

DATES TO REMEMBER:

Committee meeting to wrap presents for xmas party Wed 30/11 at 6.45pm Kindy House

Xmas party at Kindy House sat 3/12 at 10am-12pm

Staff/parent xmas dinner FRI 18/11 @7.30pm SEE DETAILS IN NEWSLETTER

NANNAS CHILDCARE CENTRE

Newsletter NOV/DEC 2016



XMAS PARTY: Yes it is that time of the year again and we would like to invite all families to our annual Xmas party. It will be held on SAT DEC 3rd 10am-12pm at the Kindy House. Santa will arrive with a present for all the good children!! (if siblings are attending please supply a present for santa-see staff). Food and drinks will be provided if you would like to contribute a plate please remember we are a nut-free centre!! Entertainment will be once again provided by Daniel Larcombe who every year makes us laugh!! Would be great to see every family attend is a fun morning!!!

STAFF AND FAMILY XMAS DINNER: We are having our staff and family xmas dinner this year on Friday 18/11/16 at O'Halloran Hill Vietnamese restaurant 115 Main South Rd O'Halloran Hill. All parents are welcome to attend but we do need final numbers. Soon each house will have a sign up on pinboard for you to place your names.

NANNA'S KINDERGARTEN AND PRESCHOOL PROGRAMME: At Nanna's Kindy House we acknowledge that the year before a child goes to school is an exciting time developmentally and is important to choose a suitable preschool programme carefully. Our structured preschool and kindy programme offers long day hours giving your family flexibility and convenience when needed. We have a registered (by the Teaching Board SA) Early Childhood teacher that receives up to date training and professional support. We are confident that our teachers will provide tailored learning programmes that nurture your individual needs and interests. With Nanna's Kindy House your child will get ready for school and life. **OUR PRE-SCHOOL PROGRAMME WILL BE DISPLAYED ON PINBOARD IN FOYER OF KINDY HOUSE, IF**

YOU HAVE ANY SUGGESTIONS OR IDEAS PLEASE LET EDUCATORS KNOW.

Kindy Time – ECT Karalee : Throughout my Kindy program we have explored through all aspects of Early Years Learning Framework, connecting with our various areas of interest and readiness skills. This month we will be focussing on elements of a story/book, beginning adding and subtracting and recognising symbols + - =, as well as exploring sensory elements to sort, compare and classify. The children have progressed well with their confidence and communication as well as their understanding of letters and sound recognition.

PAYMENT OF OUTSTANDING FEES: Please ensure your fees are paid up to date by Friday 9/12. This would be appreciated.

COMMITTEE MEETINGS: We have a committee within a centre that consists of families connected to us. Please feel free to join or just attend our committee meetings to get an idea of the centre's policies, upcoming events and a chance to have an input. We have a meeting at the kindy house every 3 months at the Kindy House. We have a lot of serious fun at these meetings and you are more than welcome to attend. Thank you to our families who are on committee your input is much appreciated.

WELCOME TO OUR NEW FAMILIES: We would like to take this opportunity to welcome any new families to our centre. Any enquiries please feel free to approach staff who will be more than happy to help you.

PLASTIC BAGS: If you have any spare plastic bags at home please bring them in, we are always using plastic bags for soiled clothes.

ABSENT CHILDREN: If your child is going to be later than usual or they are not attending child care please contact us as soon as possible.

SPARE CLOTHES: Please ensure your child has a spare pair of clothes packed daily for any spillages or accidents. PLEASE DO NOT SEND YOUR CHILD IN WITH HOODS OR ANY CORDS DUE TO RISK OF INJURY IN PAYGROUND OR CHOKING HAZARDS (OUR CLOTHING POLICY).

NAPPIES IN KINDY HOUSE: If your child requires nappies and attends the Kindy House please ensure adequate nappies are packed for whole day of use.

PROGRAMME: A friendly reminder that all families are invited to contribute to our programme either via the parental input slips or directly to educators. If you have any ideas for our weekly area of interest please let us know. Your contributions are very important to us and your child.

