



Wallaby Street Weenies
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Wallaby Street Newsletter

Hi, and welcome to April !

Some wonderful hats were on show at the Easter Hat Parade, the week leading up to Easter. The children were very proud of showing them to family and friends. This month we will be promoting healthy eating with Tina as well as a Healthy Harold visit for the children over three. If your child doesn't come to Wallaby St. on the dates of these visits you are very welcome to come in and join in the activities, however a parent/ guardian is required to stay.

Staffing update

Mrs Gale has replaced Kathy's shifts in Yellow Room. Miss Jenny has now been promoted to Room Co-ordinator.

Miss Alison's last day will be Wednesday 21st April. We would like to thank Alison for her time here at Wallaby Street, and wish her all the best for her future, please come and say goodbye to her before she leaves. Alison's replacement is presently being considered. Please come and see Miss Jenny in the office with any concerns.

RDO's this month:

Jenny T 12
 Lyndell 19th
 Rachel SNSS 27th- 7th May

Annual Leave:

Jeanette 6th & 7th
 Jenny T 13th - 16th

	Mon	Tue	Wed	Thur	Fri
Blue	√	√	√	√	√
Yellow	√	√	√	√	√
Green	√	√	√		√

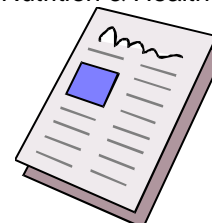
√ indicates availability on that day.

Please note: These vacancies may change daily.

Just visit Jenny in the office if you would like to pick up an extra day.

Inside this issue:

	Page
Coming Events	1
Policy Information	2
Parent Advisory Group	2
Room News	3
Food Nutrition & Health	4



Important Dates to Remember for April

Easter Hat parade 3pm
 All week

Good Friday – closed
 Easter Monday – closed

Thurs 15th – Tina from Oasis, talking to Green Room chn. About fruit & vegetables.

Mon 19th **Healthy Harold**
 Yellow & Green Room children - \$6

Anzac Day PHol – 26th
 Centre Closed

Participation of Families Policy

Com1.5

Objective

To encourage families to participate in the centre's planning of care and educational programmes and the setting of future goals for continuing improvement.

Explanation

Families are the most important influence on young children's lives. Staff and families need to work together to share information and achieve the best outcome for children's care and education.

Implementation

1. Staff will welcome and encourage families to visit and contribute to the daily programme at the Centre by sharing their special skills and culture. Where this occurs a record will be kept using COM F1.8 Family Participation Register.
2. The centre will operate with an "open door" policy where families are encouraged to visit during the day.
3. Staff will document the participation of families in their programme planning and evaluation.
4. Staff will be sensitive and respectful about the diversity of backgrounds of all families.
5. Regular social gatherings will be organised so that families so that families can meet other families and staff in an informal, relaxed way to share ideas and get to know each other.
6. Staff will discuss important issues directly with families daily and as necessary.
7. The centre will endeavour to plan regular information. Sessions where a guest speaker will present information about a topic of interest for the Centre.
8. The centre will encourage the formation of a Parent /Guardian Advisory Committee and facilitate regular meetings to share information , ideas and improvements.
9. Staff will support and encourage families / visitors & staff who wish to lodge a Compliment, Comment or Complaint Form , as this supports our Continuing Service Improvement system.

Associated Forms

Com F1.3 Compliment, Comment or Complaint Form

Com F 1.8 Family Participation Register

Sun safety reminders to Parents

We would like to request that ALL children bring a broad brim or legionnaire hat to preschool. Baseball caps and other similar caps do not provide shade to the neck, ears and shoulders.

Clothes are to have the shoulders covered for sun protection.

Please to remember to sunblock your child when you arrive after 8.30am due to outdoor play.

Parent Advisory Group.

Our first meeting will be the Parent Information Night on Thursday 25th March at 6pm. Everyone Welcome!

Thank you

To **Jita, Zara's mum** who came in and did some Indian dancing for the children in Harmony week.

To **Sarah, Ashley's & Adams mum** for making green Shamrock biscuits on St Patricks Day for the children to eat.

To **Ali, Liliana's mum** for colouring Miss Lyndell's hair to help raise money for the Leukaemia Foundation

Blue Room News

Our Road safety interest area has been very busy this month, we had lots of fun driving cars, trucks and buses around our roads made from masking tape and making various engine noises. Our favourite story this month has been Amazing aeroplanes, and we have also enjoyed reading through the Tonka stories that Jake V. donated to Wallaby street Weenies. This month we have also been focusing on dental health . We learn't a new song about brushing our teeth and have enjoyed painting with toothbrushes and reading books about dental health. Many Blue Room friends enjoyed participating in the dancing Jita showed us as we celebrated harmony day/week. Soon we will begin a project about dinosaurs. Please feel free to contribute to this project if your child has any books, toys or pictures etc. about dinosaurs. Bye for now.

