

Jumpstart 4 Kids

Newsletter No 9 - 2010 OCTOBER

2011

In 2011 the government has made changes to the child care industry. These changes are a regular feature on the nightly news and in the daily papers. We ask parents to view the recent Sunday Telegraph article in the foyer. One of the major changes is the ratios of children to staff for children 0- 2 years. From January 2011 the ratio for this age group will be 1: 4. This means one staff member to 4 babies. This will impact our centre and the number of baby positions available. The second change relates to the qualifications of staff. Staff are required to increase their training and have a minimum of a Cert 111. With a designated number of staff being Diploma trained. Both of these aspects will affect the cost of our daily fees for 2011. The increase to babies may be in the vicinity of \$10 -\$15 a day. The over 2's fee will also rise by approximately \$4. All centers will experience this fee increase.

We invite parents to discuss any concerns with us in regards to these increases for 2011.

(QIAS1, 2, 5, 6 & 7)

CONFIRMATION OF DAYS FOR 2011

The nomination for days has been provided to families for the past 4 weeks. We are now looking at this and will confirm placements by the 22nd of October with each family.

All families are reminded that we are bound by family assistance guidelines in providing spaces for working parents prior to non working families. If your nominated days need to be changed we will consult with you personally prior to the 22nd of October.

We appreciate your assistance and understanding as we try to accommodate the needs of all families for 2011.

(QIAS2 & 7)

WEEKLY EXPERIENCES

During the MONTH of October the **BUSY BEES** room will be learning and exploring:

1. **Camping/ Holiday and Travel**
2. **Sea Week**
3. **Water / Water Safety**
4. **Halloween**

The **PLAYFUL POSSUMS** will be engaged in learning about:

1. **Farm animals**
2. **Under the Sea**
3. **Seasons**
4. **Sport**

The **BABY BUNYIPS**

During the month of October the Bunyip's will be engaged in sand play. Miss Amanda and Miss Kimberley will continue to use sand to extend play by adding animals, containers and water.

The Baby Bunyip's have also been learning teacher's names and we would like to encourage families to spend time with their children talking about their teachers in order to develop stronger relationships. Using telephones and picture books have been a popular experience with the children and one that parents may like to explore with their child at home.

(QIAS1, 2, 3 & 4) ELYF 2; 4:5

UNDER THE SEA SHOW

13th October 10:00am

We ask all families to make their Payment of \$8.00 by Friday 8th October.



UNDER THE SEA SHOW

On Wednesday 13th October the children will explore a Fantastic show about the creatures that live under the Sea. Children will be able to touch and explore a variety of creatures and participate in dress up activities. Children who are not in attendance on Wednesday 13th are very welcome to attend the centre accompanied by their family. We invite all families to participate in this activity.

NUTRITION - UPDATE

On Thursday 23rd August Miss Maree attended the "Munch and Move" workshop. This day focused on healthy eating and physical movement for children 6 weeks to 6 years. On Wednesday 30th September the staff discussed this resource and its implementation for the centre. We also appreciate the article accompanying this newsletter by Mrs. Angela Humphries (Sydney McCartney - Bunyip's room) about encouraging healthy eating.

OUR FIRST INITIATIVE:

Morning Tea: We encourage all families to provide a piece of fruit for their child for our shared morning tea experiences.



CRUNCH AND SIP:

Afternoon Tea: Many children may eat fruit but lack vegetable intake. We ask all families to bring alternatives like carrot / celery sticks or cucumber slices. Our afternoon tea platters will be based on vegetable intake with cheese and crackers provided.



Water is available for all children in rooms at all times and we encourage children to drink water and swish their mouths after eating.

(QIAS1, 2, 3 5, 6 & 7) ELYF 3

POLICY UPDATES POLICY OF THE WEEK YOUR SUGGESTIONS

Next year the centre will begin the process of accreditation. In preparation for this process we have actively commenced reviewing our centre Policies. Parents and families are a significant part of this process and we invite all families to view Our policies over the coming weeks and months.

(QIAS1, 2, 3 4, 5, 6 & 7)

POLICY OF THE WEEK

Our Centre policies are always available to families in the office foyer and parents are welcome to view these at any time. Each week we will show case a **Policy of the week**.

We ask that parents comment on this and make suggestions. Together we believe that we can continue to create a shared vision for our centre. We thank you for your ongoing support and contributions. (QIAS1, 2,3,4,5 6&7)

STAFF INSERVICING EARLY LEARNING YEARS FRAME WORK.

