

Jumpstart 4 Kids

Newsletter No 5 2014 JUNE

WHAT'S HAPPENING IN JUNE REPORTS and Parent interviews

Possums commence 2nd June

Bunyips Commence 16th June

All parents will need to schedule an interview time with room staff. Interviews will be conducted for 10 minutes. Longer time slots will need to be negotiated with staff during an alternative time. We ask that parents are considerate and mindful of these times so that staff can actively assist all families. (NQA 1,5,6&7)

STAFF CUPCAKE SALE

Each year at JumpStart 4 Kids the staff have a friendly competition between rooms by selling cup cakes. Money raised is donated to Camp Quality to support children with Cancer, Westmead Children's hospital and Still Birth Australia.

Cup cakes can be pre-order and paid for prior to the day. (Muffin Size)

6 Cupcakes \$10 or \$2.00 each.

Busy Bees 19th - 20th June

Bunyips 23rd June

Possums 24th- 25th June

Parents may like to order for their workplace.



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CAMP QUALITY PUPPET SHOW

19th June 10:00am

Children will learn about the importance of friendship and the power of happiness to support ill children through the Camp Quality Puppet show. Funds raised from our

cup cakes will support ill children and their families. (NQA 1,5,6&7)

MOTHERS DAY AFTERNOON TEA

FRIDAY 9th May



Thank you to all our families who attended our Mother's Day afternoon Tea, it was great to see all our mums. All of the children loved cooking and baking special foods for our mums. Congratulations to all our winners of our raffle.

(NQA 1,5,6&7)

FARM ANIMALS 21st MAY 9:30 am

FARM COMES TO JUMPSTART

On the 21st of May the centre hosted a Farm Show at Jumpstart. All the children loved learning about what farmers do on a farm and the different animals who live

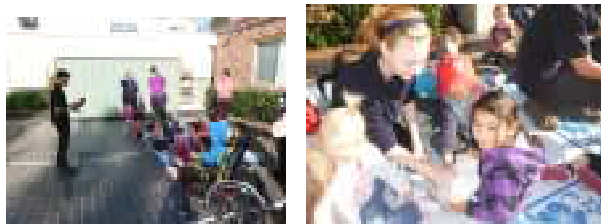


there. All the children were very excited when it was time to hold and feed the animals. The Bee's continued with their learning of farms, through discussions and stories about farms with Miss Justine and



Mr Simon. These experiences allow children to explore what animals need and allow children to

express themselves as they nurture , feed and pat the animals.



(NQA 1,2,3,5&7)

National Simultaneous Story Time 21st May at 11:00am AEST



JumpStart 4 Kids joined the shared reading of *Too Many Elephants in This House* written by Ursula Dubosarsky and illustrated by

Andrew Joyner. This story was read across Australia at 11:00am on Wednesday 21st May. All the children loved listening to the story and the Bees enjoyed making elephant masks to continue celebrating National simultaneous story time.

Literacy through reading is a significant aspect of all children's learning. Children should be exposed to 2-3 reading experiences each day. This assists children with their school readiness and inspires children to develop a love of literacy



Sorry Day and National Reconciliation Week

This is a significant event in our Australian culture and is explored with children through discussion, stories and games about friendships. As children grow they develop a heightened appreciation in respect to what makes a good friend and how our actions affect others. At JumpStart for kids we encourage children to express their emotions and say sorry to their friends if they have caused injury or hurt their friends in any way. It is the building of these relationships which will assist our children in becoming active and informed citizens within our community.

(NQA 1,2,5,6&7)

BUSY BEES

1. Sustainability
2. Food week
3. Multicultural/ Italian
4. Family



Throughout the month of June the Busy Bees are focusing on Italy, we will be making different foods associated with Italy. We are also looking at sustainability looking at how we can reuse materials helping the environment. If you have any suggestions or comments on the focus' of each week please feel free to talk to Miss Justine or Mr Simon.

