

Yackandandah Kinder

22 October News Brief

DEAR FAMILIES ...

Return of Transition Learning Statements

Last term, children going on to primary school next year took home a School Transition Statement.

This Transition Statement has been designed to enable useful information about your child's learning and wellbeing to be shared between early childhood services, schools and Outside School Hours Care (should you be planning to send your child to an OSHC Service).

This Transition Statement will summarise your child's interests, skills and abilities and will include specific ideas and strategies to tell the school more about how your child learns best and how the school can help your child settle successfully into school.

The Transition Statement has a number of sections. Some sections are written by your child's early childhood educator, and some sections are for you and your child to complete at home.

It is important for you and your child to contribute to the Transition Statement as it will give your child's Prep teacher and OSHC educator (if applicable) an overview of your child. This will enable them to plan for your child's continued learning and wellbeing as they settle into school.

Your child's Transition Statement will be forwarded to your chosen primary school in November.

To assist us, we would like you to complete and return by THIS FRIDAY, 23rd October:

- **Section 3: The Family**
[and/or help your child complete]
Section 2: The Child



MANGO FUNDRAISER

A tray of mangoes is \$30. **Orders will be due by 26th October** and delivery will be between 7th – 11th December. Questions can be asked and orders can be made via electronic order form to our custom email address yackmangoes@outlook.com Contact our Mango Co-Ordinator Kiera Maybury with any queries at the email address. Paper order forms can be obtained from the Kinder Office.



THE HAPPIEST OF SEPT BIRTHDAY
WISHES TO ...

**Neve & Kaia, Miriam, Nate, Kayden,
Cooper, Jasper, Will & Macklan**

Say



OUR PHOTO DATES HAVE THE EDUC DEPT APPROVAL TO GO AHEAD ON 16TH, 17TH & 18TH NOVEMBER

4yo children are asked to arrive on-time on the Monday & Tuesday, as individual photos will commence from 8.30am.

Children who attend just on a Friday only, are asked to come in for photos on the Wednesday 18th November at 9.00am please.

**PHOTO ORDERS WITH PAYMENT ARE DUE BACK
TO KINDER BY 11TH NOVEMBER PLEASE.**

**CHILDREN TO WEAR THEIR KINDER T-SHIRT OR A
PLAIN COLOURED T-SHIRT [avoid printing on
clothes]. Please remember that we have a fun
and busy day ahead of us on these dates, so
don't come in dresses or uncomfortable
clothes.**

TRANSITION TO SCHOOL DAYS

Wednesday, 14th Oct was the first transition day for children joining the 2021 Foundation class at Yackandandah Primary School.

The Department of Education (DET) has given the school revised guidelines for transition in Term Four due to COVID. Due to this, the Principal has had to make some adjustments to the transition process. The school is doing everything they can to make the process as normal as possible whilst still staying within the rules set by DET and Health Department authorities. The main difference is that the school is unable to host the entire transition group together on site at the same time. As a result, they divided the group in half to run two sessions on the 14th & 28th October transition days.

Selected parents will have been notified by email if their child's session time has changed from morning to a 11.45am – 1.45pm session.

Apart from the time change, nothing else will change.

In order to be able to run transition at all, it is important that we do not have parents congregate on the school site. Principal Michael Edwards will be happy to have an outdoor chat with parents after children have been dropped off.

A REMINDER May we suggest to parents that their child wears their kinder t-shirt on transition days – this way they cannot be mistaken for a regular student, but rather it identifies them as a new friend visiting who may need extra assistance finding their way about or attention.



3yo Program outdoor play this week

THANK YOU'S FOR RECENT LITTLE JOBS DONE AT KINDER

During the holidays and recently, some maintenance jobs were very kindly done by some of our parents and we would like to thank them for their willingness to help.

Andrew Lockett [Mia's dad] for fixing the kinder front door bell.

Justin Maybury [Nate & Judd's dad] for shifting a load of beach sand from the front gate into the sandpit.



WOULD YOU LIKE TO JOIN AS A PARENT REPRESENTATIVE ON THE 2021 KINDER SUB COMMITTEE OF MANAGEMENT? Be a part of the decision-making, policy development and a liaison for parents.



