



Dates to remember

IMPORTANT DATES 2018

OPEN DAY

Saturday March 17th

11am-1pm

BUSH KINDER INFORMATION NIGHT

Tuesday March 20th

5:15pm

BUNNINGS BBQ

Sunday June 10th

KINDER PHOTOS

**Kookaburra group—Tuesday
May 15th**

**Rosella Group— Thursday May
17th**

**Cockatoo Group— Tuesday May
15th & Thursday May 17th**

END OF TERM DATES

KOOKABURRA GROUP:

Wednesday March 28th

ROSELLA GROUP:

Thursday March 29th

COCKATOO GROUP:

Thursday March 29th

SKPS

NEWSLETTER

TERM 1

2018



Welcome to a new kinder year at South Kingsville Preschool.

We send out a newsletter once per term, where you can see the dates for events coming up at the kinder, read about what your child has been up to at kinder in our group reports and hear what our Committee of Management is working on in our Presidents report.

We had a great attendance at our first social event for the year, the “Meet & Greet” at Tumbles Playhouse with lots of families mingling and having fun.

Our **OPEN DAY** is coming up on Saturday March 17th from 11am – 1pm. There will be a jumping castle, cake stall, market stalls and lots of fun for everyone. Our Committee and staff has put in a lot of work to plan this event, that showcases our wonderful kinder. Please pass the word around to your friends and neighbours that this day is on and encourage them to come along.

Thankyou to the **Yarraville Swim Centre** for their donation to the kinder. They kindly donate every year and the funds are very much appreciated.

Thankyou also to **Toy Playhouse in Newport**, for their very generous donation of a balance bike towards our Open Day Raffle.

Thanks to the Darmanin family (Harry—Cockatoos) for the **Bonds Pack** towards the raffle also.

As the first term draws very quickly to a close, on behalf of the Committee of Management and staff at South Kingsville Preschool, we wish you a Happy Easter and safe, relaxing holidays.



From the President



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Welcome to all our South Kingsville Preschool community for 2018! It has been an exciting term 1 getting to meet you and watching our children, families and educators learning, creating and exploring together.

I'd like to say a big thank you to all those who have joined our 2018 Committee. If you are wondering who is on the committee there is a framed photo inside the kinder. It's already been a very busy start to the year. We are starting to review some of the kinder policies and starting to work on the Quality Improvement Plan. The big project for the kinder this year is to renovate the outside deck area so that the space is better utilised.

Thank you to Nancy our fundraising/events coordinator who has been very busy behind the scenes organising the Meet and Greet at Tumbles and the up and coming Open Day. I know I am looking forward to the cake stall!

As a SKPS family, you are welcome to attend our committee meetings which are held in the 3rd Monday of the month. If you have any ideas or would like to help, please have a chat to myself or one of our committee members. Alternatively, you can email me at president@vic.edu.au.

Louisa Bear

President

Fundraising 2018

Meet and Greet

This year the Meet and Greet Night was held at Tumbles Playhouse in Williamstown. While parents mingled, children had a blast climbing, sliding and jumping around with their kinder friends.

Thanks to all the families and teachers who attended the evening. We look forward to more fun filled gatherings throughout the year.



Upcoming Events ...

Open Day

Please come along to the Open Day on Saturday 17 March at 11am – 1pm. There will be a jumping castle, cake stall, sausage sizzle, market stalls and more. Oh and not to forget the major raffle, where you will have the chance to win the latest edition MINI MICRO DELUXE SCOOTER! A special thank you to Micro for their generous donation.

Our cake stall is one of the attractions that we are hoping our South Kingsville families can help with. If you would like to do some baking for our cake stall, Keep an eye out for the cake packs at kinder in the next couple of weeks

Bunnings BBQ – Sunday 10 June

Further details to come



THREE YEAR OLD GROUP

COCKATOOS

Lisa & Rachel

We have had a marvellous start to Term 1, the cockatoo children and educators have begun to develop trusting relationships. Both Rachel and I have enjoyed getting to know the children and their lovely families.