HOLIDAY NOTICE: A friendly reminder that two weeks notice is required for holidays for your child. This is according to our holiday policy.

NAMING BAGS: Please name your child's bag this will save mix ups and lost property. Thankyou

RECYCLABLES: We would like to thank families who have donated recyclables such as paper it comes in very handy. We are also asking families to donate boxes or anything we can make things with for craft. Just a friendly reminder toilet rolls are not used in craft due to health regulations. **WE ARE IN DESPERATE NEED OF ANY PAPER ANYONE CAN DONATE!!!**

MEDICATION LABELLING: In line with our policy all medication brought into centre for staff to administer must be in original container/packaging with the prescription label adhered to it with dosage, name etc. This INCLUDES EYE DROPS, AND ASTHMA PUFFERS(please ask pharmacist to place label on the puffer)

QIP(QUALITY IMPROVEMENT PLAN):Strengths have been updated for each area for this upcoming year working with NQS and identifying issues. Our QIP is an ongoing document and can change all the time. Parents have access to the QIP-located in staff rooms. If you would like to view it please see educators for assistance.

PORTFOLIOS: Families are reminded that you are welcome at anytime to view your child's development through looking at their individual portfolios located in each centre. See staff if you wish to view your child's.

EXTRA BOOKINGS: If you are booking an extra day we would like to remind you that unless you give us 24 hours notice you will be charged accordingly for extra booking. Thankyou.

SUNSCREEN: Yes it is that time of the year again!! Please remember to apply sunscreen to your child before attending in morning or let staff know so we can apply. We will be reapplying sunscreen throughout the day. Also baby house children please supply a sun hat for the warmer weather!

RECIPE OF THE MONTH:

TUNA FISHCAKE:

1kg potatoes

400 g tuna drained

Pepper

Milk

Marg

Grated cheese

Breadcrumbs

Cook potatoes until tender, mash. Add pepper, milk and marg, mash well. Add tuna and mix. Add finely diced onion and mix. Place in baking dish. Sprinkle grated cheese and breadcrumbs over top. Bake in oven until golden.

CHANGES IN 2017: Please be reminded to let us know of any **CHANGES** asap or extra days for 2017. Letting us know will increase your chances of getting the days you may require.

XMAS HOLIDAY BREAK:

KINDY HOUSE CLOSED the following days:

WED 28/12

THURS 29/12

FRI 30/12

REOPENING ON TUESDAY 3/1/17

BABY HOUSE WILL ONLY BE CLOSED ON PUBLIC HOLIDAYS(MON 26th DEC, TUES 27th DEC and MON 2nd JAN).

XMAS HOLIDAYS :Please confirm your holidays over xmas with staff asap and also please remember to fill out a holiday form. The Baby House will be open for working parents to access please see staff ASAP if you will need to use the Baby House during this Xmas break.

KINDY HOUSE OVERVIEW NOVEMBER 2016: AREA OF INTERESTS: life cycles in my world, life cycles- our baby chicks, farm animals, days of the week, months of the year.

RELATING TO THE EYLF OUTCOMES:

OUTCOME 3:1- Children become strong in their social and emotional wellbeing.

OBJECTIVES:

- develop children's confidence through many varied group activities
- encourage turn taking and sharing
- encouraging the use of manners throughout the day
- assisting children to develop friendships
- developing fine motor skills – pencil drawing, chalk drawing
- singing songs as a group developing our social skills
- discovering aboriginal/torres strait islander culture through books and music
- introducing children to varied Area Of Interests through observation and educator ideas
- exploring our feelings in day to day circumstances- why are you sad, happy or excited?
- All children will have the opportunity to scaffold their learning by participating in group times and exploring many different aspects of learning such as alphabet and number work. Group games will be played on a regular basis to encourage group participation and turn taking.

LEARNING ACTIVITIES:

- helping to care for our chicks- water, food etc.
- exploring life cycles of caterpillar and other animals- insects looking on internet
- singing days of the week song- what day is it today?
- exploring months of the year – what month is your birthday?
- looking at animals on the farm – what have you seen at a farm?
- butterfly printing- painting
- exploring a calendar relating it to months of the year- how many months in the year?
- playdough and insects- designing our own creepy insects
- tracing days of the week names
- box construction
- outdoor easel painting
- outdoor ball games as a group
- being different farm animals what noises do they make?