A Nomination Form is attached to this newsletter. More information on the role is available from the kinder office.



WEAR YOUR HAT IN TERM 4!

The UV rating will be up over 3 each day, which means hats need to be worn during all outside play





PJ BREAKFAST

Thursday 29 October 2020

Time to come to kinder in your PJs and share in a healthy breakfast with your friends.

Achievement
Program

Yuekandandak Kindergarten

BEECHWORTH
HEALTH SERVICE

FYI ... FOR YOUR DIARY

- ❖ FRIDAY 23 OCTOBER – AFL Grand Final Public Holiday.
- ❖ MONDAY, 26 OCTOBER - Final day for mango orders.
- ❖ WEDNESDAY, 28 OCTOBER – School Transition Day at your local primary school.
- ❖ MONDAY, 2 NOVEMBER – Kinder and YPS staff professional development day. Pupil-free.
- ❖ TUESDAY, 3 NOVEMBER – Melbourne Cup Public Holiday.
- ❖ TUESDAY, 10 NOVEMBER – Kinder Sub Committee of Management meeting via webex at 5.30pm.
- ❖ WEDNESDAY, 11 NOVEMBER – School Transition Day at your local primary school.
- ❖ WEDNESDAY, 25 NOVEMBER – School Transition Day at your local primary school.
- ❖ FRIDAY, 27 NOVEMBER – Kinder End of Year Concert [video presentation via Kindy Hub]
- ❖ 7 – 11 DECEMBER - MANGO DELIVERIES
- ❖ TUESDAY, 8 DECEMBER – Statewide Primary School Transition Day.
- ❖ TUESDAY, 8 DECEMBER - *Kinder Open Day for new 2021 enrolled children.*
- ❖ TUESDAY, 15 DECEMBER – LAST DAY OF AFTER KINDER CARE.
- ❖ WEDNESDAY, 16 DECEMBER – FINAL DAY TERM – 2015PM FINISH TIME.

MONDAY, TUESDAY & WEDNESDAY 16, 17 & 18 NOVEMBER – Kinder Photo

⁴ Days. Please arrive promptly at kinder.

Parents of children who only attend Fridays are asked to bring them into Kinder on the Wednesday at 9am for their individual & group photos.



3yo Program artists at work this week



HEALTHY EARLY CHILDHOOD SERVICES

Achievement
Program



Health and Wellbeing – October 2020

Welcome back to term 4! We are excited to bring you the **Staff Appreciation Day** and a **PJ BREKKY** for the children this term and ask you to complete the bunting share what you are grateful for with the staff at kinder.

We are also asking families to assist with providing the breakfast using the recipes provided that have been reviewed by the Dietitian at Beechworth Health Service and encourage your children to try a wide range of breakfast foods. Please pop Thursday 29 October in your diary and don't forget to send your child in their PJs!

Mental Health & Wellbeing

Why is gratitude important?

Please find a fabulous article for families and staff about gratitude and its importance for children and health and wellbeing.

[Small but powerful steps](#) to build a sense of gratitude highlights the importance of supporting a child's emerging gratefulness and some ideas you can do at kinder and at home.

Tobacco Alcohol & Other Drugs

The Alcohol and Drug Foundation provides up to date and useful information about early childhood and what your role as a parent can be in helping them understand.

If you would like more information, click [here](#)

Physical Activity & Movement

Why is physical activity important?

The benefits of physical activity and movement include but not limited to:

- Promoting healthy growth and development
- Helping to achieve and maintains a healthy weight
- Building strong bones and muscles
- Improving cardiovascular fitness
- Improving balance, coordination and strength
- Improving sleep

The [Raising Children Network](#) is also a useful resource for those seeking more information.

Sun Protection

Sun protection tips for families

Spring has sprung and now it is time to think about being the most SunSmart ever!

