

LOBETHAL COMMUNITY KINDERGARTEN NEWSLETTER

WE ACKNOWLEDGE THAT WE ARE ON THE TRADITIONAL LANDS OF THE PERAMANGK PEOPLE AND WE RECOGNISE THEIR CONNECTION WITH THE LAND. WE WILL HELP CARE FOR AND RESPECT THIS LAND TOGETHER.

Hopefully you have noticed our Kindy Grow Cart at the entrance to Kindy. The Grow cart is a lovely way to share any produce you may have at home that you would love to share. Families can then help themselves to something they may need. The children have really enjoyed adding regularly to the cart from our garden.



HOW TO CONTACT US

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email addresses

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Via Facebook

<https://www.facebook.com/groups/1702509449877162/about/>

Please note Facebook messaging can be unreliable

SMS messaging

From time to time we will use our SMS messaging system to contact you. Please be aware however that if you use this number to contact us it will go to an email not a mobile phone. Therefore, the SMS may not be seen immediately. If we have asked for a reply the email will be monitored until the reply is seen.

Kindy Costs invoices (Kindy Fees)

By now everyone should have received your Kindy costs invoices.

Please note that all costs are due in week 5 of each term. Costs can be paid either termly or in full for the year.

Thank you to everyone who has already paid.



EMERGENCY CONTACT DETAILS

We need to keep our records up to date, so please remember to advise us ASAP of any change of phone numbers or addresses.

We also need to ensure that anyone picking up your child is noted on your child's records with authority to collect.

Lee's News



Dear parents and caregivers,

Wow, what an incredibly calm start to the year it has been. All the children have transitioned into kindy life with ease, excitement and huge smiles.

We have loved building relationships and helping your child develop a strong sense of identity at kindy.

We have loved all of the cultural celebrations and connections we have already enjoyed. We are so thankful to all of you for sharing your home life, culture and heritage with us. It certainly makes for an inclusive, diverse and rich curriculum.

Our recent information night was really well attended. We shared loads of information around assessment and documentation, kindy routines and expectations, literacy and numeracy development and the importance of play and regular book borrowing. We filmed the information session for those of you who could not make it and plan to upload it to our You Tube channel in the coming days.

We are so appreciative of everyone's input and understanding around our change of sessions next term. We appreciate your willingness to be flexible and support in trying to make this change as painless as possible. After consulting with every member of our kindy community, the decision was overwhelmingly in support of the Wednesday and Thursday for the short week and the Tuesday, Wednesday, Thursday for the long week. Our session hours have also changed as a result of the restructure with a 9am start and 3pm finish. The children receive their entitlement of 15 hours of preschool over a two-week cycle- 18 hours on the long week and 12 hours on the short week, totalling 30 hours across the fortnight.

See table below. I have added a term planner for next term with this newsletter, so you can make care arrangements as required.

Lobethal Community Kindergarten Session Times: 9.00am - 3.00pm

All children attend 2 days on odd weeks (Wed/Thurs), 3 days on even weeks

Tuesday	Wednesday	Thursday
	Kindy session	Kindy session
Kindy session	Kindy session	Kindy session 

We are excited about our up and coming welcome Family BBQ Thursday the 21st of February (**THIS Thursday night**). Straight after the BBQ, we will have our Annual General Meeting, where we present the annual report from 2018 and elect the new governing council for 2019. If you haven't considered joining our governing council, I highly recommend it! It is a great way to work closely with staff and other parents to help shape and steer the kindy's directions for the year. It is extremely rewarding and only requires you to attend two meetings a term. Fundraising events are also a big part of our GC and the more helpers we have, the lighter the load for everyone. Remember that the funds raised benefit the children attending kindy that year, which means the effort and energy put into such events will be used to benefit and enhance your child's education.

Hope to see you all for a chat on Thursday night at the BBQ.

Thanks again for your ongoing support of our program,

Lee ☺



Curriculum news



We have had the best start to 2019 and we are super excited about the learning experiences that are ahead of us. Our first few weeks have definitely been about getting to know each other, learning names, building relationships, finding out who we can go to if we need help and exploring the kindy environment. We have already researched spiders, observed our resident frog and love to spend time learning about the kindy pets, Spike, Evelyn and our Chooks, Thelma and Rosie.

We want to say a huge THANKYOU to ALL of our wonderful parents for their contributions to the great start to the year. Thank you for helping your children settle and begin to transition into their kindy year, for the wonderful lunches and snacks you are sending the children, participating in our world belonging project and to those who have spent some time at kindy.



We took part in many learning experiences based around Chinese New year and want to thank Shan Shan for helping us learn and cooking with us during our celebrations. We are hoping to explore Carnevale in the coming weeks and if you would like to help in any way you are always welcome and appreciated! If you have festivals and celebrations that you would like to help us incorporate into the program please see a staff member.



We have also been learning about mat manners (the 5 L's) and how to take part in group learning experiences. We have introduced the mystery box, talked about clues and provided lots of opportunities for children to have a say. We have a big book of learning at kindergarten. This is where we record information shared at group times, the children's ideas, thinking and guesses to the mystery box. This is kept on the window sill near the group area if you would like to take a look at any time.

