Program

We are already at the half way point of the term and it’s only 3½ weeks til Easter!!

The children have all settled in really well at Kindy and are enjoying new equipment, play experiences and friends. We have spent the first few weeks learning more about each other. The children shared who’s in their families by bringing in either family photos or drawings. It was a good opportunity to see that each family is different and it’s great to have these differences.

We have also discussed that the children and Kindy staff are another type of family—a Kindy Family. You may have noticed there is a big tree on one of the windows. Each child has 2 leaves on this tree. One has a photo of them on it and on the other is their name. This tree represents our Kindy Family Tree and demonstrates to the children that they belong to the Kindy family as well as their own family.

Pinnaroo Kindergarten offers a Play-based curriculum that makes use of children’s strengths and interests. For example the children have been relishing being able to explore the outside yard and during these explorations have discovered little caterpillars on our vine. We had some great conversations happening between children and staff about how they could find the caterpillars. One child suggested that we needed to look for clues! When asked what these clues were they responded that it was holes in the leaves. It was fantastic for Kindy staff to see this fascination and level of thinking happening. What was even better was the fact that this learning was driven and controlled by the children!! We now have a tank with numerous little caterpillars in it that the children wanted to collect. Each day the children are going out to the vine to pick new leaves for the caterpillars to eat and are watching intently to see if the caterpillars are growing. Stay tuned for updates on our caterpillars!!

With Easter only a few weeks away, we will start some Easter activities in the coming weeks. As a lead into this we will be going to the Pinnaroo Bakery on Wednesday the 9th of March at 10am. This is always a popular visit with the children getting an opportunity to see how Dennis makes hot cross buns, bread rolls and little pies.

Next Tuesday (8th March) we will be participating in Clean Up Australia Day. We will walk to the Wetlands where using gloves we will collect any rubbish that we find. This rubbish will be put into special bags and bought back to the Kindy where we will look at what we have found.

Each week we have also been focusing on a colour, number, letter and shape, known as our Weekly Specials. The aim of this is to increase the children’s knowledge of these areas through a variety of fun and hands-on activities. Some of the activities we have done already are: made our bodies into number 1, made squares using popsticks, thought of words that start with the letter J, made jelly for the letter J, made cupcakes for the letter C, and printed with different circles.

A big thank you to Kate Venning who recently filled in for Amanda while she had some time off for family reasons. The children really enjoyed having Kate. We are lucky enough to have Kate available to work for Amanda and Hedy when they have Partnership meetings, so we will be seeing a lot more of Kate!

We are also pleased to announce that Rewa Russell has joined our Kindy staff as our Preschool Support Worker. Rewa will be working with some of the children a couple days a week. Welcome Rewa!

It has been great to see some of the parents taking the time to look at what the children have been doing at Kindy. When children get home from Kindy they can be reluctant to share with you what they have done during the day. So by taking the time to ask them while they are still at Kindy will encourage them to open up and discuss with you what they have done, as they have something to actually show you.

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!

Amanda, Hedy & Ros
**Student Free Day**

On Tuesday 15th March there will be NO KINDY. All Kindy staff will be attending a training and development day at Coomandook.

Don't forget that Monday 14th March is a Public Holiday, so there will be no Kindy that day either.

**Kindy Help**

As mentioned earlier in the newsletter we are visiting the Bakery next Wednesday. As a follow up to this visit we are planning on doing some Easter cooking. We have found a yummy Hot Cross Scone recipe that we would like to try with the children. So if you are free on Wednesday the 16th March and would like to help us make these scones please see either Amanda or Ros.

**Thank you**

A big thank you to Tash, Paul, Mia and Cooper Kinnaird who recently topped up our veggie garden with more soil and straw and planted some celery, tomatoes and silverbeet. It is hoped that in the coming weeks the children will be able to plant some seedlings in the veggie garden too. We have just ordered a second veggie garden so hopefully we will soon have lots of veggies growing. We hope to use some of these vegetables in some healthy recipes.

Tash and Paul have also kindly let us help rear a baby chicken. The chicken will have a ‘sleepover’ during Kindy days and then go back to the Kinnaird house on non-Kindy days. Once we get a chicken run built we will have our own chickens that the children will be able to help take care of.

**Fundraising**

Last night the Governing Council decided to hold a number of Fundraising events throughout the year. Some of the fundraisers will be selling raffle tickets at the Golden Grain Hotel, Bakery orders, Bulb orders, Strawberry Fete, the Parilla Markets and an Obst-a-thon. The Governing Council is asking for parents to help with these fundraisers, whether it be collating bulb or bakery orders, selling raffle tickets or working on a stall. If you are willing to help with a fundraiser or would like more information see a Governing Council member, Amanda or Hedy. It would be fantastic if all families could help with the fundraisers.

**Boxes and Containers**

Thank you to the families that have bought in boxes and containers for the children to use at the craft table. At the moment we have enough but I’m sure we will soon need more again! Feel free to ask staff at any time if we need more.

**Lunchboxes**

It’s been fantastic to see the children bringing to Kindy healthy food in their lunchboxes and we thank you for this. If you have any healthy recipes that you would like to share, please give a copy of the recipe to Kindy staff and we will include it in the next newsletter.

Just a reminder that we ask that you refrain from sending to Kindy the following; chips, twisties, cheezels, cheese balls, chocolate, LCM bars, roll ups, fruit lollies, cordial, fruit boxes and flavoured milk. These are all high in salt and sugar and don’t fit in with our Healthy Food Policy. There are some yummy lunchbox ideas at the end of the newsletter.

**Kindy Fees**

Thank you to the families who have already paid their Kindy Fees. 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 a payment option.

