



# Kids 1st

Childcare & Learning Centre Ltd

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Newsletter  
August 2020

Haere mai, welcome to our August newsletter. A big welcome to our new tamariki and their whanau: Meghan Field and Kennedy Andrews. We look forward to getting to know you all. Welcome back to Michaela, awesome to see you and your family again. Haere ra to Finlay Beaton who is heading off to school and also to Jackson McIntyre-Watson who is moving. Best wishes to you and your whanau. Do come back and visit us soon. A big welcome to Kathy Troost, who has now joined our team as a permanent teacher. Kathy has relieved for us for a number of years and knows most of the children. Please introduce yourselves to Kathy.

Thanks for coming along to our Matariki Celebration; this was a great family event. A big thanks to our wonderful kaiako Jenna and Terry who did a lot of organising for this to happen.



As part of Matariki celebrations Waipu Primary Kapa Haka performed for us which was amazing! Our tamariki loved it!



Please let us know if your child needs their own sunblock or if you are happy to use ours.

### Dates to

**remember: Science Week:** This had to be postponed to Monday 21<sup>st</sup> September through to Friday 25<sup>th</sup> September. Have any science ideas or items of interest you can share with us this

week? Please bring them along? We would like some bugs to look at too.

**Nature programme:** for the eldest 9 children. Please let us know when you can be a parent helper. Dates: September 18<sup>th</sup>. October 16<sup>th</sup> and 30<sup>th</sup>. November 6<sup>th</sup> and 20<sup>th</sup>. December 4<sup>th</sup> and 18<sup>th</sup>. We need your help parents or we cannot go. Please see one of the teachers to put your name down.

**Maori Language:** To promote Maori language in our community we include some Te Reo Maori in our monthly newsletters for you to have a go with your children. Try this: Haere mai ki te whare paku. (Come to the toilet.)

**Staff Update:** Welcome back to Amber next week as she returns from maternity leave; firstly working Monday and Thursday and then in November Tuesday also. A big welcome to Jenna who is staying with us as a permanent staff member. Terry and Robyn have decided to work two days a week. Kate will no longer be working with us to cover the staff lunch breaks; however she will still be working with us for educational support hours.

**Healthy Eating and Active Movement = healthy children.** (Please send along a spoon if needed for yoghurt, ours keep going home in lunch boxes.) **Lunch box ideas**

**Source:**

<https://www.heartfoundation.org.nz/documents/teacher-tools/posters/loading-up-the-lunchbox-> Nga- taurira kai

- Try to include plant-based proteins in your lunches. Use hummus as a dip with fresh veggies, soy beans as a snack and add canned chickpeas/kidney beans to leftovers.
- Roll it, stuff it or spread it. Try different breads to keep lunches interesting like wraps, pita bread, fruit bread, muffin splits or rēwena bread. Choose wholegrain.
- Cut sandwiches, fruit and vegetables into different shapes using a biscuit cutter or knife.
- Use heart healthy spreads which are nutrient-rich on sandwiches such as avocado, hummus, nut butters.
- 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.
- A frozen drink bottle or icepack helps keep milk products and meat/meat alternatives cold until lunchtime. Frozen bread also helps keep sandwich fillings cold.
- Involve your children in lunchbox choices and preparation. You could make your own healthy lunch at the same time.



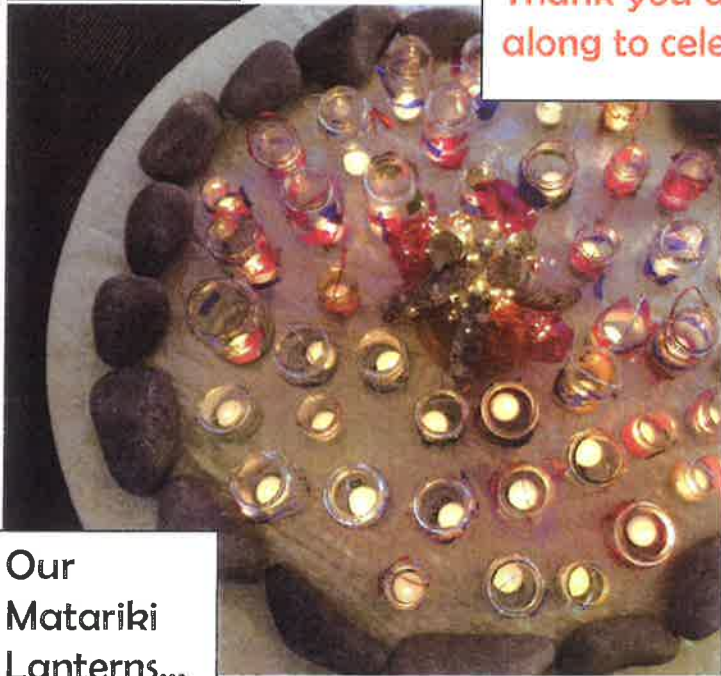
Hui...



Rākau...

Kids 1<sup>st</sup> Matariki Celebration...

Thank you all for coming along to celebrate...



Our Matariki Lanterns...



Harakeke...



Waiata...



Karakia...

Have a great month ahead, spring is coming... Ngā mihi, Noela, Sarah, Jenna, Delaine, Dawn, Kathy, Kate, Terry and Robyn.