Kindy children drew self-portraits this week. We talked about body parts, inviting children to share their knowledge and vocabulary (“pupils”, “nostrils”) with the group. As they drew, children were encouraged to talk about themselves and their home experiences. This activity gave children the opportunity to strengthen their sense of identity as part of a family unit and the kindy community. “Children have a strong sense of identity” is one of the five Learning Outcomes of the Early Years Learning Framework. Why do we write (“scribe”) children’s speech on their artwork? We are teaching children that words can be written down and that writing carries a message. This is one of the “concepts about print” that underpin the process of learning to read and write.

At our AGM on Tuesday 5th February, the following community members accepted positions on our 2013 JCCC Governing Council:

- Chairperson – Sam Wytkamp
- Deputy Chairperson – Lisa Hall
- Secretary – Narelle Richmond
- Treasurers – Barb Carr and Monica Woolford
- Fundraising/Publicity – Jenni Lee Case, Michelle Sanders, Sophie Millington
- General members – Danya McKay, Kerry Sutter, Phillippa Pycroft, Susanne Hogan
- Director – Alison Arthur
- Staff Representatives – Tegan Carkle, Deb McCarthy
- Childcare Representative – Karen Zwar

We thank all new members and out-going members for their involvement in the centre. In particular, Danya McKay, Kerry Sutter, Stacey Goodes and Mandy Sims have had a long association with Governing Council and we thank them for their substantial contribution. Danya and Kerry will continue to serve on council, but will enjoy a well-deserved spell on the general members’ bench this year! All parents are welcome to attend Governing Council meetings; you don’t have to be a member to come along.
INFECTION CONTROL - WORMS

We have had several cases of worms during the past fortnight. Please be aware of the following symptoms:

- Itchy bottom
- Irritability
- Behavioural Changes

Treatment is required and is available from pharmacies. Clothes and bed linen should be washed in hot water and effective hand washing and cleaning practices should be implemented to prevent re-infection. Both adults and children are susceptible to pinworm (also called threadworm) infection. Children are not excluded from preschool and childcare once treatment has occurred. (Source: Staying Healthy in Childcare 4th ed.)

FEE INCREASES

At our Governing Council AGM members approved a fee increase for childcare to cover rising costs. Fees are now set at $66/full day and $33/half day. After school care fees ($15 / session) and before kindy care fees ($5 / session) remain unchanged. A letter explaining the fee increase has been sent home to childcare families. Preschool fees have also increased in line with CPI from $70 / term to $72.00.

EARLY YEARS LEARNING FRAMEWORK: “BEING”

The Early Years Learning Framework is subtitled “Belonging, Being, Becoming”. “Being” refers to the importance of the here and now for young children. It is about engaging with the moment, as this child does while dancing to a favourite CD! “Being” also refers to pretending to “be” someone, as children assume roles in their play. Look at our firefighter ready for action…

COPING WITH SEPARATION ANXIETY

It is that time of the year when we have a number of new preschool and childcare children adjusting to the centre. We understand how upsetting it can be to leave a distressed child, and although we can’t provide a “quick fix”, we can offer the following insights:

- Separation anxiety is a common and natural feeling. A child experiencing separation anxiety is usually just saying “I love you and I don’t want you to go”.
- Most children who exhibit separation anxiety settle quickly once their parent/caregiver has gone. Separation anxiety doesn’t mean your child is unhappy at the centre.
- We endeavour to phone and reassure parents who have had to leave a crying child. However, if you are worried and we haven’t phoned, please don’t hesitate to call us.
- We will always phone if your child doesn’t settle within a reasonable time frame.
- Separation anxiety can come and go during early childhood.

We recommend that you follow a consistent routine at drop off time, e.g. help your child put their things away and change their book, then do one activity with them before leaving. It is important to tell children that you are going and that you will be back at pick up time. Once you have decided to leave, it is best not to linger. When you leave without wavering, you are demonstrating that you have confidence in your child’s ability to cope and that you know they will be OK. Staff members are available to support children as you leave. Drop off is a busy time so please ask for help if we haven’t noticed that you need support.