**Governing Council Meeting**

The next Governing Council Meeting will be on Tuesday 5th April at 7pm at the Kindergarten. All apologies to Hedy/Amanda or Miranda Hudson.

**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 6</th>
<th>Mia Kinnaird</th>
</tr>
</thead>
<tbody>
<tr>
<td>Week 7</td>
<td>Rory Lloyd</td>
</tr>
<tr>
<td>Week 8</td>
<td>Indy Wilson</td>
</tr>
<tr>
<td>Week 9</td>
<td>Nathaniel Wallis</td>
</tr>
<tr>
<td>Week 10</td>
<td>Summer Tennant</td>
</tr>
</tbody>
</table>
Mia looking for clues on the leaf for caterpillars.

Making our bodies into the number 1.

We found a tiny caterpillar.

Making squares using pop sticks.

We made cupcakes. Cupcakes start with the letter C.

We made pink jelly. Jelly starts with the letter J. The jelly was wobbly!

Nathaniel is using the scales to weigh the pebbles. He is working out which pebble is the heaviest.

Summer, Indy and Ingrid are applying sunscreen before they go outside and play. They are using the mirrors to help put the sunscreen on their faces.

Chase is sorting the different objects by colour. He is using tweezers and tongs to pick up the objects. Chase is using his fine motor skills.
## How much SUGAR is in that breakfast cereal?

<table>
<thead>
<tr>
<th>Cereal/Brand</th>
<th>Sugar Content (per serving)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Uncle Tobys Oats Quick Cup</td>
<td>2.8 teaspoons sugar</td>
</tr>
<tr>
<td>Kellogg’s Nutri-Grain</td>
<td>2.8 teaspoons sugar</td>
</tr>
<tr>
<td>Uncle Tobys Cheerios</td>
<td>1 teaspoon sugar</td>
</tr>
<tr>
<td>five:am Apple Crumble Granola</td>
<td>4.6 teaspoons sugar</td>
</tr>
<tr>
<td>Sanitarium Weet-Bix</td>
<td>0.2 teaspoons sugar</td>
</tr>
<tr>
<td>Camran’s Classic Fruit &amp; Nut Muesli</td>
<td>2.8 teaspoons sugar</td>
</tr>
<tr>
<td>Kellogg’s Coco Pops</td>
<td>3.6 teaspoons sugar</td>
</tr>
<tr>
<td>Kellogg’s Corn Flakes</td>
<td>0.6 teaspoons sugar</td>
</tr>
</tbody>
</table>

Nutritional values are from products’ nutrition information panels and calorieking.com.au.

1 teaspoon sugar = 4.5g sugar

### Other Beverages

<table>
<thead>
<tr>
<th>Beverage</th>
<th>Sugar Content (per serving)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Boost Blueberry Smoothie</td>
<td>21 TSP 3.5 TSP PER SERVING</td>
</tr>
<tr>
<td>Coca Cola Blue Bolt</td>
<td>15 TSP 2.5 TSP PER SERVING</td>
</tr>
<tr>
<td>Gatorade Peach</td>
<td>8.5 TSP 1.5 TSP PER SERVING</td>
</tr>
<tr>
<td>Lipton Ice Tea</td>
<td>8 TSP 1.5 TSP PER SERVING</td>
</tr>
<tr>
<td>Red Bull Original</td>
<td>12 TSP 2.5 TSP PER SERVING</td>
</tr>
</tbody>
</table>

Sugar content rounded to the Nearest .5 TSP. 1 tsp = 4.3g sugar. Exact content - Boost Blue Smoothie: 97.25g/610mL, 14.3g/100ml; Coca Cola: 63.9g/600mL, 10.5g/100mL; Gatorade: 36g/600mL, 5.9g/100mL; Lipton Ice Tea: 34g/500mL, 6.8g/100mL; Red Bull: 35g/473mL, 11g/100mL.
Lunchbox Ideas

- Yoghurt
- Pear Pieces
- Cheese Cubes
- Muesli Cookies
- Popcorn
- Gingernut Biscuits
- Cucumber Discs
- Mini Pretzels
- Apricot Balls
- Brown Rice Crackers
- Cherry Tomatoes
- Mini Toasts
- Blueberries
- Raspberries
- Strawberries
- Watermelon
- Grapes
- Pitted Prunes
- Weetbix Slice
- Sultanas
- Celery Sticks
- Capsicum Wedges
- Ham & Cheese Multigrain Sandwiches
- Hard Boiled Egg
- Carrot Sticks
- Homemade muesli bars
- Fruit Kebabs

- Rice Wheels
- Mini Quiches
- Zucchini Slice
- Mini Muffins
- Wraps
- Grissini Sticks
- Pikelets
- Apple Slinky
choose plenty
Encourage and promote these food and drinks. They:
• reflect the five food groups in the circle of the Australian Guide to Healthy Eating
• are excellent sources of important nutrients
• are low in saturated fat and/or sugar and/or salt
• help to avoid an intake of excess energy (kilojoules or calories).

select carefully
Do not let these food and drinks dominate the choices and avoid large serving sizes. They:
• have some nutritional value
• contain moderate amounts of saturated fat and/or added sugar and/or salt (often added during processing)
• can, in large serve sizes, contribute excess energy (kilojoules or calories).

These foods and drinks are banned from sale in SA school canteens and preschools. Schools and Preschools may provide some RED category products a maximum of twice a term on whole of school or preschool occasions. They:
• lack adequate nutritional value
• are high in saturated fat and/or sugar and/or salt
• can contribute excess energy (kilojoules or calories).