



Essex Heights Juniors
Early Learning Centre & Kindergarten



WHAT'S HAPPENING AROUND JUNIORS?

ANIMALS ON THE MOVE—MOBILE FARM

Tuesday 20th April 9.30am-12pm

QUEEN'S BIRTHDAY— PUBLIC HOLIDAY

Monday

LEGO MASTERS CHALLENGE

Thursday

CURRICULUM DAY—CENTRE CLOSED

Friday 28th May

ISSUE 2— APRIL 2021

Thank you to all the families for supporting the educators and the children to ensure a successful start to 2021.

The children have slowly displayed their sense of belonging by feeling safe and secure within their new learning environments.

Towards the end of Term 1, we saw Inna from Music Treasures return to EHJ with her fun and stimulating music and movement program. Coach Luke started his gross motor program with our kinder and preschool children, where they were able to learn a range of physical movement and coordination skills.

We were also able to start some Regular Outings with our older children to Federal Reserve and hope to have more throughout Term 2.

We are looking forward to a fun filled term with lots of learning!

PARENT TEACHER INTERVIEWS

Thank you to all the families who joined us for the first time on Zoom to discuss their children's progress so far this year. It is always a great opportunity to set future goals with your child's educators as well as taking part in the decision making process that relates to your child's education and wellbeing.



UNWELL CHILDREN

We ask that if your child is unwell that you make other arrangements for care or keep them at home. Please be aware that children will be sent home if they are showing signs and symptoms of infectious diseases e.g. green runny noses, persistent coughing, uncharacteristic behaviour, lethargic etc.

A medical certificate will be requested from a medical practitioner before your child can return in some cases, therefore please confirm with staff when picking up an ill child. If you are a working parent, please organise your emergency contacts and prepare them for a phone call if you are unable to leave work that day.

With many strains of flu going around this winter and possibly Covid cases, we will take all precautions to protect staff and other children from the spread of infection. We have placed many signs and posters around the centre for all families to view regarding hygiene practices as well as stepping up our infection control procedures especially in regard to disinfecting toys and equipment, hand washing and nose wiping.

IMMUNISATIONS

It is a regulatory requirement that every child that is enrolled at an early childhood service has a current immunisation statement. Therefore, if your child has had any updates, could you please contact Jane or Paula and provide a current copy.

Feel free to book a visit with Dr Chan if you would like your child to have a flu vaccination at the service.



VISITING DOCTOR SERVICE

Reminding families that our visiting Doctor- Dr Robert Chan, visits us every second Wednesday at approximately 2pm. If you would like your child to visit the doctor please complete the consent forms that are emailed to you. A copy of the consent form can be obtained from our website or ask a staff member on arrival or departure times for a hard copy to complete.

This is a wonderful FREE service we provide for our busy families that assists in children's health and wellbeing.

PROFESSIONAL LEARNING– CURRICULUM DAY

As mentioned earlier this year, we will be hosting our annual 'Curriculum Day' for all our staff to be able to share professional learning together. This year our Curriculum Day will be Friday 28th May, so please ensure you place this date in your diary as the service **will not be open and fees will not be charged.**



COVID SAFE PLAN

With restrictions easing and no locally acquired cases for a while, we will be taking some small steps with our arrival and departure routines but ensuring that we ensure we follow the governments social distancing guidelines.

From Monday 19th April, families who attend the **child care building**, the procedure will be the following:

- Sanitize hands using the hand sanitizer provided outside the front door, before entering the front building.
- Press the front doorbell to alert staff that you have arrived.
- If no one is waiting in the office foyer, enter the building and sign your child in using the iPad. This usually starts by entering your mobile number and then your 4 digit PIN number which usually coded door number.
- Look through the security door and if no families are waiting in the courtyard, enter the courtyard and if your child attends the Kangas room, an educator from the Kangas room will come to the door to greet your child and take them inside. If your child attends the Joeys or Possums room, please look through the door to see if anyone is in the Joeys and Possums foyer. If no one is there, take your child into the foyer, knock on the relevant door and an educator will come to greet you.

Things to remember

- Only one parent/ guardian from each family to deliver or collect children. Other family members will have to wait in the car park, as we limit the amount of people entering our buildings.
- Please do not stay in foyers or courtyard too long to talk to other families or staff as others will be waiting to enter.
- Therefore, only one person waiting in office foyer and maximum two people waiting in the courtyard.
- Paula, Jane or Arthur will be available during the arrival and departure times, to assist you all in this process, as we slowly transition to this new protocol.

