

Term Two, Week 1

Alexandra Kindergarten Newsletter



Smile for Miles Program—TERM TWO— Healthy Eating

Enjoy a wide variety of nutritious foods. Try not to eat too much sugar.
If you are going to snack make it healthy!

Encourage children to:

- Enjoy a wide variety of nutritious foods
- If they do eat sugary foods and snacks; limit their intake—especially between meals
Enjoy healthy snacks

Smile for miles is an initiative of Dental Health services Victoria, working in partnership with local organisations to improve the oral health of the youngest children in our community.

Colds....

As the colder weather approaches and as children start to get more colds and runny noses, remind your child to blow their nose appropriately when they need to. At Kinder we will be asking the children to;

Go and get a tissue, wipe/ blow your nose, put the tissue in the bin when you've finished, & go and wash your hands. These are good habits to teach your child.



If your child does become ill with an infectious or contagious disease please contact kinder and let us know so we can inform all our families to check their child for any symptoms. Your child's name will remain confidential.

Wet weather.

We encourage children to wear their gumboots to kinder for outside play. If they are bringing gumboots please send an extra pair of shoes or slippers for them to wear inside. Please also remember to send a full change of clothes for your child in case they do get wet and a waterproof coat. We have a limited supply of spare clothes and often don't have a spare change if your child needs one.

If your child has come home in kinder clothes can you please remember to return them to kinder.

Family connections

Can all families please bring in a family photo to be added to our family wall.

The family wall be on the verandah and seen by all members of the kinder community. If you prefer not to have your family on the wall you could draw a picture of your family instead. By bringing in a photo we take this as your acceptance of the photo being on display.

Enrolment information.

Please be sure to keep your enrolment form up to date by notifying us if you change your address or phone number. If you are sending someone other than your self to pick up your child please make sure they are listed as a pick up person on your enrolment form. If you are not sure just give us a quick call to check.

Dates to Remember

Thursday May 5th—

Kinder closed for all staff to attend a Professional Development conference

May 2nd to May 26th— Abbey (3 yr old teacher) on professional placement— will be replaced by current Alexandra kinder teachers.

May 4th & 11th— Maternal child health nurse @ kinder for 3 1/2 yr old checks

May 10th & 12th— Dietician visiting kinder groups

May 16th— Committee Meeting

May 17th & 19th— DITTO program

From May put sun gear away.

Vitamin D is essential for healthy bones, muscles and general wellbeing.

The best natural source of vitamin D is the sun's UV.

From May to August when UV levels are low (below 3), we are advised to put sunhats and other sun protection gear away and ensure our staff and children get some sun for vitamin D. At this time of the year, people need to expose their face, arms and hands (or equivalent area of skin) to midday winter sun for 2-3 hours spread over the week. Those with naturally very dark skin may need 3-6 times this amount. Sun protection is not required at this time of year, unless near highly reflective surfaces such as snow, outside for extended periods or when the UV reaches 3 and above.



A FREE seven session program for fathers of 2-12 year old children

Dads Tuning in to Kids teaches you how to help your child understand and manage feelings ('emotional intelligence')

Children with good emotional intelligence:

- have better concentration at school
- have greater success with making and keeping friends
- are more able to manage conflict with peers
- are more able to calm down when upset or angry

Tuesdays 6pm - 8pm
starting 3 May - 14 June 2022
Online

Call FamilyCare's Central Intake 1800 161 306 to register your place or [register online here](#)



This workshop is for parents and/or carers in the Goulburn Region (Greater Shepparton, Moira, Strathbogie, Mitchell and Murrindindi)

Fundraising

If you didn't manage to get your raffle tickets in by today (Friday April 29th) or forgot to drop in your donation for the hamper, you can still do this on Monday.

The Mothers day hamper raffle will be drawn on Tuesday Afternoon May 3rd.

Our Mothers Day Cake stall will be held on Saturday May 7th outside Foodworks Alexandra 9am to 12pm

Please fill up the plate (you will find it in your notice file) with your favourite baked goodies. Don't forget to fill out the label with the ingredients used.

If you can help on the stall please let us know.

Happy Mothers Day to all our kinder Mums and Grandmums!

Happy Mother's Day



2021 Alexandra Junior Soccer Program

Saturday mornings 10.30am | starting April 24
For 5-15 year olds

Leckie Park
Alexandra

Cost \$45

Online registrations open now.
www.playfootball.com.au/register

For more information call Larry Kelly on 0497 078 394



Collection of children

Please remember if someone other than the usual person is collecting your child from kinder they must be on your child's enrolment form as an authorised contact.

If they are not, please ring or email the office to give verbal permission.

Please also remember to collect your child on time from kinder– once sessions are finished our staff have to clean up the room, set up again for the following day and complete any reflections and documentation. The Committee of Management reserves the right to implement a late collection charge when parents/guardians are frequently late in collecting their child (\$10 for every 10 minutes they are late in collecting their child). Refer to fee policy.

Quality Improvement Plan

We are continually reviewing quality improvement at our centre as part of the of the National Quality Standard by the Australian Children's Education & Care Quality Authority (ACECQA).

It is intended that the National Quality Standard set a new national benchmark for the quality of children's education and care services and gives families a better understanding of a quality service. This enables families to make informed decisions about the services providing education and care to their child.

The National Quality Standard was informed by research about best practice and the way in which high quality education and care contributes to positive outcomes for children. It comprises quality areas, standards and elements.

THE SEVEN QUALITY AREAS ARE:

1. Educational program and practice
2. Children's health and safety
3. Physical environment
4. Staffing arrangements
5. Relationships with children
6. Collaborative partnerships with families and communities
7. Leadership and service management.

The National Quality Standard is linked to national learning frameworks that recognise children learn from birth and outline practices to support and promote children's learning.

WHAT DOES THIS MEAN FOR OURFAMILIES?

- The development of a Quality Improvement plan with clear information about Alexandra kindergartens strengths in the seven quality areas and planned improvements
- More information about what we do and what we are planning
- More input from parents/guardians into our centre, our planning and strengths and weaknesses.
- The chance to participate in the Quality Improvement Plan for interested parents and carers
- Seeing positive changes around the kindergarten that have evolved from staff. Parent and carers suggestions and input in the Quality improvement plan.

Look out for our new QIP Display which will give you the chance to contribute your feedback.

Alternatively you can forward all comments , thoughts and suggestions to: Alexandra.kin@kindergarten.vic.gov.au