**Program**
Welcome back!! We hope you all had an enjoyable Christmas and new year break.

We have 13 very eager and enthusiastic children starting Kindy this year as well as 3 staff members who are excited to be working with them.

This term because everyone is new, we will look at ourselves, our families, and where we live. We believe that it is important for everyone to get to know a little bit more about each other. We will spend the first few weeks getting to know each others names and exploring the Kindy environment and becoming more familiar with Kindy routines and expectations. Later in the term we will do Easter activities. We also believe that it is important for the children to lead their own learning. So with support from staff a lot of the learning this year will be led by the children's interests, explorations and discoveries.

As we explained in the starting Kindy letter, we will again be sharing the Director's role this year. Hedy will work Tuesdays, Amanda will work Wednesdays and we will alternate the Mondays. Amanda will work the even week Mondays and Hedy will work the odd weeks.

If you have any questions, concerns or want to know how your child is going, please don’t hesitate to make a time to see Kindy staff. The door is always open!

Please read the rest of the newsletter carefully as it goes over some general housekeeping and expectations.

We are really looking forward to the coming year and getting to know your child as well as your family.

Amanda, Hedy & Ros

**Parking**
Parking at the Kindy for dropping off and picking up your child is available in the Kindy car park and directly across the road from the Kindy. Parking in front of the Kindy is strictly prohibited as this is where school buses park.

**Lunchboxes**
As it was outlined when you enrolled your child, we have a Healthy Food Policy. As part of this policy it is expected that the children will bring at least 1 piece of fruit or vegetable to eat at snack time. We also discourage the eating of chocolate and other processed foods that are high in sugar and salt. If these are sent in your child’s lunchbox your child will not be allowed to eat it while they are at Kindy. It will be sent home with a note explaining why. We will send home various lunchbox ideas that are healthy and easy to make in newsletters. If you have any recipes that you would like to share with other families, please let Kindy staff know and we will include them in the next newsletter.

**Kindy Clothes**
Just a reminder to send your child in comfortable play clothes. Please don’t send them in really good clothes as there is the possibility that they could get dirty. We do have Kindy clothing available for purchase to help save other clothes. If you are interested in purchasing tops, jumpers or hats please see staff about this on **Mondays after the Kindy session has finished**.

We also encourage children to wear shoes that are suitable and comfortable. By suitable we mean shoes that will stay on when running, climbing, etc and won’t slip off. Ugg boots, rain boots, crocs or thongs are not suitable to wear to Kindy.

Please ensure all your child’s belongings are clearly labelled.
Communication Folders
Newsletters, Scholastic Book Club Orders, Fee envelopes, Notes and flyers will be sent home in your child’s communication folders. It is really important that you check these at the end of each Kindy day to make sure you don’t miss out on any important information. Please take these out of the folder and keep them at home. This way we know that you have seen the information and it stops the folders from getting too full. Please use these folders to send any notes or fees back to Kindy.

Also in the communication folder is a communication book. Please keep this in the folder and use it as a way to communicate with Kindy staff. We check these each morning and ask that you also check them each day to ensure you don’t miss any notes.

Visitors
If you are visiting the Kindy during the day, we ask that you sign in using our visitors book. It is an Education Department requirement that all visitors to the site sign in on arrival. The sign in book is located on the kitchen bench. You don’t need to sign in when dropping off or picking up your child, unless you will be staying for a longer period of time. Please make sure you pass this information on to your family and friends. If you have any questions about this, please see Kindy staff.

Variation in Pick up
If you are unable to pick your child up at the end of the Kindy session and have organised someone else to do it, please let Kindy staff know either through a phone call, your child’s communication book or filling out the Variation of Pick up book (located on the kitchen bench). If someone comes to collect your child and we haven’t been informed, we will not release your child until we have made contact with you. So please make sure you always let us know of any changes to the way your child is getting home.

Drop Off and Pick Up
Just a reminder that the Kindy session starts at 9am. We ask that you arrive no earlier than 8:50am as staff are still setting up for the day. The only exception is for the bus children.
We also ask that you are prompt when picking up your child at the end of the session. This means 12 noon on Mondays and 3pm on Tuesdays and Wednesdays. If you are more than 5 minutes late you will receive a phone call. It can be quite distressing for the children if everyone else has gone and they are the only ones left.

Sun protection
As stated in our Skin Protection Policy, it is encouraged that children come to Kindy with sunscreen already applied. Please ensure that your child has sunscreen applied in the mornings. We understand that the mornings can be busy and you may run out of time. If you have forgotten, let us know and we will have a bottle of sunscreen for you to use in the morning. We will then reapply it during the day as required. If your child has sensitive skin, please provide your own sunscreen. This term the children are required to wear a broad brimmed hat when outside. Please ensure your child has a hat each day.

