

# Yackandandah Kinder Newsletter



## February 2024

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“YOU'RE BRAVER THAN YOU BELIEVE,  
AND STRONGER THAN YOU SEEM,  
AND SMARTER THAN YOU THINK.”

— A.A. MILNE

### Dates to Note

**30 January: First day of Term 1**  
6 February: 5.30pm Ctee Mgmt Meet  
7 March: Welcome Concert  
**11 March: LABOUR DAY HOLIDAY**  
12 March: 5.30pm Ctee Mgmt Meet  
22 March: YFF Children's Parade  
**28 March: Final Day of Term 1**  
**15 April: First Day of Term 2**  
16 April: 5.30pm Cmtee Mgmt Meet  
**25 April: ANZAC DAY HOLIDAY**  
6-9 May: Photo Week TBC  
7 May: 5.30pm Ctee Mgmt Meet  
22 May: Natl Simultaneous Storytime  
4 June: 5.30pm Cmtee Mgmt Meet  
6 June: Pyjama Breakfast  
**28 June: Last Day of Term 2**  
**15 July: First Day of Term 3**  
6 August: 5.30pm Ctee Mgmt Meet  
?? Aug: 4yo Beechworth Excursion  
10 Sept: 5.30pm Cmtee Mgmt Meet  
?? Sept: 4yo Wangaratta Excursion  
**20 Sept: Last Day of Term 3**  
**7 Oct: First Day of Term 3**  
8 Oct: 5.30pm Ctee Mgmt Meet  
**5 Nov: MELB CUP HOLIDAY**  
12 Nov: 5.30pm Ctee Mgmt Meet  
**10 Dec: 2025 Orientation Morning**  
**18 Dec: Final Day of Term 4**



## Welcome to Kinder

Welcome to our second newsletter of the pre-school year. We hope you are all looking forward to working alongside us in this exciting developmental stage of your child's learning. Each month our Program Plans will be displayed outside on the parent noticeboard for all to view. Please feel free to discuss any area of these Programs with your child's teacher. Our staff profile pages are on the noticeboard next to the sign-in desk and we ask families to take the time to familiarise themselves with their faces.

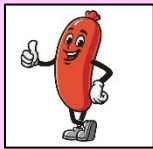
Our learning-through-play focus will progress well throughout our monthly activities and the children will continue to build on new skills daily; please encourage these at home. Every child has a named locker at kinder. In there you will find birthday invites, receipts, classroom notices, precious artwork, correspondence and other things that need to go home to parents/guardians. Please check your child's locker at pick-up each day and ask their teacher if you are not sure where their locker is.

**IMPORTANT: Children's learning starts from the moment they come into our service. Please be mindful and observe your child's designated program drop-off times. If you arrive after their teacher has already started the morning group mat activity, you may need to wait in the foyer until this 15-minute activity is over and for the teacher to come out to take your child into the classroom. Alternatively, please phone or email us to advise of your arrival time.**

Monday Bush Kinder



We are looking for volunteers to co-ordinate our SAUSAGE SIZZLE STALL at the Friday night FOLK FESTIVAL PARADE, btwn 4pm & 8.30pm. Its not a hard task and we have all the info to help you.  
 Sign-up sheet on the sign-in desk at kinder. See Marisel for further information.



**OUR KINDER URGENTLY NEEDS MORE PARENTS TO JOIN OUR COMMITTEE OF MANAGEMENT. MONTHLY TUESDAY MEETINGS OF APPROX 1 HOUR DURATION. Your input to how kinder operates & excels is important to us!**  
**Come along tonight at 5.30pm.**



Tuesday Bush Kinder

**Administration & Enrolment Services between February & May**  
 From 19 February until May, Jen will be on long service leave and her position will be filled by Ms Maryori Villamil.  
 She will be in the office between 9am – 2:30pm Monday through Thursday to provide assistance, handle enrolment admin and take uniform orders.  
 Please make her feel welcome and say hello!



Claudia's 3yo Room

## HAPPY BIRTHDAY WISHES FOR JANUARY & FEBRUARY

Elle, Bernie, Tristan, Edward, George B, Moliere, Kai, Molly, Otis, Vali & Zoe



### KINDER UNIFORM

Pop into the office and see Jen for an order form and to check out garment sizes. We stock sizes 4 & 6 in t-shirts and windcheaters. Bucket hats are child-sized with elastic toggles to tighten. Payment in CORRECT CASH to the kinder or Funds Transfer to Yack PS.

