

# Yackandandah Kinder

## August News Brief

### DEAR FAMILIES ...

With only a few enrolment interviews left to be done, we have now sent out 3yo & 4yo enrolment letters of offer to our existing and new families. Children currently attending the centre; continuing next year or having their siblings attend next year; had their letters of offer put into their lockers/bags. New families or families who have not been at kinder this week, had their letters posted. If, by next week you are expecting a letter and have not received it, please contact Jen in the office.

We will be a busy, growing centre next year as we incorporate an increase in 4yo enrolments and the long-awaited 3yo funded program rollout and the subsequent strong enrolment support received. Our days will look like this ....

- **Monday:** 2 classrooms running – a 3yo 5 hour program and a 4yo 7.5 hour program
- **Tuesday:** 1 classroom running – a 4yo 7.5 hour program
- **Wednesday:** 2 classrooms running – a 3yo 5 hour program and a 3yo 7.5 hour program which is combined with non-funded extra day 4yo children
- **Thursday:** 2 classrooms running – a 4yo 7.5 hour program 8.15am – 3.45pm and a 4yo 7.5 hour program 8.30am – 4.00pm
- **Friday:** 2 classrooms running – a 3yo 5 hour program and a 3yo 7.5 hour program which is combined with non-funded extra day 4yo children. NB: Bookings for non-funded days are on a term by term basis.

As you will have seen from the days above, the non-funded program is being offered on two days in 2021. We recognise that many of our parents who choose to enrol their child for an extra day of kinder, do not always find a Friday very suitable. So next year, there is the option of either the Wednesday or the Friday or indeed both. Please speak with Marisel if you have any questions.

### Home Learning this Term

If you wish your child to remain home during the remainder of this term, or they are sick and have missed their sessions, you can contact the Kinder to arrange for home learning activities to be posted through Kindyhub.

### Uniform Purchases

If you are considering uniform purchases for 2021, could you please see Jen in the office for an order form. Although we have some uniforms available straight away for cash purchase, we will need to order in more stock and it would be handy to know the colour and size preferences in advance. All efforts will be made to supply uniform prior to the end of Term 4.

### COVID Restrictions

We thank parents for their patience and compliance with the current structure of the drop-off and pick-up practices. This will certainly continue until the end of Term 3 and we are hopeful that Term 4 may bring a more positive move towards our old normality. As staff watch the children enjoying the outdoor sunshine and playing with happy abandon, mask-less, we find ourselves wishing we were pre-schoolers again!!!

### Before & After Kinder Care Joint LYLY-YK Survey

3 & 4yo parents of Little Yacks Learning Years and Yackandandah Kinder will shortly receive a jointly prepared parent survey on the LYLY proposed Before & After Kinder Care service envisaged for 2021.

Significant work is being put into a program model to provide children with an inclusive childcare program which is safe and nurturing.

Your input as to whether or not you would use the service, is essential for the planning process.

*Marisel*

## THURSDAY GROUP STAGGERED STARTS

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

- Jane's Group: 8.15am – 3.45pm
- Jacqui's Group: 8.30am – 4.00pm

## LABELING OF YOUR CHILD'S THINGS

Can parents please check that their child's LUNCHBOX, DRINK BOTTLE, BAG AND CLOTHES ARE CLEARLY LABELLED. Staff and the children alike need all the clues they can to identify belongings.



So much mud and so little time to make a splash!

Even when the weather is wet, the children are outdoors in their all-weather suits playing. Could every child have some boots to stay at kinder this term please.



# 3yo busy bees



THE HAPPIEST OF AUGUST BIRTHDAY  
WISHES to ...

Lucas, Sarah, Archie, Acquila,  
Tucker, Amaya, Audrey, Rosie,  
Lucca, Marisel & Claire

## 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 14<sup>th</sup> & 28<sup>th</sup> October
- Wednesdays 11<sup>th</sup> & 25<sup>th</sup> November
- Tuesday 8<sup>th</sup> 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: Alicia Odewahn  
Ph. 03 5728 7207

### Middle Indigo Primary School

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



## Health and Wellbeing – August 2020

### Healthy Lunchbox Resource: We need your help!

The health and wellbeing team are developing a **Healthy Lunchbox Resource** for all the families at the kindergarten and the community. We want 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 forward to sharing your ideas and recipes for healthy lunchbox ideas. This can be a resource for lunchboxes for kinder and for those transitioning to school next year!

Please send your photos and recipes to [gabriella.tange@beechworthhealth.org.au](mailto:gabriella.tange@beechworthhealth.org.au) or drop in the box at kinder to Erin and Jervis.

