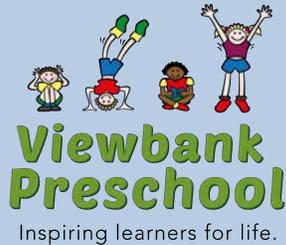


# Newsletter October 2015



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## Preschool Committee - Welcome Back to Term 4!

So we've made it to term 4 and we are on the homestretch for 2015. There are some big events in Term 4 with the **Halloween Dress-Up party on October 30<sup>th</sup>**, **Kids Xmas Party on November 27<sup>th</sup>**, and the **AGM on October 27<sup>th</sup>**, where the 2016 committee will be appointed.

We have a number of Committee members who have agreed to continue on with their roles in 2016, which is fantastic news for the Kinder. However there will still be a number of vacancies that we will need to fill to enable the kinder to continue to operate. I would urge all families continuing on at the Kinder in 2016, and even any that aren't, to volunteer for a position on the Committee. There are a variety of roles, and it provides a very unique opportunity to be so closely involved with your child's education facility.

There will also be some changes on the teaching front, with Sophia from Blue Group expecting a baby in early 2016 and thus will be on maternity leave for the entire year. The Committee have sought a replacement for Blue group 2016 and expect to be able to announce the appointment very soon of our new teacher to start in Term 1 2016. Sophia has been an outstanding addition to our teaching team in 2015 and we look forward to her returning in 2017.

It has been a financially challenging year for the Kinder in 2015, with enrolments down on previous years, whilst costs continue to increase. This will continue into 2016, particularly with the student to teacher ratio reducing, which has restricted our enrolment numbers for next year. This is impacting all kindergartens, not just ours, and all other kindergartens in the Banyule region have indicated that they will be increasing fees in 2016 to help make up the short fall.

The Committee has made the difficult decision to follow suit, and increase fees for 2016. Whilst this is not the preferred option, there is little choice at this time. Fortunately we have strong enrolment numbers for next year and at this stage we expect to have all programs filled to capacity for 2016.

Well done and thanks to all the Committee members for their dedication and hard work in 2015, and to all the families who have supported the kinder this year.

I hope everyone has a great final term, and the Committee looks forward to your involvement in the numerous activities planned over the next couple of months.

James Elliott  
President

### RED GROUP

- **Thursday, November 5<sup>th</sup>**  
*Farm Visit at Viewbank Preschool*
- **Wednesday, December 16<sup>th</sup>**,  
*End of Year Concert & Last Kinder Session for 2015.*

### BLUE GROUP

- **Friday, November 6<sup>th</sup>**  
*Farm Visit at Viewbank Preschool*
- **Wednesday, December 16<sup>th</sup>**,  
*End of Year Concert & Last Kinder Session for 2015.*

### GREEN GROUP

- **Thursday, November 5<sup>th</sup>**  
*Farm Visit at Viewbank Preschool*
- **Tuesday, December 15<sup>th</sup>**  
*Last Kinder Session for 2015.*

### ALL GROUPS (Red, Blue & Green)

- **Wednesday, October 28<sup>th</sup>**  
7:00PM – 9:00PM  
*Annual General Meeting*
- **Friday, October 30<sup>th</sup>**  
4:30PM – 6:30PM  
*Halloween Party – A Fun Night for Viewbank Preschool Family & Friends.*
- **Friday, November 27<sup>th</sup>**  
*'End of Year Kinder Party' 5:30PM – 7:30PM*
- **Thursday, December 17<sup>th</sup>**  
*'Clean Up Day' 8:30AM – 5:00PM*  
*No Kinder Sessions.*

## Red Group

Welcome back to a term 4. We have an exciting, busy term ahead. Transition reports are being finalised and will be distributed to schools at the start of November.

**Sun-Hats** are a compulsory item during term 4. Your children must come to kinder with a hat and sunscreen already applied ready for out-door play. We would prefer alternative sunscreens to be left at kinder in the sun-screen basket. We will re-apply sun-screen with the children for our Monday afternoon session.

We will continue with the routine of the **children's sign in book** this term. These sign in's will be collated and placed into your child's portfolio at the end of the year. It will be great to look back on their progress.

**Saying Good-byes at the door** – This routine will really get your children prepared for school where they will learn to manage arrival routines all on their own. The most important learning they can do for school!! Of course Merryn and I are always around to help those who are struggling.

Some of the **intentional teaching topics** we anticipate to cover over Term 4 are:

- Spring/Summer
- Farm animals
- Insects – silk worms
- Numeracy focus – maths bag, School – school visit
- Literacy focus – library borrowing
- Christmas – gift making and concert preparation

We will be having our weekly **sports class** with Aaron on Mondays so please remember to dress the children in appropriate clothing and footwear.

We will be continuing with our **library borrowing sessions** up to week 9, which is the last week in November.

We will be continuing our **Aaron bear visits** until everyone has a turn. We will all have a go at bringing the **maths bag** home to share with our families. We have 2 so they will move through the group a lot quicker than Aaron bear.

**School walking excursion** – We will be participating in a walking excursion to Viewbank primary school on Monday 26<sup>th</sup> October. We will leave the kinder at 10am and return at 12.30. This will be a busy day as we will then participate in our sports program in the afternoon back at kinder. We will need 4 parent helpers for the walking excursion. Please let us know if you can help out.

**Farm Visit at kinder** – We are looking forward to our farm visit on Thursday the 5<sup>th</sup> of November. The animals will be in the yard for the whole day as they will stay for our green group in the afternoon. If you would like to bring younger siblings in to visit the animals you are very welcome.

We will be having an **end of year concert and party** on Wednesday 16<sup>th</sup> Of December. This will be our last session for the year. Our concert will run from 2.30 until 3.00 during our session. We will then enjoy our party time from 3.00 – 4.30. This will give parents a chance to do school pick – ups and then return to enjoy the party with us.

Merryn, Melissa and I are looking forward to sharing all these experiences with red group children and their families. Thank-you.





## Green Group

Denise is currently on Long Service Leave. Sophia will look after the Green Group until Denise's return. The following Denise's reflection piece, which reviews key learning activities & events in Term 3 for the Green Group.

### Father's Day

We hope the Dads liked their very special presents for Father's Day- the children were very excited to be wrapping them ready to take home. Because of the interest shown in using stickers for the Father's day cards we continued to provide opportunities for the children to use these in conjunction with their drawing with lovely, creative results.

### The World- Countries, Flags

The children were very interested to see the map of the world and where Australia is located- they mightn't have known where it actually was, but they all knew that's where they came from!

We have talked about the different countries I will be visiting and the different flags, languages and clothes people from different countries have.

The children were really interested to have a close look at the nesting dolls [Russia], frog percussion instrument [Vietnam], camel [India] and thumb piano [Africa] that I brought in to show them

### Spring/Silk [worm] Caterpillars

We have been enjoying the sunny weather, learning a spring song and taking note of the changes that are occurring in our kindergarten garden- blossoms and flowers.

The children continue to show great interest in the growth of our veggie garden. We have made two tepees using bamboos sticks to inspire our vegies to grow and are waiting to see the results of our 'magic beans' and 'pumpkin experiment' [after the failure of the first one -too soggy/mouldy] We are hoping for great results!

I have worded up the children in all groups to remind staff about feeding this year's batch of Silk [worm] Caterpillars- hopefully they will hatch, grow and develop to offer the children an amazing first-hand learning experience [and you know how much I like those]

### Australiana Day

The children have decorated their badges- which were a bit big so we made them into lanyards- but the animals will be easier to identify.

Our rainbow serpent was decorated with signs and symbols.

We had lots of fun with our corroboree, complete with clapping sticks, and vegemite sandwiches as part of our snack time.

Thank you to Sophia for looking after Green Group while I am on Long Service Leave.

Thank you.  
Denise.

## Blue Group

Welcome back to everyone to Term 4. We hope that everyone had a great break and enjoyed the early warm sunny weather. We hope the beautiful weather continues for us this term. Thank you to all the families and children who have remembered to pack their hats and put on sun screen before arriving to kinder. We welcome Sehaj to blue group this term. All the children have made her feel welcomed and we feel very lucky to have her part of our group.

This term, we will have Paul coming every Friday at 9.30 to run a sports program for all the children from 'Sports 4 Kinders'. The sports program is an exciting, energetic and enjoyable program for the children. Paul will visit Viewbank and deliver a sports program which has been carefully planned and which links back to the Early Years Learning Framework (EYLF).

