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# March 2009 Newsletter

## News from the Office

Welcome to the March edition of our newsletter for 2009. We hope that everyone is settling into their new rooms and looking forward to a productive 2009.

### Calendar of Events

The calendar of events has been published and placed in each parents' communication pocket in the centre corridor. Please see staff if you have not received your copy of this. Regular events have been planned for each month, so please keep an eye out for notices. For March the planned events include; St Patricks' Day and Harmony Day. The centre will also be closed on Monday March 9<sup>th</sup> for Labour Day.

### Staffing

As you would all most likely be aware Mellissa is no longer with the centre and Michelle Renfrew will commence at the centre on Wednesday 4<sup>th</sup> March as Centre Manager. Please make her feel welcome, as we work to provide high quality care for all your beautiful children in our wonderful centre. Our new cook Feroz will also be starting at the centre on Monday 10<sup>th</sup> March and brings with him a wealth of experience in providing quality menus to children.

Karen Rice has left the Butterflies room and will be greatly missed. We wish her all the best in her new centre and we welcome Rosalie as her replacement.

### Community Notice Board and Parent Committee Board

Through a joint venture with our parent committee, a space will be created in the foyer of the centre for parents, staff and local community news, business promotion and items for sale. I would like to thank the parent committee for this suggestion. There will also be a designated parent committee notice board, where contacts for the parent committee, dates for meetings, agendas and minutes will be available for all parents to view. Both of these areas will be completed in March

Thankyou – Sarah Tullberg, Regional Manager

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### Important dates to remember:

- 3<sup>rd</sup> March – parent information and get to know you discussions
- 9<sup>th</sup> March – Centre Closed for Labour Day
- St Patrick's Day
- 21<sup>st</sup> Harmony Day

## Accreditation News

Our centre is currently in the process of being reaccredited with the NCAC. Part of this process is the completion of parent and staff surveys. These have arrived at the centre and will be distributed to families through the parent pockets. Please take the time to complete these and return to the office no later than Friday 20<sup>th</sup> March for your survey to be included for submission to the NCAC.



## Dental Hygiene

Good dental hygiene habits should begin before your child's first tooth comes in. Wiping your baby's gums with a soft damp cloth after feedings helps to prevent the build up of bacteria. When teeth appear, start using a soft children's toothbrush twice a day.

Once your child is preschool-age, start using fluoride toothpaste. Don't cover the brush with toothpaste; a pea-sized amount is just right (see picture above). Young children tend to swallow most of the toothpaste, and swallowing too much fluoride toothpaste can cause permanent stains on their teeth. To avoid cavities, limit sweet snacks and drinks between meals. Have meals and snacks at regular times. Teeth-friendly snacks include fresh fruits and vegetables, and cheese and crackers.

Baby bottles can create additional problems with your child's dental health. When liquid from a bottle--like milk and juice--stays in contact with the teeth for a long time, the sugars cause tooth decay. This can create a condition called bottle mouth. Your baby's teeth can develop cavities and become pitted or discoloured. Never put a baby to bed with a bottle, unless it contains plain water. Don't let your child walk around during the day with a bottle, and teach your child to use a drinking cup around his or her first birthday.

Children at our centre are given water after lunch to encourage the cleaning of their mouths after meals. This one of the ways we promote dental hygiene with the children each day. Our Dental Hygiene Policy is attached to the end of this newsletter.



## Kitchen News

Feroz Khan will commence at the centre on Tuesday March 10th. During his first few weeks at the centre our aim to produce a consistent rotational menu over a 4 week period. The centre will then have this on display so that you will be able to plan your home meals around those being provided at the centre. As always we are open to ideas and suggestions for menu ideas and there are feedback forms located in the centre foyer if you would like to contribute.

Water is made available to children throughout the day in each room and outside. In the older rooms children are able to access the water fountains independently, where as younger children need assistance with bottles and sipper cups. For consistency could all parents please provide a named drinking bottle or sipper cup for their child?



## CCMS

We are changing to the new weekly upload of Child Care benefit to DEEDR from 2/3/09.

This means that all families wishing to claim either CCB now or as a lump sum, or the Child Care Tax Rebates will need to ensure that the parent and child date of birth and CRN for child care benefit has been given to the centre.

## Family Information Night

**Tuesday 4<sup>th</sup> March 2009**

All families are invited to attend the centre on Tuesday the 4<sup>th</sup> of March 2009 between 6.30pm-7.30pm.

You will be given the chance to walk around the rooms and see a variety of different experiences set up that your children get the opportunity to play with during the day, get to know the staff in the rooms, take home child profile sheets to update for programming and meet our new Centre Manager Michelle Renfrew.

Invitations have gone out to families. Please return your RSVP so we can have an idea of the number for parents attending.



## Ladybirds News



Hello again to all our wonderful families! The past month has been very busy, playing outside with sand and water activities, bouncing on our jumping castle and having lots of fun with musical instruments, blocks and balls. Many of us have learnt to walk to crawl and even walk in the past few weeks and lots of talking as well! We are all loving our special Ladybird room with so many new and exciting things to discover, with so many friends.

Please remember to speak to Anna or Anna with any new developments or changes in your child's routine, so we can continue to keep every child busy and happy.

**Anna L and Anna M**



## Honeybees News



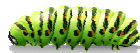
This month in the Honeybees room we have continued to play with play dough. Over the last month we have added in shape cutters and rolling pins for variety. We have also had dress ups which the children were unsure off at first, but now thoroughly enjoy. The hard hats are especially pleasing to some of our children. We did some group tracings and lots of outdoor play.

This month we are focussing on cognitive activities such as shape sorters and puzzles. We will be doing some one on one reading and trying to complete more art activities.

