



Cairns TAFE Community Child Care Centre

JUNE 2016

OFFICE NEWS

END OF FINANCIAL YEAR

Parents with the end of year creeping up fast, we would like to give you advance notice on what to expect.

All child care fees must be paid up to the 30th June by no later than 12pm, Wednesday 29th June 2016, this helps Centrelink with end of year reconciliations.

Maintenance levy notices will go out on the 13th June 2016 for the 2nd quarter. Payment is due by the 4th July 2016.

School holidays start 24th June, children who will be staying at home with siblings during this time are asked to submit a holiday form as soon as possible, this allows us to offer carry to block students etc.

SIGN IN AND OUT

We would like to remind all of our families about the importance of signing in and out each day. This is government legislation set down by Centrelink and is enforceable; Failure to sign in and out can result in CCB & CCR being removed for unsigned days, this can happen during a Centrelink audit and will result in a Centrelink debt or garnishing of your tax return.

Centre staff follow up unsigned days as a courtesy, however in the instance of a spot check we would have quite a few families that would be in fault.



REMINDERS FOR JUNE

- Input for Quality Improvement Plan
- Check out our fundraiser
- Levy jobs available
- Menus available for review
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DRESS UP DAY

WEDNESDAY 15TH JUNE

GOLD COIN DONATION

Our fundraiser this month is to come dressed as your favourite cartoon character or hero for a gold coin donation. All money raised from dress up day will be used to purchase more costumes for the centre

ABENSES

We ask all parents to ensure they call the centre if their child is going to be absent for the day, we often have families calling for an extra day and if we fill your space with another child you don't pay.

ENTERTAINMENT BOOK FUNDRAISER

We are selling the Entertainment Books again this year. There is a sample in the foyer if you would like to have a look and an information sheet has been placed in your child's pocket. The centre receives 20% of the sales

DIRECTOR'S NEWS

MENU REVIEWS

We are currently reviewing our winter menus; winter menus will start on Monday 13th June.

We value family input into to our menus and can email or provide hard copies for you to review, please see office staff if you would like to help with our review.

Until next
month
Barb

LEVY

Parents, please be aware that maintenance levy notices will soon be placed in your child's pocket, please check our 'Help Wanted' board for odd jobs to

Winter is coming...

Just a reminder that the winter months are getting nearer and the cold can often result in illness. We would like to ask that you be mindful of staff and other families at the centre by ensuring sick children stay at home. This prevents the spread of infection and assists the speedier recovery of your child(ren). As well as this, all sick kids really want to do is be at home snuggled up with their Mummies and Daddies.

Our Exclusion Policy states:-

Educators will ask parents/guardians to take their children home if:

- They have a contagious illness
- The child is so unwell that they are unable to cope with the daily routine
- The child is unwell enough that they have been administered medication before attending the service
- If the child's temperature reaches 38.5 degrees

LEAVING CHILDREN UNATTENDED IN CARS

In Qld we have very specific Legislation that deals with leaving children Under 12 unattended. Examples of situations where this legislation could be applied include:

- a. Where a child that is left at home whilst their parent goes out of the house for a period of time.
- b. Leaving a child at a venue, such as sports training or games without passing on duty of care to an appropriate adult.
- c. When a parent leaves a child in their car whilst they bring the another child into the Child Care Centre.

We ask families to please take note of this legislation and not leave children unattended in the car while picking up siblings, it puts centre staff in a precarious position as they have strict guidelines around reporting such incidents to the authorities.

KITCHEN CAPERS

FOOD NEWS FROM NAQ AND FOOD FOUNDATIONS

Australian Dietary Guidelines: Recommended daily intakes

The [Australian Dietary Guidelines](#) recommend the number of 'standard serves' we should consume from the five core food groups each day, for a nutritious and balanced diet.

The recommended intakes are an average to aim for each day. While it is normal to eat more of some foods on some days, and less on other days, what matters most is that you eat as close to these amounts as possible. This will ensure you're getting an adequate amount of energy and nutrients in your overall diet.

Separate [Infant Feeding Guidelines](#) exist (for healthcare workers) for children under 2 years of age. Visit www.eatforhealth.gov.au for further information on the Australian Dietary Guidelines and recommended intakes.

Recommended daily intakes

Recommended average number of standard serves per day

AGES	Vegetables and legumes	Fruit	Grains (cereal)	Lean meat, fish, poultry, eggs, nuts, seeds, legumes, beans	Milk, yoghurt, cheese & alternatives	Allowance for additional serves from any food group*
Girls and boys 1–2 years	2-3	0.5	4	1	1-1.5	0
Girls and boys 2-3 years	2.5	1	4	1	1.5	0-1
Girls 4-8 years	4.5	1.5	4	1.5	1.5	0-1

A standard serve is:

