



## Contents

Director's welcome	1
Immanuel Prep	2
Kindergarten	2
Lunch Boxes	2
Extra-curricular	3
Incursions	3
Family Involvement	3
Drop off/pick up	4
Dates for your diary	4
Influenza	4
Fee reminder	5
Lost property	5
Staff changes	6



Immanuel Early Learning Centre  
126 -142 Wisers Rd, Buderim 4556  
PO Box 5025, Maroochydore 4558  
Phone: 5477 3416  
Fax: 5477 3417  
Email [ielc@immanuel.qld.edu.au](mailto:ielc@immanuel.qld.edu.au)

### Dear Parents,

Welcome to the second edition of the Immanuel Early Learning Centre Newsletter for 2015. We trust you and your child/children had a smooth transition this year to either the Caterpillars, Butterflies or Dragonflies classes. The year is moving fast now that Easter has passed and the school holidays are well and truly under way. Our main focus for the first term was to ensure that all children settled well, made connections with the staff and formed new friendships with the other children. The five learning outcomes of the Early Years Learning Framework (EYLF) curriculum underpin the core values that we strive to achieve throughout the year with each child. The EYLF outcomes are:

- *Children have a strong sense of identity*
- *Children are connected with and contribute to their world*
- *Children have a strong sense of wellbeing*
- *Children are confident and involved learners*
- *Children are effective communicators*

The children will investigate, experiment, research, explore, discuss and create their own learning guided by the teachers' knowledge and skills. So....what a great year we have ahead of us with many hours, days and weeks of fun learning through play as a learning community.



We are gradually moving closer to a start on the extension to the centre. The proposed time frame for the work is looking like June through to September. Before building works commence a plan of action will be put into place to minimise disruption to the centre. Details of any changes will be provided to families prior to commencement.

Thank you to all the families who supported us at the Annual General Meeting held in March. A number of parents have volunteered to assist as committee members and we certainly appreciate the time and energy you put into this role, it is truly valued. Our next meeting will be held Monday 11 May commencing at 5pm and all are welcome to attend.

God Bless  
Annette

## IMPORTANT INFORMATION

### Immanuel Prep enrolment

Enrolment into the Immanuel Lutheran College Prep year is a separate enrolment to our centre. Should you wish your child to attend Prep next year at the college, please contact the enrolment officer Irene Dabinet on 07 5477-3444. Alternatively you can pick up an enrolment pack at the College Administration office.

### Approved Kindergarten programs

There have been some changes to the funding criteria for the Teachers' lunch breaks in the Approved Kindergarten program. QLECS have advised the centre to restructure the advertised program hours to meet the 7.5hrs per day. The official hours the Teacher is required to have contact with the children has now been changed to 8.00am to 3.30pm. These changes have been made in the parent handbook, on the website and on the front entrance. Both Approved Kindergarten programs are run 40 weeks a year and fall in line with the state school terms. If you have a health care card for your Kindergarten eligible age child, the Kindergarten subsidy is only paid for 40 weeks i.e. school terms.

### Surveys

Have you responded to our survey sent out via email recently? If not, just click on the link below as we value your feedback for continuous improvement. Click here: <https://www.surveymonkey.com/r/ZGBG8YZ>

### Healthy lunch boxes

At Immanuel Early Learning Centre we promote healthy eating in line with our Food Safety and Nutrition Policy and National Quality Standard 'Quality Area 2.2 – Healthy eating and physical activity are embedded in the program for children'.

**It is our role as educators to promote healthy food options to children by way of discussing what is healthy and what is not healthy. We allow children to self-select what they would like to eat from their lunch boxes, we do not tell them what to eat. We ask that all parents provide a healthy selection of fresh foods so that your child can select these healthy options. Please do not send lollies, sweet cakes or treats.** Ellyn Satter (*Child of Mine; Feeding with love and good sense*) describes adults as being responsible for *what, when* and *where* by providing nutritious, regularly scheduled meals and snacks. She describes children as responsible for *how much* and *whether* by trusting them to manage their own eating.