In Term 1 our main goals are to help the children separate from their families with ease. We try to help the children build secure attachments with educators as well as assist them to develop their emerging independence. The children have responded well to a pictorial daily schedule, and often refer to then when they are feeling concerned or upset.

The children have shown interest in imaginative play such as playing in the home corner and caring for our baby dolls outdoors. This type of play allows the children to explore different identities as well as build on their imagination, communication and negotiating skills.



THREE YEAR OLD GROUPS

COCKATOOS

Lisa & Rachel

The children have enjoyed the book corner, puzzles and our numeracy and literacy areas, here they can build on their concentration skills and begin to feel comfortable playing alongside their peers.



Sensory experiences such as playdough and sand/ water activity has been very popular and the children can explore learning through their senses. Art experiences such as painting, drawing and collage activities have also kept a number of children focused for short periods and able to develop their creativity.



THREE YEAR OLD GROUPS

COCKATOOS

Lisa & Rachel



Out in the yard the children have enjoyed looking after the chickens, driving the pretend bus, practicing their climbing skills, playing in the sandpit, riding the bikes, scooters and playing frisbee and basketball.



THREE YEAR OLD GROUPS

COCKATOOS

Lisa & Rachel

Another part of our program is group time which allows the children the opportunity to listen to stories and learn different songs, which the children have enjoyed immensely. We have sung songs such as '5 little ducks' and '5 cheeky monkeys'. The children had the opportunity to act out the songs ask your child which one was their favourite song.



Finally, we wish all of our families a safe, happy holiday and we look forward to seeing them next term.

Lisa and Rachel

FOUR YEAR OLD GROUPS

KOOKABURRAS

Elissa, Dawn & Tina



The Kookaburra children have been powering forward since the commencement of the term. The children are all pretty well settled now and are becoming active learners in the program. Friendships are definitely growing and forming which indicates that the children are feeling more relaxed with each other in regards to sharing ideas in play. We have been focusing on belonging, which acknowledges the children's interdependence with others and the basis of relationships in defining identities. Relationships in early childhood are crucial to a sense of belonging. We are continuing to get to know the children, and learning about the things that they enjoy and are interested in, and their individual personalities and dispositions. It really is an important time as we get to learn about what is special in their lives, and the things that they like to share with us that mean something to them. We have been discussing who belongs in our family and what we like to do with our family. This ties in nicely with our sense of belonging.

Lots of discussions surrounding bugs, spider's bees have been a highlight. The children are so interested to find out more about these interesting creatures. Ben, Percy's dad shared his knowledge on bees with the children. The children have created bees and hives and reflected on their knowledge.



We have had Nikola, from the Responsible pet Ownership Program join us at kinder and share important information with us regarding how to stay safe around dogs. This information will be an important tool when we go to bush Kinder next term.

Ranger Andrew from the Hobson's Bay City Council will visit us in the last week of term to discuss how we can keep safe in the bush. This will reflect on what we can do whilst at Newport lakes Reserve and how to keep safe.

The children have been experimenting with different fruits each week as we continue to talk about healthy eating. It's great to see the children trying new foods. We have had the opportunity to try watermelon, oranges, passionfruit and we have been very fortunate with families bringing in their abundance of cherry tomatoes.



We have been extremely busy with our program, cooking, building, painting, pasting, constructing making and lots more. The children have been exploring and investigating the outdoors, including the mud patch. The children have shown such delight and confidence when engaging in this sensory experience.

FOUR YEAR OLD GROUPS

KOOKABURRAS

Elissa, Dawn & Tina

We thank all the parents who have made suggestions to our program, who have shared ideas with the educators, who have spoken about their child's interests. The planning book is for parents and children's comments and we encourage families to be actively involved in this. Programming for your children is always evolving and the program book is definitely a work in progress as things happen and we note down children's learning. Sit and take a browse through it.

We hope the children are sharing many positive, happy stories and they are enthusiastic to return to kinder.

Elissa, Dawn and Tina.

