

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 o 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.



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 with held 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.



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.

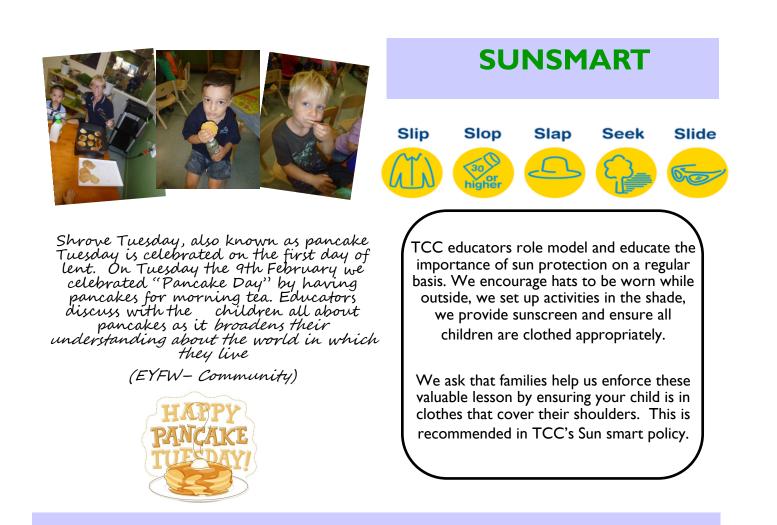
Throughout the Pre-school year educators promote healthy eating in a numbers of ways. One of these being the 'Smiles for Miles' program. All room educates are familiar with the program and will be looking at the activities and experiences during group times.







NQS- 2 Children's Health and Safety



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.