SCHOOL READINESS FOCUS

During the month of May the Bees have demonstrated good knowledge of their letter sounds and number. In May Patterns were introduced to the Busy Bee's and the Bee's did very well in recognising patterns and attempting to develop their own patterns. During the month of June the Bee's will be continuing to develop their letter knowledge by learning about the letter G, L and U and the sounds these letters make. The Bee's will continue to develop their knowledge of number by learning about the numbers 10, 11 and 12. The Bee's will also continue to develop their understanding of Patterns by continuing to identify and discuss patterns and make their own.

(NQA 1,6&7)

Supplementary Home Support



Supplementary Home support Worksheets are available for the Busy Bees. These worksheets directly relate to our School Readiness program. Children experience great gains in confidence and skills through repetition in a supportive and nurturing environment. We strongly encourage parents to collect a supplementary home booklet for their child to continue building school readiness skills at home. (NQA 1,5,6&7)

COMPANION BEARS FOR JUNE REMINDER TO ALL PARENTS.

Please return Companion Bears after 1 week. Families who do not return bears promptly may cause distress to other children who are eager to engage with this experience. We ask that all families are considerate with this request.

WAYNE

EDDIE



Each day the Busy Bees will talk about what they think their Bears are doing and where they are. This is a good opportunity for all children to share experiences.

Miss Justine & Mr Simon

(NQA 1,4,5,6&7)

- Brodie
- Ezequiel
- Remedy
- Ngathjwok

PLAYFUL POSSUMS

1. Sustainability

2. Kings and Queens

3. Multicultural Italy

4. Doctors and Nurses Occupations

During the month June the Possums will be learning how Doctors and nurses look after us when we are sick. This will be a lead up to the



Camp Quality show that will be presented during week three. The possums will be looking at sustainability and discussing how we can reuse, reduce and recycle in our everyday lives. We would be appreciative if parents could assist us by donating empty plastic bottles so that the possums can create a hanging pot plant display.

During the month of May we learnt that autumn leaves fall off deciduous trees. The children were able to watch and observe our own branches lose their leaves and look at the changing colours and textures of leaves.

(NQA 1,2,3,5,6&7)

LANGUAGE SCREENERS

Staff have conducted language screeners for all children. These assessments will be provided to families as an early indication in respect to children's receptive (their ability to understand instructions) and their expressive(their ability to use language and words to communicate their needs and wants) language.

MID YEAR REPORTS:

Parents are asked to make an appointment to receive midyear reports. Parent and Teacher interviews will be schedules for 10 minutes. No parent will be provided with a report without a formal interview. During this time staff will convey the progress of your child and also discuss future goals and skills that your child will be focused on for the next six months.

Miss Lauren and Miss Patricia

(NQA 1,4,5,6&7)

BABY BUNYIPS:

1. Environment
2. Ocean Week
3. Multicultural
4. Circus



During the month of June, the Baby Bunyips will be focusing on the environment, from animals to plants. We have been looking at recycling and reusing items creating a sustainable environment for children.

BABY BUNYIPS

Through the use of recycling it has allowed more sensory experiences to have been undertaken. We ask that if you have any recycled materials that you bring them in to continue building our sustainable room. Children whom are older will be beginning to transition out of cots onto beds ready for when they move into the Playful Possums room. During the month of June, Bunyips will be beginning to conduct parent teacher interviews. We ask all parents to fill out a time sheet that best suits them for an interview with one of the Bunyips teachers.

Miss Nikki & Miss Chantelle. (NQA 1,2,3,4,5,6&7)

SEEDLINGS WITH THE BUNYIPS



Bunyips began to learn about the process and cycle of growing seeds. We has beans and sprouts that we observed and listened

to the sounds they make in the packet. We began at the start of the week by putting seeds onto cotton wool strips with the help of the children to water them. All children were able to feel how the water made the seeds feel.



Each day we observed any changes that were made to the seeds and gave them a drink of water. Children were able to begin to grasp the process of the environment cycle and the important of water on plants to help them grow. This was a strong activity that supported and developed respect for our environment.

