



March / April 2021 Edition

Dental Health

Building healthy habits.

A focus for our April planning was to concentrate on healthy food choices and dental health. We wanted to help foster self help skills in dental care and focus on the importance of healthy food choices.

Not to say, that we did not have a blast celebrating Easter in all its chocolatey fun. We did have an easter egg hunt of sorts. Instead of chocolate eggs we searched for colourful chickens and when we found one, we brought it inside and matched it to our colourful eggs. The traditional easter egg hunt gave us the opportunity to introduce the importance of dental hygiene and to discuss what we refer to as sometimes treats.

The children have been using a magnetic food pyramid to learn to sort their lunchboxes into what should be eaten first and what is a sometime treat. Thus, starting the conversation about what foods fuel us with a sustainable slow burning energy and what foods act like rocket fuel. These foods send us flying for a short time but then leaves us tired. They are found mostly at the top of the pyramid in the sometimes treat category.

These as you know are also the foods that effect our teeth the most. Hence why we prefer water to juice, a carrot to cookies and cheese and crackers to Nutella sandwiches in our lunchboxes. Eating habits our children form today will shape their relationship with food in the future. That is why we are so happy to help support all our families to negotiate these critical years and to help them form healthy habit in their children.

“Eating habits our children form today will shape their relationship with food in the future.”





ANZAC DAY REMBERANCE MAKING A WREATH OF THANKS

Nature in Play

Connecting with the environment.

Our focus for next month is on bring the outside in. We have started to build with the children's help a new camping environment in the home corner.

So far it a big hit! We had a blast constructing the firepit and with a little persistence we finally got the tent up.

We are also building a collection of nature materials to use in play, like Banksia Cones, gumnut and pinecones. If you have any interesting lower pods or leaves at home, you would like to add to our baskets please feel free to bring them in.

I am reminded of playing in the forest in Virginia. We never fought over toys because there were always enough rocks and stick for everyone.

We truly live in the Lucky Country and we owe that privilege to the men and women that have fought to protect our freedoms. It was a true pleasure to share the story of Papa Frank and his time in service with the children. Through his story we were able to discuss the concept of freedom. What it is? Why we have it and why is so important to not take for granted?

In my generation our knowledge of war and those that fought it, fell a bit closer to home. Most of us had a family member that served in the World Wars, Vietnam or Korea. We had family like Frank Rankin that served their country and were lucky enough to come home. They would make a life with their sweetheart, have children and share their stories.

This new generation of children are blessed to have a bit of distance from the battle fields. They may have never met the family soldier they owe this peaceful childhood to.

So, in telling Frank's story we gave them a face to connect with and made the activity of building a wreath of remembrance more personal.

Anzac cookies were also a big hit we all had a great time in making them. They let us talk but the effects war had on the home front. We spoke of rationing and why the recipe did not include eggs or milk. Mostly this was for a prolonged shelf life. They would be shipped overseas to the troop but also about what supplies were available.

After the occasional care session some of our families met us at the Yarra Junction Memorial and help us to lay the wreath.

-Lest We Forget-



Cire Occ Anzac celebration.

Dates to Remember for May 2021

Wednesday 19th May

National Simultaneous Story Time-
11.00am "Give me some Space" by
Philip Bunting

Wednesday 28th May

National Reconciliation Day -
Welcome to Country, cooking and story time.

