

# KINDER CAPERS

SEPTEMBER 2019



## PRESIDENT'S REPORT

As we get a sneak peek into beautiful spring weather term 3 draws to a close. During kinder duty in the 3 year old room, I saw firsthand the leaps and bounds our children have made in their interpersonal skills and their creativity. We have a fantastic group of children who all play so well together. We can all be very proud.

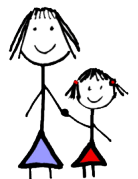
After a very lengthy application process we are happy to announce that we have secured the lease for the MCH building next door. The extra space will be used to run meetings, morning teas and for storage. We are also hoping to set up a uniform shop where new and used uniforms can be purchased. For those of you leaving Len Jeffrey at the end of the year please consider donating your old uniforms back to the kinder.

We have handed out our surveys. These are a great opportunity for us to get your feedback on what we are doing well and what areas we could do better.



Please return these ASAP so I can collate the results and we can get to work. If you do have any questions or concerns please feel you can have a chat with me, any of the other committee members or the preschool teachers at any time.

We have special person days coming up next week. This is a great opportunity for the children to share their time at Len Jeffrey with those who are special to them. Special people can pop in for 5 minutes or stay for the whole session.



We have had a relatively quiet term in term 3 but that is about to change... Term 4 is jam packed!!

We are due at Bunnings for our **BIG BBQ on Saturday the 19<sup>th</sup> of**

**October.** A sign up sheet will be at kinder soon for you to put your name down to help out for an hour or two. This is our most important fundraising event of the year and every bit of help contributes to our kinder.



Then we have our **Trivia Night coming up on Saturday the 26<sup>th</sup> of October.** This was a fantastic night last year, with almost too much fun had by everyone. Make sure to book your babysitter until late. Tables are



8-10 people, \$10 per person. Make up a table with your friends, and family and neighbours. On the night there is a raffle, loads of games and an auction.

If anyone has any item or service to offer which you think would be a good prize or auction item donations are very welcome. You can drop them to the kinder or contact me for pick up.

And just in time for Christmas we are having a **Shopping Tour Fundraiser on Saturday 23<sup>rd</sup> of November.** \$60



pp, including all transfers, a drink and pub meal lunch. Pick up from kinder at 07.45am and dropped back at 6pm. 10% of all purchases goes directly to the kinder.

As always nothing would run at Len Jeffrey Memorial Preschool without the amazing effort put in by our fantastic parent committee and teachers. Thank you everyone!! The grounds are looking better than ever thanks to Dean and Lisa Marchant, and a whole lot of time goes into the running of our kinder behind the scenes too.

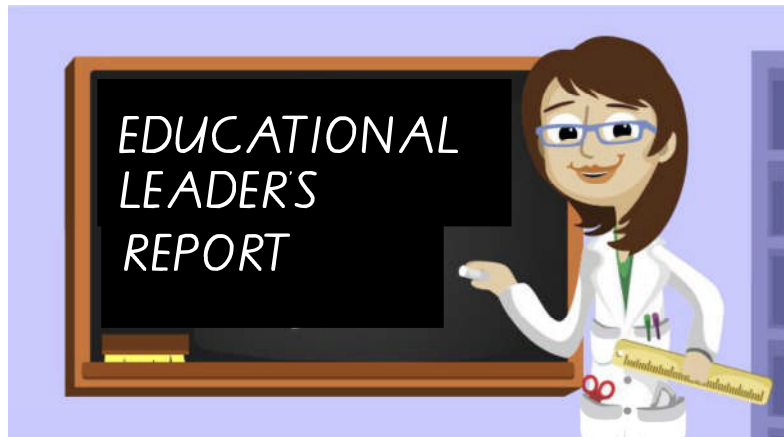


Have a fantastic break everyone and look forward to seeing you all next term.

Steph Krivohlavy

Kinder Committee President





As yet another term quickly comes to an end, the staff and I have been busy observing, planning and reflecting on each child's development over the past term. We are constantly amazed at how far the children have come in their development. Tasks that were a challenge at the beginning of the term are now mastered with ease. It's wonderful to observe the planning that takes place as they create with boxes, craft items or construction equipment.

For the three year old stars children term 4 will see them visiting the big kinder room for snack time and a play as they get ready for the big move into that room next year. Term 4 will also see the four and five year old children visiting their schools, meeting new teachers and getting a little taste of what school will be like.



Next time you are on kinder duty or when you pick up check out the new additions to our playground. Sylvie and her husband David have been very creative building two amazing kitchen play spaces which are now next to our sandpit. The children love them. Thank you to Shar and Gary Henderson for providing the pallets they are made from. Thank you also to Lisa Marchant for all the extra utensils and equipment that the children have loved using.

**Thank  
You!**



Term 4 will see our annual general meeting being held in November. Some families may not realise that although the education department provide funding this money does not cover all the running cost and they do not actually run us. The council provide the building but they do not run us either. We are run by a volunteer committee of management which is made up of parents just like you. Without a committee we cannot operate. So I do hope you will join us as part of our wonderful committee for 2020.

We have been trialling a grandfriends visit this year. These are the elderly visitors that we have visit us from Emerald Glades aged care. This is a wonderful experience for both the grandfriends and our kinder children. We are hoping that this will continue to be a regular part of our program. The children are very happy to explain games and activities to our visitors and while some just like to watch, others really enjoy getting in and having a go.



Surveys have been given out so we encourage everyone to complete one and put it into the boxes available in each room. The results will be collated and we will report the results and address any questions raised early in term 4.

Don't forget staff are always available for a chat after session. Just check with staff for a time that suits.

Belinda Niezen  
Educational Leader.

# RAINBOWS



Well who can believe that we are at the end of term 3? And what a busy term it has been! This term the children have been engaged in a diversity of rich learning experiences. They have enjoyed imaginative play, creative arts, problem solving, exploring their community and constructive play.

Community has played an integral part of our program this term. We have been learning and exploring who helps us in our community. We were



lucky to be able to visit the Belgrave south fire station and meet Fire fighters Jim and Kirsten who talked to us about their role as a fire fighter. All children got to see the uniforms ,

explore the fire station safely and see the fire trucks with all the items such as hoses, nozzles, axes, torches etc that are on the trucks as well as having a photo on one.

Sacha the paramedic visited us at kinder. He showed us some of the tools that he uses in his job – ie bandages, stethoscope, heart monitor and medicine. The children got to look and sit in the ambulance which they loved.



Sadie's dad Dave and his Police partner Seb ( Pat's dad from the stars group ) came to kinder to talk to us



about their job as Police Officers. We knew they were here because we heard the loud siren that they played as they arrived! Dave showed us his badge and talked to the children about the many different roles the Police have – such as how they help us stay safe on or near the roads, help at car accidents, help rescue people who are missing, help at the snow or on the water, etc. We all got to go out to the carpark and sit inside the real police car and check out his torch that he uses at night for car accidents and see the walkie talkie which he uses to talk to other Police.



Kayla's mum ( Lisa ) talked to us about her job as a vet nurse. She showed us some tools that she needs when looking after sick or injured animals.

Maya's dad (Damon) came to kinder with his 3D printer. He showed us how to make a prosthetic hand from the bottle tops which we have been collecting as a kinder with the 3D printer. All children from both groups (stars and rainbows) got to touch and feel



a prosthetic hand. Damon told us why people had these made. He explained how a prosthetic hand helps a person without a hand. He told us it attaches below their arm and has special wires which connect to give the person the ability to move their prosthetic fingers. The bottle tops are shredded and melted down into filament (which is on a big reel of plastic). The reel is attached to the 3D printer – it melts it and the printer makes the object that has already been pre-programmed by the computer. Damon demonstrated this exact process by making a little blue octopus. The children were able to observe the process and see it all happening as the 3D printer made the octopus.



We all went for a walk along Colby drive and had a look at the different shops such as the doctors, unwrapped pantry, the gym, the bakery and butchers. We stopped in at the IGA supermarket where children were split into 3 groups and bought some fruit and veggies from a shopping list. Back at kinder children cut up the fruit and veggies and then enjoyed them for lunch. It was a great way for children to try new foods that they haven't consumed before and also to eat some yummy healthy fruit and veggies.





Imagination driven play is an important part of our kinder program. For this reason, we have been changing our dramatic play areas into different things and all children are really enjoying spending time



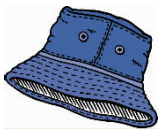
there. They have been busy cooking in the kitchen, enjoying tea parties, being doctors and nurses in our hospital, being construction workers, fire fighters, shop keepers, going to space and police officers.

We will continue to change our dramatic play areas next term as well - we will ask the children what they would like set up and continue to use their ideas in our kinder program.

The children have been busy making a special present for their dads. They were excited to have their dads come to kinder for a special evening as part of our family celebrations for Father's day. On the night the children played inside and outside with their dad, sang a funny song and shared a yummy variety of snacks (which the children had made). It was a great evening and we thank everyone for coming and making it a big success.



Don't forget Sun hats are now needed for outside play (as of September 1<sup>st</sup>). If it's going to be hot please apply sunscreen to your child at home before arriving at kinder.



We will also apply sunscreen to the children at kinder when needed.

When you are next on kinder duty remember to have a look at your child's reflection folder. They are very proud of them and love showing them off.



Don't forget that we are available for a chat at any time if you wish to discuss your child's progress. Just call, e-mail or talk to us in person to make an appointment.

Just a reminder that at the beginning of term 4 we will be completing transition statements for all children starting prep in 2020. Your child's transition statement will be sent electronically to their school and you will receive a copy of it in your child's reflection folder.

We wish everyone a safe and happy two week break and look forward to seeing everyone again for the start of term 4 on Tuesday 8<sup>th</sup> October.

Thank you

Genevieve , Belinda and Jo.

If a child can do  
advanced math,  
speak 3 languages,  
or receive top grades,  
but can't manage  
their emotions,  
practice conflict resolution,  
or handle stress,  
none of that other stuff  
is really going to matter.



# BLUE STARS

## Hi Everyone,

I can't believe we are into September already - where has the year gone? We have had an incredible time learning new things, new skills and just simply having fun.

Here are some of the skills your child has been learning and developing throughout term 2 & 3 through different activities and play.

- The children are comfortable with routines and love having a chat with me on the mat about different things, they are establishing trusting relationships with other children, Sylvie and I. Our talking circle at the start of the day is a lovely way for the children to talk about something that is important to them while having all their kinder friends listen. This is one of my favourite things to do as we are all connected while showing interest in each other and being part of a group.
- Through play the children are beginning to cooperate with others and negotiate roles and relationships in small and large group activities. The children recognise turn taking at the games table, work together doing floor puzzles, sharing of equipment and playing together in experiences such as dramatic play.

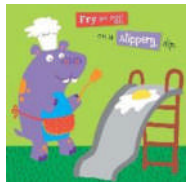


- The children are beginning to take considered risks as they become more confident and are seeking out new challenges and are very happy when they succeed. A good example of this is that some children have struggled going down the fireman's pole without help, but with practise and gaining confidence those children now are going down that pole on their own. This is also happening across the obstacle course.



- The children love to learn new things. Our aim is to provide the children with lots of different opportunities for learning and for them to be able to imagine, investigate and explore ideas. Our painting table has new and different ways of painting for the children to explore. In other areas the children can add to their own play, inside using baskets of resources and outside the children can access the shed to extend and follow their own interests.

We have learnt many different songs although the children have their favourites. Mr Clicketty Cane and the bubble song are requested often. Mr Clicketty Cane is a silly song with actions, we wash our face with orange juice and clean our teeth with bubble gum. Our bubble song is a relaxing song where the children lay on the floor,



close their eyes and pretend they are floating in a bubble then after a while I blow bubbles over them. Some of the children have nearly fallen asleep. It's a nice way to calm down before inside play or before going home. The children learn to listen and respond to the music or the instructions given using movement, musical instruments and learning to sing chants, rhymes and songs.

We worked on a unit about our bodies this term. We drew around a girl and boy and the children chose



what colour they wanted the skin, hair and clothing to be. After we had finished painting and collaging our people we discussed the parts of our body. We talked about what parts we could see and what parts

we couldn't. As part of this we set up a hospital in our dramatic play area equipped with operating theatre, dress ups and our own x-ray machine. We also learnt the body song and that our hearts go thumpity thump.

So, as you can see there is lots of learning taking place every time your child comes to kinder, but the best part is we have so much fun while we are learning.



Our new bush kitchen near the sand pit has been a



huge success. A massive thank you needs to go to David, Sylvie's husband for making our amazing kitchen. Another thank you to Dean and Lisa for

donating lots of the cooking utensils and resources. We are very grateful for your generosity and thank you from the bottom of our hearts and the children thank you too as they have loved our new area.



On Tuesday the 27<sup>th</sup> of August we had a special visitor come to our kinder. One of our dads, Seb, came wearing his police uniform and talked to the children about what a police officer does. The children were very keen to look at his handcuffs and asked and answered questions. We talked about how the police help keep us safe and we can ask them for help when needed.



Thanks Seb for coming to visit us.

We had kinder photos on the 27<sup>th</sup> of August and you will be very glad to know that all the children did a fantastic job using their listening ears and putting gorgeous smiles on their faces. Your photos will be beautiful.



We had a wonderful incursion on the 10<sup>th</sup> of



September when we joined the 4's in their room and Damon (Maya's dad from 4's) brought in a 3-D printer. He showed the children how the bottle tops they have been collecting are melted down to make

filament that is then fed through the printer, melted and hardened to make a prosthetic hand based on the design programmed on the computer. It gave them all a greater understanding of the recycle process and the value of it.



We have been very busy making our special gifts for our dads and the children were very excited about



taking them home ready to give to you on Father's Day. I hope all the dads enjoyed your Father's Day and got very spoilt.

## DATES TO REMEMBER

**17<sup>th</sup> & 19<sup>th</sup> September** - Special visitor's week.

Special visitor's week is time for your child to have someone special at kinder. We do it over the two days just in case someone can't make it on either day. Your child's special visitor does not have to stay for the whole session - they can come for as long or as little time as they like. Your child can have visitors on both days, it's totally up to you.

Just a reminder that all children need to have a sun hat at kinder from the 1<sup>st</sup> of September as our no hat no play outside rule applies. Please no caps and if you could leave a hat in our child's workbox that would be great.



Having another awesome term, talk again soon.

Thanks Shar & Sylvie





## RECYCLE UPDATE

The kindergarten is currently undertaking an initiative to raise much needed funds through the collection of cans. We have two 1 m<sup>3</sup> bins that are being filled. We have filled more than half already with a goal to fill both by the end of the year. Each bin holds approximately 300 kgs.

The drive is council approved and comes at a time when sustainability and the other issues surrounding recycling within Australia have become quite an environmental issue. Well done to all the kids who are collecting and please keep them coming. All proceeds will be returned to improving the grounds and learning opportunities for the kids.



Our collection of plastic bottle caps and bread tags continues on with enthusiasm. This will no doubt be fuelled by the 3-D printer experience the children had recently with Damon (Maya's dad).



Many thanks also to South Dandenong Community Nursery (SDCN) for their generous plant donations. Our grounds are looking great with the extra greenery and will look even better once fully grown. Have a look at their website at [www.SDCN.org.au](http://www.SDCN.org.au).

Dean  
(Maintenance Co-ordinator)





# SOME SUGARY INFO

The educators at Len Jeffrey have been doing professional development on the importance of good nutrition and the hidden ingredients that add unhealthy elements to our diets. Sugar is one additive that is surprisingly present in much of the food we eat and drinks we consume.

It is beneficial to be aware of how much sugar makes its way into our diet and the diet of our children. When reading food labels, 4 grams of sugar equates to a teaspoon.



It is recommended that children have less than 6 teaspoons of added sugar per day. Information provided below shows some food from a regular diet and how much sugar it contains. An interesting exercise would be to check the food eaten regularly by family members and see how much added sugar is being consumed. During our training we were most surprised at the unexpectedly high levels in many food we would have considered healthy and have checked our own diets as a consequence.



5.8 g per bar  
1.5 teaspoons



200ml box = 21g  
5 teaspoons



140g pouch = 17 g  
4.25 teaspoons



600ml = 24.7 g  
6 teaspoons



15.6 g roll = 4.2 g  
1 teaspoon



600ml = 35 g  
9 teaspoons



Two tablespoons of peanut butter contains 2.5g (0.625 teaspoons) of sugar.



Two tablespoons of ketchup contains 8g (two teaspoons) of sugar.



375 ml = 32.6 g  
8 teaspoons



One 355mL can of Coca-Cola contains 42g (10.5 teaspoons) of sugar.





Blueberry muffin  
8 teaspoons



Bran Muffin  
10.5 teaspoons

# How much SUGAR is in that breakfast cereal?



Uncle Tobys Oats Quick Cup (Creamy Honey)  
(12.5g sugar per tub)



Kellogg's Nutri-Grain  
(12.8 g sugar per cup)



Uncle Tobys Cheerios  
(4.4g sugar per cup)



five:am Apple Crumble Granola  
(20.5g sugar per cup)



Sanitarium Weet-Bix  
(1g sugar per two bricks)



Carman's Classic Fruit & Nut Muesli  
(12.7g sugar per cup)



Kellogg's Coco Pops  
(16.4g sugar per cup)



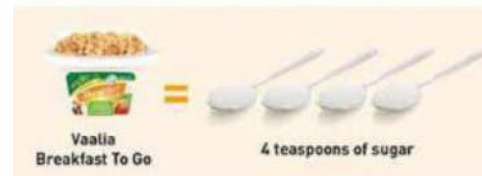
Kellogg's Corn Flakes  
(2.8g sugar per cup)



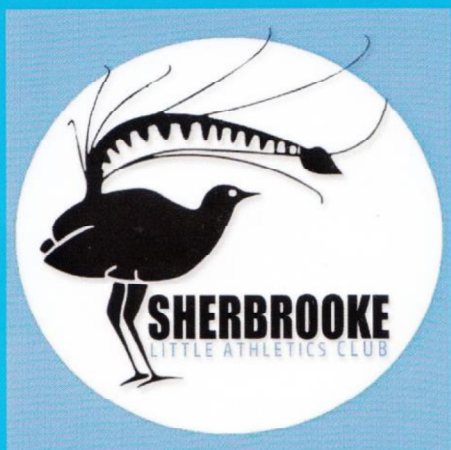
One cup of Froot Loops contains  
13g (3.25 teaspoons) of sugar.



<b>SODA</b>		1 cup (250ml)	<b>5.5</b>		1 teaspoon sugar = Approx 5g
<b>100% ORANGE JUICE</b>		1 cup (250ml)	<b>4.5</b>		
<b>REGULAR SOY MILK</b>		1 cup (250ml)	<b>3.5</b>		
<b>FLAVOURED LOW-FAT YOGHURT</b>		1/2 cup (125ml)	<b>3.5</b>		
<b>CEREALS</b>		1 cup (56g)	<b>3.5</b>		







Hey kids...!

# RUN JUMP THROW!



## Little Athletics

Kings Park UFTG

Saturdays

Oct. - March

8:45am - 11:45am

Fun, family environment for 5 - 16 year olds  
Compete in up to 7 events each week  
Try to beat your personal best!

**2019/20 SEASON STARTS 5 OCTOBER**

Register online at [sherbrookelac.org.au](http://sherbrookelac.org.au)

or join us on a registration day:

Saturday 21 September, 10:30am-12pm

Friday 4 October, 5:30pm-7pm

Get info and check out our club at:

[sherbrookelac.org.au](http://sherbrookelac.org.au) or Facebook @sherbrookeLAC

Contact Greg for enquiries on 0418 567 768