

Yackandandah Kinder

30th July News Brief

DEAR FAMILIES ...

Wow ! Another interesting term and we are only 4 weeks in.

As per my email on Friday 24th July, you would now all be aware that as from 10th August I will be working as Kindergarten Improvement Advisor Goulburn area. I will still remain as Director of the kindergarten and oversee all programs at our service. Jane Chrystie will be working on floor Mondays and Thursdays and Jacqui Warden will be doing Tuesdays and Thursdays.

Richie's mum, Dr Emma Polkinghorne, visited our Kinder to talk to the children about the human body. Emma brought in a very interesting prop from her surgery to show the children also. We looked at the location of our major organs, their purposes and functions, our digestive system, why our bodies catch colds and how to limit the spread of germs. The children had the opportunity to listen to their heart rate through a Stethoscope and measure their heartbeat through an Oximeter.

A big thank you to Emma from us all. *[See our fantastic photo compilation later in the news sheet]*

Our current focus artist, Keith Haring, employed aspects of movement and dance in his paintings and murals. Haring derived some of his inspiration from people breakdancing on the streets of New York. The children have expressed much interest in this and we are therefore now practicing our own breakdancing moves at Kinder. We will continue with this style of movement throughout Terms 3 and 4 and have been encouraging children to practice their dance moves at home. Parents, watch this space!

Transitioning to school

Each school will be in contact with families of enrolled children to give session times and other details closer to the dates. The days are listed later in this news sheet.

A second year of funded four-year-old kindergarten can be considered where the kindergarten program is deemed to be the most appropriate learning program and environment for the child given their developmental status, and that the child will achieve better outcomes at kindergarten than if they were to go to school.

In the 3yo program yesterday ...



**Transport painting
with Zoe**



**Cutting & pasting
with Oscar**



Bathing baby Chelsea

2021 KINDERGARTEN STRUCTURE

3YO PROGRAM GROUPS:

We are considering the option of offering two 3yo program groups in 2021. Our recommendation would be that the older 3yo children go into a Wednesday and Friday [7.5 hours per day] group and that the younger children would go into the Monday, Wednesday, Friday [5 hours per day] group.

This concept will be discussed at the time of your child's enrolment interview or by telephone conversation.

4YO NON-FUNDED PROGRAM:

In addition to the funded 2-day per week program, 4yo children will be able to access the non-funded (stand-alone) program on two days rather than the one day currently offered.

We recognise that many of our parents who choose to enrol their 4yo for an extra day of kinder, do not always find a Friday very suitable. So next year, 4yo's can enrol for an extra non-funded day on either the Wednesday or the Friday or indeed both.

THURSDAY GROUP STAGGERED STARTS

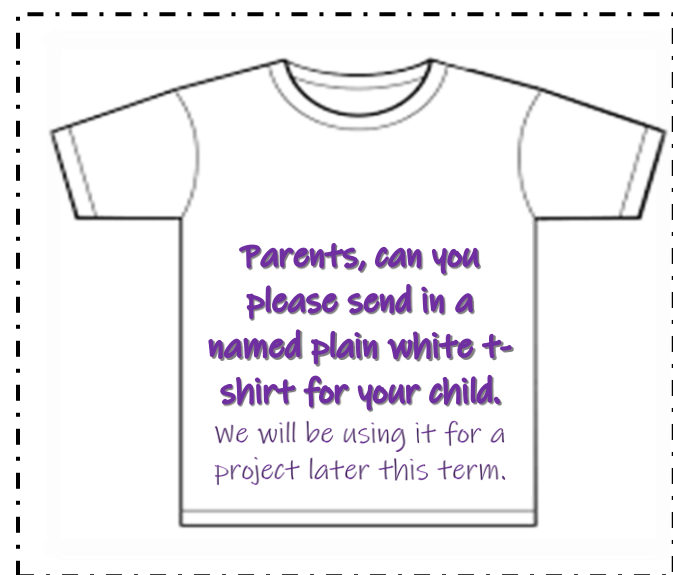
Is your child in Jane's group or Jacqui's group?

Jane's group starts at 8.15am and finishes at 3.45pm

Jacqui's group starts at 8.30am and finishes at 4.00pm

The purpose of this is to ease the congestion of entry, exit and parking in our already small carpark [now made even smaller by the presence of tradie utes and trailers!]