Miss Adelle & Miss Alison

Yellow Room News

Yellow room has had a busy month. We have been continuing on reinforcing using gentle hands & kind words to our friends. Also we have been focusing on shape & colour recognition. Our dramatic play area has been changed to a kitchen which has been enjoyed by all children. Children have been learning about rhythm & beat, loud & soft, fast & slow in music group, using tapping sticks children participated enthusiastically at this activity . We would like to welcome Jackson, Kade, Ava, Dylan & Lillyan to Yellow room. We say goodbye to Miss Kathy we wish her all the best for the future we will Miss her. Mrs Gale is going to be in Yellow room with Miss Jenny.

Miss Jenny, Mrs Gale & Miss Rachel.

Green Room News

The months are passing too quickly, April already! The children are developing great social and communication skills when playing in the dramatic play area; they dress to go shopping, make shopping list, talk about the fruit and vegetables they are buying. We enjoyed celebrating St Patrick's day with green biscuits for morning tea from Ashley's mum. Miss Heather made Green pasta and meat balls for lunch, and we did some magic painting with green paint.

We are encouraging the children to develop self help skills and good table manners. Most of them can make their beds independently, they are helping each other to pack away and are clearing their table and scraping their plates.

We have been focusing on name recognition, pencil grip and name writing. We are encouraging the children to use a tripod grip. Please speak with us if you would like more detail about correct pencil grip. We have also focused on scissor skills , cutting curved, zig zag and stair case lines. We are very please to see such great communication, co-operation and sharing in the block corner. Construction is becoming more detailed as the children work together.

We have created a kind hands tree. It is a way of encouraging kind helpful friends. We take time to praise this child who then has their name and picture added to the tree with a comment on how they were kind. Come and have a look at our tree.

Miss Jeanette ,Miss Sarah, Miss Lyndell & Miss Jessica.

Crazy Hair Week

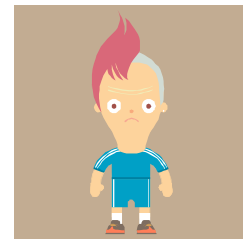
The children enjoyed participating In the crazy hair week during 8th – 12th March.

Some came in with crazy hair from Home, and some got their hair Coloured here at Wallaby street And donated a gold coin.

Thank you to Liliana's mum Ali, (in Blue room) who coloured Miss Lyndell's hair permanently. The children were intrigued to see the colour change brown to pink and purple !

Together we raised **\$300 for the Leukaemia Foundation.**

Thankyou to everyone who supported this great cause by donating money.



Harmony Week

Big thank you to **Jita, Zara's mum** Who came into Wallaby street to teach the children some graceful Indian Dancing on Tuesday 16th.

The children were all given a bindi To wear on their temple and joined in with dancing with beautiful scarves and bells that rang as they moved to the Elephant & Deer dance. Other activities included craft songs & stories.

During the week fell St Patricks day, 17th March. On the day we saw green pasta, green craft, and children who dressed clothes !

Adam & Ashley's mum Sarah, Made Green Shamrocks for the Children To eat at morning tea time !

FROM THE KITCHEN:

The effects of salt on children's health

Children need very little salt to stay healthy and should eat much less than adults. While it is well known that salt increases the risk of high blood pressure, stroke and heart attack in adults, the harmful effects of salt on children are less well recognised – too much salt in childhood produces a serious rise in blood pressure that progressively worsens with age.

How much salt are children eating?

Most children in Australia are likely to be eating more salt than is recommended. In a recent parent survey over half reported that their children were eating salty snacks at least a few times each week. Most knew that salt could have harmful effects on children's health and were concerned about the amount of salt in their child's food. Parents should be aware that just one take away meal can quickly push a child's salt intake over the recommended maximum amount.

How much salt should children eat?

The National Health and Medical Research Council has set the following Recommended Upper Daily levels for infants and children*

THE GOOD BITE

Issue 27 August 2009

A nutrition fact sheet for parent and carers of children 0 – 5 years

For more information please see Miss Heather in the Kitchen.

Age Group (years) Boys and Girls	Recommended Upper Daily Limit (as grams of salt)	Recommended Upper Daily Limit (as milligrams of sodium)
1 – 3 years	2.5g	1000mg
4 – 8 years	3.5g	1400mg

* These recommendations are, however, just a practical guide. For optimal health most children (and adults too) actually need much less. To calculate how much salt is in a product, you have to multiply the amounts of Sodium by 2.5. So 1400mg sodium is 3500mg salt (3.5)



By Miss Heather