

HAPPY BIRTHDAY

This month we wish Amelia farewell as her time at Flippers ends. Happy School Days Amelia!

October is a big birthday month at Flippers
Happy Birthday to...

Robert (4) Aria (2) Lincoln (2) Ollie (2)
Hugo (2) Ashton (2) and Foxton (1)



October 2019

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Highlights:

- Welcome to Isla, River and their families who have joined the Flippers whanau recently. We look forward to getting to know you all.
- This month we welcome Angela Darling to the Flippers whanau, Angela will be with us for 4 weeks as part of her teacher training through [Te Rito Maioha](#).
- We have a Dress up day on October 31st!! Children can dress as their favourite character.
- You may have heard that Ollie the Octopus has retired as the Flippers 'Show Me 5' mascot and has returned to the water to be with his whanau. We warmly welcome Roxy Rabbit to Flippers whanau. Roxy will be looking out for children showing the five Flippers rules and will be visiting families as she sees these happening.
- Our Christmas holiday forms will be sent out soon, keep a look out in the named pockets on the back door for these.
- Reminder we are closed this Monday the 28th for Labour Day, we hope you can have a fabulous weekend with your whanau.



Save the date!



The Annual Flippers Christmas Party is approaching!

This year as we have a record amount of families, we will be holding the party at [Otago](#)

[Model Engineering Society](#) on

Saturday the 30th of November 11am-1pm

More details to follow

Did you know?

Did you know that we have a health nurse who we are in contact with regularly? She can help us to answer any health questions that you have that the team don't know the answer to regarding health, hand washing, tooth brushing, eating and more.

Nicola H Ellis

Public Health Nurse

Te Punaka Oraka: Southern District Health Board

03 476 9748

Monday - Friday 0800-1630

REMINDER:

As our roll reaches record heights, spaces are limited.

If you do require a change of hours or extra hours please advise us with plenty of notice and Lizzy will try her best to accommodate you.

Thanks in advance.

**BOOKS &
GIFTS DIRECT**

Beside where you sign your child in, there is a box with a range of reasonably priced goodies inside. Every two weeks the 'book man' comes in to change them around with new and exciting things to buy.

Great idea for Birthdays and Christmas!!

Healthy Hints

After 1 year, most children can drink cow's milk. It is best to offer drinks in a cup rather than a bottle. While milk is great, you can overdo it. If your child drinks more than 2 cups of milk (500mls) a day they may not eat well because they are full. Giving them less milk should increase their interest in food.

If your toddler refuses to drink milk from a cup, they can get the calcium and other nutrients that come in milk from foods instead—and also by having their milk on cereal. Foods that can give toddlers the calcium they need include cheese, yoghurt, custards and milk substitutes such as soy, that have calcium added.

Sources [Plunket](#) and [Ministry of Health](#)

What have the children been learning?

Tuakana:

To carry on with our focus of being aware of and managing our emotions we have been using our favourite puppets Sally and Sam to do some role plays.

Sally and Sam have been re-enacting situations that happen during the day at Flippers e.g. somebody taking our toys without asking or other children not letting us play with them. We then chat with the children about if Sally and Sam handled the situation properly or what else they could have done in this situation. The tamariki respond really well to using puppets as a teaching tool and we think they are taking the messages on board and thinking hard about the way they react to situations around centre.



Teina:

The kaiako teina have been continuing to support children's literacy and dramatic play through story telling and the introduction of a play kitchen in the teina area.

We are especially enjoying outside play including challenging physical skills and sand and water play in the sandpit and the mud kitchen.

Inside we have had several types of pouring experiences to support the children's interest in using the water jugs at meal times – a very independent young group we have.



Do you want some lunch box inspiration?



Yoghurt or creamed rice

(Frozen) blueberries and mango

Gherkin

Cherry tomatoes and cucumber

Banana chips, raisins, dried apricot

Nuts

Crackers and hummus

Salad sandwich

Popcorn

Carrot and peanut butter

Cheese

Canned fruit

Aim to select foods from each food group Vegetables and Fruits, Grains (bread, rice, pasta, cereals), Milk and milk products (milk, cheese, yoghurt), Lean meat and alternatives (lean meat, poultry, seafood, eggs, nuts, seeds, beans and lentils).

There is also an 'extras' group for foods that don't fit in the categories above as they are not recommended for everyday consumption. These foods include biscuits, cakes, pastry, lollies, chocolate, chips and fats and oils — all foods typically high in fat and/or sugar. Please keep these to a minimum.

Please remember our friendly staff are always here to talk to if you have any concerns or advice.

Kim, Lizzy, Jenny, Lisa, Monika, Victoria and Steph and Emilie.