**Please remember to dress your child in comfortable clothing and runners as they will be active throughout the session.**

Library borrowing will continue this term until 20<sup>th</sup> November. Please have all books returned by/on this session. Isabella bear will be continuing her visits during the term, we hope that she continues to have enjoyable visits and we can't wait to hear and see what adventures she gets up to during her visits.

This term we have introduced families saying good-bye to children at the entrance when arriving as preparation for school. It has been very successful so far with only a few reminders to children to about the arrival routine.

Additionally, this term we will be introducing our maths bags. Every child will have the opportunity to explore the maths bag over the term. The Maths Bag is a way of developing an interest in numbers, and numeracy skills for your child. We hope that a parent/or family member could take the time to explore the bag together.

In other blue group news, Sophia would like to share some exciting news with you all. She is pregnant and expecting her second child. Sophia will be with us for 2015 supporting children and families for their very exciting transition from kindergarten to school and commence maternity leave in 2016.

### Upcoming Events

#### Term 4

- **30<sup>th</sup> October- Viewbank Primary school walk excursion**
- **6<sup>th</sup> November- Farm visit**
- **16<sup>th</sup> December- End of year party for children and Family End of year Concert**

**Last Day of the year will be the 16<sup>th</sup> of December.**

#### Learning we anticipate will occur during Term 4:

- Farms and animals
- Spring
- Insects- Silkworms
- Numeracy
- Literacy- alphabet
- Transition to school experiences
- Post office and letter writing
- When I grow up
- Christmas

For more detailed information about our learning journey this term and over the year remember to check out our reflections on our website. You can find the details of our password to login in our photographic daily reflection in the foyer area. We are super excited about comments that families have been leaving for us on our weekly reflections and news. We hope that we can continue to bring information of interest and keep receiving comments.

Thank you Sophia, Anna and Melissa

## ANNUAL GENERAL MEETING & INFORMATION NIGHT

**WEDNESDAY 28TH OCTOBER 2015 – 7.00PM-9:00PM – VIEWBANK PRESCHOOL CLASSROOM**

The Viewbank Preschool Committee of Management invites you to our Annual General Meeting and Information night. It is a great opportunity to meet with other parents and our educators to hear about some of our achievements during the year and what the coming year brings.

Key information about the 2016 3 year old and 4 year old preschool program will be distributed to you on the night together with details of your child's group and information about the management of our preschool. **We strongly recommend that at least one parent attends.**

The AGM is to ratify the financial position of the Preschool and to also elect the Committee of Management. Viewbank Preschool relies on the participation of parents and families and cannot operate without community input.

Being part of committee enables you to be more involved in your child's kinder year and gives you direct input into decisions being made. It is a rewarding experience to be a part of a team committed to early childhood education. Please consider supporting our kindergarten by volunteering your skills and time, as without a voluntary committee of management our kindergarten will be unable to operate.

Viewbank Preschool relies on the participation of families so we appreciate and thank you for your involvement and contribution to the continued success of our preschool.

This year, we also have a guest speaker, **Emma Hodson, Naturopath & Nutritionist** from Remed Lower Plenty, who will be delivering a short presentation on Kids Health and nutrition.

Finally, one lucky AGM attendee will receive a door prize! We look forward to seeing you on the night!

## END OF YEAR CONCERTS



The **GREEN GROUP** will have their End of Year celebrations on **15<sup>th</sup> December, during session.** This will be the last session.

The **BLUE GROUP and RED GROUP** will have their concerts on **16<sup>th</sup> December 2015, during session.** This will be the last preschool session for the year.

More information will be provided closer to the date.

## 'CLEAN UP DAY' AT KINDER

The Kindergarten is closed on **Thursday 17<sup>th</sup> December 2015** and there will be no sessions running. Instead we will be having for a '**Clean Up Day**'. Come along and lend a hand, roll up your sleeves and help tidy up the kinder before the start of a new year. If you are not able to help on this day please ask staff as we have many jobs that can done during session or could be taken home. Your help will be very much appreciated!



We will reopen early in 2016!

## FUNDRAISING

Many thanks to our wonderful families for donating their quality used toys, clothes, books and household items for us to sell at our community Stall at Kingsbury Market on Sunday 20<sup>th</sup> Sept. It was a great day organised and run by Kate and her hubby Chris and raised \$504! Special thanks also goes to our Volunteer parents for helping sell goods for a few hours.

