

Kids 1st Childcare & Learning

Centre Ph: 4321411

NEWSLETTER MAY 2016

Tena koutou, tena kotou, tena kotou katoa. Warmest greetings to you all. Thank you for bringing in your children's bikes or scooters for Road Safety and Bike



Kara

Week; what a wonderful time the tamariki had; learning about safety, being active and having fun at the same time.

Haere ra to Kara
Jacoby and Faith



Faith

Turner who are off to school. Happy school days! We will really miss you both and your families but look forward to seeing you again soon. A big welcome to our new tamariki and whanau; Jackson Scott, Kensi Hansen and Mia Forsythe. We look forward to getting to know you and all your family.

Dates to remember:

Fridays 10th and 24th June

Nature Programme excursions (for the eldest 9 children participating every second Friday) please be at the centre by 8.00 a.m. so we can make the most of the day. Parents are asked to help out; please let us know what date you are available.

Thursday 16th June

Visit to Waipu Primary - we can only take the eldest children; a consent form will be sent out to these children. We will need parent helpers please.

Friday 17th June **Monthly Coffee Morning...** Drop in for a coffee and baking.

Maori Language

To promote Maori language within the community each month we include a little phrase. Try this:

Tino pai tō mahi. (Very good work.)

The following English equivalents are a rough guide to pronouncing vowels in Te Reo Maori:

a (as in far)	e (as in desk) (short and sharp)
i (as in fee, me, see)	o (as in awe) (not oh!)
u (as in new)	

Healthy Eating

Lunchbox ideas (Source: NZ Heart Foundation) Nga- tauria kai

- Involve your children in lunchbox choices and Preparation, you could make your own healthy lunch at the same time.
- Roll it, stuff it or spread it. Try different breads to keep lunches interesting like wraps, pita bread, fruit bread, muffin splits or rēwana bread.
- Cut sandwiches into different shapes using a biscuit cutter or knife.
- Stop sandwiches going soggy. Pack bread and fillings separately and let your child make their own sandwich

at lunchtime.

- Make items in bulk and keep in the freezer eg. mini pizzas mouse traps or frittata.
- Add lemon juice to cut up fruit (apples and pears) to stop them going brown.
- Choose water, the best drink for your child.

Active Movement.... Keep your children active even in the winter months; bike riding, walks, ball games, hide and seek etc are all great for keeping our tamariki healthy.

Staff update... Robyn has been sunning it up overseas! We look forward to hearing all about it when she returns.

Professional Development... To stay current with our First Aid Certificates we are doing a refresher course on Saturday 25th June. We are all attending a workshop on environments on Wednesday 8th at Mairtown Kindergarten.

Getting ready for school...

How is your child going with self-help skills such as dressing themselves, putting away their belongings, opening their lunch box and containers, using their words to express their emotions and feelings? All are necessary for not only school, but life. This is what we are trying to encourage; developing dispositions for life-long learners. I have attached an excellent article for you to read, written by a highly respected early childhood educator and writer Pennie Brownlee. Well worth a read.

A message from Waipu Primary...the school plans New Entrant classes early in the year therefore it is not possible to change classes. Thanks.

Family Tree...

Is your family photo on our whanau tree? Please get a photo and add it to our tree.

Our focus disposition...Friendliness

Developing friendships can make a big difference to a child's sense of belonging and confidence. Friendliness is something we value and are focusing on at present.

Some ideas on "How to help your child make friends"

(Source www.kidspot.co.nz)

Teach your child basic social skills.

Children need to learn the basics of social interaction; how to say hello, answer a question with a sentence and not just a word, using eye contact (if culturally appropriate) and the importance of letting a person finish what they say before speaking.

Don't answer for a shy child.

If your child is overly timid or shy, be supportive but don't always step in and answer for them. Taking small steps to learn to speak for themselves is the path to overcoming shyness.

Encouraging your child to talk about their experiences.

During the drive home or over dinner, chat to your child about their day but rather than asking, "What did you do today?" talk about what you did during the day. This will make it easier for your child to join in with what they did. More often than not they will find it easier to join a conversation than start one.

Find like-minded friends.

Joining an extra curricular activity will offer your child the opportunity to spend time with like-minded children and is a great way to form friendships. A team sport is another quick route to making new friends.

Small group vs big group.

Both are equally positive experiences and it all depends on your child's preference.

Listen don't do.

Sometimes your child just needs to talk about their feelings and experiences and doesn't always need or want you to solve their problems. Often it's best if you don't step in to solve peer problems, rather help your child to feel less anxious about the pressure to be popular.

Role playing.

If you have identified a problem that is getting in the way of your child making friends you can help come up with a plan for solving this by role-playing.



Our photo gallery...



**Road
Safety
and
Bike
Week...**



Ka kite ano. See
you again.
Noela, Sally, Sarah,
Nikki, Amber,
Christie and Robyn.