Here is an idea to get you started from Nutrition Australia

### For a healthy lunchbox pick & mix something from each food group 1 - 6!

Pick and mix one tasty option from each of the five core food groups to create a healthy lunchbox every day:



- |   |  |
|---|--|
| 1. Fruit (e.g. fresh, frozen, pureed and canned in natural juice) | 4. Lean meats and poultry, fish, eggs, tofu, nuts and seeds, and legumes/beans |
| 2. Vegetables, legumes and beans                                  | 5. Grain (cereal) foods  |
| 3. Milk, yoghurt, cheese and alternatives                         | 6. Plain water   |

## EVENTS: Key dates for your diary

### PJ Breakfast: THURSDAY 15 October at 9.00am

Children will have the opportunity to dress up in their PJs for the day (or not get out of them) and enjoy a healthy breakfast with the staff and children at the Kindergarten. The children have the chance to try different breakfast food and explore different foods and ideas of what is a healthy start to the day. We will need support from families to prepare the food. All recipes provided by the dietitian at Beechworth Health Service.

### Staff Appreciation Day: WEDNESDAY 28 October 2020

This is 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.

- Flyers and bunting to record what the children and families are grateful and thankful for will be sent home 2 weeks before then displayed at the kinder for all to share.
- Afternoon tea for the staff meeting will be provided by families to say "thank you".



## Physical Activity & Movement

### Why is it so important for school shoes to fit properly?

The bones in young children's feet don't fuse together until puberty. Kids' feet can lack muscle strength and be prone to hypermobility, so firm, supportive shoes help protect their feet while they're growing.

"A good school shoe provides a stable home for immature bones," says Charlotte Bodell, a podiatrist and spokesperson for the Australian Podiatry Association.

"Without that support, children are in danger of developing flat feet, sore knees, shin splints and even back pain. A good shoe that fits properly is important."



## 10 tips to remember when buying school shoes!

Podiatrist at Beechworth Health Service – Louine Robinson shares her top tips

1. Leather upper and lining to allow shoe to breathe and conform to the foot.
2. Room for growth & movement: 1 – 1 ½ cms between the toe and the end of the shoe.
3. Fully adjustable fastening, laces, buckles or velcro.
4. Firm heel counter for protection and support.
5. Padded heel collar helps comfort and fit, especially for small feet.
6. Hold the shoe lengthways and bend, it should flex at the

ball of the foot but not in the arch.

7. Non-slip compressible sole for grip and shock absorption.
8. Close cropped soles to prevent tripping.
9. Not too heavy.
10. Check fit every 6 months, to increase by 1 shoe size every year is average.



Source and image: <https://www.choice.com.au/babies-and-kids/education-and-childcare/education/articles/school-shoes>

Don't forget your socks either?! Make sure they are not tight or holey and natural fibre blends are best to let the skin breathe.

## Mental Health & Wellbeing

With the new restrictions and changes for COVID-19, it is so important to look after yourselves and others around you. At times, things can be overwhelming so please seek assistance if you or a friend need support. It is important to look out for one another and stay connected. The following organisations give advice on looking after your mental health at this time:

[Beyond Blue](#) AND [Black Dog Institute](#)



## Supporting your child during COVID - 19

It is often a challenging time for adults and concerns we have about COVID-19. It is so important that we also take time to listen to the questions that our children may have and provide clear and honest answers that are age appropriate. It is also alright to admit that we do not have all the answers.

Below are a number of resources to assist you to navigate this space and to support you as parents/carers to guide them through this period on uncertainty:

### Guidelines for talking to children about Novel Coronavirus: Blackdog Institute

<https://www.blackdoginstitute.org.au/news/coronavirus-reassuring-your-child-about-the-unknown/>

### Talking to and supporting your child about COVID – 19: Royal Children's Hospital

The Royal Children's Hospital has a tipsheet and video that can guide you to talking to your child about COVID – 19. They also provide a number of links if you have any further questions:

[https://www.rch.org.au/rch/Coronavirus\\_%28COVID-19%29/#talking-to-your-child-about-covid-19](https://www.rch.org.au/rch/Coronavirus_%28COVID-19%29/#talking-to-your-child-about-covid-19)

[https://www.rch.org.au/kidsinfo/fact\\_sheets/Supporting\\_your\\_child\\_to\\_cope\\_with\\_the\\_COVID-19\\_pandemic/](https://www.rch.org.au/kidsinfo/fact_sheets/Supporting_your_child_to_cope_with_the_COVID-19_pandemic/)

## Safe Environments

There is a lot of information around at the moment about COVID-19 and you might be feeling overwhelmed and unsure about what you should do. One of the best things we can all do every day to stop the spread of viruses like COVID-19 is practice excellent hand hygiene, and cough and sneeze etiquette.

