Dear Kindergarten and Occasional care families,

We warmly welcome you to what will be a big year of learning together. As we begin week 3, we hope that everyone, children and families included, are feeling settled, comfortable and organised for the year ahead. We have enjoyed meeting and establishing relationships with our new children and families, as well as re-kindle our relationships with our children and families who we already know.

“No significant learning occurs without a significant relationship” James Comer

With this knowledge in mind, our focus will continue to be on developing trusting relationships with children as they make this huge transition of spending a large part of their day with us at Kindy or for some children in occasional care, their first time away from close family. It is normal that the “honeymoon” period of coming to Kindy may feel over for some children—the excitement has worn off and they are realising that they do in fact miss you very much! We really encourage you to let us know how your child is travelling and how they are feeling about coming to Kindy, so that we are best able to support your child during this time.

I really like this metaphor of what it might feel like for children as they say goodbye to their families in the morning:

When children arrive in the morning, we are asking them to climb out of one rowing boat (the known, the safe, the comfortable—their family!) and climb into another rowing boat (the kindy boat—which may not be so familiar) - this process is naturally going to be very WOBBLY!

Our role is to help children become familiar and feel safe at kindy through developing a strong connection with us and with each other. This may take some time, children need to learn to trust that we will care for them, keep them safe and watch over them while you leave them here to do ‘your very boring jobs’. They need to learn to trust that you will return to pick them up in the afternoon, and learn to accept that their job is to come and learn at Kindy. This will take time and that is normal. Please continue to check in with staff so that we know what you and your child need in support.

Looking forward to an exciting and strong year of learning together,

Kind Regards,
Jessica
FAMILY PHOTOS

We have started building our family photo wall which is being enjoyed by children who love to share and talk about their families with their teachers and friends. We encourage everyone to...

Please bring in a family photo to display

* We can colour photocopy it here and you can take the original home again.
* We can take a family photo at kindy if you’d like.

Thank you for your support

Introducing our Staff Team

Jessica — Director & teacher
Michelle — teacher
Joss — teacher: Childhood Educator Wed, Thurs & Friday
Linda — Early Childhood Educator Wed, Thurs & Friday
Debbie — Support educator & Occasional Care educator
Chelsea — Support educator (speech & language program) & Finance Officer

Snack & Lunch box ideas

Kindergarten plays an important role in shaping children’s eating behaviour, together we learn and practice eating healthy foods every day during snack and at our sit down lunch meal time. Aligned with our healthy eating policy we have provided some fun and healthy eating ideas to add to your child’s lunch box.

The recommended daily intake of fruit and vegetables in The Australian guide to healthy eating for 4-7 year olds is:

1-2 servings of fruit
2-4 servings of vegetables (including legumes)

Snack Ideas

Fruit:
Rice cakes, cruskits, vita weats

Vegetable sticks — carrot, cucumber

Small tub of sweet corn, cherry tomatoes

Dried fruit

Cheese & savoury crackers

Homemade fruit muffins

Vegie sticks and dips

Pikelets

Plain popcorn

Lunch:

Wholegrain or brown bread sandwiches or wraps
Pasta or rice
Left over meat or vegetable dishes
Cold rolls, sushi
Fruit sticks and dip
Cold meats

Mini Salads – e.g. cucumber, cherry tomato & cheese

WATER ONLY

NO NUTS

A friendly reminder of foods NOT consistent with the healthy eating policy:

- Small packets of chips, sweet biscuits, cakes, chocolate, lollies, nutella and other chocolate spreads/dips, LCM bars
- These items have high sugar, fat or salt contents and should not be consumed at Kindy

Please

1. Pack snack separate (and leave in your child’s backpack)
2. Pack lunch in one box (and put into the lunch trolley)