We thank parents for their co-operation in arriving and departing at their designated times



THE HAPPIEST OF
JULY BIRTHDAY
WISHES TO ...
Jono, Kyle & Ari.

KINDER PHOTOS

The Kinder photo dates will be 12th, 13th & 14th October. Morning Sessions.

We will re-issue a covering letter and envelope mid Term 3. You are welcome to use the order envelope you currently have, to reduce our paper trail.

Don't have a photo envelope? See Jen.

PRIMARY SCHOOL TRANSITION DAYS

Due to the COVID-19 Pandemic, primary schools were unable to offer Open Days where families could tour schools prior to enrolling for primary school in 2021.

The Principals of Wooragee Primary, Yackandandah Primary and Osbornes Flat have scheduled the following dates as transition days [assuming the COVID is not imposing restrictions upon us at that time]:

- Wednesdays 14th & 28th October
- Wednesdays 11th & 25th November
- Tuesday 8th December is the Statewide Transition Day

Contacts for schools near Yackandandah are:

Osbornes Flat Primary School

Principal: Sarah Kohne
Ph. 0401 044 080 or (02) 60271415

Yackandandah Primary School

Principal: Michael Edwards
Ph. 0432 073 966 or (02) 60271431

Wooragee Primary School

Principal: Brendon Peisley
Ph. 03 5728 7207

Middle Indigo Primary School

Principal: James Farley
Ph. 0432 060 414 or (02) 6026 9235

SPARE CLOTHING IN YOUR CHILD'S BAG

Just a reminder to include a spare change of clothes for your child in their bag each time they attend kinder. It is important to make sure that spare clothes are relevant for the season and still fit. Please also check to make sure the right spare clothes are coming home with your child.

ALL WEATHER PLAY

This term sees greater utilisation of our Scandinavian all-weather suits. This means that we will be implementing "All Weather Play" and the need for each child to have a spare pair of boots here.

ABSENCES FROM KINDER – let us know

If your child is going to be absent, please inform us. If it is because of illness that requires exclusion from kinder, we are then required (as per our licence) to inform other parents. Please phone us on 02 6027 1560 or email the office at

yackandandah.kin@kindergarten.vic.gov.au.

TUNING INTO KIDS – Emotionally intelligent parenting [0 – 10 years]

Expressions of interest are sought from parents/carers who would like to attend a free information session in Term 3.



Anna Hession, Occupational Therapist has offered to hold a session for our parents. This parenting program teaches parents and carers skills in emotion coaching; a way of responding to emotions that can help children to understand, regulate and work through their emotions so that they manage their behaviours and respond in socially appropriate ways.

Please register your interest with Marisel or Jen.

4yo
Program
this week



Learning about the human body with Dr Emma Polkinghorne

4yo Program



Health and Wellbeing - July 2020

Welcome back to Term 3! The **Health and Wellbeing Team** is keen to keep in touch, hear from you and work with everyone for the kindergarten to be a healthy environment for all.

What is the health and wellbeing team we hear you ask? What do you do? Who is on the team?

We are a group of staff, parent/s and community members (health professionals) working together to address the health and wellbeing needs of the kindergarten and that it is a health promoting service. We are also working together to meet the benchmarks to be recognised as a Healthy Early Childhood Service with the Victorian Government implementing the **Achievement Program**. We are committed to the health and wellbeing for the whole community and we work together to address 6 health priority areas:

- Healthy eating & oral health
- Physical activity & movement
- Mental health and wellbeing
- Tobacco, alcohol & other drugs
- Safe environments
- Sun protection

Who is on the team?

Currently we have 4 team members:

- Jervis Whitley (parent and committee of management member)
- Erin Tinney (staff member)
- Kelly Reynolds (staff member)
- Gabriella Tange (health promotion officer, Beechworth Health Service)



NEWS

RECOGNISED: Physical activity & movement

Yackandandah Kindergarten has recently been recognised for achieving all the benchmarks for PHYSICAL ACTIVITY & MOVEMENT! This means that the Kindergarten meets all the requirements for physical activity across a number of areas:

- Leadership and commitment
- Healthy physical environment
- Healthy culture
- Student teaching and learning
- Supported staff
- Families and community partnerships

This has been a team effort and a big thanks to all the team for achieving this health area.

Lunchbox Resource: We need your help!

