



Nutrition, Active play and Sustainability Newsletter



TCC is a
breast feeding
friendly
Service.

EDITION I
Feb 2018

"EAT WELL BE ACTIVE"

Involving children in a room sustainability challenge!

"One of the most significant responsibilities that Early Childhood educators have is to support children to retain the sense of awe and wonder that they are born with, to add to that a desire to nurture and protect what is beautiful, and to encourage them to appreciate that there are many possibilities for honouring life and wonder that the world holds."

(Stonehouse 2006 pp 72)

At TCC we feel we play a large role in educating children on the world in which we live and on this thru sustainability education:

For example we....

- Engage children in discussions about sustainable practices, such as using left over scraps to feed the chickens.
- Encourage children to recycle and reuse cereal boxes for pasting or making doll clothes from old pillow cases of clothing.
- Encourage energy saving measures by ensuring children are dressed appropriately for the weather and saving on heating and cooling where we can.
- Use natural light instead of lights where we can.
- Care for plants. The children empty drink bottles onto plants and gardens
- Educate children in how to care for pets, chickens and other wildlife within our gardens
- Utilize environmentally friendly products, where possible for cleaning purposes.

VEYLDF Outcome : Wellbeing

SUMMER MENUS

Our Summer menu is 4 week rotating roster that is accredited with Healthy Together Victoria.

Our daily meal plans connect to the 5 healthy food groups. As well as catering for our children with Allergies, we also include multicultural meals which cater for our different cultures and expand our own knowledge of these. Some of these meals include pasta, couscous and rice meals which feature different flavours such as curry's.

Please remember to call TCC in the morning if you are going to be absent so we can meet your child's needs.



Food Allergies

Allergies and Intolerances

Children with food allergies and intolerances are respected and offered appropriate food to consume whilst at TCC.

All children with food allergies and intolerances must supply the Centre with a medical certificate stating this will ensure that children are not withheld from nutritional foods for no apparent reason. We ask that parents ensure that children do not have any foods or snacks in their bags due to allergies of other children.

Community Engagement

On Tuesday 6th February, Paula from Bunnings Shepparton came to Pre-school to plant some vegetables and herbs with the children. Paula also supplied us with some garden beds to put our new herbs in. After putting the garden beds together we filled them up with soil and then planted the seedlings.

We talked about the seedlings, beetroot, beans and mixed herbs and discussed how to care for them. We then covered the vegetable gardens in mulch and water them.

Working in collaboration with Community organisations reinforces our commitment to a sustainable future and educates the children on the importance of having a hands on approach to healthy living.

We look forward to watching these grow and using them within our Centre.

A huge thank –you to Paula and Bunnings Shepparton for your time and kind donation.

EYF– Community



Healthy Food Options

All Early Childhood Centres in Australia are legally obliged to provide food and drinks that are consistent with the recommended guidelines from the “Get Up and Grow program” or “Healthy Eating Together”.

For many Pre-school families it may be the first time packing lunches and snacks for your child. It's important to start now in ensuring your child is getting nutrient-rich foods that will promote their development. Encouraging healthy eating now will support your child's growth while laying a foundation for life long health.

Educators discuss with the children on a regular basis about healthy snacks that would be suitable for their lunch box, such as, fresh fruits & vegetables, cheese and dry biscuits and sandwich.

Throughout the Pre-school year educators promote healthy eating in a numbers of ways. One of these being the ‘Smiles for Miles’ program. All room educates are familiar with the program and will be looking at the activities and experiences during group times.



CHOOSE WATER as a drink

Water is the best drink as it does not have any added sugar. Fruit juices, soft drink, sports drinks or cordials should not be given to your child everyday as they contain a lot of added sugar.

HOW MUCH WATER SHOULD CHILDREN DRINK EVERY DAY?

1-5 years



5x 250ml glasses = 1.25 litres

6-12 years



6x 250ml glasses = 1.5 litres

+ EXTRA WATER IF YOU ARE ACTIVE

HOW TO HELP YOUR CHILD DRINK MORE WATER



Show children that you enjoy drinking water



Drink water with every meal



Take a refillable bottle of water when you go out



Pack water with your child's lunch



Encourage your child to drink water when they play sport



Limit buying sugar sweetened drinks



Shrove Tuesday, also known as pancake Tuesday is celebrated on the first day of lent. On Tuesday the 9th February we celebrated "Pancake Day" by having pancakes for morning tea. Educators discuss with the children all about pancakes as it broadens their understanding about the world in which they live

(EYFW- Community)



SUNSMART



TCC educators role model and educate the importance of sun protection on a regular basis. We encourage hats to be worn while outside, we set up activities in the shade, we provide sunscreen and ensure all children are clothed appropriately.

We ask that families help us enforce these valuable lesson by ensuring your child is in clothes that cover their shoulders. This is recommended in TCC's Sun smart policy.

Physical Development

TCC educators deliberately set up experiences to promote challenging physical development for the children. These experiences give the children opportunities to develop confidence in managing movement, such as balance, climbing, bending and stretching. They also encourage them to explore new ways to move and to learn how to control their body safety in our outdoor space.