The Early Learning Years Frame (ELYF) work
Outcomes: 1: **Children have a strong sense of Identity**

2: Children are connected with and contribute to their world

3: **Children have a strong sense of well being**

4: Children are confident and involved learners

5: **Children are effective communicators**

Our staff has been working through each of these outcomes and these will be used in programming/portfolios and our newsletter. Information about the ELYF is in the foyer and staff are happy to discuss this Framework with families. We will be placing information about this in each child's portfolio. (QIAS1, 2, 3 4 & 7) ELYF: 1; 2; 3; 4:5

OUR FAMILY FOCUS PARENT / FAMILY INPUT

Our weekly stimulus experiences will be developed through parent's involvement. During the Month of October we will be asking parents to share their weekend experiences with us. This will then be used to develop our program ideas with your child's interests used as a focal point for staff. Please take a few minutes to share these ideas and record these on the sheets provided in the foyer or take a sheet home and return this to room staff. Our Programs will begin to implement these ideas in November.

Our Programs will also be implemented with new codes from November and we invite parents to discuss these programming ideas with us. Your contributions to learning are highly valued and we appreciate the input from different cultures, experiences and perspectives. (QIAS1, 2,3,4,5, 6&7) ELYF: 1; 2; 4:5

PRESCHOOL PHOTOS

A professional photographer will be at the centre on Monday 11th & Thursday 14th October to take group and individual photos of your child. Please see room staff for envelopes. These will be given directly to the photographer and will need to be returned with the correct money by FRIDAY 8th OCTOBER in the sealed envelop provided



OUTDOOR PLAY AREA

Parent involvement and Family support.

A BIG THANKYOU.

We would like to thank Mr. Greg Robinson for his fantastic work over the last two weekends in building our outdoor play area for the children. Greg showed enormous patience and skill in building this fantastic space and we know that the children will certainly treasure this space.

Our Cadbury fundraising money was used to purchase material for this area and we thank all parents who supported this fundraiser.

Funds raised by the Ryan's Toy warehouse will be used to purchase additional resources for the children. (QIAS1, 2, 3 &4)



LOST PROPERTY

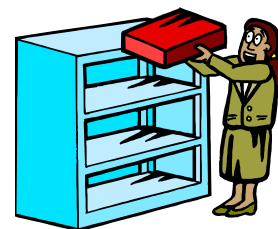
We have a large number clothing items that have been left at the centre. These are located in the foyer for parents to collect. All unclaimed items are available to any family who would like them from Monday 11th October, so "If you like it, Take it"

LABELL CLOTHING

We remind parents to label clothing and hats so that staff can easily identify items for children. This will reduce the number of items that seem to have no home.

LOCKERS - EMPTY ME EACH DAY

We would ask all families to remove all items from their child's lockers at the end of the day. If your child is not in attendance for 5 days, please remember that another child will be using these lockers.



CHILDRENS COMMUNICATION POCKETS - BEES ROOM.

We ask that parents check their child communication pockets in the Bees room that is located on the store room door. These Pockets are used to insert invitations for children's parties and information for parents, such as room requirements

FEE RECEIPTS – SEPTEMBER



The Monthly receipt statements for SEPTEMBER are now located in the pigeon holes in the front foyer. We would remind all families to collect their fee receipts from the front foyer this week. (QIAS 1, 2, & 7)



CHRISTMAS CONCERT

Our end of year Christmas concert will be held on Monday 6th December at the Blacktown Sportsman Club on Reservoir Road at 6.30pm – 8.00pm

Family Tickets: (2 adults, 2 Children) include a BBQ dinner and a present from Santa for children attending the centre. All children receive a lolly bag from Santa.

Family Ticket \$30

Additional Adult Ticket \$8

Additional Children Tickets \$8

These Tickets will be available for purchase from Monday 1st November. All Tickets will need to be purchased no later than Friday 26th November.

JUMPSTART 4 KIDS GRADUATION Tuesday 14th December 7:00pm



All children attending kindergarten in 2011 will be formally fare welled on Tuesday 14th December at 7.00pm. We will have a formal graduation ceremony and this will be followed by a light supper to celebrate the children's success. We invite all families to participate in this ceremony and place this date in your diary

NOW. (QIAS1, 2, 3 &4) ELYF 3 & 4

END OF YEAR REPORTS

Staff are commencing to record developmental stages for children across the centre. Over the



next 6 weeks staff will be focusing on the development of children's skills and formally recording this material. Parents will receive their child's portfolio ad reports during the first week in December.

(QIAS1, 2, 3 &4) ELYF :1;2; 3;4:5

PARENT FORUM

Our last Parent Forum for 2010 will be on Wednesday 24th November a 6.00pm. We invite all parents to this last meeting and hope that parents can bring along reflective ideas from the year and positive suggestions that we can implement in 2011. This is also a time that we formally thank our parents who have been supportive of the centre throughout 2011. We look forward to meeting we you all on this evening.

We have included the minutes from our last parent forum and invite all families to make suggestions or comments in relation to our last meeting or future meetings.