We are really looking forward to continuing our learning journey across this year, watching friendships blossom and continuing to get to know your child!

Love Kerry



Lobethal Community Kindergarten Session Times: 9.00am – 3.00pm

Term 2 2019	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	29 th April Pre-kindy connect	30 th April	1 st May Bush Kindy	2 nd May Bush Kindy	3 rd May
Week 2	6 th May Pre-kindy connect	7 th May	8 th May	9 th May Bush Kindy	10 th May Playgroup
Week 3	13 th May Pre-kindy connect	14 th May	15 th May	16 th May Bush Kindy	17 th May Playgroup
Week 4	20 th May Pre-kindy connect	21 st May	22 nd May	23 rd May Bush Kindy	24 th May Playgroup
Week 5	27 th May Pre-kindy connect	28 th May	29 th May	30 th May Bush Kindy	31 st May Playgroup
Week 6	3 rd June Pre-kindy connect	4 th June Partnership CLOSURE DAY	5 th June	6 th June Bush Kindy	7 th June Playgroup
Week 7	10 th June Queen's Birthday	11 th June	12 th June	13 th June Bush Kindy	14 th June Playgroup
Week 8	17 th June Pre-kindy connect	18 th June	19 th June	20 th June Bush Kindy	21 st June Playgroup
Week 9	24 th June Pre-kindy connect	25 th June	26 th June	27 th June Bush Kindy	28 th June Playgroup
Week 10	1 st July Pre-kindy connect	2 nd July	3 rd July	4 th July Bush Kindy - TBC 2.30 Pm dismissal	5 th July

Hi to all families, volunteers & educators of Lobethal Community Kindergarten, 2019

My name is Ailsa Zadow. I have been teaching in kindergartens & schools throughout the Hills for nearly 20 years. I had three children in this time & balanced working & parenting. As a parent & a teacher, I know very well the celebrations & challenges of raising happy, confident, balanced, healthy children.

My intention is to share information through this newsletter to offer ideas for your whole family to support health & wellbeing. I am passionate that shared knowledge can have a powerful impact on us & those around us. To learn more, I returned to study a Bachelor of Health Science in Naturopathy for 4 years, to further my knowledge in supporting children to thrive. I now integrate private practice as a Naturopath while continuing to teach when I can.

I invite you to suggest any topics of interest you would like to learn more about in future newsletters. Happy healthy days Ailsa Zadow_Hills Naturopath

My children also returned to school this week. They are teenagers now, but I will still miss them!

Kindy days full of learning, demand a LOT of energy from growing bodies. Providing nutritious lunches & snacks will fuel their brains & bodies to learn & develop new social, emotional & physical skills.

These snack balls are tailor made to be high in essential fatty acids for the brain, zinc for growth, iron for immunity & energy, & magnesium for strong bones & teeth ... a few of the building blocks for healthy energetic growing bodies. This recipe is flexible, if you don't have an ingredient, leave it out. The most important ingredient full of minerals is Blackstrap Molasses. This is available at health stores, or I'm happy to bring some to kindy.

I use a thermomix on speed 5. Alternatively use a food processor to blitz

1/4 cup each of ● dates (seeds removed), ● quinoa flakes or rolled oats, ● hemp seeds or sesame seeds, ● cacao powder, ● raw pepitas, ● goji berries & ● tahini (sesame seed paste).

● 1 steamed apple for sweetness & moisture.

1 Tbsp each of ● blackstrap molasses, ● spirulina or other green powder.

1 tsp ● cinnamon, ● vanilla. Pinch of salt.

Roll into balls. Coat in goji berries and coconut.

Keep in the fridge.



MEAL PREP FOR COLOURFUL NUTRITION PACKED LUNCHBOXES

Meal prepping is a fantastic way to save time packing lunchboxes, & allows time to pack colourful, exciting lunches together as a family. A time should be selected that can involve your child in the choice of foods. If they choose it, & help make it, they are more likely to eat it.

CHOOSE A RANGE OF COLOURFUL FOOD OPTIONS

Firstly sit down together as a family (perhaps utilise dinner time) & choose some colourful foods. Choose 6 foods. Include 3 vegetables/fruit: a red/orange/yellow, a green, & blue/purple food, a healthy fat, a protein & a carbohydrate. Keep it simple & easy, by giving two options. For example red/orange/yellow food: cherry tomato or pineapple? Green food: cucumber or snow peas? Purple food: Kalamata olives or beetroot? Fat: Avocado or feta cheese? Protein: chicken rissole or 4-Bean mix? Carbohydrate: Rice or cold roast potato?



MAKE TIME

You'll need around 2 hours to prep for the whole week if cooking rissoles. Sunday often works best for most people. When preparing containers, keep in mind relevant serving size & movement of food in the lunchbox. A rounded tablespoon of each will be satisfying for a small belly. If it's not all finger food, remember suitable cutlery, & pack with an ice-brick & wrap in a hand towel if meat is added.

Enjoy © Ailsa Zadow_Hills Naturopath

Chicken/Turkey rissole Recipe

Mix 500g Turkey or Chicken mince with 2 Tbsp salt-reduced soy sauce/Tamari (gluten free option).