FOUR YEAR OLD GROUPS

ROSELLAS

Emma, Dawn, Rachel & Robyn

The Rosella group have settled in beautifully. They are quickly forming new friendships and learning about the routines of the kinder day. We have seen many very busy and happy children coming in each day to kinder.

The children are coming in happily and smoothly transitioning from home to kinder. They are picking up the routines quite quickly and coping with the longer days at kinder. We have been learning about kinder, how to sit and listen at group times with what we call a 'kinder body', how to pack up our activities after we have finished, how to care for our environment and how to use our words when dealing with difficult social / play situations!

So far we have been doing a page called "All about me" where the children give us their answers to a couple of simple questions and then draw a self-portrait drawing. We also made "Friendship" soup after a few children needed some reminders about what it means to be a good friend. For this stage of the year this was a great whole group activity where everyone had a turn and waited patiently...they did a great job as for some it is tricky to sit for any length of time at the beginning of the year. We have also talked about the Chinese New year and made some fried rice. We had an incursion all about being safe around dogs, called 'Responsible Pet Education Program.'. We have also started "Fresh Fruit Friday" where we will bring in a fruit or vegetable each week for the children to eat. This is our way of encouraging and promoting healthy eating habits. We have picked the apples from our apple tree and made yummy apple crumble with them. We have begun planting out our veggie garden, beginning with zucchini and cauliflower...let's see how they grow.

Don't forget to read our programming book which is always outside at the sign in table. There is lots of photos and words from your children about what we are doing at kinder. If you have any questions or concerns about how your child is going at kinder please don't hesitate to ask. Remember our door is always open – we'd love to have a chat if you need.

Emma, Dawn, Vicky, Robyn and Rachel.

ROSELLAS

Emma, Dawn, Rachel & Robyn



Term 1 Newsletter

ROSELLAS

Emma, Dawn, Rachel & Robyn



Term 1 Newsletter

ROSELLAS

Emma, Dawn, Rachel & Robyn



**RESPONSIBLE
PET
EDUCATION
PROGRAM**

ROSELLAS

Emma, Dawn, Rachel & Robyn

FRESH FRUIT FRIDAY'S

Promoting healthy eating and encouraging children to try new foods.



ROSELLAS

Emma, Dawn, Rachel & Robyn



MAKING FRIENDSHIP SOUP

Healthy eating and play for kindergarten children (3-5 YEARS)



Nutrition

Children's habits are influenced by family life, other children and messages from television. Children can learn to make healthy food, activity and lifestyle choices with help from families and carers.

Eating patterns

Life takes on a new routine for kindergarten children. Food is needed through the day to keep children growing, healthy and active. Offer regular meals and snacks, let your child eat according to their appetite, and enjoy eating together. Help your child learn about signs of hunger and fullness. End the meal if your child is tired, irritable or unwell.

Kindergarten children need a range of foods from the following groups:

- vegetables and legumes/beans
- fruits
- grains and cereals
- meat, fish, chicken, eggs, legumes
- milk, cheese and yoghurt or alternatives; mostly reduced fat

Processed foods with high levels of fat, sugar and/or salt (e.g. cakes, biscuits, chips, fried foods) are not recommended for children. Eating these foods is linked with obesity, tooth decay and poor eating habits in the future.

Growth

Children grow more slowly during the kindergarten years. Low fat or restricted diets are usually not needed because children's energy and nutrient needs are high. Try to:

- develop healthy eating habits for the whole family
- encourage active free play several times every day (at least one hour, up to several hours throughout the day is recommended)

Appetite

Kindergarten children can usually sense how much food their bodies need and eat enough to match this - but they can lose this natural ability if forced to eat. Encouraging children to 'clean the plate' or giving sweets as a reward can lead to longer-term problems of overeating.

Offer your child small serves to start and give more if they are still hungry. Meal sizes and overall food intake can vary day-to-day depending on your child's activity levels and appetite.

Help children to learn about their body's hunger cues.

Active play

Encourage kindergarten children to play actively every day. Active play helps children to grow and develop, improves focus, and boosts confidence and self-esteem. It can also help protect against diseases in later life.