### 4YO PROGRAM EXCURSIONS – PARENT VOLUNTEERS WELCOME

We have several excursions coming up this year and will need volunteer helpers for these to go ahead. A current *Working with Children Check* will be required. An excursion helper sign-up sheet will be on the sign-in table when we need helpers.



Indigo Shire is identified as at high risk of mosquito-borne diseases, with the peak period being March – October.

Kinder will monitor mosquito activity in our play areas and limit or reschedule outdoor activity if and when necessary. We encourage you to apply insect repellent containing picaridin or DEET to all exposed skin & to dress your child in long, loose-sitting clothing, particularly if they attend bush kinder.

### FUN WITH LITERACY – Why not try a phonics Basket?



Set up a fun phonics activity for your child with this sorting objects into baskets game! Use three or four baskets and label them with one letter each. Find small toys, items, and pictures that begin with the letter on each of the baskets, and have your children sort the items into each basket. This game will help children with letters as well as determine beginning sounds.

### STAFFING THIS TERM

- Non-Funded Monday & Tuesday Bush Kinder Programs – Led by Kathleen & Stacey
- 4yo Funded Tuesday & Thursday Program Group 2– Led by Jane & Meg
- 4yo Funded Tuesday & Thursday Program Group 1 – Led by Olivia & Erin
- 3yo Funded Monday & Wednesday Program Group 1 - Led by Claudia & Meg
- 3yo Funded Monday & Wednesday Program Group 2 - Led by Tristy & Claire
- 4yo Non-Funded Wednesday School Readiness Program – Led Claudia with Kathleen & Erin
- Staff lunchbreaks and programming times are covered by Kerry Smith, who also facilitates AKC
- School Readiness Classroom Support – Stacey
- Marisel, Director is on-site Tuesday & Thursdays
- Jennie, Administration: Monday – Thursdays



### INTRODUCING OUR KINDER COMMITTEE OF MANAGEMENT REPRESENTATIVES ....

Celia Hooper  
Maura Hansen  
Michael Edwards, YPS Principal  
Sarah Crispin, YPSC Representative on KCM  
Marisel Blefari, Kinder Director  
Jennie McKern, Minutes



## FEE STATEMENT QUERIES

The Yackandandah Primary School Business Manager will soon send out fee statements to all kinder families with children enrolled in non-funded programs ie Bush Kinder, 4yo School Readiness Day & 3yo Monday only.

Should you have any queries or wish to discuss payment options, please telephone Sandra McKibbin at YPS on 02 6027 1431.

### Tristy's 3yo Room

#### INTRODUCING OUR FEATHERED FLOCK ...

**CARROT**  
*the naughty one*



**BLACKIE**  
*Carrot's partner in crime*



**SPECKLE**  
*the resident 'lady' of the flock*



**ELSA**  
*Pure of soul as she hasn't learnt any bad habits from Carrot ... yet!*



### Jane's 4yo Room



### Olivia's 4yo Room





## 2024 KINDER PHOTO WEEK: 6 – 9 May

Photo order info will be distributed to families in the last week of Term 1.

Photos will be taken that week over the course of 4 days; Mon, Tues, Wed & Thurs.

Return date for orders will be Thursday, 2 May

**OUR SINCERE THANKS  
TO THE DAVISON FAMILY  
for hosting our chooks for a  
sleepover during the holidays**

### CHECKING YOUR CHILD'S LOCKER REGULARLY

Every child has a locker at kinder. We pop notices, precious artwork, receipts, correspondence and other things that need to go home for parents/guardians. Please check your child's locker at pick-up each day and ask their teacher if you are not sure where their locker is.