We had a great month in the Kindy house lots of fun with our 9 chicks that hatched. We had some new children begin as well which is always a lot of fun. Exploring insect life cycles is always enjoyed watching a butterfly's life cycle on the internet was so interesting!! We hope all our families have a great xmas and a happy new year.

We of course do many varies during the month these are just a few examples of what we have enjoyed throughout October. If parents have any ideas or things to share with us please feel free to let Staff know. Our Area Of Interest is derived from children's, parent surveys, seasonal topics and important things to us that are happening in our world!!!

BABYHOUSE OCTOBER 2016: AREA OF INTEREST: My garden, Lifecycles, The world of babies and Our Families.

**RELATING TO THE EYLF OUTCOMES: L.O.2 Children are Connected with and Contribute to their world.
2.1 Children develop a sense of belonging to groups and communities and an understanding of the reciprocal responsibilities necessary for active community participation.**

OBJECTIVES:

- Developing children's confidence through varied group activities
- Encourage the children to take turns and sharing
- Encouraging the children to use their manners throughout the day
- Assisting the children with developing friendships
- Developing fine motor skills – pencil drawing, chalk drawing, painting and craft activities
- Singing songs within a group developing the children's social skills
- Discovering Aboriginal/Torrens Strait Islander culture through books and music
- Introducing children to varied Areas Of Interests through observation and educator ideas
- Exploring our feelings in day to day circumstances- "why are you sad, happy or excited?"
- All of the children will have the opportunity to scaffold their learning by participating in group times and exploring many different aspects of learning such as alphabet and number work. Group games will be played on a basis to encourage group participation and turn taking.

Learning Activities:

- Picking our Centre home grown spinach and cooking it in the microwave to eat.
- Tent play
- T-Set and fruit
- Group time books "Shh little mouse".

Craft

- The life cycle of a plant "grass caterpillar".
- Cotton balls and foil
- Planting little plants that have grown from seed

Other

- Group games "see the sleeping bunnies".
- Babies stages of development for the first year
- Bran and pasta play
- Tunnel play
- Writing Boards
- Making a family tree "Who's in your family"?
- Watering the garden
- Chicken dance and wiggle's music
- Rolling cars down ramp

This month the children have enjoyed the focus on the Garden, investigating outside, watering plants, planting seeds and picking our own planted and grown Spinach. The children enjoyed seeing it being cooked but not so much the taste with only a few exceptions. Access to the garden has also been useful for explaining life cycles which was one of our topics this month.

On one of our rainy days the children became focused on bran and pasta play using jars and spoons to transfer from one jar to another. The children also enjoyed talking about who is in their family, boys and girls along with associated craft items. Karalee's program focused on colours, shapes and provided the children with different activities to explore.

WE ALL KNOW A FUSSY EATER HERE ARE SOME HELPFUL TIPS:

Many children are fussy eaters. But fussy eating isn't always about food – it's often about children wanting to be independent. Here are some ideas to help with your child's fussy eating habits.

Get into good habits

There are some things you can do throughout the day to help stop your child's picky eating habits. For example, it can be a good idea to make sure she gets her meals and snacks at regular times each day. If she isn't hungry in between meals, you can even try to get rid of snacking.

If your child is really hungry at meal times, you can encourage his appetite to work properly by offering him more food. On the other hand, if he's not interested, it's OK if he eats less – he might be hungry again at the next meal or at snack time.

It can help to set time limits for meals, and to explain that once mealtime is over there'll be no other food available. When mealtime is finished, take the plate away then remind her that there won't be any more food until the next meal or snack time.

Try to limit discussion about your child's fussiness. This can make mealtimes and eating more stressful for everyone.

Have realistic expectations – for example, you can ask that your child tries all the food on the plate, or takes a certain number of mouthfuls.

