Program
We only have 2 weeks left in the term and they are going to be very busy! Tomorrow we have the Ambulance coming with volunteers Jeff Heinicke and our own Hedy Hawthorne will be talking to the children about the volunteer ambulance officers role in our community. The children will get an opportunity to look at some of the equipment they use and hopefully if it's not wet, they will have a look in the ambulance.

On Wednesday morning we have the CFS coming. Our CFS captain David Lloyd will be bringing one of the CFS trucks and will talk to the children about his role in our community. Fingers crossed the weather is okay so the children can have a look at the CFS truck and maybe help use the fire fighting hose! In the afternoon we are hoping to walk to the Library. This will be a bit of a sad visit as it is Mrs Tiffany Blacksell’s last library session with the Kindy children before retiring from working in the library. Tiffany has given much of her own time to read to children and help them borrow books over quite a few years. We will be fortunate enough to have Tiffany available for relief days for Hedy and Amanda. So we will still be seeing her!

Please send a rain jacket with your child on Tuesday and Wednesday. Hopefully the weather will hold out until after our ambulance and CFS visits, but just in case it doesn’t it might be handy if your child has a jacket with them. Then next Tuesday we will be having our local policeman Mr Virgo come for a visit. It is great having these community members come to visit us as it helps the children follow up.

We have finished our Take Home Pets Sharing for this term. The children have really enjoyed the opportunity to share the special things they have done with either Ollie or George. There have been some great drawings by children and we thank you for taking the time to help record what your child has done.

We have observed that the children are becoming a lot more confident with speaking in front of their peers and some children are making some great comments and questions. Next term your child will bring home the other Take Home Pet that they didn’t have this term. A roster will go home in the first week of next term.

Changes to the last week of term
This term we are going to try something different in the last week of term. We will be having a FULL day of Kindy on MONDAY 30th June and a HALF day on WEDNESDAY 2nd July. The Wednesday session will finish at 12noon. This will allow Kindy staff to meet Wednesday afternoon to discuss and plan for term 3. If this works well we will do it at the end of term 3.

Child Protection Curriculum
A couple of weeks ago Amanda attended a training at Meningie on the Child Protection Curriculum. Hedy and Ros completed this training a couple of years ago and will undertake an online refresher course in the coming months. The Child Protection Curriculum is a document that all preschools and schools are required to teach to their students. It is divided into 4 focus areas-The right to be safe, Relationships, Recognising and Reporting Abuse and Protective Strategies. The aim of the curriculum is to teach the children, in an age appropriate way, to understand the ways of keeping themselves safe, understand what is appropriate and inappropriate touching and to be able to recognise abuse and tell a trusted adult about it.

We have started at focus area 1 looking at Feelings. We had a great brainstorm of the different types of feelings we can experience and also looked at the way our faces can show these feelings. We will continue exploring feelings a bit more before moving on to ‘What is safe?’.

If you have any questions about this curriculum please make a time to see either Hedy or Amanda.

Staff training
Last Thursday Hedy and Ros travelled to Adelaide to attend a workshop on Talking Floorbooks run by Niki Buchan. She was a very passionate, exciting and humorous speaker. Niki described a way of consulting with children about their interests and how they can lead their learning and make meaningful connections in a preschool. The floorbooks record the learning journey children make.

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**School Open Day**
This Friday the Pinnaroo Primary School is having an Open day. We strongly encourage Kindy families to go along and see what a fantastic school we have in our town. The day starts at 11am and concludes at the end of lunch. A separate note has been sent home today. If you have any questions please contact the School on 85778176.

**Clothing**
Please make sure that all of your child’s clothing is clearly labelled. We have had some jumpers mixed up and it has been hard to work out the correct owners due to no names on clothing.

**Fees**
Kindy fees are now overdue and immediate payment would be greatly appreciated. If you are having trouble paying these fees, please make a time to see either Amanda or Hedy. A payment plan option can be discussed. These Kindy fees help pay for the day to day resources and materials the children use to further their learning.

**Literacy Kits**
Don’t forget that we have a large range of literacy kits available for your child to borrow. These are a great way to do a special activity with your child, as well as help develop their literacy skills. We have allocated Monday’s after the Kindy session has finished as the time when your child can borrow and return the literacy kits. They can only borrow one kit at a time and it needs to be recorded in the red folder. Please ensure you watch your child when they use the kits, so that you can keep an eye on all the pieces. If you happen to loose a piece or notice a piece is missing please let Kindy staff know. Please see staff if you have any questions about the literacy kits.

