

# ELC Newsletter



Practising our literacy skills in a variety of ways



Exploring instruments and music



Making lemonade using lemons from Rhonda's garden. Great for developing those skills and finger strength needed for writing.



As Bunya had been learning about turtles we had a visit from Arthur's turtle, Spike.



## Welcome Family and Friends

As you will see from this newsletter, we've had another term full of fun and learning at PBC Early Learning Centre.

I'm sad to say that two of our staff are leaving their regular positions with us at the end of term 2. Maddie, who has been working as an additional educator/inclusion support worker is leaving so that she can dedicate more time to her study to become a primary school teacher and Liz has decided to take the opportunity to work as a teacher aid within PBC. I'm sure that you will join me in saying a huge thanks for all their hard work and wish them well with their future career paths. I will introduce our new staff as soon as I have confirmed appointments.



## Cooking Skills in Term 2

We enjoyed the hands on experiences of cooking with Liz on a Friday, familiarizing ourselves with ingredients, methods of cooking and kitchen skills such as mixing, grating, rolling, cutting and mashing. We also developed measurement skills, mathematical language and learning kitchen/cooking health and safety practices.





## Challenging our Physical Skills

A big welcome to our new Bunya friends Arthur, Marley and Ella who joined us in term 2.

After a busy term 1 with the children settling well into routines, during term 2 we've been enjoying some new activities, including the obstacle course to help expand on gross motor skills. This is regularly adapted to provide further challenged as educators notice children developing their confidence and skills.



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## Learning about the world around us and the wider world

We have celebrated Reconciliation Week, World Yoga Day and World Environment Day which has been fun and enjoyable for the children and educators.

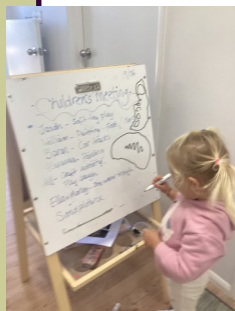
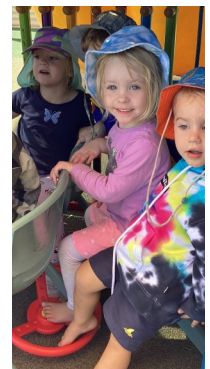
World Environment day led to learning about different sky, land and ocean animals and categorising them into groups. Children then decided on their favourites. Children used their observational skills as they watched an educator use resources to create these creatures and then made their own representation. The most popular were butterflies, echidnas and turtles which you can admire on the wall in the Bunya Room. Children have also been busy making echidnas from clay, using their fine motor skills and exploring a different media.



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## Planning Meetings

This term we have introduced morning planning meetings during our group time when we meet together with the children and they help provide input for what they would like to do during the week ahead.



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*“Row, row, row your boat gently down the stream, if you see a crocodile don't forget to scream”*

## Bunya Plans for Term 3

We follow on in term 3 with a focus on Australian animals, getting our new garden ready and our seasonal calendar whilst continuing to build beautiful friendships.

## Connectedness to Our World

Term 2 was very busy learning environment for the Wattle room. Our Kindy children are surprising their teachers and making us very proud with their maturity, ability, team work approach and keenness for learning!

We have learnt about the world around us, including exploring the world map, animals and monuments of different continents. We have shared in the personal experiences of children in our class visiting different countries on holidays and learning about different cultures through images investigations and stories.



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## Focus Child

Thankyou to the families that supported our love of literature at Kindy by coming in to read a favourite story for focus child. It was really special to have some grandparents share story time with their grandchildren in our group times, with lots of smiles and laughter.

Reading to children promotes bonds and relationships, helps children feel safe, exposes children to words and images, concepts and ideas to build their imagination and enriches their language and early literacy.

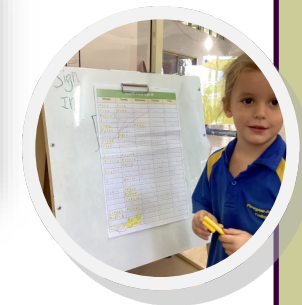
In term 3 we will recommence focus child with the focus of group projects repurposing recycled/ reused materials.



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## Letters and Sounds

Learning about letters/ sounds, drawing and writing have become increasingly popular in our classroom which we are encouraging through all areas of learning. You may have noticed your children showing awareness of signs, symbols letter sounds and rhyming words, or even heard them say “ how do you spell/ write ...?” This will continue in term 3, with the development of a world wall when children and educators add words regularly for children to copy and write while also looking at the purpose of writing lists, letters and stories.



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## Wattle Plans for Term 3

Kate was lucky to attend a course in June in Brisbane and is now certified to hold “Sunshine Circles – Theraplay” sessions as part of our kindy program. This will be held in small groups sessions on Mondays and Fridays in Term 3 , allowing all kindy children to access the program. The sessions consist of building social and emotional skills through fun circle games and songs – promoting relationships, teamwork, confidence, autonomy and resilience.



Reaping the many benefits of being out in nature



Joining the college for the Track and Field event



Learning skills for woodwork



Discovering how it feels to paint using our feet instead of our hands



## Healthy Lunch Boxes, Hints and Tips

We are often asked for ideas for children's lunch boxes so I have found some links to various websites with some delicious looking ideas as well as some basic guidelines. As we are always trying to reduce waste and to support children's independence we ask that you limit packaged snacks which they find difficult to open. These are often processed or very sweet so good to avoid as we encourage children's healthy diet. The amount your child needs will of course depend on the length of their day with us and remember that if your child is having a growth spurt they may be more hungry than usual and then their appetite may reduce.

### Healthy lunch ideas

Packing a lunch box from home means you can offer your child a range of healthy lunch options from the five food groups:

- vegetables
  - fruit
  - grain foods such as bread, pasta, breakfast cereals, rice, corn
  - dairy such as milk, cheese, yoghurt
  - Protein such as meat, fish or chicken, canned tuna or salmon, eggs and legumes, including peas, beans, lentils, chickpeas, nuts, tofu
  - Here are some **healthy lunch ideas that get the five food groups into your child's lunch box:**
    - a sandwich with wholegrain bread and a filling like salad, cheese, lean meat or falafel
    - different breads for extra interest – rye breads, baguettes, seeded rolls, pita bread pockets, flat bread, foccacia, rice cakes, corn thins or turkish bread
    - dips like hummus, tzatziki or beetroot, along with pita or crackers and vegetable sticks for dipping
    - potato salad, chickpea salad, quinoa salad, Greek salad or tabbouleh
    - leftover pasta, rice and noodle dishes kept and eaten cold, or kept cold and reheated
    - yoghurt and fruit or muesli, kept cold.
- If your child won't eat anything but white bread, try a high-fibre, low-GI loaf. These are more nutritious than white bread and will stop your child from getting hungry again too quickly after lunch.

### Healthy snack options

Fresh fruit, stewed fruit in natural juice, a small serve of dried fruit, muesli, yoghurt, pieces of cheese, fruit bread, rice cakes, pikelets and wholegrain crackers all make nutritious snacks.

Get more school lunch ideas by watching videos on [Packing healthy lunches for children | Raising Children Network](#)  
[90 Healthy Kids' Lunchbox Ideas with Photos! - Super Healthy Kids](#)

## Dates for your Diary

July 31st July —ELC photos—**don't forget to place your order**

2nd August— "Kindness Co. Initiative" incursion  
21st August—Book Week, details to follow.  
23rd August—Composting incursion  
8th September—Closed for the Noosa Show