

# Happy Birthday!

This month we have wished Chathur a  
BIG Happy Birthday!  
Ra Whanau Kia Koe!

Chathur turned 5 and will be staying with us  
until next year when he heads off to school.

We would also like to wish Azraya Happy  
School days as she enjoys her last week with  
us before starting school after the holidays.

Wishing you all the best Azraya.

Happy birthday for 9<sup>th</sup> October 😊



**September 2019**

## Highlights:

- We were so busy for the week of Keep New Zealand Beautiful, so we decided to celebrate it this week. As long as the weather stays fine, a group of tuckana will be joining the Ra Ngahere tamariki out in the bush to clean up.
- Between 9<sup>th</sup> and 15<sup>th</sup> September was Maori Language week. The kaiako became confident at using more language with the tamariki and also digging deep into our memories for waiata that we haven't sung in a while. We hope you all enjoyed the 'word of the day' too.
- This week (23<sup>rd</sup> – 27<sup>th</sup>) is Chinese language week. Again we are writing a word/phrase of the day on the whiteboard and also setting up a range of Chinese inspired activities on the tables.
- A big congratulations to Carson and Azraya for coming runners up in the Town Belt Kaitiaki Photo Competition. When we attended the prize giving Carson was surprised to find out that he came 3<sup>rd</sup> and was awarded with a certificate. Congratulations Carson.
- Next month we are planning a dress up day. Closer to the time we will give you a date but this is just a heads up to think about a costume. The theme is favourite book character.
- Thank you to all those who wore yellow on 28<sup>th</sup> August for Daffodil day. We appreciate the support and donations that we were able to pass on.

## Highlights continued:

- The tamariki are really enjoying being outside at the moment. The tuckana are enjoying the swings where they are exploring their physical skills, and also everyone is enjoying the mud kitchen in the back garden (as you may notice with muddy clothes coming home). With some warmer weather we have been setting up more exciting experiences for the tamariki outside. Let's hope this continues.
- Jenny has organised for the sand pit to be filled up ready for summer. Willing Workers will be coming in one weekend to do this for us.
- Looking ahead... Christmas is approaching faster than we would like and we are just putting the feelers out for anyone that would like to take on the role as Santa for us at the children's Christmas Party at the end of the year. Generally it is the first weekend of December but at this stage we have not chosen a date. Let us know if you have anyone interested.

### 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:

Please let us know as soon as possible if your child is going to be away for the day. With our full roll at the moment some parents request extra hours/days and it would be great to be able to make this possible for them if the space allows.

Thanks in advance.

## Healthy Hints for Tots:

What is a serving size?

**Preschoolers need at least two servings of fruit and two servings of vegetables every day. Examples of one serving are one apple, mandarin or banana, half a cup of tinned or chopped fruit, half a cup of cooked vegetables, one tomato, or one medium sized potato or similar sized piece of kumara.**

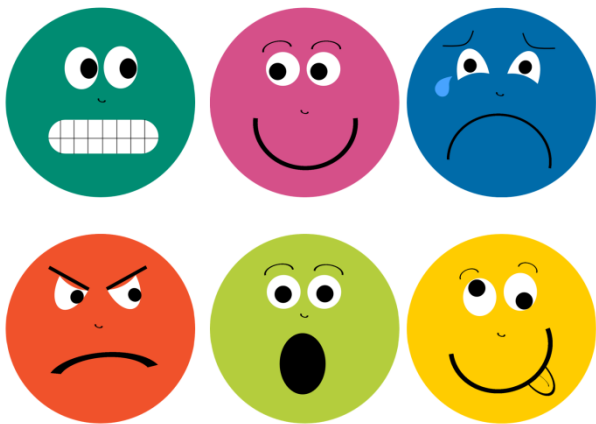
# What have the children been learning?

## Tuakana:

To follow on our group topic about keeping our bodies healthy we have moved on to looking at emotions.

We are starting with just identifying different emotions by looking at facial expressions. We have been doing this by looking at our peers and characters in books.

Next week we will start looking at how we can deal with these emotions when they come over us.



## Teina:

The kaiako teina have been continuing to support the teina with their physical skills and language development through music and movement.

We have noticed that the tamariki are very much into counting and recognising their colours so we have introduced games and activities to support this.

We have also noticed their interest in magnetic stories and have been bringing more out for them to participate in.

And of course they still absolutely love their music and movement. Favourite songs at the moment are Sleeping bunnies, Jack in the box, 5 little men in their flying saucers, 10 in the bed and ring a rosy.



As our role is so full at the moment we really need whānau to stick within their booked times. Lizzy works very hard to organise the roster so that teacher's shifts cover the ratios for children. If you are late to pick up or early for drop off this means that your child is out of ratio.

Please ring and check to make sure that this is ok first.

Just a reminder: We do have a late fee policy so if you are running late and haven't let us know then you will get charged an extra fee.

Just a note to say that when the tamariki are being so active outside they become very hungry. Please remember to pack a lunch that is going to be healthy and filling to offer them the energy they need to play.

[https://nutritionfoundation.org.nz/nutrition-facts/nutrition-a-2/snacking?gclid=EAIqIQobChMIrri-5P3n5AIVkYBwCh2Pqg5vEAA4ASAAEgLGj\\_D\\_BwE](https://nutritionfoundation.org.nz/nutrition-facts/nutrition-a-2/snacking?gclid=EAIqIQobChMIrri-5P3n5AIVkYBwCh2Pqg5vEAA4ASAAEgLGj_D_BwE)

Head to the link if you need some fresh ideas



## Books & Gifts Direct

Beside where you sign your child in, there is a box with a range of supplies 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!



**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.**