(NQA 1,2,3,5,6&7)



OUTDOOR PROGRAM:



It is important that all children experience physical play and they are taught how to run , throw a ball and participate in turn taking with their friends. Involving the children in group based games allows the children to develop skills as part of a team and focuses children attention towards achieving group goals. As winter is now with us, each room will be continuing to engage children in outdoor activities. These



activities promote children's fundamental movement skills and team building . (NQA 1,2,3,4&7)

DONATIONS

- ✚ Gifts for our Mothers Day raffle
- ✚ Books
- ✚ Paper cylinders
- ✚ Old cake tins
- ✚ Ice-cream containers
- ✚ Margarine containers
- ✚ Bottle tops

FINAL THOUGHT

We are all very privileged to care for children who are healthy. It is easy to forget that many families have children in hospital who are very ill and the daily pleasures that we take for granted are not the experiences for all families. We hope that all families can support us in the month of June by purchasing our cupcakes as we support families who may need a little extra support as we support ill children , families experiencing cancer and research into still births.

JUMPSTART 4 KIDS STAFF

Welcome to the third issue of 'Munch & Move', the newsletter that's especially for parents. This issue will give you info about choosing appropriate drinks for children as well as show you how to correctly 'slide' and 'hop' so you can practice Fundamental Movement skills at home with your child.

Why focus on water?

Drinking Tap Water:

- quenches thirst without getting sugar or kilojoules
- helps prevent dental problems
- is inexpensive for families compared to other drinks



Did you know?

- Soft drinks, cordials, sports drinks and flavoured mineral waters contain **6 teaspoons of sugar** in an average glass
- These drinks should not be consumed everyday
- Water is a much healthier drink when your child is thirsty

Tips to help your children drink more water..

- Offer water with all meals and snacks.
- Keep cold water in the fridge at home
- In summer, freeze chopped fruit in ice blocks and pop into a cup of water
- Give your child a water bottle when they are involved in active play or sport
- Take a bottle of water whenever you go out

How many grams of sugar in each average glass?

- Apple Juice = 6 teaspoons
- Lemonade = 6 teaspoons
- Cola Drinks = 6 teaspoons
- Orange Juice = 4 -5 teaspoons
- **Water = 0 teaspoons!!!**



...Choose water as a drink!!

For further information on drinks for young children ask your centre staff for a copy of the Munch & Move fact sheet 'Choose Water As A Drink' or download a copy from www.healthykids.nsw.gov.au (click on the Munch & Move logo).



Fundamental Movement Skills...

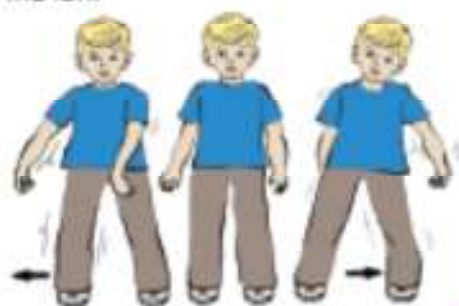
Below are two of the twelve Fundamental Movement Skills that your child is learning and practicing at child care. You can have fun practicing these together at home.

Side-Sliding

Is like a gallop but to the side and with minimal bounce.

Does it look right?

- Turn your body sideways so the shoulders are aligned with a line on the floor.
- Step sideways with the lead foot and then slide the trailing foot to a point next to the lead foot.
- Try and do four or more continuous step-slide cycles to the right then to the left.



Hopping

Involves standing on one foot and lifting off the ground by leaning slightly on the hopping foot side and moving the bent arms out and in for balance.

Does it look right?

- Start with balancing on one leg and bending the non-support leg.
- Swing the non-support leg forward like a pendulum to produce swing.
- Keep the non-support foot behind the body.
- Keep the arms bent and swing them to produce the forward momentum.
- Try to take off and land four consecutive times on the non-preferred foot.



How can I find out more?

You can speak to staff at your childcare service for further information. They will have fact sheets and other resources for you.

Alternatively you can visit the healthykids website: www.healthykids.nsw.gov.au and click on the Munch & Move logo.

Don't Forget! Water is the best choice for both you and your child because it quenches your thirst, contains no sugar and doesn't cost a cent.



Health
Western Sydney
Local Health District