Books
Twice a term you will receive Scholastic Book Club brochures for you to have a look through and purchase books if you like. These are a fantastic way to build up your home library for your child/ren. They have a great range of books to suit all ages and even better, they are at great prices!! For each book ordered the Kindy receives a credit, which we can use to purchase books and other resources for the Kindy. Please remember to take notice of the due date in the newsletter and on the brochures, so you don’t miss out.
We also have books sent to us from Top Tales. These come once a term and you are able to see these at the Kindy. We display these on the coloured cupboards just inside the front door. Again these are great books at great prices!
If you have any questions about either Scholastic or Top Tales please come and speak to Ros.

Catastrophic Fire Days
With the bushfire season upon us, we are reminding parents that the Kindergarten does not close on forecast catastrophic days. However NO buses will be able to run on these days. On these days parents will need to make the decision to transport children to Kindergarten or keep them home. The announcement of these days cannot be made until DECD is notified of the following days’ forecast by the Bureau of Meteorology after 4pm. The Kindergarten will make every effort to contact parents once the announcement has been made. Information will also be provided on the DECD Parent Hotline 1800 000 279, ABC radio 891 and local regional stations, ABC TV and the DECD website www.decd.sa.gov.au

Governing Council Meeting
The next Governing Council Meeting will be on Monday 15th February at 7pm at the Kindergarten. All apologies to Hedy/Amanda or Miranda Hudson.
Kindy Fees:
Kindy Fees were set at the AGM last year and this year will be $100 per term. It was decided that the once off Literacy Kit fee of $10 that is normally charged in term 1 will be incorporated in the $100. You will receive a fee envelope very soon and we would appreciate payment as soon as possible. If you cannot afford the whole amount all at once please see Hedy or Amanda and we can work out another payment option.

Kindy Attendance
If your child is absent from Kindy due to illness, appointments or family reasons, can you please let us know with a phone call or note. We ask that if your child has vomited, had diarrhoea and/or has green mucus the day or night before Kindy that you do not send them to Kindy the next day. We do not want everyone coming down with it! A message can be left on the Kindy answering machine if you call out of Kindy hours or alternatively you can contact either Hedy or Amanda on their mobiles.
Hedy 0438 778 351       Amanda 0427 847 177

Boxes and containers
The children have already shown their enjoyment in making things from boxes and different containers. So because of this we are running out of boxes and containers!! If you have any clean boxes and containers that you no longer need we would love to have them. If you aren’t sure what exactly we are after please ask a staff member.

Sharing Roster
Each week for sharing there will be a set topic. We ask that you follow the weeks and help your child bring in something to share relating to the set topic. Please discourage your child from bringing other toys in their bag to kindy. We have found in the past that if we don't know these things are there, they tend to get lost or broken, so it is easier if they are left at home and only things relating to their sharing are bought in on their set day. Sharing times will start next week and a list of topics has already been sent home this week. Please see the roster below to see which day your child's sharing is on.

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Brock</td>
<td>Nathaniel</td>
<td>Chase</td>
</tr>
<tr>
<td>Mia</td>
<td>Tim</td>
<td>Ellie</td>
</tr>
<tr>
<td>Angel-Rose</td>
<td>Ingrid</td>
<td>Indy</td>
</tr>
<tr>
<td></td>
<td>Rory</td>
<td>Blaze</td>
</tr>
<tr>
<td></td>
<td>Summer</td>
<td>Wayde</td>
</tr>
</tbody>
</table>

Washing Roster
Below is the washing roster. We ask that one family a week washes the smocks and tea towels and returns them to Kindy the following Monday. The washing will be sent home on Wednesdays. If you have any questions please see a staff member.

<table>
<thead>
<tr>
<th>Week 1</th>
<th>Week 2</th>
<th>Week 3</th>
<th>Week 4</th>
<th>Week 5</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chase Westphaelen</td>
<td>Ingrid Oster</td>
<td>Wayde Smith</td>
<td>Ellie Dabinett</td>
<td>Tim Moyle</td>
</tr>
<tr>
<td>Week 6</td>
<td>Week 7</td>
<td>Week 8</td>
<td>Week 9</td>
<td>Week 10</td>
</tr>
<tr>
<td>Mia Kinnaird</td>
<td>Rory Lloydye</td>
<td>Indy Wilson</td>
<td>Nathaniel Wallis</td>
<td>Summer Tennant</td>
</tr>
</tbody>
</table>

Brock is enjoying jumping high on the trampoline.

