

Kids 1st Childcare & Learning

Centre Ph: 4321411

NEWSLETTER September 2018

Kia ora whanau. Haere mai, welcome to our new tamariki Isabelle and Abigail Woodhead, Pippa Bailey and their whanau. We look

forward to getting to know you all. Haere ra to Violette Clare, Eleena King and Clara Chaves who have left for school. Happy school days to you all.

To welcome our new families we will be having an informal whakatau (welcome) and BBQ on Wednesday 31st October at 5.30p.m. We invite all families to come along, enjoy the longer daylight saving evening and meet our new families.

Thank you to all the dad's and special people who visited for Dad's Week. The aroha between child and father is magic!

A father holds his child's hand

For a short while

But holds their heart forever.



Dates to Remember

Nature Programme Dates: for the eldest nine children. Friday 19th October, 2nd, 5th, 29th November. Please be here by 8a.m. so we can make the most of the morning. We need at least one parent helper. Please see one of the staff to let us know when you can help.

Coffee Morning: These will now be held once a term; our tamariki will do a waiata and poi performance for you. Next date: Thursday 1st November. Stay for a coffee and morning tea which our children will serve.

Maori Language: To promote the use of Te Reo Maori in our community we include some in our monthly newsletters. How did you go with Maori Language Week? The kupu we promoted with the tamariki are displayed in the hallway.

Staff Update: Haere ra to Kathy Troost who was working two days a week for a fixed term, however she will continue to relieve for us. The tamariki she was primary caregiver have been matched up with another teacher. Robyn is retiring at the end of the year. We thank Robyn for all she has done as a part of our team. We will miss her dearly but we will see lots of her we hope as a reliever.



Grandparents Week was a magical week with so many wonderful grandparents coming to visit.



PLEASE REMEMBER TO LEAVE ALL TOYS AT HOME, UNLESS IT IS FOR SLEEP TIME. THANKS.

Professional Development: Our Early Childhood conference Celebrating Northland's Tamariki is on Saturday 6th October.

SUN SAFETY: From 15th October all children must bring a named sunhat. For best protection a bucket hat or one with a flap at the back. Please apply sunblock to your child in the morning, stamp their hand so we know they have been done. If you forget we have sunblock available with the stamp on the reception desk. We sunblock the children again after lunch. Being sun smart... Slip on a shirt, slap on a hat, slop on some sunblock and wrap on some sun glasses.

Please, do not include flavoured drinks, flavoured milks (or lollies) in your child's lunch box. The following excerpt from an article on the Healthy Heart Foundation's website advises water is best!

The truth about sugar

General healthy eating recommendations have traditionally included limiting sugary foods and drinks. This is because free sugar is deemed an 'empty nutrient' – it provides calories but no nutritional value.

Eating or drinking too much free sugar can contribute to increased body weight and may lead to high cholesterol and triglycerides, and type 2 diabetes.

What are 'free' sugars? 'Free sugars' is defined by the World Health Organization as:

"Sugars added to foods and beverages by the manufacturer, cook or consumer. It also includes sugars naturally present in honey, syrups, fruit juices and fruit juice concentrates."*

What can you do to cut back on free sugars?

- Rather than focusing on single nutrients, we recommend you enjoy a way of eating that focuses mostly on whole and less-processed foods, as part of a heart healthy diet.
- Look at what you drink - water is the best drink and it's free. Your taste buds might need a bit of re-educating if you're used to only drinking sweet drinks, but they do get used to the change. For something a bit more exciting than tap water, you could try bubbly water and add some hints of flavour e.g. lemon or lime slices, mint leaves, or chopped up fruit.
- Keep foods or drinks that are high in added sugar for special occasions only e.g. cakes, biscuits, sweet bakery items, juices, lollies, and muffins. Try cutting back on these and replacing them with healthier options like fruit, unsweetened yoghurt, nuts, or check out our recipes for healthier baked options.
- Use fruit for sweetness instead of adding sugar.
- Check the sugar content on food labels, and choose options with less sugar in them.

Choose mostly minimally processed foods with low levels of added sugar. Remember that the 'per 100g' information on food labels includes naturally-occurring and added sugar. The ingredient list will show how many types of sugar have been added. Also consider the whole food, as low sugar doesn't necessarily mean healthy overall.

Source:

<https://www.heartfoundation.org.nz/wellbeing/healthy-eating/nutrition-facts/the-truth-about-sugar>

Our programme:

Our programme is based on the vision of *Te Whāriki (New Zealand's Early Childhood Curriculum)* for our children to be...

competent and confident learners and communicators, healthy in mind, body and spirit, secure in their sense of belonging and in the knowledge that they make a valued contribution to society.

The partnership of teachers, whanau and the wider community working together to make this vision a reality...



Ka kite ano. Noela, Sally, Sarah, Christie, Katy-Sue, Amber, Robyn and Kate.