

Jindera Preschool Newsletter June 2017

Monday 17th July	Term 3 begins for children
Monday 31st July	Committee Meeting, (6pm for Dinner, 7pm for Meeting) at Jindera Hotel.
Tuesday 12th & Wednesday 13th September	STEPS Eye Screening at Preschool for children eligible to attend school in 2018
Sunday 10th September	Preschool Working Bee
Friday 22nd September	Last day of Term 3
Tuesday 3rd October	First day of Term 4
Friday 15th December	Last day of Preschool 2016

How quickly has this term gone! The children in all groups have been very busy over the last 10 weeks. Enjoy the next 2 weeks especially if you are lucky enough not to have to set an alarm each day to be somewhere on these cold mornings. This term we have had children away with the usual coughs and colds we expect in winter. I hope they are all healthy over the break and come back revived for the next half of our year.

Children's Development/Progress

Please remember you are able to ask about your child's progress at Preschool. The University Qualified Teachers working with the children at Jindera Preschool are **Leanne** on Monday and Wednesday, **Chloe** on Friday, and **Kerry** on Tuesday and Thursday. We do not provide a written report about your children but are available for a discussion on their progress, sometimes this can be just a quick chat before or after a session at other times you may wish to make an appointment for a longer discussion.

Please be aware that Educators other than the Teachers will refer you to the relevant Teacher for that session to answer any queries that you may have on your child's progress or development.

Parent Feedback is always welcome. At times questions are placed on the sign in book for you to give us feedback. Your comments and feedback are taken seriously and where possible used to review our preschool programs.

Preschool Renovations.

How exciting that our renovations are happening. Staff are very excited about having a new staff room/meeting room, and there will be a new office for Trish as well as a larger entry area. We have taken the children to visit and they are enjoying seeing the progress as it happens.



Session Times

Please remember that Preschool hours are from 8.15 until 4.00. Children must be off the premises **before 4.00** for insurance reasons. Late fees will be applied for children not picked up before this time. Parents regularly picking up late will incur a late fee. (Of course we understand that emergencies happen) Five minutes late will incur a charge of \$10 with charges being increased each 5 minutes.

Reminders

- *Drink bottles with water in them every day. (Children will be reminded to have a drink of water from the bubbler throughout our session times)
- *Naming children's belongings will help us all. Children have very similar lunch boxes, drink bottles, clothing and other belongings.
- *Please check your family pocket to ensure you get all notices, receipts etc.
- *Safety in our carpark. Please hold your child's hand to keep them, safe.
- *Please be aware children should not be left in the car when bringing your preschooler in for a session or picking them up.
- *Gum boots, a jacket, and a change of clothes, please, especially during these colder months.

Fees

We have received some additional NSW Government funding which allows preschool fees to be **reduced for all funded families** for the **remainder of 2017**. The Committee of management made a decision on how much we could reduce your fees at their last meeting.

I know you will all be very pleased about the amount of reduction we have been able to pass on to you.

Invoices will be issued early next term, probably in week 2.

If you have any queries after receiving your final invoice, please don't hesitate to contact Trish in the office on Tuesday and Thursday.

Working Bee

Our second working bee for the year will be on Sunday 10th September. A list will be placed out for you to indicate if you will be attending this Working Bee or the next one on Saturday November 11th. Attendance at one working bee for the year will get you a refund of your \$30 Maintenance Levy.

Washing Roster

Our washing roster is working well. Families with children attending on Monday's or Tuesday's will be receiving the washing in this following term. Washing will be given to families at the end of the session. We ask that you wash them and fold them in half to be returned to Preschool on the following week

Below are some information blurbs from the Munch part of our Munch and Move program supporter service.

A Quick Bite ...

Nut-Free Trail Mix


Looking for a quick, nutritious snack for winter? Why not try this nut-free trail mix. It is quick to make and children will love it.

Ingredients:
Equal quantities of: Pumpkin seeds, Sunflower seeds, Sultanas, Dried cranberries or apricot pieces, Unsalted popcorn

To make your own microwave popcorn:
Ingredients:
½ cup popcorn kernels
1 brown paper bag

Method:
Place popcorn in the brown paper bag.
Roll the top of the bag over a few times to seal.
Place bag in the microwave so that the rolled top is facing up. Microwave on high for 2-3 minutes or until the popping slows down.

Method:
Mix together. Store in an airtight container up to 5 days (or longer if not using popcorn).
Divide into 1/3 cup portions for the lunchbox.



For more information visit www.mlhd.health.nsw.gov.au/services/

Live Life Well @ School | NSW Health | Murrumbidgee Local Health District | munch & move

A Quick Bite ...

Looking for quick, nourishing, snacks for your active child?

Choose from these sensational nutrient packed snack ideas.

- Avocado, carrot and lettuce rice paper rolls
- Reduced fat cheese slices with wholegrain crackers
- Reduced fat custard with fruit
- Reduced fat yoghurt with fruit
- Reduced fat cheese stick
- Vegetable sticks with dip
- Homemade pita chips with hummus
- Sultana snack pack
- Hardboiled egg and cherry tomatoes
- Rice cakes with avocado and cheese
- Muesli and reduced fat yoghurt
- Nut free trail mix (pumpkin seeds, sunflower seeds, sultanas, dried cranberries, popcorn)



For more information visit www.mlhd.health.nsw.gov.au/services/health-promotion-1

Live Life Well @ School | NSW Health | Murrumbidgee Local Health District | munch & move

A Quick Bite ...

Eight (8) food swaps you can make today

If you want to make some changes to your family's eating you could start swapping some of the common occasional foods for healthy everyday foods. Swap foods like:

- White bread, muffins, crumpets, and pasta for *wholemeal varieties*
- Soft drink or cordial for water. Try fruit pieces added in for extra flavor.
- Sour cream for reduced fat *greek yoghurt*.
- Sugary cereals for *porridge with banana and dates*.
- Biscuits or cakes for *fruit bread or wholemeal crumpets and pikelets*
- Packet of chips for *popcorn or rice crackers*
- Fruit roll ups for *dried fruit (30g)*
- Pre-packaged fruit yoghurt for *plain yoghurt with fresh, tinned or frozen fruit*.



For more information visit www.mlhd.health.nsw.gov.au/services/health-promotion-1

Live Life Well @ School | NSW Health | Murrumbidgee Local Health District | munch & move

A Quick Bite ...

What is "Sometimes"?

Occasional Foods, commonly called "sometimes" foods, provide little to no nutritional value and are not needed as part of a healthy diet.

The Australian Guide to Healthy Eating says to eat these foods only sometimes and in small amounts but what does this mean?

It is different for everyone but to stay healthy these foods should be limited as much as possible.

Save them only for special occasions and don't make them part of your day to day meals or snacks.

For under 2s occasional foods should be "never" foods. Allow them to experience a full range of everyday foods before they start to taste occasional foods, and they'll be on their way to enjoying the best food for good health.



For more information visit www.mlhd.health.nsw.gov.au/services/health-promotion-1

Live Life Well @ School | NSW Health | Murrumbidgee Local Health District | munch & move