### BANK ACCOUNT FOR KINDER FEES & UNIFORM PAYMENTS

Yackandandah Primary  
Bank: Westpac

BSB: 033-222 Account:  
018848

## COMMUNICATION WITH OUR FAMILIES .... We do this in a number of ways

- **Conversations** at drop off and pick up times to exchange key information.
- An **overview sent via Kindyhub** from the teachers in your child's classroom which will give you a snapshot of what's been happening at Kinder and the learning that's been occurring.
- Your child's teachers maintain an **individual portfolio** on each child; the information from which forms the basis of discussion at parent:teacher catch ups.
- **Meetings or phone calls** with families upon request if required.
- **Emails** to and from parents as required
- For children heading off to school in 2025, the teachers will complete a "*Transition to school statement*" in November 2024. This is a form developed by the Victorian Department of Education and is a key way of sharing information with your child's school and will assist facilitate a smooth transition for your child.
- The **newsletter** sent out via email to families each month - contains information about Kinder procedures, policies, events as well as information to support families - parenting information - frequently asked questions - useful links and resources.
- **Health Notices** - if there is an outbreak of an infectious disease, we will inform parents via email/*Kindyhub* and posting a notice on our verandah sign-in desk. We always reference a website for parents to read further information in relation to the particular illness or infection.
- **The Children's own kinder locker** – check these daily for all the important things like artwork, birthday invites etc.

### What is your role?

- As we care for and educate your children, we see our relationship with our families as a partnership. We share a similar goal in wishing to ensure that your child is happy, cared for, nurtured and supported to fulfil their maximum potential.
- With this in mind, we welcome and appreciate your feedback. If the teachers send out a *Kindyhub*, email or program overview - please let them know you have received this and feel free to comment or ask questions. Feedback helps keep the lines of communication open. Families can also send through their own stories via the *Family Stories* tab.
- From time to time we have a "community focus" where we share some stories, photos, drawings from families in our classroom diaries and/or verandah noticeboard. We might have a particular topic such as "Family meals" or "our favourite spaces" or "celebrations". We ask families to come together at home to write/draw/ contribute to the chosen topic. Parents and siblings might help with the writing and the children can draw and decorate these shared stories. This is a way that we can celebrate and acknowledge each child's family - thus supporting the children's developing sense of identity both as part of a family and as part of the broader preschool community. One way you can help is by participating in these community focus projects when we arrange them.
- If you are worried about something or have a question or concern – please talk directly with your child's teacher or contact our Director, Marisel in person or via email [director.yackandandah.kin@kindergarten.vic.gov.au](mailto:director.yackandandah.kin@kindergarten.vic.gov.au)

## Healthy Lunchbox Week – 4-10 February 2024

Information for schools and early childhood services



Healthy Lunchbox Week is an initiative of Nutrition Australia that aims to inspire Australian families to create healthy and enjoyable lunchboxes.

Children consume around 30% of their daily food intake at school. Most of this comes from the contents of their lunchbox. What children eat during their day at school plays a crucial role in their learning and development.

Healthy Lunchbox Week helps families prepare healthy lunchboxes by:

- inspiring healthy lunchbox ideas and recipes
- informing a healthy lunchbox balance across core food groups
- awareness of lunchbox food hygiene and safety.

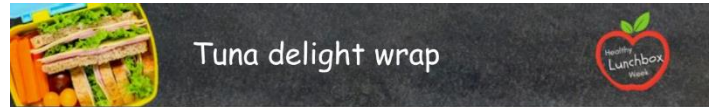
Here are some ideas of messaging you can send throughout the week, or pick and choose from the Healthy Lunchbox Week Supporter Kit/Resources available on their [website](http://www.healthylunchboxweek.org.au) to suit your newsletter/communication methods:

Day	Messaging	Link / Image
1	An awesome day at school begins with an awesome lunchbox! Give them a head start with brain boosting food from their lunchbox. Not sure where to start? Visit the #HealthyLunchboxWeek website for plenty of recipes, tips and downloadable resources to help you get set for a healthy year of healthy lunchboxes. Check out their website for more info: <a href="http://www.healthylunchboxweek.org.au">www.healthylunchboxweek.org.au</a>	A photograph of hands packing a lunchbox on a wooden surface. The lunchbox contains bread, fruit, and vegetables. A circular logo for 'Healthy Lunchbox Week' is overlaid on the bottom right. Below the logo, the text reads '4-10 February 2024' and 'Awesome lunch, awesome day!'. The website 'www.healthylunchboxweek.org.au' is visible at the bottom left of the image.

2

Head to [Healthy Lunchbox Week](#)

Website for recipe ideas!