Add 1 Tbsp each of Oat bran & Psyllium Husks, 4 cloves chopped garlic, 1/3 cup chopped fresh coriander, mint or parsley & 1 egg. Season with Himalayan Rock Salt & pepper

Roll 20 patties. Brush with olive oil.

Bake in oven at 180°C for 20 minutes or until golden & cooked through.

Shopping List

500g Turkey or Chicken Mince

Salt reduced Soy Sauce/Tamari

1 Egg

4 Garlic cloves

Fresh coriander, parsley or mint

1 Tbsp Oat bran & Psyllium husks



CHINESE NEW YEAR



You are *all* invited




Our Family Belonging Tree is really taking shape. If you have not already sent in your family photo please do asap. We would love all families to be represented on the tree.

We are more than happy to print the photo for you just email it to lobethalkindy2@hotmail.com

Thanks

Rated
EXCELLENT
by ACECQA



You're invited to join Lobethal Community Kindergarten staff, families, officials and community representatives to celebrate our kindy achieving the Excellent rating.

Please accept this invitation to join Lobethal Community Kindergarten staff, families, community and other invited guests to celebrate the amazing achievement of the kindergarten receiving the excellent rating from ACECQA.


This rating is testament to the hard work and dedication of the kindy's staff team, and the high level of community involvement in their program. The kindergarten has been recognised for the implementation of a best practice program, for its imbedded focus on reflective practice and continual growth and improvement, and for its commitment to not only sharing its journey with other educators, but also mentoring and supporting others on their own unique pedagogical journeys.

This rating also celebrates the important contribution that so many people have had in our amazing journey, we are proud that you have been a part of our kindy community in some way and hope that you can join us.

Regards
Lee Munn, Kerry Harten, Janice Jenkin & Nicole Wood
Lobethal Community Kindergarten staff team 2019

garden PARTY

Please join us for an afternoon tea garden party to celebrate being awarded the ACECQA Excellent rating
WHERE: Lobethal Community Kindergarten
1 Reserve Ave, Lobethal, SA
WHEN: Friday 5th April 2019
2pm - 4pm
We will be joined by SA Minister for Education John Gardner MP for official presentations at 3pm
RVP: 22.03.19 nicole.lobethalkindy@gmail.com




We also have our children's belonging tree. The children place their leaf on the tree at morning group time it is a perfect way to be able to greet each other and acknowledge who is at kindy each day.

Our Parent Corner and Community notice board is a great place to find out about local services in the area. As well as things to do and events that are on.

Also have a look at the Parenting SA brochures for information leaflets on many topics that may be of interest.



Do you have a suggestion for us?

We have a suggestion box at the front door for any suggestions you have regarding they Centre. Please feel free to add to anytime.

FACEBOOK GROUP

Our 2019 Facebook group is up and running and already being proved very useful. This is a private/secret group and members require approval from staff to join. We are happy for Grandparents to be part of this group so that they can also enjoy your children's kindy journey. You can add them, but they will need approval, let staff know if possible so that we know, who belongs to who. (Names are often tricky to match)

Thanks



CORDS ON HATS & HOODIES

Please note that is a DECD requirement that all cords are removed from hats and clothing. Therefore if you have any of these please remove the cords before sending them to kindy. Thanks

LIBRARY BOOK BORROWING

Thanks for your patience whilst we updated our system for borrowing.

We are now up and running. Every child has made their own library bag and can borrow books using the bookmark system.

Instructions are on the shelf next to the computer. Please just ask staff if you need any help.

Returned books must be placed in the returns basket to allow them to be returned through the system.

If books are borrowed in the morning, ensure you take them with you as they tend to get lost or damaged in the lockers.



WELCOME BBQ & AGM

We would love to see as many families as possible on Thursday for our Welcome BBQ & AGM. It is a great night and a wonderful way to meet other families that are part of kindy 2019.

When: Thursday 21/2/19

Time: 5.30pm BBQ

7.00pm AGM

What to bring?

Boys - Savoury Finger food (please no salads or food requiring plates/bowls)

Girls - Dessert

We will be having a sausage sizzle with a cost of \$2 per sausage. Please pre order these on the return slips you have been provided with.

We would also love to see as many of you stay for the AGM and perhaps consider being a part of the Governing Council for 2019.

The weather looks like it is going to be great, so bring your picnic rugs along and don't forget drinks for your family.

Thank you

We are so grateful to anyone who can help us in anyway at kindy and we have been so far blown away by our lovely families.

Thank you to anyone who has taken home washing for us so far this term. We will leave a bag near the front door from time to time and are so happy when it disappears and then magically reappears washed and folded.

Thank you to Linda (Angus' mum) who spent an entire afternoon working in our garden. It was in need of some weeding and trimming and Linda did an amazing job.

A big thank you to Shan Shan (Sylvia's Mum) for teaching us all about Chinese New Year and some of the lovely traditions that are involved. We especially loved learning how to make dumplings. They were extremely tasting. Thanks so much. Linda (Angus's Mum) also brought in some very special lanterns that came from China to share with the children.