Welcome to mid-term  A big thank you to all volunteers who assisted staff at our Masters Fundraising BBQ. We raised $750 which will go towards our Nature Play Upgrade to our Outdoor Environment. We are currently finalizing plans and hope to commence these major works in Term 2 school holidays. More details will be available at our next Governing Council Meeting which is open to all. Group B welcomes Ben and his family who are transferring from Group A. Welcome back to Tisha in Group A who has had an extended family trip to Russia. Our current enrolments are Group A 27 Group B 30. Alena will now work additional hours on Monday afternoons in a Preschool Support Worker role.

Parent/Teacher Interviews  Our Parent/Teacher Interviews are continuing this term. These interviews offer opportunities for Parents and Educators to discuss children’s learning outcomes and formulate children’s Individual Learning Plans. These Plans are then incorporated into our Fortnightly Planning Cycles.

Healthy Food Policy  To support our Healthy Eating Policy we will be placing notes in lunchboxes that contain food which doesn’t comply with our policy – high sugar content/high fat content etc. Please refer to our Healthy Food Policy which is attached to this newsletter. Governing Council will be reviewing this policy at the next meeting and in the meantime we encourage Parent Feedback. Slips will be placed next to the sign in sheet. If you would like to make a comment(s) please fill in and leave in our Parent Survey Box. Also please provide one item for snack.

Sun Protection Policy

Please continue to send a hat to Kindy each day so that your child can be sun safe if UV levels are above 3 during the day. Please refer to our Policy in the Folder for more information.
**Western Adelaide Shores Partnership Update**

Rosa and Bronwyn are a part of the Parent and Community Portfolio which is supporting Parent engagement across the Partnership. Please see attached flyer below

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**Developing Partnerships in Community Parent Workshops**

The Western Adelaide Shores Partnerships in Community Portfolio have organised a series of **Parent Workshops** which will be run through terms 2 and 3 2016. Each workshop will focus on a different topic. These topics were selected through a Western Adelaide Shores parent survey. The workshops will be presented by Donna Broadhurst. Donna works in private practice as a counseling therapist and with DECD as a Family Support Coordinator in an early childhood and school setting. She has worked as a mental health clinician with CAMHS and as a member of the teaching team in UniSA’s early childhood degree program. She is also an experienced workshop presenter. You may choose to attend one or more session. Grandparents/family friends/caregivers are also welcome. Please note we are unable to offer crèche facilities for children. Refreshments will be provided by the host preschool.

**Session 2: Listen so kids will talk, talk so kids will listen - Wednesday 22 June 700 – 900 PM**

**West Lakes Shore Kindergarten**

**Edwin Street West Lakes Shore**

A précis of the second workshop: Children learn to relate well when they have supportive relationships. When they feel unsupported, we see meltdowns, rage, uncooperative behaviour and meanness. When children are not listening, bullying others, crying at the drop of a hat - these are all signs that they need some emotional support different to what they are already receiving. In this workshop, we will explore some moments in children’s lives to shine a light on what it means to listen to children so that we know what is happening in their world. We will explore how to talk so they can learn the skills of emotional regulation and cooperative relationships.

As there are a limited number of places available per workshop please register your interest for the sessions by clicking on the link below .....  


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National Quality Standards Quality Area 6: Collaborative partnerships with families and communities
Healthy Food Policy

The Preschool aims to promote nutritional eating habits in a safe, supportive environment for all children attending preschool. We believe that early childhood is an important time for establishing lifelong, healthy eating habits.

Short term benefits: Maximises growth, development and activity whilst minimising illness and tooth decay and healthy body weight.

Long term benefits: Minimise the risk of diet related diseases later in life eg. Heart disease, strokes, diabetes, obesity

Curriculum

Our Preschool’s food and nutrition curriculum

- Includes the planting, harvesting and eating of produce from our kindy vegetable garden
- Includes activities that provide children with knowledge, attitudes and skills to make positive healthy food choices and learn about the variety of foods available for good health
- Promotes the ‘WOW’ Wipe Out Waste program by encouraging families to reduce wrappers in their children’s lunch boxes to help reduce landfill
- Includes opportunities for children to develop practical food skills like preparing healthy foods
- Integrates nutrition across the curriculum where possible
- Is compliant with the Early Years Learning framework and National Quality Standards

The Learning Environment

Children at our Preschool

- Are encouraged to drink water regularly throughout the day from their own named water bottles which are accessible in a trolley
- Eat in a positive, appropriate, social environment with staff who model healthy eating behaviours

Our Preschool

- Teaches the importance of healthy meals and snacks as part of the curriculum
- Is a breastfeeding friendly site

Food Supply

- Our Preschool provides fruit/vegetable snacks each day at the end of session donated by West Beach Foodland maintaining strong links with our local community. Children visit the local Foodland with Staff to assist in selecting and purchasing fresh produce as part of our Program.

Our Preschool has the following guidelines for families for food brought from home:

Snack time

Parents and carers are asked to supply fruit and/or vegetable snacks at morning snack time to:

- Provide children with important minerals and vitamins
- Encourage a taste for a variety of healthy foods
- Encourage chewing which promotes oral muscle development
Fresh fruits, vegetables or a slice of cheese, crackers, healthy sandwiches are recommended.

Foods unsuitable for snack time include:

Processed foods high in sugar/salt, cakes, sweets. Cordials and sweetened fruit juices are not recommended.

Lunch time

All children adhere to the healthy eating guidelines. Parents are encouraged to follow the guidelines and ask staff if they have any issues.

A healthy lunch box may include a healthy sandwich/wrap, fruit, rice/pasta dishes, yogurt, vegie sticks etc. Please do not include ‘treats’ such as chocolate, roll ups, sweet biscuits etc. Please see staff for clarifications.

Our kindergarten will ensure a healthy food supply for preschool activities, celebrations and events strictly limiting availability of high fat, high salt, high sugar foods such as chips, lollies, cakes and soft drinks to no more than once a term in accordance with the Healthy Eating Guidelines.

Food storage

In warmer weather parents are asked to include an ice pack/block in their child’s lunch container and/or provide an insulated container. The lunch trolley is kept inside in an air-conditioned inside area.

Special occasions

For birthday celebrations/special occasions we ask families not to bring birthday cakes/treats to Kindy as we acknowledge each child’s birthday/special celebrations with songs at Group Time and a numbered birthday crown/or similar made by the child.

Our Preschool

Liaises with families to ensure suitable food choices for children with health support plans that are related to food allergies/intolerances/preferences. Please refer to Anaphylactic Aware Policy for more details regarding Anaphylactic responses to foods.

Provides information from health professionals to families and caregivers on the Healthy Eating Guidelines through a variety of media such as:

- Newsletters
- Information on enrolment
- Poster/pamphlet displays

Reviewed Governing Council April 2015  to be reviewed June 2016  

Regards  
West Beach Kindergarten Staff and Volunteer Team

Rosa, Bronwyn, Rhondda, Amanda, Ines, Sofie, Sue, Alena, Sara and Yvonne

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