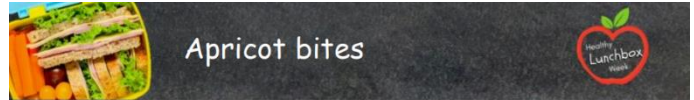


### Tuna delight wrap

Makes 1 sandwich (4 quarters) or 1 wrap

Ingredients

- Choose wholegrain or wholemeal bread, English muffins, pita pockets or bagels
- 1 x 95g can tuna in spring water
- 2 teaspoons reduced fat mayonnaise
- 4 slices of cucumber
- ¼ cup carrot grated
- ¼ cup mixed lettuce leaves



### Apricot bites

Makes 30

Can be stored in the fridge for up to 5 days

Ingredients

- 2 cups rolled oats
- 2 cups dried apricot
- 2 cups rice puff cereal
- ¼ cup honey
- 2 tablespoons monounsaturated margarine
- 1 teaspoon vanilla extract
- Desiccated coconut for coating








Method

1. Place all ingredients into a food processor, blend until well combined.
2. Using clean wet hands roll teaspoons of the mixture into ball shapes.
3. Toss in desiccated coconut.

3

### Steps to planning a healthy lunchbox

1. Make time to prepare. Have fresh fruit and vegetables, milk and yogurt, bread and crackers all bought in advance.
2. Shop wisely and save money. Buy fresh fruit and vegetables in season to ensure good quality and value for money.
3. Make your own snacks. For example snack packs from fresh ingredients which you can buy in bulk.
4. Look after the environment. Put sandwiches and other items in reusable containers. This uses less packaging and creates less rubbish.
5. Choose a variety of foods from the 5 food groups (see table).
6. Include a bottle of water. No need for sweetened drinks such as juice, cordial or soft drink as these contain too much sugar which is not good for teeth. Keep food cool. In warm weather freeze a water bottle or put a small ice pack in the lunchbox.

Food group	Nutrients	Examples
 <b>Grain foods</b>	Carbohydrate providing energy for brain and body. Choose wholegrain options for more fibre and longer lasting energy.	<ul style="list-style-type: none"> <li>- All types of bread – whole meal, multigrain, white, pita or other flat breads, fruit loaf</li> <li>- Rice, pasta, crispbreads, rice crackers</li> </ul>
 <b>Fruit</b>	Carbohydrate for long lasting energy, vitamins, minerals and fibre.	<ul style="list-style-type: none"> <li>- Fresh whole fruits or cut up and placed in a container</li> <li>- Dried fruit mix, canned fruit</li> </ul>
 <b>Vegetables</b>	Vitamins, minerals and fibre for healthy gut and strong immunity.	<ul style="list-style-type: none"> <li>- Cherry tomatoes, capsicum strips, snow peas, small corn cob or baby corn spears</li> <li>- Carrot, celery and cucumber sticks</li> <li>- Salad vegetables or coleslaw in a sandwich</li> </ul>
 <b>Milk, yoghurt &amp; cheese</b>	Major source of calcium for strong bones and teeth.	<ul style="list-style-type: none"> <li>- Milk poppers</li> <li>- Cheese slices, cubes or sticks</li> <li>- Tub of yogurt</li> </ul>
 <b>Lean meats, fish, poultry, egg, nuts and legumes</b>	Protein, iron and zinc for growing bodies.	<ul style="list-style-type: none"> <li>- Cold lean meats or chicken</li> <li>- Tinned fish such as salmon, tuna or sardines</li> <li>- Boiled eggs, baked beans, hummus</li> </ul>



# Healthier lunchbox swaps





## TRY OUT THESE SIX HEALTHIER LUNCHBOX SWAPS

- SWAP OUT** → **SWAP IN**



White bread, rolls, wraps, crackers and crispbreads → Wholegrain or high-fibre options



- SWAP OUT** → **SWAP IN**



Butter on bread, rolls or wraps → Avocado, hommus or plant-based dips and spreads



- SWAP OUT** → **SWAP IN**



Cordial, juice poppers or sugary drinks → Water or plain milk or milk alternative



- SWAP OUT** → **SWAP IN**



Potato chips → Veggie sticks with hommus



- SWAP OUT** → **SWAP IN**

Sweet and savoury biscuits → Plain popcorn or basic pikelets



- SWAP OUT** → **SWAP IN**

Iced cakes, muffins and buns → Homemade fruit loaf or muesli slice



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