Below I have listed some healthy tips for lunch boxes we encourage you to use.

Top tips for a healthy lunch box:

- Always include fresh fruit and vegetables. Vary the selection to keep it interesting.
- Offer a variety of whole grain breads, rolls, pita bread and flat breads.
- Use avocado as a spread instead of butter or margarine.
- Use reduced fat dairy foods. Cheese and yoghurt are ideal.
- Kids need a serve of protein at lunchtime. Ensure you include lean meat, chickpeas or tuna.
- Add a chilled bottle of water and limit juice.

Helpful tips for adding fresh fruit and vegetables to lunch boxes

- Add leftover (or cook extra) roast pumpkin or sweet potato to sandwiches, wraps and roll fillings. These are naturally sweet and loaded with beneficial antioxidants. Roast vegetables team well with a range of fillings.
- Make salads or salad sandwich fillings interesting by using a range of vegetables like grated carrot, snow pea sprouts, lettuce, rocket or baby spinach, sliced celery, tomatoes, avocado and cucumber.



- Use a vegetable peeler to slice cucumber into thin ribbons for sandwich fillings.
- Kids like fresh fruit cut and ready to eat. Fruit salad is the ideal lunch box solution; it's colourful, easy to eat and bursting with vitamins.
- Offer different seasonal fruits each day for a change in flavour, colour and texture.
- Freeze fruits in the summer. Simply pop the frozen fruit into a small sealable plastic bag or airtight container.
- If including whole fruit in the lunchbox, select fruit that is a suitable size for a child to easily hold in their hand and eat (this is particularly important for younger children).
- Peel and slice or cut fruit if possible and choose seedless varieties of grapes, watermelon and mandarins.
- If you've added tomato to sandwiches, place the tomato between fillings and not directly onto the bread. This prevents the bread becoming soggy.
- When using avocado, mash or drizzle with a little lemon or lime juice to prevent the avocado from discolouring.
- Mild tasting and crunchy lettuce varieties like Iceberg and Oak leaf and Lebanese cucumbers are ideal for kids.

### **Extra-Curricular Activities**

The Kindergarten age children are thoroughly enjoying the Physical Education sessions with Mr Johnson each week. Pastor Kathrin has visited the children each week also in between her busy schedule during the term to share devotional stories and songs in the lead up to Easter. When unable to attend due to her commitments at the College, the teachers have continued her session with the children.

Each week the children have visited the library enabling them to access a wider variety of books to read. The teachers borrow a selection of books each week to bring back to the centre and they do this in conjunction with the children. The children select a variety of books they would like to read or peruse, then they are brought back to centre for the week.

### **Incursions**

In Term 2, we have booked some fantastic workshops for the children. These are:

- Monday 20 April - Compostkids
- Thursday 23 April – Bugs Ed
- Tuesday 12 May – Go Wild Reptiles
- Friday 5 June – Renata 'Think Green Keep it Clean'

Other upcoming activities include Under 8's week 15-22 May, and Immanuel Lutheran College Grandparents Day 23 July.

### **Family Involvement**

Here at Immanuel Early Learning Centre we greatly appreciate the sharing of your family's culture and languages with us, to increase our understandings and promote cultural diversity. If your family celebrates a special event please share it with us.

The staff and children welcome parents to visit, spending time reading stories, playing musical instruments, singing and cooking with them. If you have a special talent or interesting profession that you would like to share, please let us know. From birth, children experience living and learning with others in a range of communities. It builds their sense of identity and they experience respectful and responsive relationships that encourage them to appreciate diversity.



If you would like to assist please speak with your child's teacher so they can arrange a time that suits you.

### Reminder:

**Centre Hours are 7.30am to 6.00pm** - Unfortunately children are not able to be taken before 7.30am due to our licenced hours. Staff arrive before this time to set up for the morning. If you arrive early please wait outside or sit in the foyer with you child until our licenced start time.

