

OUR FAMILY NEWSLETTER

May

22 Gp.1 visit Mrs. Bartlett & Miss Watts class

24 Gp.1 Laps program (Little Athletics dev. and co-ordination)

25 Gp.2 Dancify 1:45-2:25pm

26 Laps program (Little Athletics development and co-ordination) & Visit Mr. Parish's Buddy class for STEM

29 Gp.1 Dancify 1-1:40pm

31 Gp.1 Laps program 9:30am

June

2 Gp.1 Visit Mrs. Read's 4/5 Buddy class for STEM

8 Gp.2 Dancify 1:45-2:25pm

9 Gp.2 Laps program 1pm

15 Gp.2 Miss Watts Rec. class to visit kindy

16 Gp.1 visit Mrs. Read's Buddy class for STEM

22 Gp.2 Dancify 1:45-2:25pm

22 Kindy Disco 5-5:45 & 6-6:45pm

23 Pupil Free Day - Staff T&D Reflective Practise

29 Gp.2 visit Mrs Bartlett's & Miss Watts Rec. Classes

30 Gp.1 Visit to Buddy class for STEM

July

7 Gp.2 visit Mr Parish's Buddy class for STEM

Early finish of 2pm for clean-up.

What have our children been learning?



The children in both groups have been tasting new fruits - Persimmons and Pomegranates. They have also had the opportunity to try a still life drawing of these fruits and then use acrylic paints to add colour and definition. The children have been practicing using the properties of shape to make things fit, balance and transform and have been working in small groups looking at feelings not just what the feelings look like but how we feel inside when we are sad or angry. The children have also really enjoyed having a kindy florist where we have fresh and silk flowers on offer. They need to have a vote on what our social corner will become next.

Please help

We desperately need spare leggings and trackies size, 4 and 5 if you have any at home.

Quick and easy lunchbox snacks

There never seems to be enough time in the morning before kindy or school, so try these quick and easy ideas:

- Simple fruit salad with chopped fresh fruit added to tinned fruit in natural juice.
- Nibble mix of dried fruits and seeds
- Crunchy veggie sticks like carrot and cucumber. Pack with a small tub of reduced fat dips like hummus, tzatziki or mild salsa
- Plain popcorn packed in a snap lock bag
- Cooked mini cob of corn
- Tub of reduced fat yoghurt – these can also be frozen
- Cut reduced fat cheese into shapes using small cookie cutters. Pop into a container with grainy or wholemeal crackers
- Pikelets made from ½ wholemeal, ½ white flour
- Sweet mini-muffins – just add berries or other fruit to a plain muffin.
- Skinless chicken drumstick

Tip: When snacks are packed to go, keep them cool and fresh with an ice brick or frozen water bottle in the lunchbox.

Examples of what a serve means for each food group:

- 1 serve of grains = 1 slice of bread, ½ cup of cooked rice, pasta or porridge, noodles, barley, quinoa, polenta, ⅔ cup wheat cereal flakes, ¼ cup of muesli
- 1 serve vegetable = ½ cup cooked vegetables or 1 cup salad or ½ medium potato
- 1 serve fruit = 1 medium or 2 small pieces, 1 cup of unsweetened canned fruit. Only occasionally ½ cup of fruit juice or 30g of dried fruit
- 1 serve milk = 1 cup (250ml) milk, ¾ cup of yoghurt, 1 cup of soy, rice or other cereal drink with at least 100mg of added calcium per 100ml, 2 slices of hard cheese
- 1 serve meat or alternative = 65g cooked meats such as beef, lamb, veal, pork, goat. 80g of cooked chicken, 2 eggs, 1 cup cooked or canned legumes/beans.

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Monarch butterfly life-cycle



This term we have been watching closely as our Monarch butterfly chrysalis changed colour as they developed and then emerged as butterflies. We picked fresh milk weed for them to eat as we waited for their wings to straighten and for them to strengthen enabling them to be released into the outdoor environment.

Monarch butterflies are one of the most well-known butterflies in the world. They originated in North America and were introduced into Australia in the 1870's. The female Monarch will lay between 290-1180 eggs over her life, and eggs take 3 to 8 days to develop into a caterpillar.

Caterpillars eat for 4 weeks; the host plant is Milkweed or Swan plant. Milkweed is named for its milky sap, which when consumed by the caterpillars and butterflies, makes them poisonous, but only if you eat them!

The caterpillar then spins a silk pad, hangs upside down and forms a beautiful green chrysalis that takes 8-10 days to change into a butterfly.

The butterflies live for between 5-8 weeks depending on the weather - Summer being shorter and Winter being longer life span.

Child Youth Health Checks

We are in the process of organising dates for CYH four-year-old checks at kindy. This is a good opportunity to get your child's hearing, sight and general wellbeing checked prior to them starting school. Any questions about their health and development can be answered by the health nurse and she will provide referrals if required. A parent or caregiver must attend your child's appointment time which can be arranged with a staff member. When we have dates we will let you all know.

What is STEM? And what does it look like at kindy?

It is important for children to develop an interest in science, technology, engineering and maths at a young age to excel at them when they are older. A large number of the fastest-growing occupations in Australian now require STEM skills and knowledge.

According to Dr Sherri Killins, "what STEM does is give a label to what teachers in kindergartens are already doing...helping children to explore, observe, ask questions, predict, integrate their learning... it's what teachers have always done in early childhood education."

It is important to know the distinction between academic learning and intellectual learning.

Academic learning is the stuff that is clear like letters, it involves no logic, it just has to be memorised and it does have to be learned eventually.

Intellectual learning has to do with reasoning, hypothesizing, and predicting, theorising and so forth and that's natural.

We want children to learn their academic skills in the service of their intellect so when they come and say, show me how to measure this or show me how to write that it is because they are doing an investigation - which is an intellectually based activity and it comes so naturally to all children.

Next Governing Council Meeting - Thursday 15th June at 9:15am

Literacy Packs

Please check regularly for different literacy packs on offer, borrowing for one week at a time and to be done together with an adult for special time. Please check to ensure everything is in the kit before you use it and before returning. Thank you