Making lots of different shapes with the playdough.

Summer is exploring and discovering how magnets work.
SIMPLE SUMMER LUNCHBOX FILLERS

Stuck for summer snack ideas for kids’ lunchboxes?

Why not try some of these suggestions?
- Vegetable or bread sticks (e.g. carrot, celery, beans) with different flavoured reduced fat dips like Skinny Tzatziki or extra light cream cheese.
- Air popped popcorn
- Rice cakes with cottage cheese.
- Rice crackers or Pita chips with mild salsa dip.
- Fresh fruit – try fruit whole, cut into wedges or as fruit kebabs on paddle pop sticks, chilled or frozen.
- Homemade fruit muffins or raisin/fruit toast.
- Scones with cheese and vegies (zucchini or carrot), or sultanas/dried fruit.
- Snack-sized tub of reduced fat yoghurt (plain or fruit flavoured).
- Hard-boiled egg.
- Cubes, slices, shapes or wedges of reduced fat cheese with wholemeal crackers.

100+ cookies from 1 mix

Prep time 10 mins Cook time 10 mins Total time  20 mins
Author: Reader: Deanne Pell     Serves: 100

Ingredients
- 500g butter
- ½ cup white sugar
- 5 cups Self Raising flour
- 1 can condensed milk

Instructions
1. Preheat oven at 180C and prepare baking trays
2. Cream sugar, butter and condensed milk
3. Add flour, slowly mix to combine
4. Divide mixture into 4 portions
5. Add desired ingredients (to flavour) each portion. Such as 100&1000’s choc chips, nuts, sultanas, white chocolate & coconut.
6. Roll rounded teaspoon of mixture into balls, flatten slightly
7. Bake for 10-12 minutes or until golden

Notes: I usually make a couple dozen cookies then freeze the left over mix in 2 logs. That way I can have fresh baked cookies in no time next time I need them.
You can add choc chips, m and ms, jam etc... to the mix.
Increase sugar amount to taste.

Before you tell your child that you're too busy to play with her, or cancel a play date with her friends because you're not in the mood to supervise the little ones, consider that the American Academy of Pediatrics notes that play affects a child's physical, emotional and cognitive development. Just taking 20 minutes or so each day to play with your child, as well as making an effort to make and keep play dates with other children, can benefit your little one in numerous ways.

**SOCIAL SKILLS**

Playing with other children provides many opportunities for learning crucial social skills like sharing, taking turns, problem solving and conversing with others. Information provided by Montana State University Extension identifies several types of play in which children engage from birth to older childhood. As babies grow, they progress from playing primarily by themselves in solitary play, to watching other children play in onlooker play, to engaging with other kids some time around age 2 or 3 in social play. Social play is crucial for kids to learn how to interact with others as they grow into school-aged children and, later, well-functioning adults.

**COGNITIVE DEVELOPMENT**

According to Montana State University Extension, 75 percent of brain development occurs after birth. Play stimulates brain development, creating necessary neural connections. Babies learn about shapes and size by trying to fit a round block into a square peg. They learn about texture by touching various objects. Toddlers learn cause-and-effect by stacking a block tower and knocking it over. Preschoolers develop creativity by pretending to be a princess in a castle -- and older children learn problem solving by organizing a game of hide-n-seek with friends. Exposure to books, toys and games expands a child's vocabulary.

**IMAGINARY PLAY**

Dr. Alison Gopnik, who is a professor of psychology at University of California, Berkeley and has researched child development for more than 20 years notes that children are naturally curious and far more capable than adults realize at learning important concepts through exploring and playing. Dr. Gopnik explains that when children engage in pretend play, create imaginary friends, or explore alternative worlds, they are learning what people are like, what they do and how they think. She explains that this pretend play leads to a greater understanding of themselves and other people -- and that this understanding pays off later in life when children enter school and in other social situations.

**MOTOR SKILLS AND MORE**

Play gives children the opportunity to practice fine motor skills like gripping a pencil or cutting with scissors, as well as gross motor skills like walking, jumping and running. The American Academy of Pediatrics suggests the importance of physical play in preventing the growing epidemic of childhood obesity. Physical play in group settings also encourages children to cooperate with each other through negotiation and problem-solving, allowing them to develop self-confidence while forming important relationships with their peers.

References

National Association for the Education of Young Children: A Conversation with Dr. Alison Gopnik
Montana State University: The Importance of Play in Early Childhood Development
American Academy of Pediatrics: The Importance of Play in Promoting Healthy Child Development and Maintaining Strong Parent-Child Bond