CLOSE DOWN FOR 2010

We would ask all families to collect their child by **3.00pm on Friday 24th December.**

FINAL FEE PAYMENTS for 2010

All Fees for 2010 will need to be finalised by Friday 17th December This will allow for account keeping procedures to be finalised and Family assistance payments be lodged for the end of the year for family entitlements.

We are providing this information to parents early so that you can make suitable arrangements if required. **The centre will reopen for 2011 on Monday 10th January.**

THANKYOU

We thank all our parents and families who continue to support us.

- Mr. Greg Robinson for our outdoor play area.
- Mrs. Catherine Checuti for craft items and Ryan Toy warehouse fundraiser.
- Mrs. Angela Humphries for our nutrition article

If Parents are cleaning up their children's rooms please consider the child care centre for the donation of books and toys.

Our Baby Bunyip's would love pull along toys or play walkers. Craft items, paper, books, etc are always welcomed.

All Parents are invited and encouraged to contribute to our Monthly newsletters.

CALENDAR EVENTS

11th & 14th October – Preschool Photos

12th October Ryan Toy warehouse

13th October Under the Sea show 10:00am

13th October Family Portraits returned to the centre.

1st November Christmas Party Tickets for sale

24th November 6.00pm Parent Forum

26th November Last Day to purchase Xmas Party Tickets

6th December Xmas Party 6.30 pm

14th December – Preschool Graduation Night 7.00pm

A FINAL THOUGHT:

We would like to remind all families that take part in our Family Focus by recoding a few ideas and experiences that you have shared with your child and family over the weekend. With your child as a focal point and their interest displayed we can build engaging experiences and share in a variety of cultural experiences.

CREATING GOOD FOOD HABITS

Provided by Ms Angela Humphries –Sydney McCartney Bunyips room.



Kids + Vegies = FUN!

A new report by the 'AusVeg' group shows that close to 50% of families with children find it difficult to get vegetables into their young people's diets. This industry report is cause for concern for the medical profession and parents alike. With rising levels of childhood obesity and alarming rates of child tooth decay most people agree that kids need to eat more vegetables. We as parents also need to learn a few tricks to help kids love fresh and healthy food.

The report states that the 'taste' for a new food item can be rejected by a child up to 9 times before it is accepted as something they like to eat. This means that if a child is consistently given a new food to try, it may take up to 9 times before they are fully happy to eat it as a part of their regular diet. It makes the job tricky for parents like us: with time and money constraints it can prove to be all too hard to continually try new foods and it is easier to give up when the new food is rejected time and again. But this new research should give us all some hope that if we are consistent and persistent our young ones will develop a new love of quality food including fruits and vegetables.

The report also notes that the smaller the serve of vegetable that is offered to a child the more likely they are to accept it. For example if the child is presented with an entire carrot to eat they might be less inclined to finish it - but if they are given a few shreds of a carrot alongside a known favourite dish they might eat it quicker than we expect! Over time the size of the shredded vegetable can be increased and that can become a staple of the child's diet.

William Churchill, from AusVeg says that the key to getting kids to love vegetables is practice, patience and encouragement, "Parents need to realise getting their children to eat vegetables takes time, like when you first start to ride a bike, it takes time to get used to the process. Parents need to remember this and encourage their children to eat vegetables, provide positive feedback to their kids and hopefully vegies will become a regular inclusion at meal times."

Additionally, the findings of the report indicate that there are a number of different influences affecting vegetable consumption within families, with particular regard to children. "Parents and friends play a key role in regards to their children's attitude towards vegetables," Mr Churchill said. If our children don't see us eating vegetables, or see us turning our nose up at new foods, we can hardly expect anything different from them. With the hit TV show Junior MasterChef set to air this week, it might be a good time to let our children see that eating healthy food is fun and vegetables make a delicious accompaniment to other foods.

A good way to encourage our children to eat more vegetables is to help them grow them in a garden. A small veggie patch or herb garden can pique the interest of our children in such a way that they will want to sample the end goods. A garden also teaches kids about caring for other things, taking responsibility for watering the plants and about the cycle of life. In fact, almost 40 per cent of young families interviewed stated that their children were encouraging them to purchase more vegetables as a result of either a garden, smaller serves of vegetables or a continual introduction of new vegetables.

Making vegetables fun to eat, fun to grow and fun to cook might be the way we can all get our little ones to eat more vegies.

HOW DO WE ACHIEVE THIS AT JUMPSTART 4 KIDS

Morning Tea: Fruit Platters. Parents to support by providing a range of fruits

Afternoon Tea: **Crunch and Sip:** Providing celery/ carrots and cucumber sticks with cheese and crackers

Our vegetable garden at the front for children to care for with Tomatoes, strawberries and beans. Children are encouraged to drink water instead of fruit juices and cordial that are high in sugar content.

(QIAS1, 2, 3, 4, 6 & 7) ELYF 3