The health and wellbeing team are keen to develop a **Healthy Lunchbox Resource** for all the families at the kindergarten and the community. We are keen to gather YOUR healthy lunch box ideas and put them together to help you be creative, provide healthy options and use your expertise to put them altogether in one place.

We are looking for recipes and photos (if you have them) and these will be reviewed by the dietitian at BHS as well. This will be a local resource for the kinder and will help prepare for those moving on to school!

Please email these to:

gabriella.tange@beechworthhealth.org.au

Most importantly we want to hear from you and gather your ideas so we can put together a resource for lunchboxes for kinder and for those transitioning to school next year!

Some key actions for the health and wellbeing team:

- Development of healthy lunchbox resource for all families and community
- Feedback from parents and staff on information and direction for the health and wellbeing team: We need your input! Please contribute and let us know what you think? We will send the link shortly.
- There are 2 events scheduled for Term 4:
 - o **Staff Appreciation Day:** an opportunity to say thanks to the wonderful staff at Yackandandah kinder who do a great job keeping us organised and educating the children. Learning to be grateful and say thank you is essential for building resilience and learning to be kind to others.
 - o **PJ Breakfast:** dress up, explore new breakfast ideas and healthy foods and meet the dietitian from BHS.



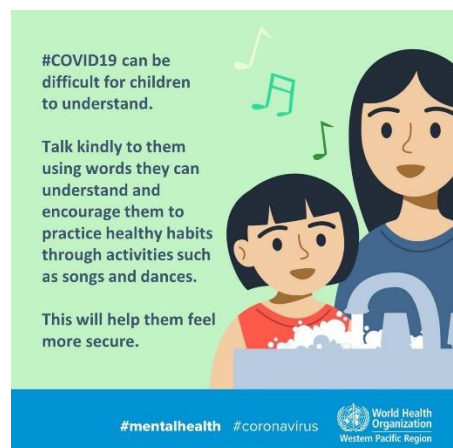
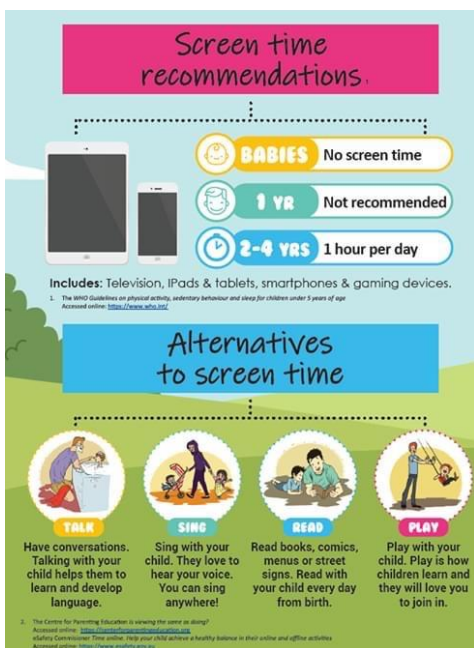
Safe Environments

Washing your hands is so important! Protect yourself and others from getting sick.



Physical Activity & Movement

Recommended screen time for children and alternatives
Check this out.



Mental Health & Wellbeing

With the new restrictions and changes for COVID-19, it is often hard for children to understand. WHO have put this together to helping children with managing this uncertain time.

Healthy Eating & Oral Health

Moroccan red lentil and chickpea soup

6 serves



Ingredients

- 2 tbsp olive oil
- 400g lean beef or lamb, cubed
- 1 large onion, finely diced
- 3/4 cup dried chickpeas
- 2 litres salt reduced chicken stock or water
- 3/4 cup dried red lentils
- 1/4 cup long grain rice
- 1 red capsicum, deseeded & finely diced
- 2 carrots, finely diced
- 2 tbsp tomato paste
- 1 tbsp ground cinnamon
- 1 bunch coriander, chopped
- black pepper to taste
- 2 400g cans salt reduced crushed tomatoes

Instructions

- Heat oil and add meat. Cook until lightly browned. Add onion and cook until softened
- Add the chick peas and stock or water and bring to the boil, then simmer for 1 – 1 ½ hours, until the chickpeas are tender
- Add the remaining ingredients, except the coriander. Simmer, stirring often, for 30 minutes or until all ingredients are tender
- To serve, stir in chopped coriander and season to taste.

Source: <https://nutritionaustralia.org/recipes/moroccan-red-lentil-and-chickpea-soup/>



