

# JACK & JILL

*Up Coming!*

## **Bilby Room Christmas Morning Tea and Children's Show**

**Monday 4th December - 10am**

On Monday 4th December at 10am we will be having a Christmas morning tea for the Bilby Children and their families. Following our morning tea there will be a Christmas performance for the children called "Santa of the Never Never Christmas Pantomime".

## **Baby Shower for Miss Val**

**Tuesday 12th December - 3pm**

On Tuesday 12th December we will be having a "Surprise Baby Shower" for Miss Val. Please join us for Afternoon Tea in the Bilby Room at 3pm.

## **Possum Room Christmas Morning Tea and Children's Show**

**5th December**

On Tuesday 5th December the Possum Room will celebrate Christmas with their Families. We will start the morning with the children singing some of their favourite songs for their families, this will be followed by a morning tea and afterwards the children will be entertained with a performance of "Santa of the Never Never Christmas Pantomime".

A formal invitation will follow soon for these events.

## **MEDICAL ALERT**

Please be advised we have a child enrolled at the service who is anaphylactic to nuts.

Please ensure you wash your child's hands on arrival at the service, and ensure your child DOES NOT bring any food substances to kindy that could have traces of nuts. Your understanding is appreciated.

*October*

Dear Families,  
We warmly welcome Noah back to Jack and Jill and new friends, Lucy, Charlotte and Dahlia to our Bilby room.

### **EXCITING NEWS!**

Shudipta and her husband Pallab are excited to announce they are expecting their first baby in April. We are super excited for them both, and look forward to the arrival of their baby and sharing the joys of parenthood. Shudipta plans to start maternity leave in April.



After a lovely family holiday its wonderful to be back! A heartfelt thanks to the wonderful job Virginia and the team did, they are a fabulous genuine caring team of staff and educators.

Following from last months newsletter and the children's interest in food and healthy eating, we have continued to review and concentrate on observing children and their eating habits, likes and dislikes.

### **SHARE YOUR FAVOURITE RECIEPES**

Please feel welcome to share your families favourite recipes.

For further information about children's health and diet The Royal Children's Hospital Melbourne offers great practical advice.



<https://www.rch.org.au/nutrition/resources/>

Please enjoy the Possum learning story about Healthy eating.

### **WE NOW HAVE FACEBOOK!**

Please like our Jack and Jill Kindergarten Mosman Facebook page to stay up to date.



"Our Spring impressionists"



"Billies Incy Wincy Spiders for Halloween"



Warm Regards  
Jack and Jill Team



**DATE 4TH SEPTEMBER TO 22ND SEPTEMBER**

**TEACHING INTENT HEALTHY FOODS**

For the children to explore and discuss what healthy foods are.

Outcome 3 Children have a strong sense of wellbeing

3.2 Children take increasing responsibility for their own health and wellbeing

**INTENDED OUTCOMES**

So that the children are encouraged to try different foods and take more interest in what they choose to eat. For them to become more aware of the choices available to them and why healthy food is important.

**PROPOSED TEACHING STRATEGIES**

Painting examples of actual foods and fruits, carrots, cucumbers, watermelon, and pineapple.

Making fruit kebabs for snack time with a selection of fruit.

Discussing the foods at mealtimes and talking about what they are and where they come from.

Who eats breakfast? What do you eat? Why is it important?

Feed our leaf bug and spray him with water – watch him grow.

Where does our food come from? Milk, vegetables, fruit etc. How does it grow? Display photographs

Planting more food sources in the garden – parsley, spinach, peas, cucumbers. Remind them that the flowers on the trees will turn into fruit. Don't pick them yet.

Remind them of the importance of water in their diet – whether it is hot or cold weather.

**REFLECTION**

This was a valuable and fun moment in the program. The knowledge and excitement that was shared was wonderful.

The children as a group are always excited to share their individual knowledge with the friends and teachers, so from the start information was flying between them.

We have some finicky eaters amongst us so we began with the simple task of discussing water and fruit. The importance of water in our diet to grow and stay healthy. We had a concrete example of this in our new pet "Mr Sunshine" without his regular spray of water he would die. Additionally we pointed out the necessity of regularly watering the plants in the garden. The children love using our watering cans and line up for them to be filled at the hose. They have begun to have such a sense of pride in the plants growing in the garden. Here was our opportunity to plant corn, parsley, spinach and tomatoes amongst our flowers. We brought our home grown pumpkin out from the cupboard and cut it up to make pumpkin chips for tasting. The simple fact of including the children in the care and implementation of these tasks gave the children instant ownership and interest. Therefore encouraging them to taste these foods when offered at mealtimes. If they know what they are and where they come from...they are more interested.



Fruit Kebabs were individually made by the children, selecting the fruit they wanted to put on their own stick then eating it for afternoon tea.



We added our usual display of photographs of the production of different foods in farms and factories. These were displayed in the Home Corner where a shop and restaurant were set up for dramatic play. We had shoppers, shop assistants, chefs and café patrons abounding. Offering healthy choices everywhere. The food toys were displayed in baskets which encouraged the children to sort them in to fruit, vegetables, dairy and assorted groceries.



The art area of the room held a constant display of foods to attempt still life paintings of them. Carrots, pumpkin, watermelon, cucumber. Whole fruits and vegetables as well as pieces cut to see the inside. We had some amazing works of art produced and many children had a go when they didn't usually frequent this area.



Breakfast was a big part of this topic, it was actually where it began. During morning discussions it was discovered that some children are arriving regularly with no or limited breakfast having been eaten at home. This produced a conversation about what options there were that were healthy and beneficial. Bananas, apples, eggs, porridge, yoghurt, water, milk, juice.

The children themselves became so interested in sharing their choices proudly each day. We discussed how if they didn't eat breakfast in the morning then their bodies were hungry until morning tea and would then be low in energy and happiness for play. The children get this!



Slowly but surely we are educating our children to make healthy choices and to respect and take care of their bodies!