Active play ensures children get the chances to improve movement skills. Playing outside rather than inside offers more opportunities for the body to move. All opportunities to walk, run, climb, push, pull, spin and dance creatively count.

Creative play includes making up games or activities and imitating others. To encourage creative active play provide items such as hula-hoops, cardboard boxes, cushions, balls and buckets. Join in games with your children often.

As a family try to:

- plan something physical and active together as a family on a weekly basis. Find a park or play area that you can walk or ride to in your local area
- invite other children to play outdoors with your child
- if time and money permit, see if there are any activity classes for pre-schoolers in your area such as swimming, gymnastics, dance or ball play. Involve your child in active hobbies such as gymnastics, dance, swimming, dancing or junior sports
- remember to be an active role model for your child in your own daily life

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Education
and Training

Healthy eating and play for kindergarten children (3-5 YEARS)

Reduce inactive time

By kindergarten age, strollers are not needed. Allow a little more time to walk whenever possible.

- limit the amount of screen time (television, computers, electronic games, iPods and phones) for your child to no more than one hour per day
- limit the time your child spends sitting or lying still, except during sleep
- offer children active options following some inactive time

Family mealtimes

Eating as a family when you can is a great chance to spend time together to talk about the day's activities and events. Take time to eat together and relax at mealtimes and:

- encourage talking and sharing of daytime activities
- avoid distractions such as TV, radio or the telephone
- let your child decide when they are full, don't argue about food
- discuss some simple nutrition messages such as 'milk helps keep your teeth and bones strong'

Meals for kindergarten

Children continue to learn new skills and ideas about food when eating away from home. They can be involved in preparing their lunch box and helping their carers make healthy snacks and lunches. Making meals together can also be an educational and fun activity.

Suggestions include:

- a sandwich, fresh fruit or vegetable, and a tub of yoghurt
- lean meat and salad in pita bread, with tinned fruit and plain milk
- milk, yoghurt and water can be frozen in hot weather

Healthy snacks

Snacks are an important part of your child's day. What children eat is more important than when they eat. As a guide, plan for your child to have three main meals and 2-3 snacks per day. Try to encourage at least two hours between each meal and snack. Offer snacks that include fruits, milk products and whole grain cereals.

'Extra' foods

By this age children are starting to enjoy the social aspects of food. Your child will be eating away from home more, going to parties, etc. While occasional lollies, chips and take away foods do no harm, if eaten too often they can result in less appetite for healthy foods and higher risks of overweight, tooth decay and constipation.

Enjoy these foods from time to time, at parties with friends or on special occasions with the rest of the family.

Healthy drinks

Active children need plenty of fluids. Encourage children to have water as their main drink.

- offer up to three small cups of reduced fat milk each day and water at other times
- around three cups of milk and dairy products is a good amount each day. If your child has more than this, it can spoil their appetite for other foods like meats, fruit and vegetables
- calcium-enriched soy and other plant-based milks (e.g., rice, oat, almond) can be used as long as there are other foods such as meat, lentils, and eggs in the diet
- sweet drinks such as juice, cordial, soft drink, sports drinks and flavoured water are not needed. Unpasteurised milks, caffeinated drinks, tea, coffee and herbal drinks are all not recommended for children

Important tips for kindergarten children

- encourage healthy eating for everyone in the family and enjoy meals and activities together
- help children learn about when they are full or hungry
- limit screen time to one hour each day
- encourage active free play several times every day
- encourage water as the main drink; Sweet drinks such as juice, cordial and soft drink are not necessary
- seek advice from your GP or maternal and child health nurse if worried about your child's growth, appetite or development

Nutrition

The Royal Children's Hospital Melbourne
50 Flemington Road Parkville, Victoria 3052 Australia
t: 03 9345 9300
www.rch.org.au/nutrition

2013 Healthy eating and play for kindergarten children (3-5 years) tip sheet
Previously funded by The Department of Health, Victoria

RCH3000001 Sept 2016

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