- Vegetables about 75g** e.g. ½ cup cooked green or orange vegetables (for example, broccoli, spinach, carrots or pumpkin), ½ cup cooked dried or canned beans, peas or lentils (preferably with no added salt), 1 cup green leafy or raw salad vegetables, ½ cup sweet corn, ½ medium potato or other starchy vegetables, 1 medium tomato
- Fruit about 150g** e.g. 1 medium apple, banana, orange or pear
- Grains about 500kJ** e.g. 1 slice (40g) bread or ½ medium (40g) roll or flat bread or ½ cup cooked pasta, rice, oats
- Lean meat, Legumes, eggs, nuts and seeds about 500–600kJ** e.g. 65g cooked lean red meats (about 90-100g raw), 80g cooked lean poultry (100g raw), 100g cooked fish fillet (about 115g raw) or one small can of fish, 2 large (120g) eggs, 1 cup (150g) cooked or canned legumes/beans such as lentils, chick peas or split peas (preferably with no added salt), 30g nuts, seeds
- Milk, Cheese and dairy alternatives 500–600kJ** e.g. 1 cup (250ml) fresh, long life, reconstituted powdered milk or buttermilk, ½ cup (120ml) evaporated milk, (40g) of hard cheese, ½ cup (120g) ricotta cheese, ¾ cup (200g) yoghurt, 1 cup (250ml) soy, rice or other cereal drink with at least 100mg of added calcium per 100ml, *Choose mostly reduced fat dairy product

NOTE: When using tin products choose low or no salt varieties, canned fruits and juices should also have no added sugar

Nursery Natter

Hi to all our wonderful families.

We would like to welcome Arthur and his family to the nursery room and sadly we will be saying goodbye to Eliza and Elyse who will be moving to the toddler room soon.

Birthdays for
this Month: -
Happy
Birthday to
Alexis who will
be turning one

The babies are loving books about animals, and singing and watching Animal Nursery Rhymes on the Computer.



We are very excited in the Nursery Room, as we now have a small worm farm.

A big thank you to Elyse and her family who brought in a container of worms for us to add to our worm farm.

The babies are showing a real interest in the worms.

We just need to make sure that the soil stays nice and moist and we give them fruit peels every few days.

We have a lot of birds come to visit the nursery yard, which the babies enjoy so much, so we are going to make some bird feeders for our visitors.

Reflecting on Educa:

"We love it" 😊

A big thank to all our wonderful families for all your positive feedback on your child's learning stories.

Please make sure you put extra clothes in your baby's bag, as some of our activities could be a little messy. Also make sure your baby's items are clearly marked with their name.

Please remember we have an open door policy, and are available for any questions you may have. If you haven't bought in your family photo could you please try and bring it in asap. Until Next Month,

Kathy, Nar Maya and Jelenka

Toddler Torque

Hello everyone and can you believe it we are half way through the year, as we always say where did the time go. But yes it now is jolly June and supposedly winter!

On June the 14th, we have Zenzi's 3rd birthday, Happy Birthday Zenzi!



WELCOME NEW TODDLERS.

From the Nursery Elise and Eliza are spending a little bit of time with us transitioning and getting to know us all and their new play areas. We are looking forward to having you girls and your families joining us permanently soon. Whilst the girls are in the toddler room Meisha and Asha are visiting the Pre-school in preparation to move into their soon.

BEARS.

Everyone is still bear crazy, we have been looking at brown bears, black bears, panda bears and polar bears the toddlers have created habitats for the bears to live and play in. If you have time one day ask your child to show you our bear's area.

ZOO TO YOU.

We were very lucky to have Zoo to You do our very own toddlers only session with us, the children got to experience seeing and touching and learning about some creatures from the sea. The toddlers all were very interested and enjoyed having their special visitors come to our room. It's not every day that you get to pat a crocodiles, shark or a turtle at day care.

PARENT DONATIONS.

Thank you to the parents that donated the dress ups, the children have enjoyed experimenting and playing whilst wearing them. Next time if you are having a cleanup at home and find you have items that are still too good to throw away but you no longer have a use for them think of donating them to us we may be able to use them.

Cheers from Cheryl and Miranda.



STAFF HOLIDAYS.

I will be taking a holiday from Wednesday the 8th of June until Tuesday the 21st of June. The wonderful Miranda will be covering me in my absence and Rohana will replace Miranda. The toddlers are all familiar with both Miranda and Rohana.



I am curious to know did anyone's Mother's Day seeds in the pots grow into a flower?

Preschool

Wow what a month we have had with so much fun and learning happening!

Firstly I would like to extend a warm welcome to our new friends Reuben, Varleen, Masa, Meisha, Asha and their families!

We have been learning lots of numeracy and literacy skills through our interest of Orca whales. We have made life size Orca whales, Orca whale board games, baby orca whales using recycled resources and the list goes on.

Zoo to You visited us again this month which is always a fantastic learning experience for the children. The preschoolers learnt about sea creatures and other animals that live in fresh water. We got to touch a few of the creatures and best of all, we were allowed to give the crocodile a tickle!! This kind of contact with animals will develop a greater understanding of compassion, responsibility, and empathy just like having a pet does. It is good for children to learn about different animals and their important role in our world. As part of this learning children will start to understand more about nature and our environment as well as other environments. Understanding animals' different habitats is important and teaches us about their different needs as well as habitats around the world.



Weddings and love have been in the air for the past month. We are enjoying role playing weddings, making rings, veils, bowties, exchanging vows, making arches and also bouquets. We have also learnt about weddings in different cultures and the meaning of getting married.



Happy birthday to Rafa who turns 4 in June!

Until next month, stay happy, healthy and safe.

Karly, Kathleen, Hedy and Angie