Lauren will be working Mondays, Wednesday and Fridays with us as of next week, as she has taken a part time nannying position. If you would like to discuss any issues or ideas for the room please speak to any of our staff. Your input is very important to us.

Thankyou

**Connie, Lauren and Ritu**



## Caterpillars News



Welcome to March. We welcome our new families and are sad to see a few leave us. Over the last month we have been working on various areas of the children's development using various equipment, activities and aids. Language, fine motor skills and social skills have been our main areas of focus. We have used the children's interests, physical and social abilities as well as individual observations to help guide us in our weekly programs. Please note that our weekly program is on display in the room, outlining our goals and activities. Your feedback and opinion is always welcome.

**Elena and Linda**



## Crickets News



Welcome to another months newsletter. We've all certainly had an enjoyable and very busy last month, filled with lots of art and craft, block and construction, sand play, climbing, play dough manipulation and bike riding. Home corner has been a big hit with the children lately as they have begun extending on their social skills with one another and have starting making up their own little games.

Also in the past month we have started learning songs using Auslan sign language (ie The Rainbow Song and Song about a Turtle) during group times. The children have also enjoyed group cooking sessions where we have made play dough and fairy biscuits. This month we are looking forward to celebrating quite a few 3<sup>rd</sup> birthdays!

We would also like to mention that Bronwyn has become a permanent third member in the crickets room, now that our numbers are over 10 each day, so please feel free to approach her in the morning or afternoons or find out about your child's day or share any information.

Well until next time, stay safe and have a great month.

**Kath, Lizzie and Bronwyn**



## Butterflies News



Well what a busy month it has been. We searched for hidden treasures in sand, read a lot of varied stories at mat time, played with puppets, moulded play dough and built with many forms of construction. No doubt you have seen the results of the children's art work displayed and in their bags.

Just a reminder about drink bottles, hats and spare clothes – please have these in your child's bag.

We said goodbye to Karen last week and were sad to see her leave us. We have a wonderful, new room leader with Rose joining our team this week. Rose has many years experience and we welcome her to our lovely room. Please feel free to introduce yourself to her and discuss any concerns you have.

**Karen and Rose**



## Fireflies News



Welcome to March. First of all, thank you all so much for your kind wishes regarding my recent illness. It is so nice to be missed!! We have been busy in our room developing the children's confidence and supporting them during the transition process. They all appear to be coping if their demeanours are an indication. Some parents have noted in the individual journals the children's concern at not being able to write yet. To set their minds at ease I have introduced ancient drawings/writing/symbols to validate the forms of written communication we are already producing. It is so important that we encourage Preschoolers and extend their strengths and abilities. We as parents and teachers can scaffold their learning i.e. support, but stand back, so they build on their learning. We have discussed the ancient drawings and communication and it opened up a very exciting conversation when they realised they are in fact, writing!! We also discussed that when are recognising "M" for McDonalds, "Kmart" and "Toy'r'Us" signs they are also reading. Over the next 2 months we will be introducing "Letterland" which will extend this knowledge to a higher level.

I have noticed that some children are forgetting their hats. It is important that we have them, as this is sunsmart policy. "No hat, no play".

Also drink bottles for all children would be a wonderful addition to their daily routine. This will prepare the children well for school, where they are not reminded to get a drink of water and will further their

independence levels.

Please feel free to keep reading their journals and add any opinions or ideas for me. It is important for me and your child to monitor their progression through the year. Remember to also add any special trips or conversations you have with your child so we can add to our program and extend on them.

Kay



## Policy Review

### Dental hygiene Policy

**Explanation:** Regular dental care, using fluoride toothpaste, following a healthy diet and drinking plenty of water will lessen decay, plaque and gum disease.

#### **Implementation:**

The centre will promote healthy eating habits - lots of fresh fruit, minimal sugary items and plenty of water to drink.

Older children will be encouraged to have a drink of water after eating to rinse the mouth. Water will be swallowed.

A Tooth brushing Program may be introduced for children over the age of three. A child's participation will only be allowed with parent consent.

#### **Where this program is implemented:**

The centre will provide one small, soft junior toothbrush, toothbrush case and one junior-toothpaste with low fluoride content (all named). The toothbrush cases will be labelled with the child's name and be stored on a high shelf, out of reach of children.

Staff will wash their hands before commencing and after assisting each child. Children will be encouraged to brush teeth after lunch.

Tooth brushing will be fully supervised to ensure children use their own brush and paste

A pea sized amount of toothpaste will be smeared onto brush

Children will sit outside the bathroom area, brush teeth as directed by the visiting dental hygienist, swallow and have a drink of water to rinse the mouth and swallow the water

The toothbrush is rinsed and placed in the case with lid open until dry (at least 2 hours)

Staff will disinfect the shelf and basins used after each session

'No spitting' lessens the risk of spread of infection

Parents will be required to sign a Parental Consent for Tooth brushing Program Form on the HLTH F1.4

Tooth brushing Program Letter.

#### **Healthy Teeth in Infants**

Hold the infant while feeding them.

If the infant falls asleep, remove the bottle and put them in bed.

Avoid putting the infant to sleep with a bottle.

Avoid letting the infant / toddler walk around with a bottle.

Use only Formula, Milk or Water to fill bottles to assist in avoiding cavities.

Avoid allowing the infant to use their bottle as a pacifier; this is also a major cause of early tooth decay.

#### **Healthy Teeth in Children**

Tooth Friendly Food and Drink Tips

Encourage healthy snacks in replacement of sugary foods – Fruit, Vegetable, Cheese and Dairy.

Always have snacks readily available for children when they are hungry.

Limit the intake of acidic drinks such as Coke, sports drinks, fruit drinks and cordials.

Don't allow children to sip on sugary drinks for too long and limit the amount the children are drinking.

Ensure they drink plenty of water!

Rinse after each meal.