We plan on holding another stall early next year so please save any unloved toys etc. your kids discover after Christmas!

### UPCOMING FUNDRAISING INITIATIVES & EVENTS

[Friday October 30<sup>th</sup>, 4:30PM – 6:30PM: HALLOWEEN / DRESS-UP PARTY](#)



We have a great night planned for the kids, **dress up in Halloween clothes** or just dress up as your favourite character, there will be **games, sausage sizzle and lots of fun!** Full details have been posted into your child's pocket and tickets, sausage & drink orders need to be returned to the white fundraising box by 23<sup>rd</sup>. We will also have a few optional activities at the party so please bring some gold coins!

### [PICTURE PLATES](#)

We've had a great response to our **Picture Plates** & they have now been ordered with delivery expected just before the Christmas break. Over the coming weeks we will be handing out art paper for parents who would like their child to draw a masterpiece to **create a calendar, Greeting Cards, Diaries, Mouse pads and Sketch pads**, they are a perfect gifts for Dads and Grandparents for Christmas.

### [TOY & BOOK CATALOGUES](#)

Toy & book catalogues are now available at the kinder and are full of educational, fun and outdoor toys at great prices. **The kinder receives 20c credit out of every dollar spent**, which can then be used to buy educational games, toys, books and outdoors play. Shop from the comfort of your home and get your Christmas shopping done before the silly season begins!

### [Saturday 21<sup>st</sup> November: MATTELL TOY CLUB SALE](#)

The Mattell Toy Club Sale is a wonderful toy sale with up to 70% off RRP on all toys; we only have 30 tickets available for **\$10 each**, so get in quick and reserve your ticket!

Once again, thanks to all our Wonderful Kinder families for supporting the Fundraising Team in raising funds to put back into our kinder and enrich our kid's lives.

## KIDS NUTRITION AND EXERCISE - WHAT DO THEY NEED?

Returning to school often means the return to a more active week, whether by informal play or with organised sport for many children.

Fuelling your child well means providing excellent nutrition to ensure not only their normal growth and development but also providing adequate energy so they may perform at their best physically.

Adequate hydration (think water) is a great start in the form of water especially with the hot summer months ahead. Children have a greater ratio of surface area to body mass and absorb environmental heat more readily than adults. It is estimated that a sedentary child needs 1.6 litres per day and an athletic child requires an additional ½ to 1 litre of water.

Energy and macronutrients are the next consideration to ensure proper growth, development and maturation of the athletic child. The recommended calorie intake (energy) per day is difficult to establish due to individual variations however for example a sedentary 9-year-old girl needs 1415 kcal/d whereas a very active 13 year old boy requires around 3038 kcal/d.

**If this seems a bit daunting, an experienced naturopath Emma Hodson will be speaking at the AGM on Wednesday 28<sup>th</sup> October on kids nutrition and hydration, and providing some easy recipes for healthy summer lunches (an example is below).**

### Carrot, Zucchini and Parsnip Frittata Fingers



Inspired by our article, this healthy frittata makes an easy and delicious addition to school lunchboxes.

- Melted butter, to grease
- 2 tsp light olive oil
- 80g (1/2 cup, firmly packed) grated green zucchini
- 60g (1/2 cup, firmly packed) Grated carrot
- 50g (1/2 cup, firmly packed) grated parsnip
- 2 spring onions, ends trimmed, finely chopped
- 3 eggs, lightly whisked
- 40g (1/3 cup) coarsely grated tasty cheese
- 2 tbs finely chopped fresh parsley
- 1 tbs plain flour, sifted

Preheat oven to 180°C. Brush a shallow, square 18.5cm (base measurement) cake pan with melted butter to lightly grease. Line the base and 2 opposite sides with non-stick baking paper, allowing it to overhang.

Heat the oil in a medium saucepan over medium heat. Add the zucchini, carrot, parsnip and shallots, and cook, stirring, for 4-5 minutes or until the vegetables soften. Remove from heat and set aside for 10 minutes to cool.

Combine vegetable mixture, egg, cheese, parsley and flour in a large bowl and stir until well combined.

Spoon vegetable mixture into prepared pan and smooth the surface.

Bake in oven for 12 minutes or until set. Remove from oven and set aside for 10 minutes to cool. Lift frittata from pan and place on a plate to cool completely. Cut into 12 fingers to serve.