**Working Bee**
You would have all received a note last week about the working bee being held today. Unfortunately due to the weather we have decided to postpone the working bee to next Monday 30th June at 12:30pm. This day will be a full day but we thought it would make a great opportunity for the children to be involved in the working bee too. We will send out small groups of children to help the parents that have come. If you are unable to make it, please choose 1 of the jobs on the ‘Any time’ list and speak to a staff member to find out what it entails and make a time when you will complete it. You may like to work with another family if you think the job it too big. For those families that do not help at the working bee or select an ‘Any time’ job you will receive a box of toys early next term to wash.

**Communication books and folders**
Please ensure that you sign and or acknowledge any notes in your child’s communication book so that we know you have read the note. Also please remember to check at the end of each Kindy day your child’s folder for note and remove them so you can refer back to them if you need.

**Portfolios**
Thank you for returning your child’s portfolio. It has been fantastic to see comments on the feedback sheet and your child’s Individual Learning Plan (ILP). These comments help us make learning more tailored to suit individual children.

**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 9</th>
<th>Week 10</th>
</tr>
</thead>
<tbody>
<tr>
<td>Laila Wilson</td>
<td>Jack Nickolls</td>
</tr>
</tbody>
</table>

Try the piklets we made. They were yummy!!!

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Children must be taught how to think, not what to think.
Margaret Mead

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Term Dates

<table>
<thead>
<tr>
<th>Term</th>
<th>Dates</th>
</tr>
</thead>
<tbody>
<tr>
<td>Term 2</td>
<td>28th April - 4th July</td>
</tr>
<tr>
<td>Term 3</td>
<td>21st July - 26th September</td>
</tr>
<tr>
<td>Term 4</td>
<td>13th October - 12th December</td>
</tr>
</tbody>
</table>

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Healthy cooking isn’t difficult. Your favourite recipes can be modified so they offer a healthier alternative.

Here are some suggestions for low fat cooking:

- If you need to use oil, try to use only a little bit by using cooking oil spray, and look on the label for mono- or polyunsaturated oils like olive, soy or canola oil to use.
- Cook in liquids (e.g., stock, wine, lemon juice, vinegar or water) instead of oil.
- Try using low fat yoghurt, low fat soy milk, evaporated skim milk or cornstarch as a thickener instead of cream.
- When browning vegetables, put them in a hot pan then spray with oil rather than first adding the oil to the pan. This reduces the amount of oil that vegetables (such as mushrooms) can absorb during cooking.
- An alternative to browning vegies by pan-frying is to first cook them in the microwave, then crisp them under the grill for a minute or two.
- When serving meat and fish use pesto, salsas, chutneys and vinegars in place of sour creams, butter and creamy sauces.
- Choose lean meat cuts and skinless chicken breasts (where possible) to cook with.
- Choose canned fish like tuna in spring water as a change to cooking with meat.
- Add plenty of vegies to any sauces you make and avoid adding high salt/fat ingredients like salami, bacon, butter or cream.

References:
www.goforyourlife.vic.gov.au

KIDS’ TEETH AND SNACKS

Try to:
- Limit foods containing lots of sugar, eg, sweet drinks and biscuits to parties and occasional meal times.
- Avoid giving kids sweet snacks between meals.
- Give kids snacks such as bread (all types), savoury spreads, plain cracker biscuits, cheese, vegie sticks, fruit, yoghurt and corn on the cob.

Reference: Queensland Health, What is better food?, 2002 adapted from Pademelon Press, There’s more to food than eating, Food foundations for children birth to eight years, 1999

TIPS FOR LOW-FAT COOKING

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References:
Wilkenfeld R. & Sutherland R., 2002, Younger Hunger youth workers manual, Central Sydney Area Health Service
Healthy Cooking Tips, www.goforyourlife.vic.gov.au

HINTS FOR HAPPIER MEALTIMES

Family meal times are a great opportunity to spend time together, enjoy food as a family and help children learn about healthy eating.

Here are some hints for relaxed and happier mealtimes:

- Encourage talking and sharing. Ask your child about their day.
- Make an effort to set the table and ask your child to help. This helps to make dinner a ‘special’ time of the day.
- Avoid distractions - switch off the TV or radio.
- Encourage children to help with food shopping, planning meals, food preparation and cooking.
- Let your child decide when they’re full – don’t argue about food.
- Set a good example. Eat with your child and show them that you eat your vegies and other foods that are good for you too!

Remember, the earlier you start establishing healthy eating habits, the happier and easier mealtimes will be!

Adults’ reactions to what and how much their children eat can have a big impact on their food preferences. Children won’t eat if they’re unhappy and if they know that each mealtime is going to be a battle.
- Avoid using food as a reward at the same time as praising, for example, “You’ve been very good today so you can have dessert”. This can increase the preference for that particular food.
- Instead of using sweet or high fat foods as a reward for good behaviour, try alternatives like stamps or stickers – kids love those!

Family food doesn’t have to be a feud… it can be fun!