<https://www2.health.vic.gov.au/about/publications/policiesandguidelines/cover-your-cough-sneeze-poster>

## Sun Protection

During the winter months it is important to have some sun exposure to avoid vitamin D deficiency. Then following information is important to consider between May and August:

- Most people need to expose their face, arms and hands (or equivalent area of skin) to midday winter sun for **two to three hours spread over the week**. Sun protection is not required unless near highly reflective surfaces such as snow, outside for extended periods or when the UV reaches 3 and above.
- Groups at risk of low vitamin D include people with naturally very dark skin, breastfed babies of vitamin D deficient mothers, those who cover their skin for religious or cultural reasons, older Victorians and people who are housebound or in institutional care. People with naturally very dark skin may need 3 to 6 times more sun exposure than those with fair to olive skin.
- If concerned about vitamin D levels, visit your doctor. Levels can be tested with a simple blood test and options such as supplements can be discussed depending on your individual circumstances.

<https://www.cancervic.org.au/about/media-releases/2012-media-releases/september-media-2012/low-vitamin-d-is-seasonal.html>





# Healthy Eating & Oral Health

## Lamb Lentil and Tomato Salad

### Ingredients

- ✦ 2 cans lentils (drained and rinsed)
- ✦ 250g cherry tomatoes (quartered)
- ✦ 1 bunch parsley (leaves picked)
- ✦ 200g blanching, ends trimmed, halved)
- ✦ 1 medium red capsicum (diced)
- ✦ 1 tablespoon extra virgin olive oil
- ✦ 1 lemon (rind grated, & juiced)
- ✦ ground black pepper (to taste)
- ✦ extra virgin olive oil spray
- ✦ 400g lamb backstraps
- ✦ 1 cup Greek or natural yoghurt
- ✦ 2 tablespoons sunflower seeds (toasted)
- ✦ mint leaves (for garnish)

### Instructions

1. In a bowl combine lentils, tomatoes, parsley and green beans. Season salad with lemon juice, rind, olive oil and freshly cracked black pepper. Add sunflower seeds and mix through.
2. Spray lamb back-straps with olive oil spray. On a hot non-stick pan or grill cook lamb for approximately 2 minutes on each side (or to your liking). Transfer to a plate to rest for 5 minutes before slicing.
3. Serve salad topped with sliced lamb, yoghurt and mint leaves as garnish.

### Notes:

Lentils are low GI and high in fibre. Foods that are low GI provide longer lasting energy, keeping you feeling fuller for longer. This salad is a great easy base to change up your protein source. For example try kangaroo steaks, tuna or salmon. Recipe reproduced with permission from Dairy Australia.

<https://nutritionaustralia.org/recipes/source/dairy-australia-source/lamb-lentil-and-tomato-salad/>



# YACKANDANDAH KINDERGARTEN 2021 UNIFORM ORDER FORM

Parent Name:

Order Date:

Child's Name:



3yo Program



4yo Program

Email:

Phone:

GARMENT	SIZES Circle size choice	COLOURS Circle colour preference	PRICE	QUANTITY ORDERED
 UNISEX T-SHIRT 100% Cotton 180gsm	<ul style="list-style-type: none"> <li>4</li> <li>6</li> </ul>	<ul style="list-style-type: none"> <li>KELLY GREEN</li> <li>BRIGHT ROYAL BLUE</li> <li>RED</li> <li>PURPLE</li> <li>HOT PINK</li> </ul>	\$18 EACH	
 UNISEX WINDCHEATER Cotton/Poly 340gsm	<ul style="list-style-type: none"> <li>4</li> <li>6</li> </ul>	<ul style="list-style-type: none"> <li>RED</li> <li>KELLY GREEN</li> <li>ROYAL BLUE</li> <li>HOT PINK</li> </ul>	\$25 EACH	
 BUCKET HAT	<ul style="list-style-type: none"> <li>54cm</li> </ul> <p><i>This size fits most pre-school age children. Let us know if you need larger.</i></p>	<p>Current choices are:</p> <ul style="list-style-type: none"> <li>ORANGE</li> <li>PURPLE</li> <li>RED</li> <li>NAVY</li> <li>HOT PINK</li> <li>DARK GREEN</li> </ul>	\$18 EACH	<p>Indicate 1<sup>st</sup> and 2<sup>nd</sup> colour choice preference</p> <p>1<sup>st</sup>:</p> <p>2<sup>nd</sup>:</p>

*Please return your order form to the Kinder office for processing. If paying by funds transfer to the Primary School, the uniform will be provided once payment confirmation is received.*

PAYMENT METHOD:	
<b>CASH</b> <input type="checkbox"/> (Payable to Yack Kindergarten)	<b>FUNDS TRANSFER</b> <input type="checkbox"/> (To Yack Primary School) Yackandandah Primary School 02 6027 1431 Bank: WAW BSB: 803070 Account: 48135 <b>[use the reference "Kinder Uniform" PLUS YOUR NAME]</b>

**TOTAL AMOUNT OF ORDER \$\_\_\_\_\_**

Office Use Only

Date Order received by Admin:	Order placed with Supplier:
Date Payment received:	Ordered supplied to parent: