



Flagstone Kids Education Centre
9 – 15 Bushman Drive
Flagstone; QLD; 4280

Flagstone Kids Education Centre

Flagstone Kids 2009

Welcome

I would like to welcome you all to our beautiful centre here at Flagstone Kids Education Centre. Our Privately Owned Centre caters for all your child's need from 6 weeks to 5 years. We opened the centre on Monday the 17th August 2009, and all the staff look forward to meeting each and every one of you as we grow together as a centre. As a centre we need your support and involvement as we build and provide an environment that is welcoming, safe and nurturing for each individual family.

Centre Open Day

As the centre opened on the Monday 17th August 2009, we will be having an open day where we invite families to attend to come and see our wonderful centre and what we have to offer. This will occur within the first month of opening, so keep your eyes and ears out for when that will happen.

Donations of Paper or Cardboard

As we are a new centre, we would appreciate if you could help us by collecting any old boxes, paper or cardboard that we could use within our day to day activities. As the children love to explore, and create their own creations out of these wonderful items.

Thankyou,
Rebecca Bowyer & Kellie McGregor
Centre Manager

Inside this issue:	Pg
Policy Information	2
Up Coming Events	3
Babies Room News	4
Toddler Room News	4
Junior Kindy Room News	5
Pre Prep Room News	5
Food & Nutrition	6
Resources	6
Parent Fact Sheet -Lunch Box Tips	7

Centre Availability

We have days available in most of the rooms throughout the centre. If you would like to pick up an extra permanent day these days will be available as of the 1st Month year.

Room/ Days	Mon	Tues	Wed	Thurs	Fri
Babies	*	*	*	*	*
Toddler	*	*	*	*	*
Junior Kindy	*	*	*	*	*
Senior Kindy	*	*	*	*	*
Pre Prep	*	*	*	*	*

* Indicates availability on that day
Please Note: These vacancies may change daily.



Philosophy, Broad Goals and Policy Reviews

- ◆ Open Door Policy
- ◆ Sun Smart Policy
- ◆ Toileting Policy
- ◆ Allergy Policy

If you would like to see where these policies are displayed in the centre, please talk to one of our friendly staff.



REMINDERS TO PARENTS

HATS

At Flagstone Kids Education centre we ask that you ensure that there is a hat in your child's bag every day they come to the centre. At the centre we have a policy of '**NO HAT NO PLAY**'; this means that if your child doesn't have a hat then they will not be able to participate in outdoor activities.



DRINK BOTTLES

We ask that all parents from the toddlers, pre-kinder and Kinder bring in a drink bottle labelled with your child's name. These bottles will be kept at the self help station outside as the weather is warming up the children they can go to the table and have a drink from their own drink bottle. The bottles will then be brought in of an evening and cleaned in the dish washer for the following days use.



SUITABLE CLOTHING

Please ensure that you child is wearing suitable clothing for childcare. Children should be wearing clothes that cover their shoulders, so no singlet tops, or dress's with thin straps. Children **should not be wearing** open toed shoes or thongs.



Important event coming up: **September 2009**

Monday 7th September – Father's Day Morning Tea 9.30am (please bring a plate of food to share).

Friday 18th September – Pirate Day – come dress as a pirate

Babies' Room News

Dear Parents,

We would like to welcome all our new babies to our room. As we have only opened on Monday the 17th August 2009, we have been spending time with one another getting to know each child's individual needs.

I would like to take the time to introduce the staff that will be working in this room. Kim is the group leader in the room and has worked in childcare for 4 years. Kim has teenage children of her own, so she is aware of what it involves to raise children, and know how important that it is to ensure that these children feel safe and secure within the environment. Kim has her Certificate III in Children's Services and currently studying her Diploma in Children's Services. She holds a current first aid certificate and a positive blue card. Kim is a very friendly, caring person and will ensure that all your child's needs are met. Nicole is the assistant in the room and this is her first year in childcare. Nicole enjoys spending time with her own children and has decided to take on a career in childcare. She is studying her Certificate III in Children's Services and holds a current first aid certificate and a positive blue card.

Once again we would like to welcome you to our room and if there are any questions in regard to your child or the room, please feel free to talk to the room staff.

Thank you,
Baby Room

Toddler Room News

Dear Parents,

We would like to welcome you to the toddler's room. I am going to take this time to introduce the staff within this room. Kellie is the group leader/ contact director for this room and centre. Kellie has worked in children for 16 years. She has two children of her own under the age of 10 years. Kellie has a Diploma in Children's Services and holds a current first aid certificate and positive blue card. Kellie is a very friendly, outgoing person and looks forwards to working with you all. Lesley is the assistant in the room. Lesley has worked in childcare for 2 years and has a Certificate III in Children's Services. She also holds a current first aid and a positive blue card. Lesley has raised four children of her own and is now enjoying her two grand children. Lesley is a friendly nurturing person who will ensure that the toddler's room is a welcoming, safe environment.

In the toddlers room the staff are here to help and support you in any way possible. Please feel free to come and speak to any of the staff members in the toddlers room on how your child's day was, new event's (family arriving or departing, a weekend away, or even just a trip to the park) any new interests you have learnt about your child that we may not have seen in the child care. Keeping up to date information about the child allows us to program plan according to the children's interest

We would like to ask any parents or family members that have a special talent that you would like to share with us to let us know. It can be anything from playing the spoons or hitting a drum! As a Flagstone Kids Education Centre we are all about the families being involved.

Thankyou,
Toddlers Staff

"Of all the treasures on earth....Children are the most precious."



"Children put a twinkle in your eyes and a smile in your heart."



Junior Kindy Room News

Dear Parents,

Welcome to the Junior Kindy Room. I would like to introduce the staff within this room. Sarah is the group leader in the room. Sarah has her Certificate III in Children's Services and currently studying her Diploma in Children's Services. Sarah holds a current first aid certificate and a positive blue card. Sarah has been in the childcare industry for 2 years and enjoys working with the children. Sarah is very creative and enjoys helping the children learn through a variety of activities.

Yasmin is the assistant in the Junior Kindy room. Yasmin has been working in childcare for 4 years, mainly in South Australia as she is only moved over here in the last year. Yasmin is studying her Certificate III in Children Services and holds a current first aid certificate and a positive blue card. Yasmin is a bubbly, friendly person who loves working with children. She has a child of her own under the age of 4 years.

Both the staff look forward to working with each and every one of you as they learn about your child's needs. If you have any questions or concerns about the room, please don't hesitate to talk to either one of us.

Thankyou,
Junior Kindy Staff ☺

Pre Prep Room News

Dear Parents,

Welcome to that the Pre Prep room. Our aim in the Pre Prep room is to prepare your child with social, emotional and cognitive skills needed for school. We will be providing a program where the children will learn to recognise letters, numbers, colours, and shapes through a variety of activities that will help them learn and develop for the school system.

I would like introduce our staff in this room. Mellissa is the group leader in the room. Mellissa has a Certificate III in Children's Services and is currently studying her Diploma in Children's Services. She also holds a currently first aid certificate and a positive blue card. Mellissa has worked in childcare for 3 years and enjoys interacting and having fun with the children while they learn. Mellissa is a very bubbly, outgoing person and looks forward to working with you and your family.

Please remember that parent involvement is very important at our centre and if you have any special talents or interest, please come and be involved within the centre.

We are always happy to answer any questions or queries regarding the program or the room.

Thankyou,
Pre Prep Staff.

"Praise children and they will blossom."



"Just when you think you know it all....Kids teach you something new!"



FROM THE KITCHEN:

Vegetable Risotto

Ingredients:

3 carrots
3 celery sticks
2 sweet potatoes
2 Onions
200grms green peas
2 cups rice
¼ teaspoon salt
¼ teaspoon white pepper
3 table spoons of olive oil

Procedure:

Peel and dice all vegetables.

Fry onion with olive oil in large pot until brown.

Add all the diced vegetables, together with 3 litres water, salt, pepper and allow to cook on medium fire until vegetables are soft.

Turn fire down to simmer, add rice and keep stirring continuously until all rice is cooked.

If desired, parmesan cheese may be added to the plate when serving.

Enjoy! ☺

* **Please feel free to send your child any leftover food from the night before as we are more than happy to heat it for them.** ☺



RESOURCES

Please take time to look around the Centre foyer as we have a large range of resources available for you to look at.



- Direct Debit forms
- Copies of the current newsletter
- Parent Handbooks
- Centre Events
- Holiday Forms





Lunch box tips

Healthy lunches and snacks are important for active children. Eating healthy food helps children concentrate and learn. Healthy eating changes are not always easy to make. Try to set a good example with your own lunches. Encourage children to be involved in preparing their own lunch and choosing the foods to include. They might like to make a list of the foods they enjoy.

Foods to put in a lunch box

Suggestions include:

- Fresh fruit
- Crunchy vegetables
- A meat or protein food such as slices of lean meat
- A dairy food such as cheese stick or slice, grated cheese, milk or yoghurt
- Starchy food such as bread, a roll, pita or flat bread, fruit bread or crackers
- A frozen drink such as water or milk, an icepack or freezer pack.

Food suggestions

There are lots of food choices available for lunch boxes. However, it can sometimes be difficult to decide which foods are healthy choices. Suggestions include:

- **Fruit** – best choices include fresh or tinned fruit. Dried fruit is sticky and high in sugar, so have it occasionally. Best left out of the lunch box are dried fruit bars and 'straps', which are very high in sugar, low in fibre and stick to children's teeth causing tooth decay.
- **Vegetables** – try vegetable sticks with dip or a small container with mixed vegetables such as cherry tomatoes, carrot sticks, peas and cucumber. Chips and packets of crisps are best left for parties and special occasions.
- **Milk, yoghurt and custard** – include a small drink of milk (freeze overnight) wrapped in a cloth in the lunch box. Fruit yoghurts should be kept cool in an insulated lunch box. Best left out of the lunch box are 'dairy desserts' and flavoured milks, which are high in sugar.
- **Dips, cheese and biscuits** – pre-packaged or your own homemade versions of cheese and crackers are fine. Children enjoy mini packaged cheeses. Avoid sweet dips such as chocolate spreads. 'Oven baked' savoury biscuits are just as high in salt and fat as chips and are best avoided.
- **Different breads add interest** – include a variety of bread, especially if children begin to lose interest in sandwiches. Try bread rolls, pita bread, flat bread, bagels, fruit loaf or buns, foccacia, scones, pikelets, muffins, crumpets, crispbreads, rice cakes or corn thins.
- **Vary the fillings** – fillings can include yeast or vegetable spreads like vegemite or promite, cheese (try different types), tuna, sliced cold meats, baked beans, grated carrot and lettuce, chopped roast meat with pickles or chutney, and avocado. Dips like caviar (taramosalata), eggplant, chickpea (hommus), cucumber, yoghurt (tzaziki) or spinach also make good spreads. Avoid chocolate spreads, jams and honey, and fatty meats like salami and strasbourg.
- **Muffins and cakes** – try making your own muffins and cakes as a great way to include more fruit and vegetables. Examples include sultana, carrot, zucchini, banana or pumpkin. Offer donuts and creamy cakes at birthdays and special occasions instead of in lunch boxes.
- **Muesli and 'breakfast' bars** – almost all 'bars' are too high in sugar to include regularly; however, cereal bars may be better for teeth than chewy sticky muesli bars. Try to avoid muesli bars and chocolate bars in lunch boxes. These are expensive and usually stuck together with fats and sugars.