**Sibling school children** – Please ensure that your sibling school children remain waiting in the foyer as they are not allowed in any of the Kindy rooms. Children waiting in the foyer are reminded to behave appropriately and place school bags out of the walkway. Each room is only licenced for the specific age group not school children. Babies and Toddlers are an exception to this rule.

We thank you for your assistance.

### Important:

- Sunscreen application each morning upon arrival
- Washing hands or sanitising hands upon arrival (sanitiser dispenser in each room)
- Children's sheets and hats are to be washed each week
- Check lost property for items that may be missing
- You must notify administration if your child is going to be absent or on holidays, we will then pass this information onto the teachers.
- Sign for previous absent days if applicable (check each room for previous day's roll book)

**Drop off and Pick up** – When bringing children into the centre each day please ensure that your child's teachers or the educator in the room know they are there. If your child's group is in the playground do not leave them alone in the room, ensure that their teacher knows they have arrived. If your group has gone to PE or Library at the time you drop off please take your child to one of the other rooms and let them know your class is not there. The other educators will care for your child until your child's group returns. We take children's safety very seriously so please remember to also close the door to each room behind you to save little ones venturing somewhere they shouldn't.

### Dates for your diary:

The centre will be closed for the following Public Holidays in Term 2:

- Monday 8 June – Queens Birthday
- Friday 12 June – Show Day

### Influenza and Vaccines

With winter approaching some of you may wish to explore the option of flu vaccines to prevent your children from getting some of the nasty influenza infections that will present during the season. Influenza is not a cold. It is a highly contagious disease. If your children are presenting with any of the following symptoms, usually occurring one to three days after infection, please seek medical advice. As per our Exclusion policy, children with such symptoms would be best kept at home to recuperate.

- Fever, headaches, muscle and joint pain
- Sore throat, cough, runny or stuffy nose
- Severe tiredness and lethargy



For more information on the flu, please visit <http://www.health.qld.gov.au/flu/vaccinated/default.asp> or speak with your family doctor.

Just a quick reminder to all families to bring in their immunisation book whenever their child receives another immunisation shot. These need to be recorded here at the centre so we appreciate you keeping us up to date. Please be aware of the centre's policy on the exclusion of children who are not immunised as well as our full illness and exclusion policy, particularly during the winter months.

You can find our policy folder in the parent section of the front foyer.

*“Children who are not immunised may be excluded from the centre during an outbreak or epidemics of some infectious diseases. Exclusion of non-immunised children may occur even though the child is well. Families will be required to pay full fees during the exclusion period.”*

Please follow the below link for more information on the National Immunisation Program Schedule:  
<http://www.humanservices.gov.au/customer/subjects/immunising-your-children>

### **Fee payment reminder**

Fees are due and payable **two weeks in advance at all times** (as per our handbook policy). Statements are issued via email each fortnight on a Friday. Payment is due the following Monday as indicated on your statement. Failure to pay your fees on time will incur a **\$50 late fee** each time they are late and could jeopardize your child's place. As we are fully booked there is a wait list of children looking for a place at the centre so please ensure that you abide by our fee policy. Absent days or holiday absences are still charged as per normal. The Centre has a range of options for paying your account, these are all detailed in your parent handbook. We also have a direct debit authority available that can be set up to deduct from your savings or credit card account each fortnight. See us in admin for any queries relating to your account.

### **Lost Property**

If your child has lost any items please check the lost property table in the hall between the foyer and the rooms. Your items may be on this table. We encourage you to name every item of clothing, bedding, lunch boxes, drink bottles, socks and shoes your child brings to the centre to avoid losing these costly and precious items.

### **Staff Changes this term**

13-17 April – Karen Whiteley on leave  
4 to 15 May – Tracey Ellaway on leave  
19 May – Melissa Croser at PD  
21 May – Kelly Crollick leave day  
26 May – Olivia Wilkins leave day  
1 to 5 June – Poh Lin Larnar on leave  
16 June - Melissa Croser at PD  
22 to 26 June – Nicole Turner on leave  
29 June to 3 July – Wendy Boman on leave

**Thank you from the team at ELC**