Create a pleasant atmosphere at meals

Your child's food acceptance will depend partly on the eating environment. It can help to create a pleasant atmosphere at mealtime:

- Make mealtimes a happy, social occasion. Try not to worry about knocked-over drinks or food on the floor, and give positive feedback on the habits you want continued. Try not to just focus on the negatives.
- Make healthy foods fun – you can cut sandwiches into interesting shapes, or let your child help prepare the salad or whisk eggs for an omelette.
- In general, if your child sees you enjoying food, it will encourage him to do likewise.
- It's a good idea to turn the TV off and to talk to each other instead.

Sometimes toddlers are too distracted to sit at the family table for a meal. If this sounds like your child, you can try having quiet time before meals so she can calm down before eating. Even the ritual of hand-washing can help.

You could also encourage your toddler to sit at the table with the family for most meals, but only for 15 minutes or so. You can build this time up as he gets older.

Give your child independence with food

Let your child make choices within the range of healthy foods you offer her – but try to keep options limited to two or three different things, or she could become too confused or overwhelmed to eat. For example, instead of asking her to pick what she wants from the fridge, ask, 'Would you like grapes or carrot sticks?'

It can be a good idea to support your child's need for independence when it comes to food. For example, it doesn't hurt to take the crusts off bread if that's what he wants. If you give in to a few demands or preferences, you'll help him feel more in control.

A good rule to remember is: you decide what food, and your child decides how much.

Introducing new foods

- Put a small amount of each food on the plate so your child isn't overwhelmed.
- If you keep offering a particular food, your child is more likely to try it and eventually like it – in fact, she might have to see a food on the plate 10-15 times before accepting it. Even if your child doesn't take the first step in accepting the new food, continue offering it at other times and on other days.
- When possible, have your child share meals and snacks with other children – he might be more willing to try a food if other children are tucking in.
- Serve your child the same meal the family is eating. If your child doesn't eat it, say something like, 'Try it, it's yummy'. If she still doesn't want it, calmly say, 'OK, we'll try it another time when you're hungry'.
- Serve new foods along with foods your child already likes – for example, a piece of broccoli alongside some mashed potato.
- Encourage your child to touch, smell or take a lick of the new food, then [praise](#) him for having a go. Then encourage him to take a bite. Again, offer praise for trying it.

Eat a variety of nutritious foods at each meal. And go for variety yourself – show your child that you're willing to try new foods and that you enjoy them, too.

Avoid unhealthy foods

It's tempting to offer your child food treats just so she 'eats something'. But if you offer fatty, sugary or salty snacks as substitutes, your child might start refusing healthier foods – after all, she'll know there are tastier options!

Offering unhealthy treats as bribes – for example, 'If you have a carrot, you can have some chocolate' – can also make your child more interested in treats than the healthy foods.

Fussy eating facts

Fussy eating is very common. It can help to know why children sometimes fuss about their food:

- Children's appetites are affected by their growth cycles. Even babies have fluctuating appetites. Between 1-5 years, it's common for children to be really hungry one day and picky the next.
- Children have different taste preferences (or palates) from grown-ups.
- Sometimes life for children seems too exciting to spend time eating.
- Children learn by testing the boundaries of acceptable behaviour. They can be very strong-willed when it comes to making decisions about food (to eat or not to eat, and what to eat). It's all part of their social, intellectual and emotional development.
- Sometimes your child will refuse food just because it gets an interesting reaction – from you! If children refuse to eat a food, it doesn't necessarily mean they dislike it (after all, they might not have even tasted it yet). They might just be putting on a show of independence to see what you'll do. Try to stay calm when this happens.
- Children – especially toddlers – have a strong need for rituals and for what's familiar. If your child asks for pasta without the sauce, this might just be a way for him to get simple, easily identifiable foods that boost his sense of security.

The good news is that the tendency to reject new foods fades as children get older. Remind yourself that one day your child is likely to eat and enjoy a whole range of foods, even if it's very frustrating now!

**MERRY CHRISTMAS AND A HAPPY NEW YEAR
TO ALL OUR FAMILIES FROM NANNAS
CHILDCARE CENTRE STAFF.**

