

## Educational, Caring, Family Focused

### WE NEED YOUR HELP TO SUPPORT GARDEN AND MOWING ROSTER

*Thank you, to  
Krystal and Lee Kelly,  
Socoya and Ian  
Bowley, Marika and  
Heath Forsstrom and  
Kelly and Rod Grant  
for caring for our  
preschool garden and  
chickens over the  
holiday break.*

*The garden is a vital part of our learning  
environment. The garden maintenance is an  
ongoing commitment to valuing the  
importance of young children learning, and  
education & care.*

**Thank you to our volunteers for  
the 2019 Mowing Roster.**

#### Term 3 2019

- Wk1: 27<sup>th</sup>/28<sup>th</sup> July – Min Hamilton
- Wk2: 3<sup>rd</sup>/4<sup>th</sup> August – Krysia and Peter Roberts
- Wk3: 10<sup>th</sup>/11<sup>th</sup> August – Emma and Michael Lees
- Wk4: 17<sup>th</sup>/18<sup>th</sup> August – Josh and Melissa Shaw
- Wk5: 24<sup>th</sup>/25<sup>th</sup> August - Emily and Jeremy Pengilly
- Wk6: 31<sup>st</sup>/1<sup>st</sup> September - Shannon Reid
- Wk7: 7<sup>th</sup>/8<sup>th</sup> September - Daniel and Tanya Peterson
- Wk8: 14<sup>th</sup>/15<sup>th</sup> September - Dean and Kylie Slade
- Wk9: 21<sup>st</sup>/22<sup>nd</sup> September - Luke and Rina Whitten
- Wk10: 28<sup>th</sup>/29<sup>th</sup> September – Heath Forsstrom

*Dear families, if you have  
any rusty bolts in your  
shed, we would love to  
borrow them for our tie  
dyeing experiments.*

# Welcome Back

To an exciting and busy Term 3.



## **VISION SCREENING** This screening, which is highly recommended by Community Services.

Is available for children (over 4 years), who are starting school in 2020.

The 3 short video links below explain the Steps Program to staff, children and families

<http://www.kidsfamilies.health.nsw.gov.au/publications/what-is-the-steps-program-video/>

<http://www.kidsfamilies.health.nsw.gov.au/publications/now-you-have-booked-steps-video/>

<http://www.kidsfamilies.health.nsw.gov.au/publications/understanding-results-from-steps-video/>

OR

*SEARCH - StEPS Vision Screening on YOUTUBE & click on Preschooler Vision Screening*



### **Dear Families,**

#### **Thank you for encouraging your children to drink water.**

Water makes up about 50-80 per cent of your lean body mass and the Australia's current dietary guidelines don't recommend a specific amount of water, but simply recommend we 'drink plenty of water'. The guidelines also encourage us to opt for water over juices, soft drinks, cordials or the like.

### **Dear Families**

Thank you for being part of the Good for Kids SWAP IT Choices lunchbox series App.

We hope you found the information on healthy eating and lunchboxes helpful and that it provided you with some new ideas.

As part of our curriculum and to support early childhood education for sustainability we currently take the soft plastics to the REDcycle bins in Woolworths in Tamworth that your children sort from their lunchboxes. We are continually engaging children in thinking, problem solving and acting around sustainable practices. On one of our bushwalks, Brody asked why we do not bring our bins we use to separate soft plastics, compost, recycled materials and rubbish. This was a discussion we had to have. We now take our bins. It was clearly obvious how much soft plastic (lunch wrapping, packets etc) we were taking back to preschool combined with Morning Tea and Lunch. We would like to reduce our soft plastic and to do this we would like to ask families to consider how your children's foods are wrapped.

With today's variety of lunch boxes, could we please work together and reduce or use no wrapping in your lunch boxes. Glad wrap/plastic wrap is not a soft plastic it goes straight into the rubbish. If you feel you need to wrap your children's food, could you please consider glad bake/paper lunch wrap. Or place in reusable containers.

We do appreciate that families are very busy, but we would like to ask:

- when shopping to consider buying bigger packets of snack biscuits over individual packets and place the biscuits straight into lunch boxes.
- please consider packing vegetables and fruit as they need no wrapping.
- there is an interesting program on the ABC called 'Ask Your Doctor' and is really worth watching. The segment is on how to create nutritious lunchboxes. The dietitian looks at the hidden salt and sugar in the many foods we pack in children's lunchboxes and the importance of children eating fibre.

<https://iview.abc.net.au/show/ask-the-doctor>

- the program on lunch boxes is broken into 3 parts, there is an introduction, and approximating 6mins on lunchboxes, then if you did not want to watch the next piece move to approximately 18mins and watch till approximately 23mins. They also have a summary at the end of the program. It is a little fiddly but well worth a watch.

## Exploring our Community – Up and Coming Dates

Event	Date
Cinderella Spinderella – Quirindi Theatre	Wednesday 24 <sup>th</sup> July
Eloura	Tuesday 30 <sup>th</sup> July
Bushwalk	Friday 2 <sup>nd</sup> August
Washpools Towarri National Park	Wednesday 7 <sup>th</sup> August (to be confirmed for bus access)
Washpools Towarri National Park	Tuesday 13 <sup>th</sup> August (to be confirmed for bus access)
Eloura	Wednesday 14 <sup>th</sup> August
StEPS Vision Screening	Friday 16 <sup>th</sup> August
Bushwalk	Monday 19 <sup>th</sup> August
Botanical Gardens Tamworth Tour – walk, language, stories re native and medicinal plants.	Friday 23 <sup>rd</sup> August (to be confirmed by Len Waters)
Marsupial Park Tour and Playground – walk, language, stories and learning about the native animals.	Thursday 29 <sup>th</sup> August (to be confirmed by Len Waters)
Father’s Day BBQ Breakfast	Friday 30 <sup>th</sup> August
September Bushwalks to be confirmed pending the weather.	
Quirindi Show	Saturday 14 <sup>th</sup> September
Murrurundi by Train (Country Link)	Friday 20 <sup>th</sup> September
Eloura	Monday 23 <sup>rd</sup> September

*Dear Families, thank you for your trust and the support you share exploring and being active within our community, please note that the above dates may change over the term. If you have any questions, please do not hesitate to ask.*

We have attached the Australian 24-hour Movement Guidelines for the Early Years (birth to 5 years) for your interest. The 24-Hour Movement Guidelines include a picture of what a child’s day during a 24-hour period should look like, including active play, time spent sitting and lying down, and ideal amount of sleep.

Following the Guidelines during a child’s early years is associated with better growth; stronger muscles and bones; better learning and thinking; better mental, emotional and social well-being; better motor skills; healthier weight; as well as reduced injuries. As young children grow and develop, they need to work towards more time in active play, less time sitting and enough sleep each day to be healthy. No one day will be the same, so you may use the information as a guide to help shape a child’s daily activities to best support their healthy growth and development.

**Pre-schooler’s Movement Guidelines:** Physical activity: At least 180 minutes spent in a variety of physical activities, of which at least 60 minutes is energetic play, spread throughout the day; more is better.

Thank you for your support for our learning environment, we have a beautiful learning environment both indoors and outdoors that supports active play and learning. Thank you for the care you share encouraging your children to drink water, eat fruit and vegetables, choose healthy snacks and get active every day.