Please understand, that this is the first time in one year that the families will be entering the buildings so we will all have to be patient until we can all adjust to this new process.

Thank you for your cooperation in advance.

REMINDERS

Please label your **children's clothing** as it is difficult to remember each child's personal belongings without them being named.

Ensure your child has a **good breakfast**, before attending Juniors as Morning Tea may often be something light, such as fruit and not enough to sustain them until lunch time.

Please ensure your child arrives at Juniors, if possible before 10am, so they can appreciate the planned **educational programs** offered to them, form relationships and maximizing their time at EHJ. Otherwise your child is arriving closer to lunchtime which would mean that they would be eating and then sleeping/ resting straight from arrival.



FAMILY EVENT

Unfortunately due to COVID restrictions in 2020, we were not able to offer any family events, however now, we are excited to announce, that we will be hosting our first family event for 2021 on Thursday 20th May.

We will be inviting our Kinder and Preschool families to attend our **Lego Masters Challenge**, which was a successful night in 2019!

More information will be provided soon .

FAMILY MEALS: WHY DO THEY MATTER?

Getting the whole family to sit down for dinner can be next to impossible – with young children, sport practice, working late and homework taking up the evening hours, many family members eat at whatever time best suits them – and that's OK from time to time. But research shows that families who eat together regularly (that's more than three times a week), have shown to have more positive outcomes when it comes to health, family relationships and social development.

The family dinner table, after all, is where children learn manners, converse and interact with grownups, share what's happening in their lives and experience new foods. The preparation of food and the table setting process are all part of the roles in a family and shape thoughts and feelings around food and family.

Schedule Time to Eat Together

- Eating together can happen at breakfast, lunch or dinner. Choose the meal that gives you the most time to talk and connect.
- If you don't usually eat together, start by scheduling one meal per week and increase the number as you are able.
- Circle your friends and family around healthy foods as often as you can. The more you eat together, the more you benefit.
- Try to schedule activities so that they don't interfere with mealtimes. If that's not possible, create a meal together around a picnic table in a park on the way to piano lessons or soccer.

Tip: Once you decide what meal you are going to eat together, mark it on your calendar like you would any other event. If you have a plan, it is more likely to happen.

Everyone Can Help Plan & Prepare Meals

- Eating together is more likely to happen when everyone helps.
- Involve kids of all ages in planning, shopping for and preparing meals. These are important life skills that can help us eat well.
- Children are more likely to eat the foods they help you to prepare.
- Cooking together is a great way to connect with each other and have fun!
- Use a combination of fresh ingredients and ready-made foods to make fast, easy meals. Over time, make more from scratch. Remember, the meal doesn't have to be perfect. It's the time together that's important.
- Cooking is a great time to teach about kitchen and food safety. Remind children to wash their hands before and after preparing food, to wash vegetables and fruit before eating, and not to mix ready-to-eat foods with foods that need to be cooked. Always supervise their activities. Getting burned or cut puts an end to the fun fast!

Tip: If you aren't confident in the kitchen, choose simple and familiar recipes. This will help you enjoy your time together instead of trying to figure out the next step in the recipe.

Make Mealtimes about Being Together - Eating together provides a time to be connected. This helps children feel loved, safe and secure. Focus on enjoying each other's company, not on what or how much each child is eating. Keep mealtime conversations positive and encourage children to talk about their day. This helps to develop more communication between family members.

Tip: Turn off distractions like the TV, computer, tablets and phones during mealtimes. Keep toys and books off the table.

Model Positive Eating Behaviour - You are an important role model for good table manners, trying new foods, and enjoying mealtimes. Children and youth are more likely to eat foods their parents and family also enjoy eating. Make offering new foods part of your regular mealtime routine. Children often need to see, smell, and touch a food many times before trying it, so offer new foods with familiar foods and include foods your child has refused in the past. Not everyone likes every food, and that's okay. Encourage kids to say "no, thank you," or teach them what you would like them to do or say if they don't want to eat something. Trust children to show or tell you how much they want to eat and when they are finished eating. An important part of healthy eating is learning to stop when they are full. Being forced or pressured to finish food can make your child ignore their internal hunger and fullness cues. Try not to rush children through a meal. Children often take longer to eat than adults. Remind children to eat slowly, chew their food well and enjoy what they are eating.

Read more via the source link: Health Link BC (2017). *The Benefits of Eating Together for Children and Families* retrieved from www.healthlinkbc.ca/healthy-eating/eating-together
Source: www.childcarecentredesktop.com.au