Follow these 5 steps:

1. SunSmart starts with mums and dads
 - a. Role model your sun protective habits: Parents are so influential that one study found children are 16 times more likely to apply sunscreen if their parents do. Don't underestimate your own power!
2. Use UV reminders
 - a. Use the SunSmart free app to check on the UV each day. Set a daily reminder and encourage kids to check it also.
3. Create an off duty SunSmart uniform
 - a. Schools and kinders have SunSmart uniforms but make sure you have one for weekends and holidays
4. Sunscreen: choose it and use it
 - a. Studies have proven sunscreen is a safe and effective way to prevent cancer, so it's a must-have tool in your summer kit. Just remember that tube of sunscreen sitting at the back of the cupboard may have expired, so check the label.
5. Keep the SunSmart kit in plain sight
 - a. Make sure everyone has a hat that fits and a sunscreen they like! It's no good packing them away to be forgotten about. Instead, keep them right next to the door so they're easy to grab on the way outside!

<https://www.sunsmart.com.au/about/media-campaigns/current-campaigns/belindas-story/sun-protection-tips-for-families>

Healthy Eating & Oral Health

Australian Guide to Healthy Eating

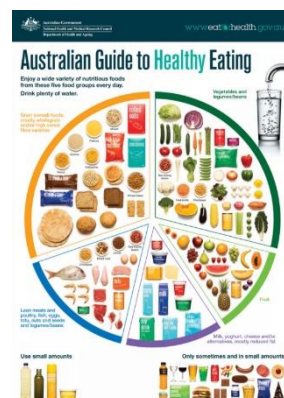
Looking for information about Healthy Eating – go no further than the Australian Guide to Healthy Eating and the Eat for Health Website. It provides information about your dietary needs for you and your family.

EVENTS/ACTIVITIES: Key dates for your diary

REMINDER and HELPERS required!
Staff Appreciation Day and PJ Breakfast:
THURSDAY 29 October at 9.00am

As this term is so busy, we have decided to combine the Staff Appreciation Day and Breakfast this year and celebrate

We are looking for helpers to prepare the food for the children to share and explore different foods and ideas of what is a healthy start to the day.



A list of recipes for families to help prepare have been displayed out on the sign-in table for the past week and were emailed home to Thursday Program families. Pre-prepared foods and ingredients can be dropped off at kinder on the PJ Brekky morning.

Staff Appreciation Day: 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".



Recipe of the month

Slow cooker chicken cacciatore

Ingredients

Olive oil spray
6 chicken thighs, bone-in, skin removed, trimmed of fat
1 kg baby potatoes, quartered
2 cloves garlic, crushed
1 brown onion, diced
1 red capsicum, deseeded & diced
2 carrots, peeled & diced
2 celery sticks, diced
1 tsp dried basil or oregano
200ml reduced-salt chicken stock*
400g jar tomato passata
1 400g tin crushed tomatoes
2 tbsp tomato paste
½ cup Kalamata olives, pitted
1 cup mushrooms, sliced
¼ cup fresh basil, picked



Method

Heat a large non-stick frypan over medium-high heat. Spray with olive oil and cook the chicken in batches until golden brown on all sides.

Add the potatoes to the slow cooker. Place the chicken on top and add the rest of the ingredients (except the olives & mushrooms) and stir. Cover and cook on high for 4 hours, or low for 8 hours. Half an hour before serving, add the olives and mushrooms.

Serve topped with fresh basil and with steamed green vegetables.

*Gluten free when using gluten free stock

Tip: For lunch use leftover chicken and sauce in a wrap.

<https://healthylunchbox.com.au/recipes/slow-cooker-chicken-cacciatore/>

Yackandandah



Kindergarten

NOMINATION FORM - Kindergarten Management Committee 2021

NOMINATION FORM FOR ELECTION TO THE KINDERGARTEN SUB COMMITTEE OF MANAGEMENT COMMITTEE 2021

Completed nomination forms must reach the:
Director, Yackandandah Kindergarten by 20th November 2020.

I, *(print name in full)*, would like to nominate for / or accept
nomination to the position of:

☐ General Committee, Kindergarten Parent Representative

Signed:
(Nominee)

Date:

PROPOSER: *(print name)*

Signed: Date:

SECONDER: *(print name)*

Signed: Date:

I, the above NOMINATED am aware that, in order to fulfil the responsibilities for this role, I may be required
to provide a current criminal history check and/or *Working with Children* assessment.

Signed: Date:

Contact phone number: