

"The Elder Street Herald"

May June Edition

In this edition we will be talking about:

***BREAKFAST AT ELDER STREET *CHOICE GOOD FOOD FOR KIDS *BEING A WATER SAVER *DENTAL VISIT & TOOTHBRUSH DRIVE *SNIFFLE SEASON *PARENT INFORMATION EVENING *HENNY PENNY HATCHING *STAFF TRAINING**



Maicee, Riley & a chicky friend!

WELCOME TO ELDER STREET

We would like to offer a warm welcome to our newest family, the Beath's. Oscar will be joining the Possum's next week. We hope that Megan, Robert and Oscar feel like part of the big Elder Street family.

BREAKFAST AT ELDER STREET

We recognise that breakfast is a very important meal for all of us and understand for those families who are off and running very early in the morning, that sitting down for 10 mins of coaxing in the Weetbix, fruit or toast can be quite a challenge. We are happy to offer the children breakfast if need be between 7.00am and 7.45am at the centre. On our breakfast menu is Weetbix and milk or water to drink. We are happy for parents to bring in other types of breakfast foods for children, but do discourage cereals that are high in sugar and/or salt. During this time of the morning we have two staff on duty so whatever breakfast needs to be prepared has to be done downstairs. Some foods that we would encourage parents to bring are: fruit, yoghurt, a sandwich or other healthy cereals. We also ask that parents advise staff daily if their child needs breakfast. We only offer breakfast to children whose parents have requested brekkie on arrival.

For further information on healthy breakfast information and ideas, check out www.choice.com.au and look for the Kid's Cereal test.

A snippet out of this information is as follows:

THE BEST: Sanitarium Weet-bix Kids - high in fibre, low in sodium.
THE WORST: Cocoa Puffs, Fruity Hoops, Froot Loops, Frosties and Honey O's. Special mention for Homebrand Rice Pops for cramming 90% of a child's minimum daily requirement for sodium into just one 30g serve. Lowest in fibre and highest in sodium went to Kellogg's Nutri-grain and Corn Flakes.

DENTAL INFORMATION VISIT



With the kind help of one of our dental hygienist mum's we have organised a visit from two educators in Dental care. A firm date has not been set yet, but we are aiming for early July at this stage. The visit will be beneficial for the children and parents, so we would encourage whoever is available to come along and have a listen about brushing teeth, healthy eating and drinking and learning about the "Swish, Swish, Swallow" program. We will also be having a toothbrush drive to coincide with this visit. These drives are a great chance to order toothbrushes that are cheap and dental approved. We will let you know of dates, times and further information as soon as possible.

SNIFFLES AND GENERAL YUCKY SEASON

Time to order in extra tissues! We have had a few sickies lately with either runny noses, high temps and some vomiting/diarrhea too. For those new to the centre or just anyone who needs a refresher, here are some tips and policy reminders:

1. Hand washing is the key to breaking the cycle of infection - remember to wash hands on arrival and before going home.
2. Runny noses are okay, although if paired with a very tired, unsettled and upset little person, we request a day or two off.
3. Children with high temperatures (over 38°C) should stay home. Please do not give Paracetamol in the morning and send to the centre. Whatever is causing the temperature will only be masked by the medication and in the meantime possibly infect other children.
4. If a child is on antibiotic medication they need to stay home until 24hrs after the first dose.
5. Vomiting and diarrhea needs 24 hours since the last episode before returning to the centre.

We hope that parents understand the importance of looking after the whole community of our centre and that if we have to send children home it is always for the wellbeing and protection of all our little ones. Our Centre Handbook (received on enrolment) has an Illness Exclusion Table if parents wish to update on our practices, or please feel free to call and speak to me about any concerns regarding illness and/or infection control.

BEING A WATER SAVER FOR OUR PLANET

One of our centre's goals for continued improvement is to become a greener and more environmentally conscious community member. As the old saying goes "every little bit helps" and with this in mind we have been talking a lot recently about ways to save water with the children, especially in the bathrooms. All our toilets are dual flush, as I am sure most are at your homes, so we are teaching the children to push the little half of the button for number 1's and the bigger one for number 2's, to only turn the tap on when they are ready to wash hands and off when finished! It might not seem much, but we are aware of how much water we consume each day at the centre and feel that it is important to instill how precious the planet is from a very young age.

PARENT INFORMATION EVENING

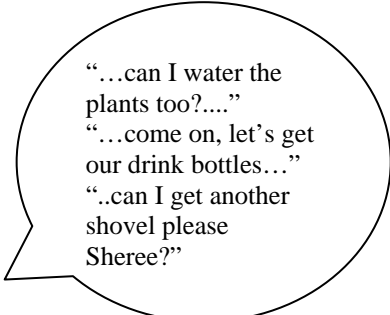
This will be our last newsletter reminder about our upcoming information evening. Attached is an information sheet about the short course, the date and time are as follows:

Date: *Wednesday 30 May 2007* **Time:** *7.00pm* **Place:** *Preschool Wallaby room*

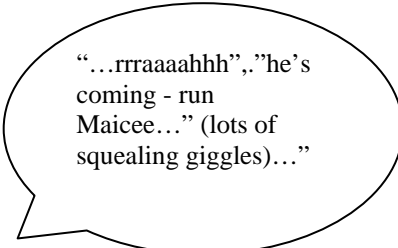
It should be an informative and enjoyable evening for all parents, not just those going to school next year. A light supper will be served and there will also be a lucky door prize! Look forward to seeing you there. (PS: It is another one of those child-free evenings - so book in the babysitter)

SOUNDS HEARD FROM THE KITCHEN WINDOW.....

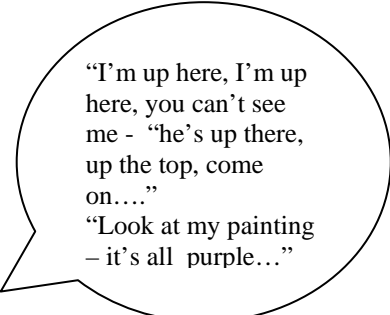
I had the pleasure of looking after the food preparation about 2 weeks ago when Catherine was on holidays. During my time standing at the kitchen sink under the window situated above the playground I was able to hear the lovely sounds of children playing happily in our Elder Street backyard. My mum always said her favourite sound was children playing, so I thought it would be nice to share with you some of the sounds of childhood in action...



"...can I water the plants too?..."
"...come on, let's get our drink bottles..."
"..can I get another shovel please Sheree?"



"...rrraaaahhh", "he's coming - run Maicee..." (lots of squealing giggles)..."



"I'm up here, I'm up here, you can't see me - "he's up there, up the top, come on..."
"Look at my painting - it's all purple..."

HENNY PENNY HATCHING - CHICKIES

Unless you have been away for the last week or so, you would have seen the 16 beautiful little chicks that have been staying with us. We had two live chicks arrive and 14 eggs in an incubator. The children had the wonderful experience of watching all the eggs hatch over the first week and enjoyed being involved in many activities based around this learning experience. This week the children are watching the chicks eat, drink, sleep and grow. Some of the older ones are losing their fluff and gaining feathers - all very interesting indeed! It was a wonderful experience and one that the children will probably remember for the rest of their lives.



Chicks playing under the lamp



Hands on fun and learning



A little too much love from Bella!!!

RITCHIES IGA - BENEFIT CARDS AND KEY RING TAGS

As mentioned last newsletter, we have registered with IGA New Lambton for their community benefits scheme. Key ring tags and swipe cards will be put in family pockets this week. So next time you are shopping in New Lambton, don't forget to whip out your card and send some reward points our way - thanks!

STAFF TRAINING

An update on the latest training our staff have been involved in over the last few months. Kim attended a very informative workshop on Functional Formats, which focuses on how we document our weekly activities and other programming paperwork. This will come in handy as we move more towards the use of the emergent curriculum. Karen and Kate attended a workshop "Do you see what I see?" which helps teachers to focus on correct observation technique and recording. The girls said it was interesting and helps adults understand how everyday play is teaching and creating learning opportunities with children all day long. All our staff training is a result of professional goals set down individually or from our Continuing Improvement Plan and feedback from our families.

DRINK BOTTLES - Mums and Dads - *Please fill drink bottles each morning* and we will refill throughout the day - MANY THANKS!

BACK PLAYGROUND UPDATE - *Hot off the press!!!* - we have just had a phone call from our playground building contractors to advise us that they are finally ready to begin replacing our old shade structures to install the new bigger ones. This will signify the beginning of the first stage of our playground renovation. The second stage will be replacing some of the soft fall with turf and some trees and the third stage will be upgrading our existing side garden bed and also a few little building jobs around the sandpit. The first stage should be completed by next week - very exciting!!!

HAPPY BIRTHDAYS FOR APRIL & MAY!



April:

Antony turned 1 William turned 3 Malika turned 3
Audrey turned 4

May:

Therese turned 2 Jack turned 2 Millie turned 3
Solomon turned 4

Happy Birthday to everyone!!

LAST MINUTE THANKS FROM THE GIRLS....To all the parents who take the time to thank us and comment on the programming information that we give out at the end of each round - THANK YOU. Our job is wonderful but sometimes very demanding and receiving thanks or even a comment from parents that they have received the programming information makes all the hard work worthwhile and leaves us feeling acknowledged and appreciated.

That's it for this month, so from Brody, Jack and their fluffy friends

Talk to you later.....



Thanks
Team Elder Street