FAMILY BBQ IN THE PARK

At our next Governing Council meeting staff will propose holding a family BBQ in the park on Tuesday 26th February from 5:30pm for all members of the JCCC community. As in previous years, the centre will provide sausages and patties and all families attending will be asked to bring a salad to share. Please pencil this date in your diary and await further information following Governing Council approval.

Thanks to Emma Sangster for donating a bag of wheat for the chooks and Prudence Honner for her kind donation of toys to the childcare program.
FOOD IN LUNCHBOXES

We ask that all families observe our healthy food policy. It has been great to see plenty of fruit, dairy, healthy sandwiches and wraps and yummy leftovers in children’s lunchboxes. When choosing pre-packaged foods for children’s lunchboxes, we recommend that you check the nutritional information and choose products which meet the following criteria:

<table>
<thead>
<tr>
<th></th>
<th>FOOD PER 100g</th>
<th>DRINK PER 100ml</th>
</tr>
</thead>
<tbody>
<tr>
<td>TOTAL FAT</td>
<td>Less than 20g</td>
<td>Less than 10g</td>
</tr>
<tr>
<td>SATURATED FAT</td>
<td>Less than 5g</td>
<td>Less than 2.5g</td>
</tr>
<tr>
<td>SUGAR</td>
<td>Less than 15g (with fruit less than 25g)</td>
<td>Less than 7.5g</td>
</tr>
<tr>
<td>SODIUM</td>
<td>Less than 600mg</td>
<td>Less than 300mg</td>
</tr>
</tbody>
</table>

Some cereal and fruit bars are very high in sugar, especially those containing chocolate and are therefore not a suitable snack for kindy or childcare. Water is the only acceptable drink to send in drink bottles. Fruit juice, cordial and flavoured milks are high in sugar and not recommended for lunch boxes. Plain milk is a healthier choice. As an early childhood centre we can provide guidelines and education about nutrition for children but as parents/caregivers you are ultimately responsible for the contents of children’s lunch boxes. At lunch time we try to make sure that all children eat something healthy and substantial first, before eating extra snacks. It is much easier to encourage healthy choices when children are not seeing tempting treats in other lunchboxes.

INAPPROPRIATE FOODS FOR KINDY/CHILDCARE LUNCHBOXES: chips, chocolate, sweets and lollies, popcorn (choking hazard), peanut butter (allergy hazard), nutella (allergy hazard). PLEASE DO NOT SEND THESE FOODS.

SNACKS WHICH CAN BE SENT IN SMALL QUANTITIES IN ADDITION TO HEALTHY ITEMS: cake, biscuits, packaged foods meeting the above nutritional criteria.

GOOD FOOD CHOICES FOR KINDY/CHILDCARE LUNCHBOXES: sandwiches, wraps, leftovers, cold meat and salad, cheese, crackers, fruit, yoghurt, custard.

WE ASK THAT ALL FAMILIES RESPECT OUR ALLERGY AWARE POLICY AND AVOID SENDING NUTS/FOODS CONTAINING NUTS TO THE CENTRE. EVEN WHEN WE HAVE NO CHILDREN WITH DIAGNOSED NUT ALLERGIES WE MAY HAVE BABIES AND TODDLERS (WHO HAVE NOT PREVIOUSLY BEEN EXPOSED TO NUTS) WITH UNDIAGNOSED ALLERGIES.

BUSHFIRE ACTION PLAN

Our site is rated a “low risk” bushfire site. This means that when a day of catastrophic fire conditions is declared in our region (CFS REGION 4: MID NORTH) the centre will remain open and childcare and kindy will be offered as usual. However, school buses will not run on “catastrophic” days so families will need to arrange transport for kindy children who usually travel on school buses. These families will be notified by Jamestown Community School the night before a declared “catastrophic” day. On Total Fire Ban days, we monitor the CFS website www.cfs.sa.gov.au which lists fire incidents, their location and their severity. In the event of a fire threatening our site, our refuge is Jamestown Medical Centre with Jamestown Community School as a back up refuge location.

BUNDALEER HOLLOW

Hooray! The Fairies, Peter Combe and Noises for Kids with Humphrey are coming to the Bundaleer Hollow on March 24th, starting at 11am. Tickets are $20 online / $30 at the gate.

Please refer to the brochure in your child’s pocket for details, or visit www.bundaleerfestival.com.au