for the afternoon snack time.

Please NO NUTS or PRODUCTS CONTAINING NUTS or CHICKPEAS (hommus)/LENTILS
We have children that are extremely allergic and may have an anaphylactic reaction if they come in contact with this and require hospitalization. Please read the back of packaging if sending packaged food for lunch. Remember no peanut paste or nutella in sandwiches, save these fillings for home. Thankyou.

The vegetable 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

SUN SMART
We are a Sun Smart Kindy in accordance with The Cancer Council of South Australia. We implement a comprehensive skin protection policy when the ultra violet radiation levels are 3 and above—this is generally from the beginning of September until the end of April.
Each day we check the Bureau of Meteorology to see what the UV rays are. On days when the UV rays are under 3 the children and staff will not be required to wear hats for outdoor play so that we are exposed to “Safe sun exposure” for the production of vitamin D, for healthy bone development.

VEGETABLE GARDEN
A huge thankyou to The Sutton family for clearing the vegetable garden in readiness for planting again soon. We have been brainstorming with the children as to what sorts of winter vegetables they might like to grow. So far we’ve had lots of great ideas so we hope to be purchasing some seedlings soon. If you would like to come and help the children in the vegetable garden please let staff know.
We still have pumpkins for sale and a great pumpkin soup recipe that can be made easily at home for those cold winter nights.
Have you changed your address, phone number?

Please inform Kerry so that we have your current details in the case of an emergency. Please do not provide us with a mobile number if you do not keep your mobile switched on and/or access it through the day. We have had a few children sick whilst being at kindy and have not been able to contact parents because they do not have message bank and/or do not check their missed calls. For emergency reasons we need to be able to contact you or your emergency contact person.

FRUIT TIME/ Healthy Eating

See page 3 for our second series of healthy eating/lunch boxes information, provided by Lisa Ansell, Start Right Eat Right Project Officer and Dietician.

Peter Hill our local Nutritionist and Steve Thorn our local Child Psychologist have kindly donated their time and expertise to hold an evening workshop for parents and caregivers about behaviour management strategies, issues relating to children’s behaviour and foods, answering questions and providing strategies about any issues you may be having at home with your children. Please let Kerry know if you are interested as we hope to provide a yummy dinner on the night and are trying to book an evening that would suit most people.

Engaged in learning through play.

Have you seen the weekly program board by the pasting table. The children’s learning and learning ideas are displayed through photographs. The children are really proud of their learning through play so come and see what they have been doing.

“We could make a spaceship” Hamish & Maguire.

“I want to paint about my family” Bradley

“Learning about maps, travelling and greetings from around the world.” “Lu Ho Bo”

We are playing the 5 little duck game. Where do baby ducks come from? Perhaps we could find a map and visit a farm to find out?

See Diary Dates about a Farm Excursion. More details to come, children from all sessions are welcome.

Kindy DIARY DATES

<table>
<thead>
<tr>
<th>Wk</th>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>8</td>
<td>17th June</td>
<td>CAFHS checks</td>
</tr>
<tr>
<td>6,7,8,9</td>
<td>Port Noarlunga Primary School and Christies Beach Primary School transition visits, see your timetable provided by your nominated school.</td>
<td></td>
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<tr>
<td>7</td>
<td>9th June</td>
<td>Farm Barn excursion. $13.00 per child. Adult helpers $7.00 limited spaces please see Kerry</td>
</tr>
<tr>
<td>8</td>
<td>Kindy fees form will go out so parents can get organised for payment and session preferences for next term. First in best dressed.</td>
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<tr>
<td>10</td>
<td>3rd July</td>
<td>KINDY DISCO. Fundraiser and Kindy family get together. Christies Beach Sailing Club.</td>
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As you are aware the kindy newsletter is available on the kindy website so that we can save trees and look after the environment.

www.friedakgn.sa.edu.au

Thankyou to all of those families who have given me their email address so that I can notify them when the newsletter is online.

THANKYOU’S

To all of those parents who have helped out with kindy washing.
Thankyou so much to all of those parents who helped at the end of last term cleaning up.
To the Parent Voice Committee for their time and assistance in helping to manage the centre.
Once again to Garry and Jack for their time and dedication to helping maintain the kindy grounds and vegetable garden. The children are really enjoying being in a natural outdoor environment playing with dirt and rolling down a grassy hill. We are very fortunate to have such a lovely space to learn in.
Thankyou to Leighton from Toner Action on beach road for fixing our scanner free of charge and supporting our kindy. They give great prices on cartridges, call in and have a look. 1/125 Beach rd.

No bullying policy

As part of our Protective Behaviours’ Curriculum we have been discussing how we can be happy and safe and strategies we can use if we are feeling angry, sad and disappointed.
We brainstormed ideas about what bullying means and how it makes us feel. The children made a big poster about feeling happy and safe at kindy and NO Bullying. To support the children’s learning about acceptable friendly behaviour and developing skills of resilience and problem solving we say No to bullying and will not tolerate it at our centre. As such we have a NO bullying policy in place and ask for parents support with this.

“I am making a poster for the children about please don’t be bullying at kindy” Sierra

Healthy Lunch boxes Continued Part 2.

Packaged foods

- Pros:
  - Convenience
  - Usually keep longer than fresh foods
  - Appealing to children

- Cons:
  - Generally expensive
  - Environmental issues
  - Can be high in fat, sugar and salt

The cost of packaged foods exposed

<table>
<thead>
<tr>
<th>Item</th>
<th>Cost per kg</th>
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<tbody>
<tr>
<td>Apples</td>
<td>$5</td>
</tr>
<tr>
<td>Roll-ups</td>
<td>$40</td>
</tr>
<tr>
<td>Tinned Apricots (825g)</td>
<td>$5.10</td>
</tr>
<tr>
<td>Diced Apricot Snack Packs (140g)</td>
<td>$10.00</td>
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Questions to ask:
- Is it high in fat, particularly saturated fat?
  - Is it high in added sugars?
  - Is it high in salt?
  - Is it high in fibre? (plant foods only)

Where to look:
- Check the ingredients list
- Check the Nutrition Information Panel
Nutrition Information Panel

- **Serve Sizes**
  - Tells how many servings are contained in that package of food
  - May not be your serve size

- **Per 100g column**
  - Use for comparison between products
  - Gives a percentage

### What to look for?

#### Fats

A good choice has:
- Less than 10g fat per 100g food
- Choose poly & mono fats
- Aim for less than 1g TRANS per 100g for margarine

#### Salt

A good choice has:
- Less than 400mg Sodium per 100g

#### Sugar

A good choice has:
- Aim for the lower added sugar

### What to Aim For?

- **Total fat**
  - less than 10g per 100g

- **Sugars**
  - less than 20g per 100g
  - up to 25g per 100g for foods containing fruit

- **Sodium**
  - less than 400mg per 100g

- **Fibre**
  - more than 5g per 100g

### Choice websites

- **Choice Food for Kids**

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

Opening hearts and minds to life long learning.
Kerry, Annette, Tonia and Pam.